

## UNESCO MGIEP

The UNESCO Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) was established in 2012 by the generous support of the Government of India. The Institute is an integral part of UNESCO and it is the first and only Category I Research Institute in the Asia Pacific.

UNESCO MGIEP focuses on Sustainable Development Goal (SDG) 4.7 towards education for building peaceful and sustainable societies across the world. In line with its vision of 'Transforming Education for Humanity', the Institute employs the whole-brain approach to education, with programmes that are designed to mainstream **Socio-Emotional Learning** in education systems, innovate digital pedagogies and to put youth as global citizens at the centre of the 2030 agenda for Sustainable Development.

The UNESCO MGIEP Distinguished and Ahinsa Lecture Series invites speakers of global eminence to

- spark **transformative ideas** for a shared future
- initiate an **international discourse** to build a more peaceful and sustainable world
- re-envision the nature and **role of education** in this new paradigm



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# WELL-BEING IS A SKILL

**Richard J. Davidson**

'Named by Time Magazine as one of  
"The 100 Most Influential People in the World"  
in 2006'

Presided by Dr. Karan Singh,  
Chair of the Governing Board, UNESCO MGIEP

**FRIDAY,**  
**DECEMBER 7, 2018**

**VENUE:** Teen Murti Bhavan,  
Teen Murti Marg Area,  
New Delhi, India





**Richard J. Davidson**

**Dr. Richard Davidson** is the **William James and Vilas Research Professor of Psychology and Psychiatry and Founder & Director of the Center for Healthy Minds**, University of Wisconsin-Madison. Davidson's research is broadly focused on the neural bases of emotion and emotional style and methods to promote human flourishing including meditation and related contemplative practices. He has published over 400 articles, numerous chapters and reviews and edited 14 books. He is the author (with Sharon Begley) of **"The Emotional Life of Your Brain"** published in 2012 and co-author with Daniel Goleman of "Altered Traits" published in 2017. He was elected to the **National Academy of Medicine in 2017**, and appointed to the Governing Board of UNESCO's Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) in 2018.

## **DATE**

December 7, 2018

## **TITLE OF KEYNOTE**

Well-being is a skill

## **PRESIDED BY**

Dr. Karan Singh, Chair to the Governing Board, UNESCO MGIEP

## **AGENDA**

**6:00 pm – 6:30 pm:** Registration and Seating

**6:30 pm – 6:40 pm:** Welcome Note

**6:40 pm – 6:50 pm:** Welcome Note by  
Dr. Anantha Duraiappah, Director, UNESCO  
MGIEP

**6:50 pm – 7:00 pm:** Opening Remarks by  
Dr. Karan Singh, Chair to the Governing  
Board, UNESCO MGIEP

**7:00 pm – 7:45 pm:** Keynote Lecture by  
Prof. Davidson

**7:45 pm – 8:00 pm:** Q & A session

**8:00 pm** –Closing remarks, followed by  
High Tea



## **DETAILS**

<https://bit.ly/20iYNB1>

## **REGISTER AT**

<https://bit.ly/2QKK8QH>