



सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

(मानव संसाधन विकास मंत्रालय, भारत सरकार)

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**ALL INDIA COUNCIL FOR TECHNICAL EDUCATION**

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**CIRCULAR**

To

**All Vice Chancellors of Technical Universities and  
All Directors/ Principals of AICTE Approved Institutions,**

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

Respected Sir/Madam,

Socio-emotional learning is an integral part of the National Education Policy (NEP)-2020; and 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 counselling and mentoring programmes.

To build emotional resilience among the youth, UNESCO-Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP), is working towards mainstreaming social and emotional learning in education systems through innovative pedagogies in collaboration with Life University (USA). It has 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 Framer Space 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, dealing 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. Learners receive a globally recognized Certificate from UNESCO MGIEP and Life University.

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

Looking at the objectives of this course, you are requested to create awareness among your students as developing emotional intelligence skill is critical to leading more fulfilling and successful lives.

For any clarifications regarding the CIT-SDL course, you may contact Dr. Richa Bansal, Associate National Project Officer, UNESCO MGIEP ([r.bansal@unesco.org](mailto:r.bansal@unesco.org)).

Regards

(Dr. Ramesh Unnikrishnan)

Advisor-II

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सूचना का  
अधिकार