



# COTTON UNIVERSITY

Panbazar, Guwahati- 781001, Assam, India  
Website: [www.cottonuniversity.ac.in](http://www.cottonuniversity.ac.in)

## Invitation to enrol in Compassionate Integrity Training (CIT)- a resiliency informed course

Covid-19 global pandemic has impacted us all both physically and emotionally at varying degrees. Youths, considered to be the most productive human resource, have found themselves experiencing stress, anxiety, fear and a sinking lethargy during these times. The key to sail through this crisis is working on our emotional intelligence.

UGC, keeping in view its imperative NEP-2020 goals of 'imparting social and emotional learning', has requested students to participate in a unique global online 40 hours course on SEEK (Self-directed Emotional Learning for Empathy and Kindness). It is offered by UNESCO MGIEP (Delhi) on their learning platform FramerSpace, in partnership with Life University (USA) and Charter for Compassion.

The course aims to train trainees with skills that would enable them in better dealing with stress and anxiety, manage and regulate emotions, develop better-focussing abilities, acquire global in-demand skills in social and emotional learning amongst a host of other relevant skills.

There are no assignments or tests. It is offered at no cost. Perk- at the end of the course, course completion certificate would be provided jointly by UNESCO MGIEP and Life University.

Please click on the link provided below to register for the course

**<https://citmgiep.paperform.co>**

***For any further queries please contact:***

**Coordinator**

Sushma Lama  
Assistant Professor

Department of Psychology,

Cotton University

Email: [sushma.lama@cottonuniversity.ac.in](mailto:sushma.lama@cottonuniversity.ac.in)

**Dr.Shantanu Chakravarty**

Dean (i/c) Faculty of Human and  
Social Sciences, Cotton University

**Co-coordinator**

Nabamallika Neog

Assistant Professor

Department of Psychology, Cotton University

Email: [nabamallika.neog@cottonuniversity.ac.in](mailto:nabamallika.neog@cottonuniversity.ac.in)