

Press Release

Malaviya Mission Teacher Training Centre, JMI, concludes its six-day short term programme on 'Health, Care and Well-Being'

New Delhi, January 15, 2026

The Malaviya Mission Teacher Training Centre (MMTTC), Jamia Millia Islamia (JMI), New Delhi, successfully organised a Six-Day Online Short-Term Programme on "Health, Care and Well-Being" from 5th to 10th January 2026. Over the span of six days, the programme saw enthusiastic participation from 75 participants representing 20 Indian states, ranging from central and state institutions to deemed and private universities, from across 45 different disciplines.

The programme began with the welcome address by Prof. Kulwinder Kaur, Honorary Director, MMTTC who introduced and thanked the Prof. Azra Abidi, Head, Department of Sociology, and Mr. Martin Kamodang, Assistant Professor, Department of Sociology, Jamia Millia Islamia, for accepting her invitation to jointly coordinate the programme. Prof Kaur also shared a profile of the participants and thanked them for choosing MMTTC, JMI to undertake this programme. Prof Azra Abidi, the main Coordinator and curator of the programme shared the vision for the course and outlined the themes to be covered in the forthcoming 24 sessions. The inaugural address was delivered by Prof. Sanghmitra Acharya Sheel of Jawaharlal Nehru University that outlined the overall theme of achieving "Health for All" in alignment with the Sustainable Development Goals.

The programme brought together eminent academicians, public health experts, medical professionals, and social scientists from leading institutions across the country. It aimed at fostering interdisciplinary engagement on health, care, and well-being by integrating sociological, psychological, policy-oriented, ethical, and cultural perspectives by bringing together professional speakers from diverse backgrounds. Prof. Mohammad Akram (AMU) made a PPT presentation on multiple interdisciplinary approaches to health and health care; Prof. Rajib Dasgupta (JNU) gave insights on qualitative research methods in health studies, and Dr. Anup Chakraborty talked about care as a social practice and how it was shaped by ethics and public policy.

The programme thoughtfully engaged with several critical themes in health care. The session on Health Care Resources was addressed by Dr. Abhijit Dam, National President, National Association of Palliative Care for AYUSH, who highlighted the importance of

holistic care in low-resource settings. This was complemented by Dr. Saurabh Sharma from Jamia Millia Islamia, who provided valuable insights into the Indian health care system.

The theme of Social Structure in Health Care was addressed by Dr. Nishi Kalra, MTP Ortho, who reflected on health care through the lenses of caste, class, gender, and religion. Prof. R. Nalini from Pondicherry University discussed issues related to disability and health care, while Dr. K. M. Ziyauddin from MANUU expressed deep concern for the health challenges faced by marginalized communities. The sessions on Technology and Health Care were delivered by Prof. Zubia Vaqar, JMI, who spoke on the interface of technology, artificial intelligence, and ethics in health and care. Prof. Tarika Sandhu from Punjabi University, Patiala, further enriched the discourse by addressing mindful scrolling and well-being in the digital world.

Other themes related to mental health, ageing, and the future direction of health care were presented by Prof. Naved Iqbal from Jamia Millia Islamia, Prof. Nishi Pulugurtha from B. N. Kesab Chandra College, Kolkata, and Dr. Jugul Kishore from Safdarjung Hospital, offering thoughtful perspectives on emerging challenges and pathways ahead. The programme saw active engagement of the participants, who made online group presentations to showcase their learning and ideas on health care. They also submitted rigorous assignments, took an MCQ test as part of the evaluation process as laid down by UGC.

The programme concluded with a valedictory address by Prof. Mala Kapur Shankardass, an eminent authority on the subject of health and ageing from University of Delhi. It was followed by feedback, discussion, and reflections by all on the future directions in health care and well-being. The successful conduct of the programme reaffirmed MMTTC Jamia's commitment to interdisciplinary scholarship, academic capacity building, and socially responsive approaches to health and well-being. The programme concluded with the formal vote of thanks by Dr. Shahla Tarannum on behalf of the MMTTC team.

Prof. Saima Saeed
Chief Public Relations Officer

Admin, MMTTC

Admin, MMTTC HP Debajit Baruah Adnan Shakeel Vijay Bahuguna

Sanghamitra Acharya

Malaviya Mission Teacher Training Centre, Jamia Millia Islamia Central University, New Delhi

6-Days Short Term Program on Health, Care and Well-Being (5th to 10th Dec 2026)

Prof. Kulwinder Kaur, Hon. Director, MMTTC

Prof. Kulwinder Kaur, Hon. Director, MMTTC, JMI

Prof. Azra Abidi

Martin

Participants

Profile	Name	Role	Mute	Video
Avatar	Martin (Co-host)		🔇	🎥
Avatar	MAFUZA YASMIN		🔇	🎥
Avatar	MANOJ KUMAR SHARMA		🔇	🎥
Avatar	MD MOHIUDDIN		🔇	🎥
Avatar	MD WASI AKHTAR		🔇	🎥
Avatar	Muzafar Ahmad Dar		🔇	🎥
Avatar	Dr. Mirza Juned Beg		🔇	🎥
Avatar	Dolly V. Muanching		🔇	🎥
Avatar	Prof Kulwinder Kaur, Hon. Direc... (Co-host)		🔇	🎥
Avatar	Amrinder kaur		🔇	🎥
Avatar	Admin, MMTTC (Co-host, me)		🔇	🎥
Avatar	Admin, MMTTC (Host)		🔇	🎥
Avatar	Hemraj		🔇	🎥
Avatar	Nimitt Raj Sharma		🔇	🎥
Avatar	Shamima Khandaker		🔇	🎥

Invite Mute all ...

zoom Workplace Meeting Dr. Tarika Sandhu's screen Sign in View

Mindful Scrolling : Staying Well in a Digital World

Prof. Tarika Sandhu
Dept., of Psychology
PUP

The image shows a Zoom meeting interface. The main screen displays a presentation slide with a blue header and a yellow textured background. The slide contains the title 'Mindful Scrolling : Staying Well in a Digital World' and the text 'Prof. Tarika Sandhu Dept., of Psychology PUP'. On the right side of the interface, there is a participant list showing 19 participants. The participant 'Dr. Tarika Sandhu' is highlighted with a green border. The interface includes standard Zoom controls at the bottom for audio, video, participants, chat, and more.

Participant	Role
Prof. Azra Abid	Admin, MMTTC
Dr. Sujata Tiwale	Admin, MMTTC
Lt. Dr. CHILUKOTI NA...	Dr. Sujata Tiwale
Mafuza Yasmin	Dr. Shahla Shab...
DR. DOLLY V MUANG...	Dr. Tarika Sandhu
Devika P	Dr. A/P. Payal
Nabamita De	Martin
Jawaid Rahmani	Dr. Amanpreet K...
Dr. Kanika Grover	MD MOHIUDDIN
Bipul Kumar Ra...	Adnan Shakeel
Bipul Kumar Rabha	Adnan Shakeel

Participants:

- Prof. Azra Abidi
- Admin, MMTTC
- Dr. Sujata Tiwale
- Dr. Shahla Shabeen Shaheen, AMU
- Dr. Swetha Antony
- Supriya Jha
- Tehrin Shaikh
- Dr Lubna Javed
- Dr. Sonia Lohia
- Muzafar Ahmad Dar
- Nimitt Raj Sharma
- Dr. kadambari
- DR. SANJAY ONKAR INGOLE
- Hemraj
- Aiysha
- Adnan Shakeel
- Dr. A. P. Payal
- Dr. kanika grover
- MUZAFAR AHMAD DAR
- Dr. Akhter Hussain Bhat
- MAFUZA YASMIN
- Dr. Mirza Juned Beg
- DR. CHILUKOTI NAGARAJU

Controls:

- Audio
- Video
- Participants (20)
- Chat
- React
- Share
- Host tools
- AI Companion
- Meeting info
- Apps
- Record
- More
- End

zoom Workplace

Participants (44)

Charu

Admin, MMTTC Admin, MMTTC

Admin, MMTTC Admin, MMTTC

Jawaid Rahmani MARUZA YASMIN Charu

Prof. Azra Abidi

Mala Kapur Shankardass

Participants (44)

Find a participant

AM Admin, MMTTC (Co-host, me)

AM Admin, MMTTC (Host)

MK Mala Kapur Shankar... (Co-host) Mute

PA Prof. Azra Abidi (Co-host)

3D 39 Dr. Jaspreet Kaur

AR Aarthi Rashmi

AS Adnan Shakeel

BK Bipul Kumar Rabha

C Charu

DS Devika Sabari

DV Dolly V. Muanching

Di Dr. Amrinder Kaur

DA Dr Akhter Hussain Bhat

DA Dr Asif Umar

Dr. A. P. Payal

Invite Mute all

Audio Video Participants 44 Chat React Share Host tools AI Companion Meeting info Apps More Leave

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zoom Workplace Meeting Zobia Vejar's screen Sign in

Public Health Uses of AI

AI in Public Health

- Disease Surveillance & Outbreak Prediction**
 - Monitor & Predict Infectious Disease Outbreaks
- Health Diagnostics & Monitoring**
 - AI-Assisted Screening & Diagnostics
- Epidemiological Research**
 - Analyze Trends & Identify Risk Factors
- Public Health Policy & Planning**
 - Data-Driven Policy Formulation
- Population Health Management**
 - Optimize Resource Allocation & Intervention
- Public Health Policy & Planning**
 - Data-Driven Policy Formulation

Participants

Q. Find a participant

- AM Admin, MMTTC (Host, me)
- ZV Zobia Vejar (Co-host)
- AM Admin, MMTTC (Co-host)
- PA Prof. Azra Abidi (Co-host)
- DR DR. RUPJYOTI DUTTA
- AR Aarthi Rashmi
- BK Bipul Kumar Rabha
- C Charu
- DS Devika Sabari
- DV Dolly V. Muanching
- DI Dr. Amrinder Kaur
- DA Dr Akhter Hussain Bhat
- DA Dr Asif Umar
- AP Dr. A. P. Payal
- DB Dr. Debajit Baruah
- DF Dr. Fathima Adeela Beevi TKS
- DK Dr. Kadambari
- KG Dr. Kanika Grover
- DR Dr. Razdha Parveen
- DS Dr. Sanjay Onkar Ingole

Invite Mute all ...