



## UGC - Sponsored

**2-Week Online Refresher Course in Physical and Mental Well Being  
(Physical Education, Psychology, Philosophy, Home Science)  
(An Initiative for Quality Enhancement in Teacher-Learning & Research)  
From 11-01-2024 to 24-01-2024**

Being Organized by

**UGC-MALAVIYA MISSION TEACHER TRAINING CENTRE  
(formerly known as UGC-Human Resource Development Centre)**

In collaboration with

**DEPARTMENT OF PSYCHOLOGY  
KURUKSHETRA UNIVERSITY, KURUKSHETRA**

(Established by the State Legislature Act XII of 1956)

("A+" Grade, NAAC Accredited)



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