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University Grants Commission

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Sub: Compassionate Integrity Training Self-directed Learning (CIT-SDL) course for developing emotional intelligence skills

Dear Madam/Sir,

The impact of the COVID -19 global pandemic on all of us has been on both physical as well as emotional levels. The youth have been severely impacted – suffering fear, anxiety and stress, greatly affecting their mental well-being.

The key to sail through this crisis is building emotional resilience amongst the youth. According to the National Education Policy (NEP) -2020; socio-emotional learning is a critical aspect of any student's holistic development. The Policy also recommends that Higher Education Institutions (HEIs) need to provide socio-emotional and academic support and mentoring through suitable counseling and mentoring programmes.

To build emotional resilience among the youth, UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP), which is a category 1 research in education institute integral to UNESCO working towards mainstreaming social and emotional learning in education systems through innovative pedagogies, has in collaboration with Life University (USA) developed the Compassionate Integrity Training Self-directed Learning (CIT-SDL) course as a totally unique online experience.

The course is hosted on the UNESCO MGIEP FramerSpace online learning platform (fully General Data Protection Regulation (GDPR) compliant for data privacy). This course trains the youth on 10 skills – skills in self-regulation, self-compassion, compassion for others, and engagement with complex systems. CIT-SDL cultivates skills to calm body and mind, brings focus to students and staff in their respective work, dealings with peers, seniors, leaders, stakeholders, and their families. The course takes 30 hours to complete and MGIEP provides learner support through an online CIT Learner Community and monthly Master classes facilitated by qualified, experienced trainers. Completed learners receive a globally recognized Certificate from UNESCO MGIEP and Life University.

The course on 21<sup>st</sup> century emotional intelligence skills is science-based and will contribute in fulfilling the NEP-2020 goals for imparting social and emotional learning to create engaged global citizens.

Looking at the objectives of this course, the Vice Chancellors of all Universities and Principals of all colleges are requested in making the details of the course available to their students as developing emotional intelligence skills is critical to leading more fulfilling and successful lives.

For any clarifications regarding the CIT-SDL course, please contact Mr. Abel Caine, Senior Project Officer, UNESCO MGIEP ([a.caine@unesco.org](mailto:a.caine@unesco.org)).

With regards,

Yours sincerely,

(Rajnish Jain)

To

The Vice Chancellors of all the Universities

The Principals of all the Colleges