



MIZORAM UNIVERSITY

Department of Education



ICSSR-Sponsored 12-Day Capacity Building Programme

Theme: "Empowering Educators: Integrating Life Skills Across the Curriculum and Co-Curricular Domains"

Dates: 17-28 November 2025

Venue: Department of Education, Mizoram University, Aizawl

About Mizoram University

Mizoram University, established by an Act of Parliament in 2000 and operational since July 2001, is a premier Central University located on the scenic outskirts of Aizawl, Mizoram. Spread over 978 acres, the University has grown from seven initial departments to 39 academic departments under 10 Schools of Study, offering UG, PG, and Ph.D. programs, along with 40 affiliated colleges.

The university holds an NAAC A+ grade (2025), ISO Certification (2018), and is consistently ranked among India's top 100 universities in the NIRF (2016-2024). It secured 1st rank in the North-East in the Times Higher Education Impact Rankings 2022 and the IIRF 2023 for Central Universities.

Recognized as an eco-friendly campus, Mizoram University operates largely on solar energy and provides inclusive facilities for differently-abled individuals. It promotes academic excellence, sports, cultural activities, and community engagement through various clubs and NSS. Well-connected by air, road, and rail via nearby Silchar, the campus offers a pleasant climate year-round, making it an ideal environment for learning and research.

About the Department of Education

The Department was started with one-year M.Ed. programme in the year 1980, which was replaced by a two-year M.Ed. programme for one academic session in 1985-86. Since then, the M.Ed. programme has been replaced by M.A. Education programme of four semesters - duration. Along with this, the Department has been offering Ph.D. programme. M.Phil. programme has also been started since the session 2009-2010. In 2013 UGC Sanctioned for Establishment of School of Education. The University authorities resolved to upgrade Department of Education to School of Education and it has been approved by all statutory bodies of the University however the approval of MHRD is awaited. Department has started Two Years B. Ed. Programme from the session 2016-17 and Two Years M. Ed. Programme from the academic session 2018-19.

About the Capacity Building Programme

The 12-Day ICSSR-Sponsored Capacity Building Programme, titled "Empowering Educators: Integrating Life Skills Across the Curriculum and Co-Curricular Domains", is a professional development initiative aimed at faculty members, research scholars, and educators committed to transforming teaching practices in the 21st century.

Background

The educational landscape of the 21st century is undergoing a profound transformation, shaped by globalization, rapid technological advances, shifting socio-economic realities, and evolving cultural paradigms. Traditional models of rote learning, focused solely on content delivery, are no longer sufficient. Today's learners require **adaptability, creativity, resilience, collaboration, and ethical judgment** to thrive in an uncertain world.

Life Skills Education (LSE), as defined by the World Health Organization (WHO, 1997), provides a structured approach to these needs. Life skills are psychosocial competencies that enable individuals to navigate daily challenges effectively. They encompass essential abilities such as **critical thinking, creative thinking, decision-making, problem-solving, communication, self-awareness, and empathy**—all crucial for personal empowerment, social cohesion, and professional success.

India's National Education Policy (NEP) 2020 reinforces this vision by calling for holistic development, 21st-century skills, value-based education, and learner-centered pedagogy. It emphasizes preparing students not only for academic achievement but also for life's broader challenges.

Programme Vision & Objectives

- Understand the theoretical foundations of life skills education.
- Integrate life skills seamlessly into subject teaching and co-curricular activities.
- Develop classroom strategies that promote holistic student growth.
- Foster environments that nurture emotional intelligence, resilience, and social responsibility.
- Align teaching practices with NEP 2020 goals and the WHO's core life skills framework.

Concept & Theme

The programme is anchored in:

WHO 1997 Life Skills Framework

NEP 2020 Educational Vision -

Integrating life skills with curriculum and pedagogy to ensure holistic learner development.

By blending theoretical insights, hands-on activities, peer collaboration, and project-based learning, this programme will equip participants with the knowledge, skills, and confidence to become agents of educational transformation in their respective institutions

Day-Wise Themes

Day	Theme	Day	Theme
Day 1	Inauguration and Conceptual Foundations	Day 7	Life Skills Beyond the Classroom
Day 2	Unpacking Life Skills	Day 8	Academic Writing & Project Design
Day 3	Critical & Creative Thinking	Day 9	Indian Knowledge & Decoloniality
Day 4	Decision Making & Social Awareness	Day 10	Assessment & Institutional Leadership
Day 5	Life Skills Integration in Teaching	Day 11	Peer Learning & Showcasing
Day 6	Co-Curricular Domains	Day 12	Way Forward & Valedictory

Who Can Apply

- Faculty members from universities/colleges (all disciplines)
- Educators interested in life skills integration
- Research scholars (preferably in advanced stages of Ph.D.)

How to Apply

- Fill out the **online application form** (link provided in the official notification).
- Attach CV, research interest note, and proof of institutional affiliation.
- Submit **before the application deadline**.

Application Schedule

- **Opening of Applications:** 18th August 2025
- **Last Date for Submission:** 18th September 2025
- **Notification of Selection:** 20th September 2025
- **Confirmation by Participants:** 25 September 2025



- **Google form link** <https://forms.gle/ts3LoxMRJPN6f316>

Important Note

Selected participants must bring their laptops for hands-on activities.

Travel, Food & Accommodation

- Outstation participants will be reimbursed for train fare (shortest route, sleeper) on submission of tickets.
- Free accommodation will be provided to outstation participants.
- Working lunch, tea, and refreshments will be served to all participants during the programme.

Organizing Committee

Chief Patron

Prof. Dibakar Chandra Deka,

Hon'ble Vice-Chancellor, Mizoram University

Patron

Prof. Lalnundanga

Registrar, Mizoram University

Dean

Prof. Lokanath Mishra

School of Education, Mizoram University

Head

Prof. Lalbiakdiki Hnamte

Department of Education, Mizoram University

Director

(Capacity Building Programme)

Dr.Muttu Vemula,

Assistant Professor

Department of Education, Mizoram University

Co-Director

(Capacity Building Programme)

Dr. Lalmuanzuali

Associate Professor

Department of Education, Mizoram University

For Queries:

 **Email: drmuttuedu@gmail.com**

 **Contact: 9908802204**

 **Website:mzu.edu.in**

"Life skills education is not an optional extra—it is the foundation for thriving in the 21st century."

(This may be printed on a letterhead of the forwarding institution)

RECOMMENDATION CERTIFICATE

(For ICSSR-Sponsored Capacity Building Programme)

This is to certify that

Dr./Mrs./Mr./Miss _____,

Designation: _____,

Department: _____,

Institution/University/College: _____

is hereby recommended for participation in the ICSSR-sponsored "12 Days Capacity Building Programme on "Empowering Educators: Integrating Life Skills Across the Curriculum and Co-Curricular Domains"" organized by the Department of Education, Mizoram University, Aizawl, from 17-28 November 2025

In the event of selection, he/she will be relieved from duties in time to attend the above programme.

Date: _____

Place: _____

Signature of Forwarding Authority

(Principal / Registrar / Head of Department)

Name: _____

Designation: _____

Seal & Stamp of Institution