

2020



Sensitization of Learners and employees of the Institution to the constitutional obligations

SENSITISATION TO THE CONSTITUTIONAL OBLIGATIONS - VALUES, RIGHTS, DUTIES AND RESPONSIBILITIES OF CITIZENS

Mumbai

The Regional Centre Mumbai has organised a special lecture on "**Indian Constitution - rights and duties of citizens: myths and facts**" - a session by Prof. Dr. Sangeeta Pawar, Professor and Senate Member, University of Mumbai on the occasion of "**Celebration of 130th Birth Anniversary of Dr. B.R.Ambedkar**" on 15th April 2021 at 3.30 PM.

Later chief guest Prof. Dr. Sangeeta Pawar has started her special lecture on "Indian Constitution - rights and duties of citizens: myths and facts". In her lecture, she explained the importance of constitution and its laws for every person in their life. She briefly explained the rights and the duties of the citizens.

This lecture was attended by Regional Directors / Assistant Regional Directors of RC Nagpur, Kohima, Panaji, Bhagalpur, Deoghar, Study centre functionaries and part time staff, RC officials and students. Dr. G. Shrinivas, Asst. Regional Director had given a vote of thanks to all the participants at the end of the session. The participants also gave the positive feedback at the end of the session.

Celebration of Chhatrapati Shivaji maharaja Jayanti

Regional Centre Mumbai celebrated Chhatrapati Shivaji Maharaja's 391st birth anniversary on 19.02.2021 at Regional Centre Premises. All staff participated in the celebration by singing a group song and giving glimpses of Shivaji Maharaj contributions. Dr. E. Krishna Rao, Regional Director (i/c) has mentioned that Chhatrapati Shivaji Maharaj was recognized by the whole world because of his fighting for self-respect, equality, independence and secularism. He requested the staff to follow and adopt the philosophy, ideology, values and good qualities of Chhatrapati Shivaji Maharaj.



On the eve of International Women's Day, IGNOU RC Mumbai has organized 04 competitions for RC staff namely a. Singing, b. Drawing, c. Essay Writing d. Musical Chair. In the women's day speech, Dr. E. Krishna Rao, Regional Director (i/c) has stated that every woman has her own power which helps her to do each and everything with courage. Prizes were distributed to the winners in the competition organized on the eve of International Women's Day.



Celebration of Republic Day (26th January 2021)

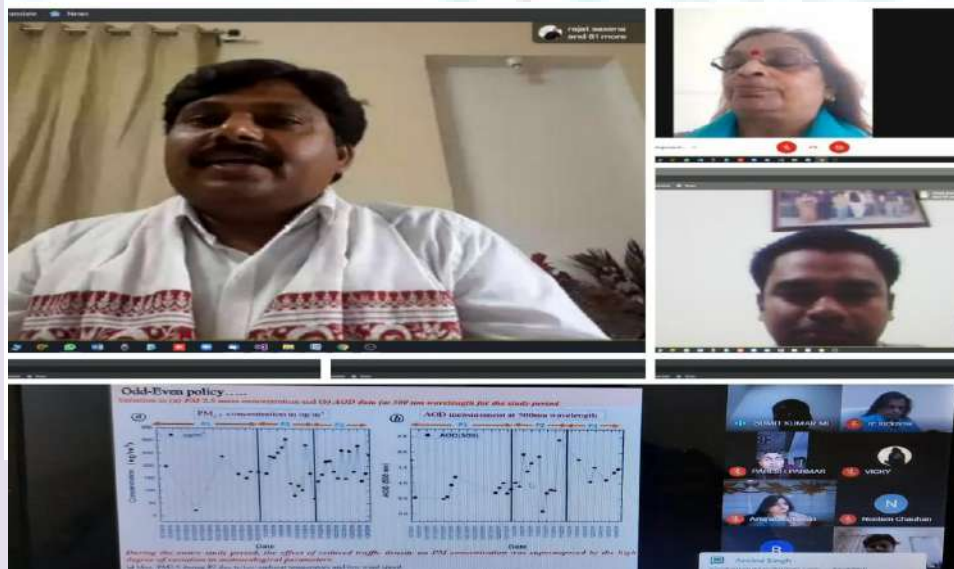
The IGNOU Regional Centre Mumbai has celebrated 72nd Republic Day on 26th January 2021 at Regional Centre premises. Dr. E. Krishna Rao, Regional Director (i/c) has hoisted the flag and all the staff have attended the ceremony. On this occasion, Regional Centre staff sang a patriotic song "He Rashtra Devtanche". Dr. E. Krishna Rao, Regional Director (i/c) and other staff has given a speech on the eve of Republic Day.



REPORT ON CELEBRATION OF WORLD ENVIRONMENT DAY

World Environment Day is held each year on 5th June, It is one Principal Vehicle through which the United Nations stimulates Worldwide awareness of the environment.

- Regional Centre, Lucknow organized a webinar on the topic, “Environment, Development – Quality of Life” on 4th June, 2020 in collaboration with IGNOU, Study Centre – 27202, Netaji Subhash Chandra Bose Govt. Girls PG College, Lucknow. Dr. Anoop Kumar Singh, Member, UP State Wild Life Board, Ministry of Environment and Forest, Govt. of Uttar Pradesh was the keynote speaker, Dr. Sumit K. Mishra, Principal Scientist, CSIR, National Physical Laboratory was the distinguished speaker, Dr. Kirti Vikram Singh, Assistant Regional Director, IGNOU, Regional Centre, Lucknow was the convener of the webinar, Dr. Manorama Singh, Regional Director, IGNOU, Regional Centre, Lucknow introduced the topic, the speakers and chaired the session. Dr. Anuradha Tiwari, Principal, Netaji Subhash Chandra Bose Govt. Girls PG College, Lucknow was the Patron of the webinar. The webinar was streamed live on YouTube.



पर्यावरण विकास एवं जीवन की गुणवत्ता विषयक राष्ट्रीय ऑनलाइन गोष्ठी का आयोजन

सीतापुर। पर्यावरण विकास एवं जीवन की गुणवत्ता विषयक एक राष्ट्रीय वेबिनार का आयोजन आज नेताजी सुभाषचंद्र बोस राजकीय महिला महाविद्यालय अलीगंज तथा इन्दिरा गांधी राष्ट्रीय मुक्त विधि क्षेत्रीय केंद्र लखनऊ के संयुक्त तत्वावधान में गूगल मीट के माध्यम से सम्पन्न हुआ। इस सांघर्षिक एवं सांगर्भित इस ऑनलाइन गोष्ठी में मुख्य वक्ता के रूप में अन्य जेच बीई के सदस्य डाक्टर अनुप कुमार सिंह ने कहा कि पर्यावरण कितना अहम विषय है ये बात अब लोगों को समझ में आ गई है। उन्होंने कहा कि केवल आर्थिक विकास को ही पूर्ण विकास माना जाना उचित नहीं



है। श्री सिंह ने कहा कि आर्थिक विकास को ही विकास माना जाना अपर्याप्त विचारधारा है। केवल जी एन पी च जी डी ही बढ़ाने से विकास मान लिया गया। प्रकृति को निर्धारित करने की कुचेष्टा को गंभीरता से देखा जाना चाहिए। उन्होंने विषयों ऑनलाइन का उदाहरण देते हुए कहा कि प्रकृति के साथ

जुड़ना ही विकास है। अगर आर्थिक विकास हो और मानव जीवन की गुणवत्ता में विकास न हो तो ऐसा विकास बेमानी है। विकास का पश्चिमी माडल भारत में प्रयोग नहीं हो सकता। इससे केवल विषमता बढ़ेगी। भारतीय संस्कृति देने की है। लेने को नहीं। यही हमारा मूल अंतर है। पशुधन के विकास से कार्यक्रम का विधिवत शुभारम्भ जानी भागी लोक गणिका क्रमशः वर्गों के माध्यम से हुआ। उन्होंने जनशिक्षण हमारे गांव आना महशुस हमें दे जाना। गीत सुनाकर मौजूद लोगों का मनोरंजन किया तथा पर्यावरण संरक्षण का संदेश

दिया। वरिष्ठ वैज्ञानिक डाक्टर सुमित कुमार मिश्रा ने कहा कि पर्यावरण सुरक्षित रखना तभी मानवता सुरक्षित रहेगी। उन्होंने कहा कि अधिक से अधिक औषधीय पौधे लगाये जाने की जरूरत है। डाक्टर मिश्रा ने कहा कि विज्ञान का मूलभूत उद्देश्य इस्तेमाल की सेवा करना है। उसे दुबका बनाना नहीं। उन्होंने पर्यावरण के वैज्ञानिक पक्ष पर अपना ज्ञान सेवित रखा। उन्होंने कहा कि टोपेंडेंस पर्यावरण के लिये अत्यन्त महत्वपूर्ण है। उन्होंने प्रश्न पूछने को जरूरत पर बल दिया। वेबिनार के संरक्षक के रूप में मौजूद इगुनु के लखनऊ केंद्र की निदेशक डाक्टर मनोरमा सिंह ने सभी अतिथियों का परिचय प्रतिभागियों से कराया तथा सफल स्वागत किया। उन्होंने

सहभागिता के लिये नेताजी सुभाष छिद्रि कलेज का आभार व्यक्त किया। वेबिनार की अध्यक्षता कर रही महाविद्यालय की प्रचार्य प्रोफेसर अनुशांता तिवारी ने कहा कि विश्व पर्यावरण दिवस के अवसर पर ये गोष्ठी अत्यन्त उपयोगी हो गई है। संस्कार भारती के डाक्टर भास्कर तामो ने पर्यावरण से सम्बंधित सुन्दर गीत प्रस्तुत किया। कार्यक्रम का सफल संचालन संयुक्त रूप से वेबिनार के समन्वयक तथा इगुनु के सहायक निदेशक डाक्टर कर्ति विक्रम सिंह तथा सहायक प्रोफेसर डाक्टर जय प्रकाश वर्मा ने किया। वेबिनार में देश के विभिन्न स्थानों से बड़ी संख्या में शिक्षकों सहभागियों एवं अन्य लोगों ने प्रतिभाग किया।

- On the eve of **World Environment Day** (4th June, 2020), a Live Phone-in programme was organized by Gyanvani, Lucknow on the topic, “Climate Change Environment & COVID-19”. Expert was Dr. Dhruv Sen Singh, Director, Institute of Advance Study in Geology, University of Lucknow, Lucknow.



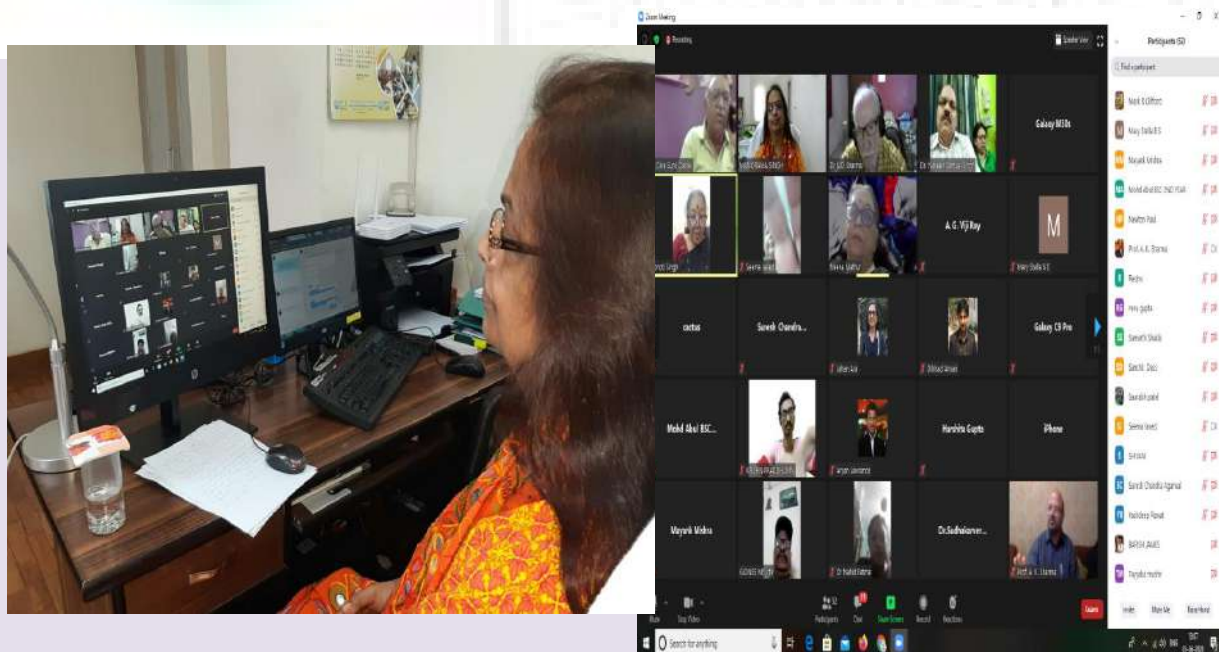
- A “Paryavaran Geet” was composed by Gyanvani, Lucknow, which was sent to EMPC. EMPC has given instructions to all Gyanvani Stations to broadcast this “Paryavaran Geet” for celebrating Paryavaran Saptah.
- A Live Phone-in Programme was organized by Gyanvani Lucknow on 5th June, 2020 to mark the “World Environment Day”. Dr. Manorama Singh, Regional Director alongwith Dr. Kirti Vikram Singh, Assistant Regional Director presented their views on the topic.



- A poster was prepared on the Certificate in Environment Studies (CES) and Post Graduate Diploma in Environment and Sustainable Development (PGDESD) programmes being offered by IGNOU and uploaded on Facebook page of Regional Centre, Lucknow to mark the celebration of World Environment Day.



- A webinar was organized on the occasion of World Environment Day on the topic, “Re-emergence and Rejuvenation of Wild Life in COVID-19 induced lockdown in India” on 5th June, 2020 in collaboration with IGNOU, Study Centre – 2720, Lucknow Christian Degree College, Lucknow. Prof. A. K. Sharma, Former Head, Department of Zoology, University of Lucknow delivered the opening remarks, Dr. Seema Javed, Environmentalist, Communication Strategist & Independent Journalist presided over the session, Shri Jairaj, Principal Chief Conservator of Forest & Head, Environmental Force, Uttarakhand was the keynote speaker and Dr. Manorama Singh, Regional Director, IGNOU, Regional Centre, Lucknow welcomed the participants, the resource persons and introduced the theme of the webinar.



- Facebook Live Session was organized on the topic “Environment & Biodiversity” on the occasion World Environment Day. Dr. Vivek Singh, Associate Professor, Department of Botany, Shri Jai Narain PG College, Lucknow was the Resource Person. Link for the Facebook Live session is pasted below :

<https://www.facebook.com/100004676805530/posts/1650190048480206/?sfnsn=wiwspmo&extid=7x0r1WlquJzsBPFf>



The graphic features the IGNOU logo at the top center, with the text "IGNOU THE PEOPLE'S UNIVERSITY" and "इग्नू जन-जन का विश्वविद्यालय" in Hindi. Below this, it says "@Ignou RC Lucknow" and "facebook LIVE". The event details are: "04:00 pm 5th June, 2020 (Friday)". The topic is "Environment and Biodiversity" and it is "On the occasion of World Environment Day". The location is "IGNOU, Regional Centre, Lucknow". On the right side, there is a portrait of Dr. Vivek Singh, Associate Professor at Shri JNPG College, Lucknow.



“Happy Environment Day”

KORAPUT

Fit India Movement -2020

Fitness Programme was celebrated in IGNOU Regional Centre, Koraput on 30th September, 2020 under Fit India Freedom Run Under aegis of Fit India Movement. All the staff of Regional Centre participated in the programme. All the staff members walk and run from their home to the office. To make everyone aware about physical and mental fitness a discussion was also held with the staff of Regional Centre, Koraput regarding the importance of yoga and exercise for fitness. Further discussion also held on varieties of nutritional food and its use for healthy body. A running programme was organized by the staff members of Regional Centre for this purpose. The video of the programme is attached in the mail. Some of the photos of the programme are as follows:



DELHI -3

Observance of Vigilance awareness week

The Vigilance awareness week oath ceremony has held on 27.10.2020 at 3:00 pm for officers and staff of RC Delhi-3 through Google Meet link provided to them today by RD (I/c) – ARD (IL). The officers and staff of RC Delhi 3 could not take pledge in the morning 11:00 AM today, due to inability of individuals to log in and unavailability of RC Delhi-3 official email id access. The total 20 staff members participated with their phones along with other staff with themselves in the pledge ceremony in English & Hindi. The staff was also informed by RD (Incharge) that the vigilance awareness week is being celebrated in IGNOU w.e.f. 27.10.2020 to 02.11.2020 and all at RC Delhi-3 should adhere to the pledge taken. Further ARD (SKM) and AR also addressed the RCD-3 officers and staff. Oath taking ceremony for vigilance awareness week was held at RCD3 through google meet on 27th OCT 2020 for Officers and staff since all could not connect through link provided by IGNOU HQs. The meeting through virtual mode was

held by undersigned in charge for RCD3 and oath taking was done by all. Minutes of the meeting along with few screen shots is given in trailing mail.



Jabalpur

The **Regional Centre Jabalpur** organised and celebrated **National Voter's Day today**. All Staff and Officials took Pledge on the occasion. Regional Director Dr Somasi Srinivas spoke on the importance of electorate in the Democracy and how it plays a vital role in strengthening and furthering the objectives of Democratic principles.



The induction Programme for newly admitted learners through Google Meet also coincided with the day. A number of learners of LSCs 141027D (Parasia); 1564D (Mandla) and 1566D (Dindori) alongwith the Coordinator also took the pledge from their residences/ work place through Google platform

Bangalore

Celebration of World Environment Day

In pursuance to the communication from the Director – RSD, IGNOU, New Delhi, World Environment Day was observed at the IGNOU Regional Centre, Bangalore today i.e., Friday, 5th June 2020. Some of the staff members of the Regional Centre were present for carrying out certain emergent activities viz., processing of LSC bills, payment of rent, settlement of monthly bill to manpower agency, submission of google ATR report, processing of projects related

documents, etc. The Regional Director, during the current lockdown due to COVID-19, addressed the staff members about the challenges being faced in protecting the environment of this earth. A couple of saplings planted and existing ones watered. A few photographs of the occasion are attached here below:



Rajkot

Celebration of Republic Day (26th January 2021)



Jaipur

Celebration of Republic Day (26th January 2021)

72nd Republic Day (26th January, 2021) was celebrated at the office of the Regional Centre Jaipur. All Academic and Non-Academic Staff members were present along with their family members to attend the Flag Hoisting ceremony at 9.30 A.M. at the office of the Regional Centre, Jaipur and greeted each other on the Republic Day. On this occasion prizes distribution ceremony was held for the sports and cultural activities organized on 22nd and 25th January 2021.



Jorhat

Celebration of Republic Day (26th January 2021)

The National Flag was hoisted at 9.05 am by the Regional Director followed by singing of the National Anthem and playing of the IGNOU Kulgeet. Staffs of the regional center and family members participated in the



Celebration of Vigilance Awareness Week

The Vigilance Awareness Week- 2020 observed from 27th October 2020 to 2nd November 2020 at RC Jorhat. The integrity pledge was administered by the Regional Director followed by all the staff members. Some photographs of the event are attached herewith for kind reference.



Bijapur

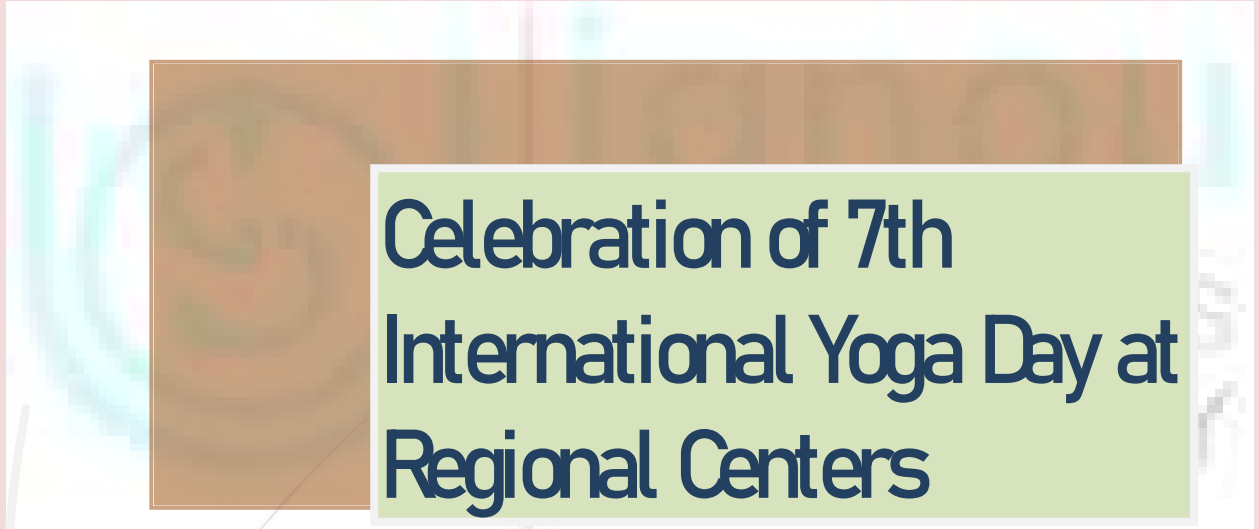
Celebration of International Women Day

International Women Day was celebrated at Regional Centre Bijapur on 8th March 2021. To commemorate the occasion Shri. Mallikarjun Banjari, Deputy Director, Department of Tourism, Government of Karnataka was delivered a talk on women "empowerment and educational achievements". Further, Regional Centre women staff and invited local LSC women functionaries were felicitated with momentum. Dr. A. Varadarajan, Regional Director has presided over the function and Shri. J. Thirumurugan, Assistant Registrar coordinated the entire activities. A photo in this respect is hereby enclosed for your reference.





6/21/2021



Celebration of 7th International Yoga Day at Regional Centers

Report on Celebration of 7th International Yoga Day at Regional Centres 21st June 2021

Agartala



Ahmadabad



Bangalore

IGNOU
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
(A Central University under Ministry of Education, Govt. of India - NAAC Accredited A++)

On the behalf of IGNOU, New Delhi,
IGNOU Regional Centre, Bangalore
Welcomes you and all your
friends & family members to the

7TH INTERNATIONAL YOGA DAY CELEBRATION & State Level 412TH Webinar of IGNOU RC, Bangalore

Date: 21.06.2021 Time: 09.30 a.m.

WELCOME AND INTRODUCTION OF CHIEF GUEST & YOGA EXPERT

G H Inrapur
Regional Director,
IGNOU Regional Centre
Bangalore

DEMONSTRATION OF YOGA ASANAS AND ITS BENEFITS BY

Dr. Chittaranjan Rao
Distinguished Guest, Yoga Expert & IGNOU Alumni

A BRIEF INTRODUCTION ON IGNOU'S 'CERTIFICATE PROGRAMME IN YOGA' & THE STUDENT SUPPORT SERVICES OFFERED TO LEARNERS.

Dr. Udayakumar S. Kollimath
Dean, Sri Sri Instt. of Agricultural Science and Technology, Art of Living, Bangalore; Rural Development Specialist, International Association of Human Values (IAHV), USA; Coordinator, IGNOU PSC - 13150.

Sharing of experiences by the learners of IGNOU & others followed by an interaction

VOTE OF THANKS

Smt. Shanthalakshmi, R
ASST. REGISTRAR

CONTINUED SUPPORT BY REGIONAL CENTRE ACADEMICS

DR. S. Balba
Dy. Director

Dr. Kasturi S.P
ARD

Dr. H.C. Honarabadi
ARD

Dr. M. Shanmugasri
ARD

All are welcome to the Zoom Cloud HD Video meet :
Join at: <https://indoweb.zoom.us/j/9609460851?pwd=ODZlRDQyVjM1eGZlZjA5SWFpZWJlbnRlZFRlZG91>
Meeting ID: 960 946 0851
Password: IGNOURD13

Chandigarh



Darbhanga

इंदिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय
क्षेत्रीय केन्द्र दरभंगा
 अंतर्राष्ट्रीय योग दिवस के अवसर पर
 एकदिवसीय राष्ट्रीय वेबिनार
 सोमवार, 21 जून 2021 समय: पूर्वाह्न 11 बजे से
 विषय: कोरोना संक्रमण काल में स्वास्थ्य लाभ में योग की भूमिका

मुख्य वक्ता	अध्यक्ष	विशिष्ट वक्ता	विषय प्रवर्तक
श्री. अनंद झा तेलंगाना प्रोब्लेम एन एन एम यू एन एल टी कॉलेज, सहरसा	डॉ. मीना शर्मा सिन्हा राज्य शांति निदेशक इग्नू क्षेत्रीय केन्द्र दरभंगा	डॉ. कानन कुमार विभागाध्यक्ष, संस्कृत मायवाड़ी महाविद्यालय, दरभंगा	श्री. सुशमकर कुमार समन्वयक, इग्नू अध्ययन केन्द्र एन. संस्कृत विभागाध्यक्ष सी एन कॉलेज, दरभंगा
स्वागतारोहण	स्वागत गान	संघालक	धन्यवाद ज्ञापन
प्रोफेसर कमलेश कुमार विभागाध्यक्ष, अंत्रजी जी डी कॉलेज, बंगलूर	शुशी शाहमती तानिया स्नातकोत्तर स्तरीय एवं पाठ्य विभाग एन एन एम यू विश्वविद्यालय, दरभंगा	डॉ. राजेश कुमार सहायक शांति निदेशक इग्नू क्षेत्रीय केन्द्र दरभंगा	श्री. राजेश कुमार शर्मा सहायक कुलपति इग्नू क्षेत्रीय केन्द्र दरभंगा

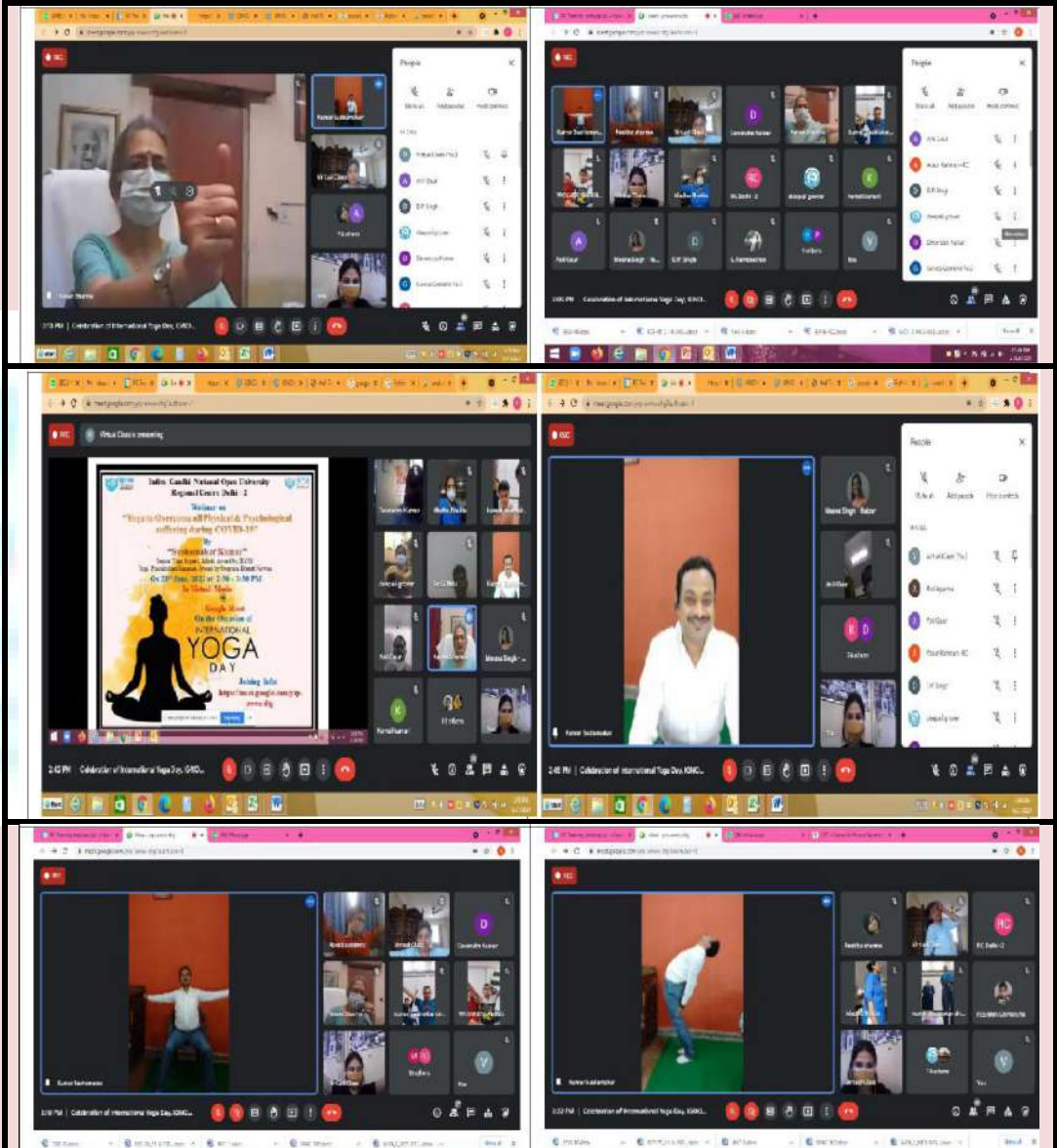
वेबिनार में जुड़ने के लिए निम्न लिंक पर क्लिक करें: <https://meet.google.com/xfm-bcmb-rer>
 (फीटबैक मिलने के बाद भागीदारी प्रमाण पत्र जारी किया जाएगा।)

आयोजक: इग्नू क्षेत्रीय केन्द्र, एन एन एम यू कैम्पस, निकट सेंट्रल बैंक, दरभंगा 846004

Delhi -2

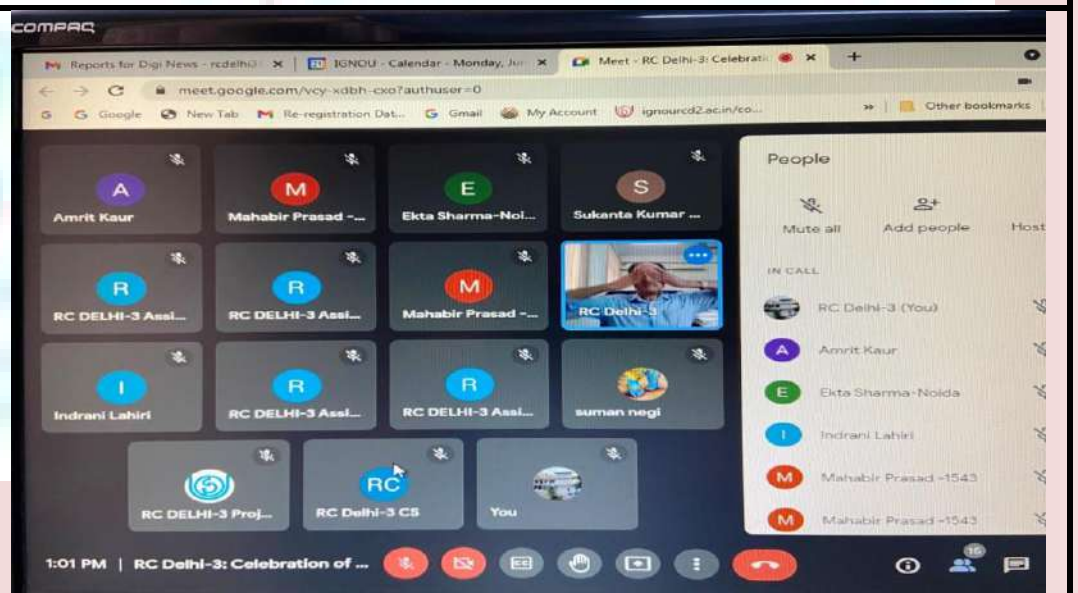
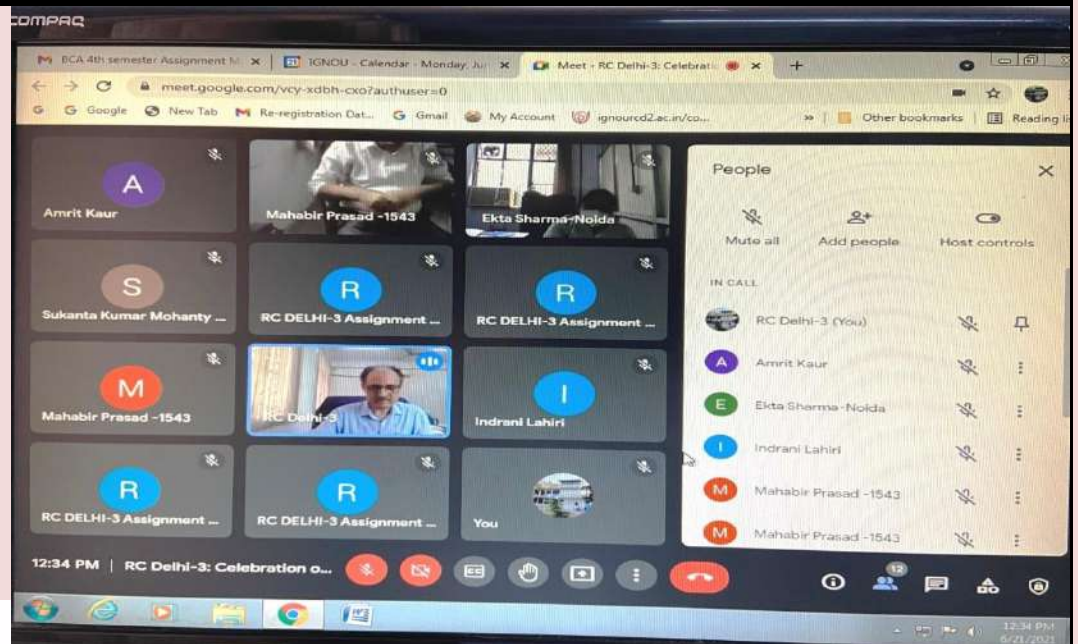
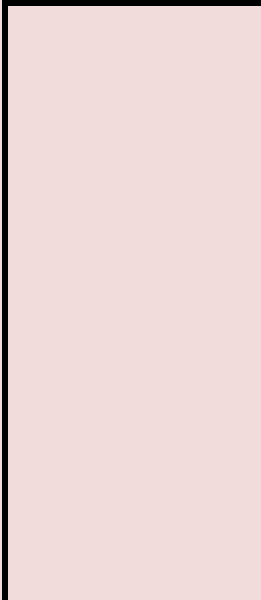
The Regional Centre Delhi-2 celebrated the 7th International Day of Yoga on 21st June 2021, by organising a Webinar on the Topic “Yoga to overcome all physical and psychological sufferings during Covid-19”, for the officials of Regional Centre and LSCs. The webinar was initiated by the welcome speech given by Dr. Meena Singh, ARD, Regional Centre Delhi-2. Dr.Kanan Sharma, Regional Director welcomed yoga expert Shri Sushmakar Kumar and all officials/ participants and enlightened about the importance of yoga practice in her inaugural speech. She said that in today’s era only Yoga can give a healthy way of living and positive thinking which may prevent a lot of health issues and miseries. Keynote speaker Shri Sushmakar, Senior Yoga expert, Awardee Sukriti Award by IEYSS, Delhi , illustrated how Yoga can give a better life to people and it can be a viable solution for many diseases which are related to lifestyle

disorders in Covid era. He said that Yoga will not only develop Immunity in the body but will also give a positive attitude for thinking and can lead to various stress management techniques which can be quite helpful in eradicating the health problems which are now being faced by people. He also gave a lot of tips to remain happy and insisted that each one should discover himself through meditation. After the lecture there was a question-answer session.



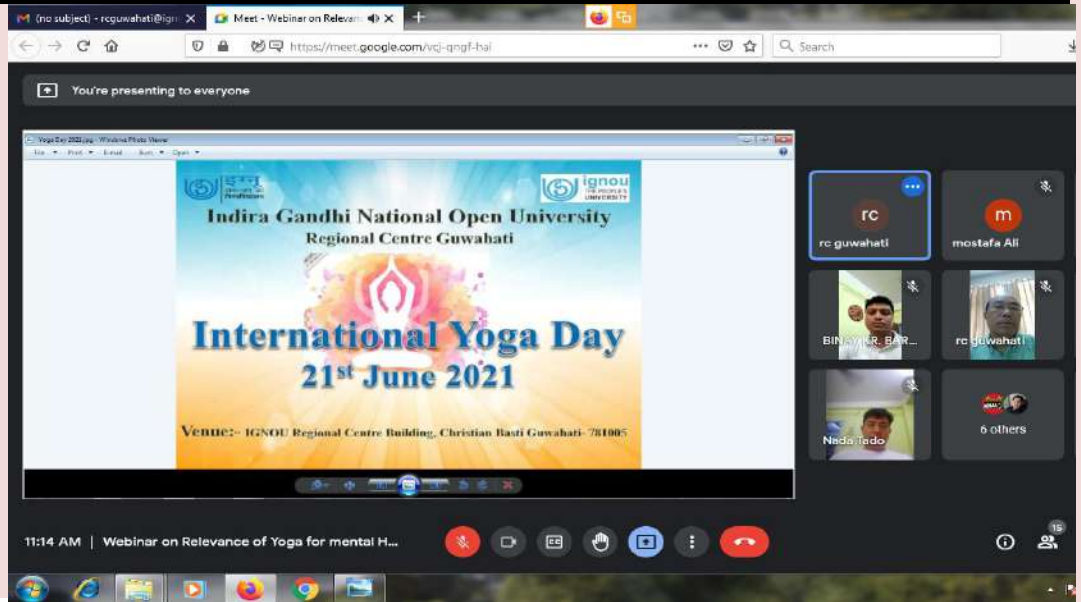
Delhi -3

Regional Centre Delhi-3 observed and celebrated the International Yoga Day on 21st June 2021 at 12.15pm. As a precautionary measure to stop the spread of COVID-19, the event was organized online through Google Meet wherein all Academics and staff members of regional centre participated.



Guwahati

IGNOU Regional Centre Guwahati, has celebrated the 7TH International Yoga day on 21ST June,2021 at 11.00AM to 12.00 AM through Google Meet. The lecture on the topic “Relevance of Yoga for Mental Health during the Pandemic” was delivered by a Yoga expert Ms. Khushboo Sharma. The resource person also demonstrated some of the most important and basic Yoga postures which is required to be practised especially during the pandemic period for our mental and physical wellbeing. The Google meeting was attended by the staff of the Regional Centre, Coordinators of the LSCs and some B.Ed learners. Two photographs of the occasion below for your kind perusal.



On the eve of the International YOGA Day the Regional Centre, Hyderabad has organized YOGA Session at 11.00 am on 21.06.2021 all the staff present to the duties have attended the YOGA Session. The session was addressed by Dr.K.Ramesh, Deputy Director who is himself a trainer spoke on the significance of the YOGA, Yogasanas, Pranayama and Meditation. The positive impact of the YOGA has been demonstrated and explained through YOGA sutras. The speaker impressed the staff on the need of taking YOGA as a part of their daily life to maintain the equilibrium of Mind, Heart and Soul. Thus the YOGA day has been celebrated with much sanctity at the premises of Regional Centre, Hyderabad.

Hyderabad



Jaipur

The banner for the International Yoga Day 2021 event is displayed on the left. It features the Ignou logo, NAAC A++ accreditation, and the text: "INDIRA GANDHI NATIONAL OPEN UNIVERSITY REGIONAL CENTRE JAIPUR 20/79-84, Sector-7, Patel Marg, Mansarovar, Jaipur -302029 (Raj.) INTERNATIONAL YOGA DAY अन्तर्राष्ट्रीय योग दिवस 21 June". It also includes social media links for Facebook, Twitter, and Instagram, and contact information for Gyan Vani (091) PM Radio. On the right, a screenshot of a Zoom meeting shows a grid of participants, including D. Marvella Dhillon, Shashi Dhadhach, and others.

Jodhpur

A screenshot of a Zoom meeting interface. The top status bar shows the time as 10:01 AM, 130KB/s, and a battery level of 86%. The meeting title is "Zoom". There are four video thumbnails visible: Dharmendra Jankari, Anshu Patel, a person with a "Connecting to audio..." overlay, and Rupali Singhania.

Jorhat

A screenshot of a WhatsApp video call. The contact name is "BHASKAR SARKAR JORHAT". The video shows two people in a room, one in a green shirt and one in a white shirt. The bottom status bar shows the time as 8:06, signal strength, 4G, and a battery level of 92%.

Karnal

The banner for the International Yoga Day 2021 event in Karnal features the Ignou logo and the text: "इंदिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय (NAAC द्वारा A++ ग्रेड प्रदत्त केन्द्रीय विश्वविद्यालय) क्षेत्रीय केंद्र, करनाल के सौजन्य से अंतरराष्ट्रीय योग दिवस के अवसर पर एक दिवसीय योग शिविर 21 जून 2021 समय: प्रातः 09 बजे से 10 बजे आयोजक : इग्नू क्षेत्रीय केन्द्र, करनाल". It also includes the name of the yoga guru, Shri Dinesh Gulati Ji, and the organizing institution, Haryana Yoga Commission, Haryana Government. A photo of a man in an orange shirt is shown on the right.

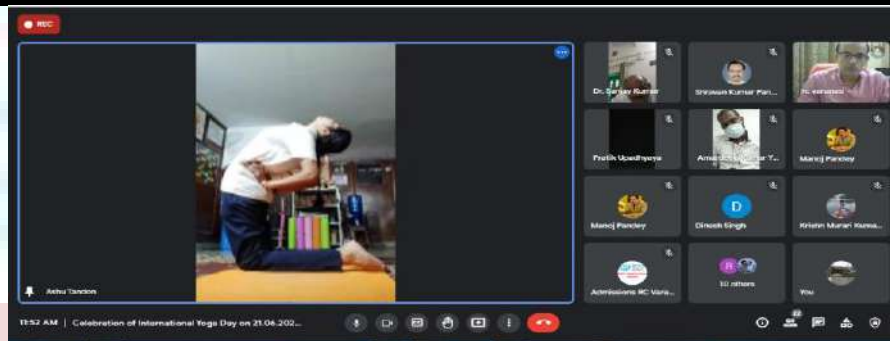
<p>Mumbai</p>	
<p>Port Blair</p>	
<p>Pune</p>	
<p>Rajkot</p>	
<p>Trivandrum</p>	<p>IGNOU Regional Centre Trivandrum observed the 7th International Day of Yoga in association with IGNOU Learner Support Centre, State Resource Centre, Kerala through webinar on the topics (a) Philosophical Relevance of Yoga and (b) Mindfulness and Yoga. The programme was presided over by Dr. N.B Sureshkumar, Director, State Resource Centre, Kerala Dr. B. Sukumar, Regional Director, IGNOU Regional Centre Trivandrum inaugurated the function by</p>

delivering the speech on the 'Relevance of Yoga', and its importance in contemporary world. The lectures were handled by Shri. R. Gopakumar, Former Director, Jan Shikshan Sansthan, Thiruvananthapuram and Dr. Sasikumar Purameri, Resource person, State Resource Centre, Kerala.

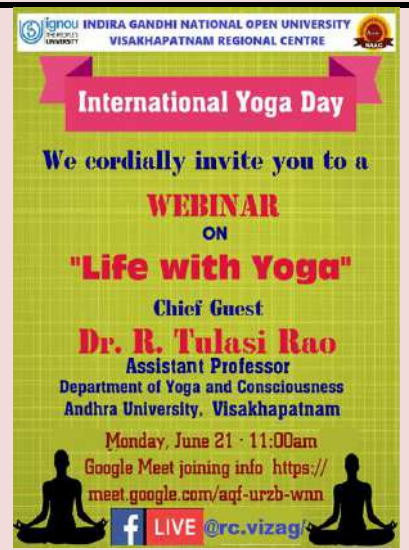
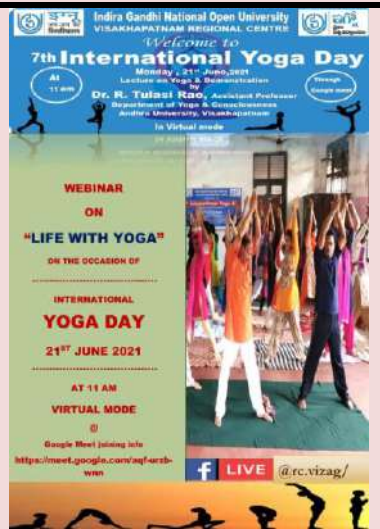


Varanasi

On the occasion of International Yoga Day on 21st June 2021, IGNOU Regional Centre Varanasi organized a programme on the importance of Yoga in day to day life at 11:00AM. Shri Ashish Tandani ji, Yoga Acharya, Chiatanya Yog Seva Sanstha, Bhelupur, Varanasi was invited as a Resource Person to deliver a lecture for IGNOU Regional Centre Staff and LSC Functionaries on the topic of "Importance of Yoga in life" through Google meet. Mrs. Bharti Gupta, Yoga expert demonstrated different Yogasan steps beneficial for post COVID persons.



Visakhapatnam







[Celebration Of 74th Independence Day at Regional Centers]



[Activities carried out at IGNOU Regional
Centres during Celebration of 74th
Independence Day on 15th August 2020]

Report on Celebration of 74th Independence Day at Regional Centres.

1. Agartala

The 74th Independence has been observed at Agartala RC by hoisting of National Flag at the RC premise. The Regional Director delivered a short speech. He told the Staff about the supreme sacrifice of the great martyrs who gave their lives for the sake of freedom. He also said that the freedom was very precious and it was very necessary to preserve it. We all maintained social distancing and wear mask at the Flag hoisting ceremony.



2. Ahmedabad

On the occasion of 74th Independence day, was celebrated with physical distancing norms at Regional Center premises, Dr.D.Ananda, ARD hoist the national flag, and six other staff members participated in the ceremony due to pandemic of Covid-19. Dr.Jayesh Patel ARD, Mr Dinesh Prajapati, Mr. Babu Lal Desai, Mr. Nikhil Soni, Mr. Mahendra Pal Singh, Mr. Dinesh Gandhi, and Mr.Naresh Makwana participated in the celebrations.



3. Aligarh

IGNOU Regional Center Aligarh celebrated 74th Independence Day of the nation with zeal and fervor. The flag hoisting ceremony was organised at 9.00 AM on the terrace of RC building. All the academics and other staff members participated in the program. Dr. Girraj Kishore, ex -Dean, Faculty of Education, Agra University was the special invitee. During his speech, he specially highlighted major historical events which finally lead to the Independence like first war of Independence, quit India movement etc. Dr. M. Safdare Azam, RD I/c and Dr M. R. Faisal, ARD spoke on the occasion about the sacrifices of our freedom fighters who freed the nation from Britishers. A cultural program was also part of the celebration. About 15 persons participated. Mr Satyendra Kushwaha, AE(DP) performed anchoring.

4. Bangalore

74th Independence Day was celebrated with great respect and national pride at RC, Bangalore. Sh. G.H. Imrapur, Regional Director, hoisted the National Flag and spoke about India's achievements and the efforts for Self-reliance, Atma Nirbhar Bharat. This function continued with 70th webinar under 4th National Level Webinar Series on Re-registration and Fresh Admission-July 2020 and many students participated and interacted on various Student Support Services and curriculum related issues.

No of Participants: 25



5. Bhagalpur

RC Bhagalpur celebrated Independence Day with 09 of it's staff and guests. Flag hoisting was done by Dr Sarah Nasreen, RD (I/c.) IGNOU RC Bhagalpur. Thoughts on Importance of Independence day were shared by the participants.



6. Bhopal

The Independence Day was celebrated at IGNOU regional Centre Bhopal today. A flag hoisting ceremony was organised at the regional centre at 8am .The Staff of the regional centre (permanent and dailywage) and some of their family members also attended the flag hoisting ceremony(TOTAL-16) After the ceremony, Dr U C Pandey regional director and Dr Anshuman upadhyaya ARD addressed the staff members. Light refreshments were arranged for the staff members.



7. Bhubaneswar

The 74th Independence Day was celebrated in the premises of RC Bhubaneswar. This time Govt. of Odisha had permitted only 10 persons for flag hoisting due to COVID-19 and therefore with limited number of staff the function was organised. RD Bhubaneswar hoisted the flag in the premises in front of officers and a few staff. National anthem was sung and slogans of freedom fighters were raised by all staff present in the function and then RD addressed the staff . He expressed his Best Wishes to all staff and their family members on the occasion and requested them to contribute to the organisation to their fullest potential.



8. Bijapur

The 74th Independence Day was celebrated at Regional Centre Bijapur. The National flag hoisted by Dr. A.Varadarajan, Regional Director with all officers and officials at 8.00 am today. To respect the COVID-19 warriors, we have invited the BLDEA Hospital nurses and felicitated them with a rose and IGNOU publicity materials for spreading the COVID awareness among the general public.



9. Chandigarh

RC Chandigarh celebrated 74th Independence Day with flag hoisting ceremony. Dr Anil K Dimri, RD hoisted the Flag and also delivered a brief speech on the importance of his auspicious occasion.



10. Chennai

IGNOU Regional Centre, Chennai celebrated 74th Independence Day today morning at 9 AM at office premises with officers and staff members. The celebration started with the hoisting of the National Flag by Dr K Panneerselvam, Regional Director. The Independence Day celebration at RC-Chennai was attended by Dr Sk Zareena, ARD; Dr D MBhemrao, ARD; Shri R S Mohan Kumar, SO; Shri R Chinniah, EA and Shri S Vijayakumar, MTS. The celebration concluded with the National Anthem and the distribution of light refreshments.



11. Cochin

The Independence Day celebrations was collectively celebrated at RC Cochin by the staff of Regional Centre, Regional Evaluation Centre, and Model Study Centre 14000 on 15th August 2020 at 10 AM. The brief about the origin of India as a democratic Republic and the importance of freedom Struggle was highlighted to the audience by Dr. J. S .Dorothy Regional Director, Regional Centre Cochin. The importance of the Independence day celebrations during the COVID19 lockdown was shared by Dr. Sindhu P. Nair, Deputy Director Regional Centre Cochin. The Flag was hoisted by the Senior most employee Sh K. K. Joseph ,Assistant Registrar , Regional Centre Cochin.



12. Darbhanga

74th Independence Day was celebrated on 15th August 2020 at IGNOU RC Darbhanga. Social distance norms and other norms proposed during the Covid 19 epidemic were strictly followed during the occasion.



13. Delhi 1

RC Delhi-1 has observed 74th Independence Day today with full zeal and enthusiasm. Please find attached herewith few photographs of the event.



14. Delhi 2

"The Regional Centre Delhi-2 is located at Rajghat, near Red Fort, henceforth, the roads approaching to the Regional Centre were closed due to the security reasons on account of the celebrations for the 74th Independence Day at the Red Fort. Regional Centre Delhi -2 celebrated 74th Independence Day with entire RC Staff members and their families on 15th August 2020 in virtual mode. On this occasion, a series of events in virtual mode were organized. A Painting and Drawing Competition was organized for children of RC staff. There were two categories of participation i.e. upto 10 years and above 10 years.. The art works are judged and prizes will be awarded to the participants. One of RC Staff, has written a poem and uploaded over the facebook page. Few children also sung patriotic songs on this occasion of Independence Day on online platform to embark spirit of patriotism. More than 110 persons including RC Officials, Staff and their family members participated in celebration of Independence Day.



15. Delhi-3

To commemorate the 74th Independence Day, a flag hoisting ceremony was organised at Regional Centre Delhi-3 on 15.08.2020. Due to the constraints of pandemic conditions, only skeleton staff participated in the celebrations. After unfurling of the flag, a brief talk was delivered by the Regional Director about the importance of the day.


Further, Regional Centre complimented the staff members for their continued commitment towards delivering the best possible learner support services in these times and exhorted all to keep up the same spirit.



The 74th Independence Day 2020 was celebrated at RC Gangtok by hoisting of the tricolor. Majority of RC staff (10) were present during the flag hoisting celebration. The staff also watched on TV channel at RC the Independence Day Address to the Nation delivered by the Hon'ble Prime Minister from Red Fort, New Delhi.

16. Gangtok



<p>17. Hyderabad</p>	<p>IGNOU Regional Centre, Hyderabad celebrated the 74th Independence day today i.e.15th August 2020. The flag was hoisted by Dr.S.Fiayaz Ahmed, Regional Director. Dr. K.Ramesh, Deputy Director, Dr.P.M.Sowjayana ARD, Dr.B.Raju ARD, Sh.Anand Reddy Assistant Registrar and other staff members of the Regional Centre Hyderabad were also present on this occasion.</p> 
<p>18. Itanagar</p>	<p>A total of 30 persons participated in the celebration. Participants includes all officers and permanent staff, DW staff of RC, Security Guards and family members of staff.</p>
<p>19. Jabalpur</p>	<p>Greetings from IGNOU Regional Centre: Jabalpur-41, M.P</p> <p>Today, on the occasion of “74th Independence Day of India” National Flag hoisting ceremony was organized at IGNOU; PSM Premises; Jabalpur. On the occasion IGNOU Regional Centre officials and Staff and security gaurds, numbering 20 were present to witness the celebration at the venue in the flag hoisting ceremony.</p> <p>The National Tricolour was unfurled by Dr Somasi Srinivas Regional Director after which rich tributes were paid to the Freedom Fighters and Martyrs remembered including Martyrs of Galwan valley recent incidence. The program was organised under social distancing.</p>



20. Jaipur

"74th Independence Day (15th August, 2020) was celebrated at the office of the Regional Centre Jaipur. Dr. K.K. Gautam, Ex. Senior Regional Director (Rtd.) was Chief Guest on this occasion. All Officials and Staff members of the Regional Centre, Jaipur along with the Dr. K.K. Gautam, Ex. Senior Regional Director (Rtd.) were present to attend the Flag Hoisting at 09.30 A.M. at the office of the Regional Centre, Jaipur by following certain preventive measures/guidelines related to COVID-19. They greeted each other on the Independence Day. To Commemorate the sovereignty of our nation, the Chief guest and the Regional Director unfurled the National flag and all in unison sang the National Anthem and expressed the joy of our freedom.

Dr. K.K. Gautam, Ex. Senior Regional Director (Rtd.) and Dr. Mamta Bhatia, Regional Director addressed all the staff members and pledged to have a better working environment and be vigilant for our responsibilities towards the nation, society and workplace. Dr. Pawan Kumar, Assistant Registrar concluded the programme with a vote of thanks. Dr. Indu Ravi, Sh. Sher Singh, Sh. Kamlesh Meena, Asst Regional Director and all administrative staff members of RC Jaipur were also present on this occasion.

Number of participants on this occasion are 25.



21. Jammu

In Jammu Saturday and Sunday are under complete lockdown every week. However for Celebration of Independence Day we have taken permission from the administration and celebrate Independence Day with our staff members of RC Jammu maintaining social distance. The staff members present included Regional Director I/c Dr. Vikram Singh, ARD Dr. Sandeep Gupta, ARD Dr. Asha Upadhyaya and SO Sh. Dara Singh. Some of the photographs are attached herewith.



22. Jodhpur

इग्नू क्षेत्रीय केंद्र जोधपुर के द्वारा 74 वां स्वतंत्रता दिवस समारोह बड़े हर्ष उत्साह के साथ मनाया गया। इग्नू क्षेत्रीय केंद्र जोधपुर के क्षेत्रीय निदेशक डॉ अजय वर्धन आचार्य के द्वारा राष्ट्रीय ध्वज को सर्वप्रथम फहराया गया तथा इसके पश्चात राष्ट्रीय गीत जन गण मन स्टाफ के सभी सदस्य द्वारा गाया गया। इग्नू क्षेत्रीय निर्देशक डॉ अजय वर्धन आचार्य के द्वारा स्वतंत्रता दिवस समारोह के उपलक्ष्य में 74 वें स्वतंत्रता दिवस के महत्व पर प्रकाश डाला गया। इस अवसर पर सहायक क्षेत्रीय निदेशक डॉ रूपाली श्रीवास्तव एवं डॉ मुख्तयार अली ने भी स्वतंत्र दिवस पर विचार

व्यक्त किए।



23. Karnal

74th Independence day was celebrated at RC Karnal on 15th August 2020. RC Academics and local staff participated in the programme. There was no special invitee. All safety measures of COVID-19 pandemic was observed.



24. Khanna

74th Independence Day was celebrated at IGNOU Regional Centre, Khanna on 15th August, 2020. Flag hoisting ceremony was organized and the tricolour was unfurled by the Regional Director, Dr. Santosh Kumari. Fifteen participants were present on the occasion. The Regional Director remembered the sacrifice of freedom fighters during the freedom struggle and also emphasized the contribution of common people in making India independent in 1947. She wished everyone good health in the present COVID-19 pandemic conditions.



25. Kolkata

IGNOU Regional Centre, Kolkata celebrated 74th Independence Day on 15th August, 2020. A small function was organised keeping in mind of the pandemic situation. Regional Director, Dr. Shiva Kumar G. N hoisted the National Flag. Most of the officers and staff members were also present in the function. In his speech Dr. Shiva Kumar G. N. remembered the freedom fighters who laid their lives for our nation. He also paid tribute to those front line workers who are fighting against novel coronavirus.



26. Lucknow

The 74th Independence Day of the Nation was celebrated on 15th August 2020 at IGNOU Regional Centre, Lucknow. The National Flag was hoisted by the Regional Director at 8:00 A.M. The officers and staff of Regional Centre and Regional Evaluation Centre participated in the function following the norms of social distancing as per Government Instructions. The officers and staff of Regional Centre, Lucknow have taken a pledge for the cleanliness of the Regional Centre campus and the surroundings.



27. Mumbai

The Regional Centre Mumbai has celebrated 74th Independence Day on 15th August 2020 at Regional Centre premises. Dr. E. Krishna Rao, Regional Director (I/c) has hoisted the national flag. In his speech, he suggested the youth has to follow the ideological foot prints of Indian National Leaders and help to build an Atmanirbhar Bharat.

Later, regional centre staff sung a patriotic song to salute our freedom fighters. The programme was ended with the National Anthem.

This time regional centre broadcasted a facebook live of entire ceremony especially for the students. At the end of the day, this event reached upto 3000 students through official facebook page of Regional Centre.



28. Nagpur

74th Independence Day was celebrated at Nagpur Regional Centre, with traditional fervour. But, due to Covi19 conditions, only limited staff members attended the function at Regional Centre. Dr P Sivaswaroop, Regional Director hoisted the National Flag and all paid obeysance to the National Flag. Later, in a brief Meeting all members have re-committed themselves to serve the Nation by spreading Educational opportunity to the desiring people, with special Focus on Unreached Sections of the Society.



29. NOIDA

The 74th Independence Day function was celebrated with great enthusiasm at RC Noida. The national flag was hoisted by Dr.A.M.Saklani Deputy Director who addressed the RC staff on the importance and values of Independence Day .A total number of 16 participants were present .The function was marked with rendering of patriotic songs and active participation of RC staff.



The Flag was hoisted by AE (DP). All DW and security guard present. National anthem sung. No invitees.

30. Panaji



31. Patna

The Regional Centre celebrated the 74th Independence Day of the country in the premises of the Regional Centre at 9 am today with the staff of the Regional Centre and the Regional Evaluation Centre. The Standard Operating Procedure recommended by Government of India for the celebration of Independence Day was strictly followed. All the members of staff wore masks and maintained recommended social distance. Regional Director, Dr Abhilash Nayak hoisted the tri-colour, received Guard of Honour from the Security Guards and addressed the audience about the significance of the Independence Day. During his address, he paid tribute to the freedom fighters as well as the corona warriors who have laid down their lives to liberate the country from the clutches of the British Empire before Independence and the clutches of CCOVID-19 in 2020. He advised the staff to take pledge to support the warriors and help the country win the war against COVID-19. He also inspired them do all possible things to contribute to the building of Atmanirbhar Bharat, the dream of Honourable Prime Minister Shri Narendra Modi ji. Then he highlighted the achievements of the university as well as the Regional Centre during the lockdown period. While highlighting the achievements, he focused on the conduct of thousands of online counseling sessions and providing online support services to the learners. He invoked the staff to work tirelessly to upkeep the dignity of the university, take the university to every doorstep in the region and make it a real Peoples University. His address was followed by the address of Dr Asif Iqbal, ARD and Mr Anand Kumar, Assistant Register who remembered the great souls who fought for the country and encouraged the staff to work selflessly to contribute to the growth of the university. The Flag-hoisting ceremony was followed by distribution of sweets among the staff.



As part of the Independence Day celebration we hoisted the National Flag at the RC premises. RC staff participated and distributed sweets.

32. Port Blair



33. Pune

On 15 August 2020 The Independence Day was celebrated at RC Pune. The Flag hosting is done by the Chairman of MSFC, Govt. of Maharashtra. In all there were 23 participants that includes Staff of MSFC, Dy. Commissioner, NVS, Pune and staff IGNOU RC Pune.



34. Raipur

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35. Rajkot

The 74th Independence Day was observed at Regional Centre, Rajkot. The RC officials and staff were present on the occasion, keeping all the precautionary measures and guidelines of pandemic COVID19.



36. Ranchi


The 74th Independence Day was observed at IGNOU Regional Centre, Ranchi by unfurling the National Flag in the presence of all the RC staff maintaining Social Distancing and masking. The National Flag was hoisted by the Regional Director. 10 regular staff, 8 DW staff and 2 Security Guards participated in it.



74th Independence Day was celebrated at RC Saharsa by unfurling the tricolour on the terrace of RC building, observing the norms and social distancing. A total of 13 staff members were present on the occasion.

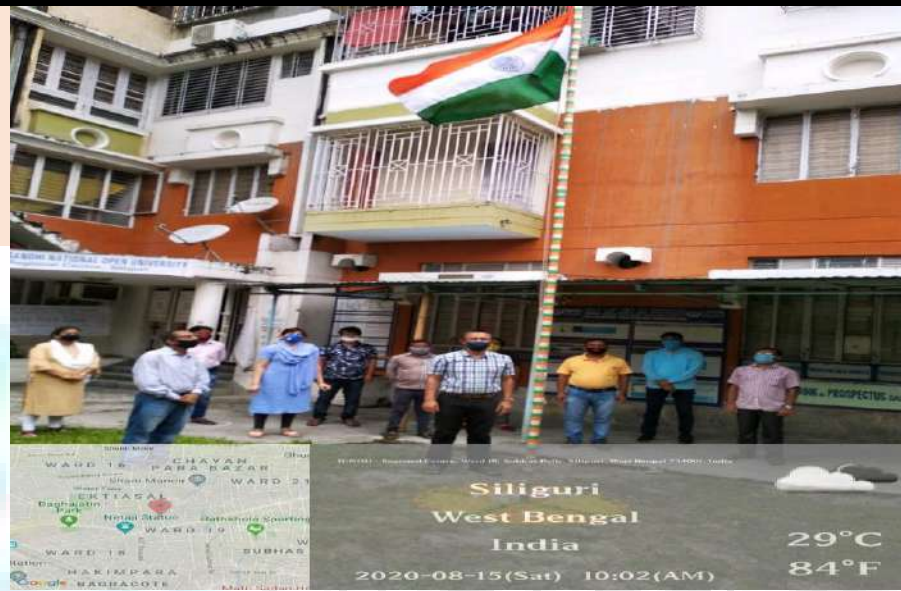
37. Saharsa



<p>38. Shillong</p>	<p>The Regional Director of Shillong RC, Namrata Hagjer hoisted the National Flag and it was followed by singing of the National Anthem by all Officers and Staff. The number of participants were 16.</p>
<p>39. Shimla</p>	<p>IGNOU Regional Centre, Shimla celebrated the 74th Independence Day today on 15th August, 2020 at RC premises. At the outset, the National Flag hoisted by the Regional Director, followed by ‘Rastragaan’. All the staff members, neighboring children and their parents attended the Flag hoisting ceremony. Thereafter, an interactive session was organized in which children sung a patriotic song and staff members expressed their views on the occasion.</p> 
<p>40. Siliguri</p>	<p>Celebration of 74th Independence Day Saturday, 15th August 2020 IGNOU Regional Centre Siliguri celebrated the 74th year of Independence of India on 15th August 2020 at the Regional Centre premises. The staff members gathered at the Regional Centre and Dr. Salam Dilan Singh, Regional Director hoisted the national flag at 10 am. In his Independence Day message, the Regional Director referred to the importance of patriotism and asked everyone to remember the sacrifices made by the freedom fighters of our nation. He also mentioned that it is an occasion to remember the</p>

socio-economic progress the country has made over the years, since independence and our resolve to contribute the best way to further the development of our country. He said that our national anthem 'Jana gana mana' represents the unity of a diverse India.

The Independence Day celebration ended with singing the national anthem
Few photographs are attached.



41. Varanasi

The 74th Independence Day is celebrated at Regional Centre Varanasi by hoisting the National Flag followed by National Anthem.

Dr. Upendra Nabha Tripathi, RD (I/c) addressed the staff and asked them to be healthy and safe during the Corona pandemic.

Thereafter the Regional Director and all the staff offered their floral tribute to Gandhi ji. Shri Awadhesh Kumar Pandey Asstt. Registrar, Shri Vivek Kumar Rai Assistant Professor ,S.S.B. P.G. College Baliia, Shri Vineet Kumar Rai Assistant Professor ,S.S.B. P.G. College Baliia, and the staff members of RC participated in the Flag Hoisting function.



<p>42. Vatakara</p>	<p>The 74th Independence Day of the country was celebrated with great enthusiasm by Regional Centre Vatakara. Dr. M. Rajesh, welcomed the participants and reiterated the yeomen goals enshrined by the freedom movement and its towering leaders. He stated that constitution of India prepared under the able leadership of Dr. B.R.Ambedkarji was a stellar document in world history.</p>
<p>43. Vijayawada</p>	<p>In order to celebrate the 74th Independence Day on 15th August 2020, the staff of RC Vijayawada put in all efforts to reach the office premises in spite of heavy rain. However, the office area was in the containment zone and the entry was restricted by barricades. Hence, we could not participate in the flag hoisting.</p>
<p>44. Vishakhapatnam</p>	<p>Indira Gandhi National Open University (IGNOU), Visakhapatnam Regional Centre has celebrated 74th Independence Day Celebrations at the premises of Regional Centre. Dr. S. Raja Rao, Regional Director hoisted the National Flag and delivered the message.</p>