



***1,500 learners from 70 countries have enrolled for the
Global Lesson in Social-Emotional Learning***

The global Covid-19 pandemic has caused immeasurable grief, financial hardship, and mental anguish for millions of people. To provide concrete skills for calming your body and mind to better deal with stressful situations and bring you into a resilient zone, the UNESCO Mahatma Gandhi Institute of Education for Peace (MGIEP) has opened enrollments for the [Global Lesson in Social-Emotional Learning](#).

The Lesson is taken from Compassionate Integrity Training (CIT) developed in partnership with the Life University Center for Compassion, Integrity and Secular Ethics (USA).

CIT cultivates skills such as empathy, mindfulness, forgiveness, gratitude, and compassion so learners are well-equipped to effectively combat the anxiety and stress caused by pandemics, climate change disasters, and other systemic inequalities, to thrive and live one's life in accordance with one's values with a recognition of common humanity, and our basic orientation to kindness and reciprocity.



The online, self-directed Lesson opens on 21 September (United Nations International Day of Peace).

[ENROLL NOW](#) to join more than 1,500 learners from over 70 countries

(select the “*Mails from UNESCO*” option as the information source)

How did you get to know about the course?*	
Social Media	<input type="radio"/>
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Charter for Compassion	<input type="radio"/>
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Others	<input type="radio"/>

Share this message with your worldwide family, friends, and colleagues as we build a dynamic, global community of empathic, compassionate, and critically aware members to develop peaceful and sustainable societies.