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Mahatma Gandhi Institute of  
Education for Peace and  
Sustainable Development



MAHARSHI DAYANAND  
UNIVERSITY

# Self-directed emotional learning for empathy and kindness **SEEK**



**CENTRE FOR LIFE SKILLS AND SOFT SKILLS (CLAS)**

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SEEK is an emotional resiliency-building course jointly developed by UNESCO MGIEP and Life University (USA) based on Compassionate Integrity Training. The course helps in developing emotional intelligence and resilience, interpersonal skills, and holistic systems-level thinking among learners and is hosted UNESCO MGIEP's Artificial Intelligence-powered, General Data Protection Regulation Compliant (GDPR) learning platform, FramerSpace.

### **For Whom :**

The Course is open to all students & faculty members from of M.D University Rohtak, Haryana. However, compulsory for the students of following Institutes/Departments of MDU of Batch 2022:

- University Institute of Engineering & Technology
- Department of Pharmaceutical Sciences
- Institute of Management Studies and Research
- Institute of Hotel & Tourism Management
- Department of Law
- MDU Centre for Professional and Allied Studies
- Ph.D Coursework Students of MDU

### **Duration**

SEEK is a 40-hour, three-part online learning course that one can complete at one's own pace. The online learning will be supplemented with:

- Orientation session
- Special Masterclasses (with globally recognized experts)
- Dedicated rapid response learner support through personalized digital community

### **Delivery**

SEEK is a self-directed, self-paced online course that learners can complete at their own pace. It is hosted on UNESCO MGIEP's learning platform, FramerSpace. The course includes videos based on real-life experiences, reflective writing, contemplative journaling exercises and guided audio practices to help the students master the skills.

Apart from the online modules, we will organize live Masterclasses at regular intervals. In these Masterclasses, the learners will get an opportunity to interact with globally recognized subject experts.

# Self-directed emotional learning for empathy and kindness' SEEK

## Assessment



Assessments are in-built within the course and are used to reinforce the various concepts discussed in the videos. The course has a combination of mandatory questions and reflection questions.

## Certification



Upon completing all the mandatory questions and meeting the assessment criteria, the students will be able to download the certificate by themselves from the online learning platform.

## UNESCO MGIEP

The Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP), in New Delhi, India was established with the support of the Government of India and is an integral part of UNESCO. It is the first and only category 1 Research Institute in Asia Pacific and focuses on achieving the Sustainable Development Goal (SDG) 4.7 towards education to foster peaceful and sustainable societies

## Maharshi Dayanand University (MDU)

Maharshi Dayanand University was established in 1976 and is a State-Funded University under the jurisdiction of the Government of Haryana. It is a teaching-cum- affiliating university with a formidable track record in academics, research, literacy, cultural activities, and sports.

## The Centre for Life Skills & Soft Skills (CLAS)

CLAS is a newly established Centre of MDU. The centre aims at nurturing graduate attributes among students by inculcating communicative, soft and life skills to help them become better citizens of the world.

## Process and Timelines



### **Last date to Apply**

15<sup>th</sup> November 2022

### **Confirmation of Admission**

21<sup>st</sup> November 2022

### **Follow the below mentioned steps to apply:**

1. Go to **www.framerspace.com** (Laptops and desktops only)
2. Click the sign-up button
3. Enter your age and a string password
4. Select the terms and data policy checkbox after reading the terms
5. Save the four-word ID (Note: As per GDPR compliance, we don't save your personal information. So please ensure that you keep this ID saved, otherwise, there will be no way to retrieve this ID and you'll lose your progress in the course.)
6. After logging in, open a new tab and paste the below link:  
<https://www.framerspace.com/cohort/KtnrBqw77z-self-directed-emotional-learning-for-empathy-and-kindness-seek-based-on-compassionate-integrity-training-maharshi-dayanand-university/0yFFQAINOs-maharshi-dayanand-university-cohort-1>
7. Click request access to course
8. Click the Enroll in course button

## Click here to join the Cohort Links:

1. [University Institute of Engineering & Technology, M.D University Rohtak, Haryana](#)
2. [Institute of Management Studies & Research, M.D University Rohtak, Haryana](#)
3. [Institute of Hotel & Tourism Management, M.D University Rohtak, Haryana](#)
4. [Department of Law, M.D University Rohtak, Haryana](#)
5. [Department of Pharmaceutical Sciences, M.D University Rohtak, Haryana](#)
6. [Centre for Professional and Allied Studies, Gurugram, M.D University, Haryana](#)
7. [Ph.D Coursework](#)

### Basecamp group for MDU (common for all cohorts)

[MDU Rohtak Basecamp group](#)

M.D University has collaborated with The United Nations Educational, Scientific, and Cultural Organization (UNESCO) Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) for the Self-directed Emotional Learning for Empathy and Kindness (SEEK) Programme to be offered through the Centre for Life Skills and Soft Skills. This value-added course shall be compulsory for the newly admitted students of 'Engineering, Pharmaceutical Sciences, Management, Hotel Management, Tourism Management & Law' at MDU Campus and MDU CPAS Gurugram along with ongoing Ph.D Coursework students in the First Phase. For more details please refer to the University Prospectus or contact the office of the Director, Centre for Life Skills & Soft Skills, Swaraj Sadan, M.D University Rohtak.

**The Marksheets of the respective program shall be issued by the university only upon submission of value-added course completion certificate by the students of above said UTD's to Exam Branch through their HoD's & Director Centre for Life Skills & Soft Skills.**