

Programme Guide

**Post Graduate Diploma in Environmental and Occupational
Health**

(PGDEOH)



**School of Interdisciplinary and Trans-disciplinary Studies
Indira Gandhi National Open University
Maidan Garhi, New Delhi- 110068 (India)**

PROGRAMME DESIGN AND EXPERT COMMITTEE

Dr. (Ms.) Shyamala Mani Professor, National Institute of Urban Affairs (NIUA) India Habitat Centre New Delhi- 110003.	Prof. Daizy R Batish Department of Botany, Panjab University, Chandigarh- 160014.
Prof. R. Baskar Department of Environmental Science & Engineering Guru Jambheshwar University of Science & Technology Hisar, Haryana- 125001.	Prof. M. Krishnan Professor Department of Biochemistry Central University of Rajasthan N.H. 8, Bandarsindri Kishangarh - 305 817 Ajmer (Dt), Rajasthan
Prof. H.J. Shiva Prasad Professor of Civil Engineering, College of Technology, G.B. Pant University of Agriculture & Technology, Pant Nagar, Uttarakhand.	Dr. Chirashree Ghosh Associate Professor, Department of Environmental Studies, University of Delhi, New Delhi- 110007
Dr. T.K. Joshi Director, Occupational & Environmental Programme, Centre for Occupational & Environmental Health, Maulana Azad Medical College, New Delhi- 110002.	Mr. Ravi Agarwal Director, Toxic Link, Jangpura Extension, New Delhi- 110014
Prof. Nilima Srivatsava School of Gender and Development Studies Indira Gandhi National Open University New Delhi	Prof. Jaswant Sokhi School of Sciences Indira Gandhi National Open University New Delhi
Prof. S.K. Yadav School of Agriculture Indira Gandhi National Open University New Delhi	Prof. Ruchika Kuba School of Health Sciences Indira Gandhi National Open University New Delhi
Dr. Rachna Agarwal Assistant Professor School of Vocational Education and Training Indira Gandhi National Open University New Delhi	Dr. B. Rupini Director, Associate Professor Environmental Studies School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi
Dr. Shachi Shah Associate Professor Environmental Studies School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi	Dr. Sushmitha Baskar Assistant Professor Environmental Studies School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi

<p>Dr. Deeksha Dave Assistant Professor Environmental Studies School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>	<p>Dr. V. Venkat Ramanan Assistant Professor Environmental Studies School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>
<p>Prof. Nandini Sinha Kapur School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>	<p>Dr. Shubhangi Vaidya Associate Professor School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>
<p>Dr. Sadananda Sahoo Assistant Professor School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>	<p>Dr. Y.S.C. Khuman Assistant Professor School of Interdisciplinary and Trans- disciplinary Studies Indira Gandhi National Open University New Delhi</p>

PROGRAMME GUIDE PREPARATION AND EDITING Dr. B. Rupini, Dr. Sushmitha Baskar, SOITS, IGNOU, New Delhi, Prof. Ruchika Kuba, SOHS, IGNOU, New Delhi

PROGRAMME COORDINATORS: Dr. B. Rupini (brupini@ignou.ac.in), Dr. Sushmitha Baskar (sushmithab@ignou.ac.in), Prof. Ruchika Kuba (rkuba@ignou.ac.in)

PRODUCTION TEAM

December, 2018

© Indira Gandhi National Open University, 2018

All rights reserved. No part of this work may be reproduced in any form, by mimeograph or any other means, without permission in writing from the Indira Gandhi National Open University.

Further information on Indira Gandhi National Open University courses may be obtained from the University's office at Maidan Garhi. New Delhi-110 068 or visit University's web site <http://www.ignou.ac.in>

Printed and published on behalf of the Indira Gandhi National Open University, New Delhi by the Director, School of Agriculture.

Laser Typeset by: Tessa Media & Computers, C-206, A.F.E.-II, Okhla, New Delhi

Printed at : Raj Printers, A-9, Sector B-2, Tronica City, Loni (U.P.)

CONTENTS

1.0 About the Programme	5
1.1 Introduction	5
1.2 Programme Offer and Coverage	5
1.3 Programme Objectives	6
1.4 Target Population	6
1.5 Eligibility Criteria	6
1.6 Medium of Instruction	6
1.7 Duration of the Programme	6
1.8 Programme Fee	6
1.9 Prospects	6
2.0 Programme Framework	7
2.1 Course Contents	9
3.0 Instructional System	16
3.1 Self-instructional Print Material	16
3.2 Audio-video Programmes	16
3.3 Assignments	16
3.4 Counselling Sessions	16
3.5 Teleconferencing	17
3.6 Interactive Radio Counselling	17
3.7 Project Work	17
4.0 Delivery System	18
5.0 Evaluation	19
6.0 Assignments	20
7.0 Term End Examinations (TEE)	21
8.0 General Instructions	22
9.0 Online Facilities	22
Appendix I: Tentative List of Examination Centres	24
Appendix II: Addresses and Codes of IGNOU Regional Centres	27
10.0 Some Forms for Your Use	42

Dear Learner,

Welcome to the academic programme - Post Graduate Diploma in Environmental and Occupational Health (PGDEOH). By enrolling to the PGDEOH programme you have become a student of IGNOU, one of the largest mega Universities in the world. IGNOU offers educational programmes through open and distance learning (ODL) mode. It is quite likely that you are getting this first ever experience as a distance learner. We, as distance teachers are in fact physically at a distance from you. But as far as the teaching-learning activity is concerned we are very close to you and always with you in the form of our material and through other student support services. To start with, read this 'Programme Guide' thoroughly, keep it handy and refer it as and when you get any doubt about progressing further in this programme. By following this Programme Guide you will not only feel comfortable but also be able to manage your programme related activities very easily.

In course of your journey, you will notice that IGNOU is a university with a difference. Unlike conventional universities/institutions where teaching and learning take place mostly through face-to-face mode, IGNOU adopts a multi-media approach to facilitate teaching-learning activities. You will find that the printed self-learning material is the master medium of our instruction. It is supplemented with audio and video programmes, teleconferencing and interactive radio counseling sessions. Further, you will also benefit from the face-to-face mode of interaction during counseling sessions organized at the Study Centre. Besides these, the assignments submitted by you will be evaluated and you will receive feedback from the evaluators. Thus, you will realize that there are multiple modes which provide diverse opportunities for your interaction as well as facilitate your smooth progress through the programme.

PGDEOH programme would provide you comprehensive exposure to theoretical and practical aspects, processes, issues and solution etc., of Environmental and Occupational Health issues. The programme will equip you with necessary knowledge, understanding, skills, attitudes and competencies that will help you to build your capacity in sustainability assessment, planning and implementation activities.

The information presented in this Programme Guide, will help you in organising and systematizing your study in respect of various components and stages of the programme. This Programme Guide provides you important information about the programme as a whole, viz., its objectives, structure, mode of delivery, programme schedule, counselling sessions, assignments, evaluation, etc. It is expected that you will preserve this Programme Guide till you complete the programme as this Guide will help you clarify your doubts at different stages during the course of your academic journey through this programme.

With best wishes,

Programme Coordinators

Post Graduate Diploma in Environmental and Occupational Health (PGDEOH)

1.0 ABOUT THE PROGRAMME

1.1 Introduction

Environmental and Occupational Health focuses on assessing the public health risks associated with biological, chemical, physical, biomechanical and psychosocial hazards in natural and built environments. Environmental health specialists focus on the effect of environmental pollution on the health of human beings. The human health is a reflection of socio-economic & physical environment. The main link between the workplace and the general environment is that the source of the hazard is usually the same, whether it is an agriculture activity or an industrial activity. The programme aims at various concepts related to general environment, environment at the work place, related hazards and evaluation of health risk assessment by providing solutions to various aspects of environmental health occupational hazard management, epidemiology, health policy and management, and environmental health promotion. The successful learners will be able to work with health practitioners, researchers and policy makers to develop, evaluate and monitor health policies, programmes and practices related to healthy environments.

As per the secondary data available there is an urgent need for competent professionals in this field.

The detrimental effects on human health or on the environment caused by new types and patterns of hazards, exposures and risks due to liberalization of world trade, rapid technological progress, significant developments in transport and communication, shifting patterns of employment, changes in work organization practices, the different employment patterns of men and women, and the size, structure and life cycles of enterprises and of new technologies. Impaired health and environmental degradation lowers human productivity. The economic burden can be expressed not only in costs of treatment, but also in quantifying the loss of productivity. On the other hand healthy workers increase industrial output and lower the cost of production and through their incomes they can contribute to the health of their families and their communities. Environmental and occupational health professionals improve public health by focusing all their efforts on identifying and addressing these environmental risk factors. This is fairly a new discipline and area of study. Some of the main responsibilities of environmental and occupational health professional include to:

- Develop strategies to prevent hazards to workers, property, environment and the general public.
- Measure hazards at worksites.
- Enforcing central, state and local regarding food/water sanitation. Hazardous/infectious waste handling and cleanliness/safety in all environments.
- Collecting and analyzing environmental samples to test for hazards and dispensing information regarding disease outbreaks.

1.2 Programme Offer and Coverage

PGDEOH will be offered in both January and July session every year. It is offered throughout the country through the established network of IGNOU Regional Centres.

1.3 Programme Objectives

After completion of Post Graduate Diploma in Environmental and Occupational Health

programme the learner will be able to:

- Define physical, chemical, biological and environmental hazards.
- Discuss the impact of environmental hazard on human health.
- Identify the occupational hazards, their prevention and management.
- Describe the policies, laws, standards, measurement techniques and application in different occupational setups.

1.4 Target Population

Applicants should possess **graduation from any discipline** & strong inclination and desire to build a career in Environmental and Occupational health and should also have an interest in issues related to public health and the environment. The admission criteria will be followed as per IGNOU norms.

1.5 Eligibility Criteria

Any Bachelor's Degree with any discipline from a recognized University / Institute.

1.6 Medium of Instruction

The medium of instruction of the programme is English.

1.7 Duration of the Programme

Minimum duration of the programme is 1 year and the maximum duration is 3 years.

1.8 Programme Fee

The fee for the entire programme is Rs.6,600/- (University may revise the fee time to time. Please check with the advertisement or IGNOU website).

1.9 Prospects

After successful completion of this diploma program, students find employment opportunities in various industries/institutions/organizations as risk assessors, occupational health specialists and food safety experts and also in private sectors as environmental consultants, occupational health professional, national public health agencies, and environmental institutes/agencies. Further opportunities are also there in environmental health-related agency of the government, such as the Environmental Protection Agency (EPA), Food and Drug Administration (FDA), local health agencies, environmental consulting firms, private industry, non-governmental organizations, hospitals, health care organization, labour organizations, universities and college. Etc.

2.0 PROGRAMME FRAMEWORK

The PGDEOH consists of the following theory courses and a project of four credits (1 credit = 30 hours of self study) each. The learner should complete total of 32 credits to get the certificate. (6 compulsory courses and 2 out of 4 electives). Thus, the PGD programme is of total 32 credits as detailed below;

Courses	Course Code	Credits	Course Title	Block Name
Course-1 (Compulsory)	MEV-001	4	Introduction to Environmental Health	Block I: Environment and Ecology Block: II Air, Water and Soil Pollution Block: III Noise, Radiation, Solid waste, Electronic waste Pollution Block IV: Environmental Health Monitoring
Course-2 (Compulsory)	MEV-002	4	Environmental and Occupational Hazards	Block 1: Natural Hazards Block 2: Environmental Hazards Block 3: Occupational Hazards Block 4: Management of Natural Hazards, Environmental Hazards, and Occupational Hazards
Course-3 (Compulsory)	MEV-003	4	Environmental Law and Management	Block 1: Environmental Acts, Laws and Policies Block 2: Awareness, Responsibility and Compliance Block 3: Environmental Management Techniques Block 4: Environmental Standards
Course-4 (Compulsory)	MEV-004	4	Environmental Toxicology	Block 1: Introduction to Toxicology Block 2: Eco-toxicology Block 3: Environmental Toxicity Risk Assessment Block 4: Environmental Cytotoxicity and Genotoxicity
Course-5 (Compulsory)	MEV-005	4	Occupational Health and Safety	Block 1: Basics of Health Block 2: Emergency, Disaster Preparedness and management in industrial setting Block 3: Occupational Safety & Management Block 4: Recording and Notification Block 5: Research Methodology
Course-6 (Compulsory)	MEVP-001	4	Project	1. Project Guidelines 2. Submission of Synopsis 3. Submission of Project
Course-7 (Elective)	MEVE-001	4	Environmental Impact Assessment for Environmental Health	Block 1: Introduction to Environmental Impact Assessment Block 2: Air, water quality and Socio-economic impact analysis Block 3: Noise, Energy, and Vegetation Impact Analysis Block 4: Framework of Environmental Assessment

Course-8 (Elective)	MEVE-002	4	Health Care	Block 1: Biological Hazards Block 2: Chemical and Allergic Hazards Block 3: Physical Hazards Block 4: Psychosocial Hazards Block 5: Awareness and Responsibility
Course-9 (Elective)	MEVE-003	4	Agriculture and Allied Sector	Block 1: Agricultural Pollution Block 2: Livestock and Aquaculture Pollution Block 3: Sustainable Agricultural Management Block 4: Challenges to Agricultural Environment Health
Course-10 (Elective)	MEVE-004	4	Industrial Sector	Block 1: Industrial Pollution: Textile, Mining, Pesticide and Tanning industries Block 2: Industrial Pollution: Automobile, Paint, Pharmaceutical, Personal care products, construction and Other Industries Block 3: Industrial Risk Assessment and Safety Acts Block 4: Industrial Safety Management

2.1 Course Contents

The structure of each of the above courses is given below.

MEV-001: Introduction to Environmental Health

Sl. No.	Block & Unit
Block 1	Environment and Ecology
Unit 1	Introduction to Natural Environment
Unit 2	Ecosystem
Unit 3	Energy Resources & Conservation
Unit 4	noise
Block 2	Air, Water and Soil Pollution
Unit 1	Environmental Chemistry and Pollution
Unit 2	Air pollution
Unit 3	Water pollution
Unit 4	Soil pollution
Block 3	Noise, Radiation, Solid waste, Electronic waste Pollution
Unit 1	Noise pollution
Unit 2	Radiation and pollution
Unit 3	Solid waste pollution
Unit 4	Electronic waste
Block 4	Environmental Health Monitoring
Unit 1	Environmental Quality Assessment and Monitoring
Unit 2	Water Quality Assessment and Monitoring
Unit 3	Air Quality Assessment and Monitoring
Unit 4	Soil Quality and Noise Assessment and Monitoring

MEV-002: Environmental and Occupational Hazards

Block 1	Natural Hazards
Unit 1	Introduction to Natural Hazards and Disaster
Unit 2	Earthquake and Volcanoes
Unit 3	Floods and Landslides
Unit 4	Weather related and Coastal hazards
Block 2	Environmental Hazards
Unit 1	Physical Hazards
Unit 2	Chemical Hazards

Unit 3	Biological Hazards
--------	--------------------

Block 3	Occupational Hazards
Unit 1	Mining and Construction Hazards
Unit 2	Agriculture and Allied Sector Hazards
Unit 3	Hospital and Health Centre Hazards
Unit 4	Corporate and Office Hazards
Block 4	Management of Natural Hazards, Environmental Hazards
Unit 1	Basic Disaster Management and Institutional Framework
Unit 2	Natural Disaster Management
Unit 3	Mitigation of Physical Hazards and Chemical Hazards
Unit 4	Mitigation of Biological Hazards

MEV-003: Environmental Law and Management

Block 1	Environmental Acts Laws and Policies
Unit 1	International Environmental Policies, Agreements and Treaties
Unit 2	National Environmental Legislation and Programmes – I
Unit 3	National Environmental Legislation and Programmes – II
Unit 4	National Environmental Legislation and Programmes – III
Block 2	Awareness, Responsibility and Compliance
Unit 1	Social and civil society movements in India
Unit 2	Environmental ethics
Unit 3	Biosafety
Unit 4	Corporate sector and environment
Block 3	Environmental Management Techniques
Unit 1	Introduction to Environmental management
Unit 2	Environmental auditing
Unit 3	Management of Air and Water: Treatment technologies
Unit 4	Treatment of Solid Waste
Block 4	Environmental Standards
Unit 1	Environmental design
Unit 2	Environmental Management System Standards

Unit 3	EMS standards ISO 14000
Unit 4	Environmental Labeling

MEV-004: Environmental Toxicology

Block 1	Introduction to Toxicology
Unit 1	Introduction to Toxicants
Unit 2	Chemical Toxicants
Unit 3	Biological Toxicants
Unit 4	Toxicity Assessment
Block 2	Eco-toxicology
Unit 1	Basics of Eco-toxicology
Unit 2	Toxic Biotransformations
Unit 3	Effects of toxicity
Unit 4	Detoxification
Block 3	Environmental Toxicity Risk Assessment
Unit 1	Acceptable Limits of Toxicants
Unit 2	Toxicity risk assessment planning
Unit 3	Toxicity remediation
Block 4	Environmental Cytotoxicity and Genotoxicity
Unit 1	Carcinogenicity
Unit 2	Mutagenicity
Unit 3	Teratogenicity
Unit 4	Cytotoxicity and Genotoxicity Prevention

MEV-005: Occupational Health and Safety

Block 1	Basic of Health
Unit 1	Concept of Human Health and Well Being
Unit 2	Overview of Environmental Health
Unit 3	Overview of Occupational Health
Unit 4	Burden of Disease and Plan of Action for Environmental and Occupational Health
Block 2	Emergency, Disaster Preparedness and Management Industrial setting
Unit 1	Hazard-Risk Mitigation and Emergency Response

Unit 2	Industrial-Accidental Injuries Prevention
Unit 3	Accidental Injuries Response and Management
Unit 4	Trauma Care and Burn Response
Unit 5	Business Continuity Planning for Employee Health in Case of Natural, Industrial or Health disasters

Block 3	Occupational Safety & Management
Unit 1	Overview of Occupational Health and Safety
Unit 2	Roles and responsibilities of employers and employees
Unit 3	Prevention and Management of occupational hazards and diseases
Unit4	Occupational health and safety in selected settings(Factories, Mines, Dock Works, Construction, agriculture, Transport)
Unit 5	Occupational health and safety of the vulnerable population (Women, Children, contract and migrant)
Unit 6	Occupational health and safety with respect to exposure related to dust
Unit 7	Ergonomics
Unit 8	Occupational Stress
Block 4	Recording and Notification
Unit 1	Concept of National system for recording and notification of occupational diseases (NSRNOD)
Unit 2	Purpose and types of records (including Recording accidents)
Unit 3	Ethical and legal issues of reporting
Unit4	Best Practices
Block 5	Research Methodology
Unit 1	Principles of epidemiology in Occupational Health
Unit 2	Study Method
Unit 3	Analysis, interpretation and reporting of data

MEVP-001: Project

	Project Guidelines Submission of Synopsis Submission of Project
--	---

MEVE-001: Environmental Impact Assessment for Environmental Health

Block 1	Introduction to Environmental Impact Assessment
----------------	--

Unit 1	Basic concepts of EIA
Unit 2	Environmental Appraisal
Unit 3	Measurement of EIA
Unit 4	Comprehensive Environmental Impact Studies
Block 2	Air, water quality and Socio-economic impact analysis
Unit 1	Air Quality Impact Analysis
Unit 2	Water Quality Impact Analysis
Unit 3	Socio-economic Impact Analysis
Block 3	Noise, Energy, and Vegetation Impact Analysis
Unit 1	Noise Impact Analysis
Unit 2	Energy Impact Analysis
Unit 3	Vegetation and Wildlife Impact Analysis
Unit 4	Case Studies
Block 4	Framework of Environmental Assessment
Unit 1	Environmental siting
Unit 2	Impact Assessment Methodologies
Unit 3	Life Cycle Assessment
Unit 4	Regulations in India

MEVE-002: Health Care

Block 1	Biological Hazards
Unit 1	Overview of infectious hazards in health care settings
Unit 2	Prevention of infections in health care settings
Unit 3	Management of infections in health care settings
Block 2	Chemical and Allergic Hazards
Unit 1	Hazards
Unit 2	Prevention
Unit 3	Management
Block 3	Physical Hazards
Unit 1	Hazards
Unit 2	Prevention
Unit 3	Management

Block 4	Psychosocial Hazards
Unit 1	Overview of psychosocial hazards in health care settings
Unit 2	Prevention of psychosocial hazards in health care settings
Unit 3	Management of psychosocial hazards in health care settings
Block 5	Awareness and Responsibility
Unit 1	Patient and worker safety in health care
Unit 2	Communication, Health Education and Counselling
Unit 3	Legal Provisions, Professional and Ethical Responsibilities
Unit 4	Biomedical Waste Management

MEVE-003: Agriculture and Allied Sector

Block 1	Agriculture Pollution
Unit 1	Pesticides
Unit 2	Fertilizers
Unit 3	Land practices and pollution
Unit 4	Invasive species
Block 2	Livestock and Aquaculture Pollution
Unit 1	Livestock and pollution
Unit 2	Aquaculture and pollution
Unit 3	Livestock and aquaculture management practices
Block 3	Sustainable Agriculture Management
Unit 1	Biological Pest Control
Unit 2	Botanicals in agricultural management
Unit 3	Biofertilizers and Manures
Unit 4	Conservation Agriculture
Unit 5	Organic farming for Environmental Health
Block 4	Challenges to Agriculture Environmental Health
Unit 1	Traceability in agriculture and food supply chain
Unit 2	Food Borne Diseases
Unit 3	Disease Transmission between human and animals

Unit 4	Food Losses and Waste
Unit 5	Genetically Modified Organisms

MEVE-004: Industrial Sector

Block 1	Industrial Pollution: Textile, Mining, Pesticide and Tanning Industries
Unit 1	Textile industry
Unit 2	Mining industry
Unit 3	Pesticide industry
Unit 4	Tanning industry
Block 2	Industrial Pollution: Automobile, Pharmaceutical, Personal care products, construction and other Industries
Unit 1	Automobile industry and Paint industry
Unit 2	Pharmaceutical and Personal Care products industry
Unit 3	Others Industries
Block 3	Industrial Risk Assessment and Safety Acts
Unit 1	Industrial Risk Assessment and Hazard Identification
Unit 2	Industrial Safety Legislations
Unit 3	Industrial Standards
Block 4	Industrial Safety Management
Unit 1	Industrial Safety
Unit 2	Safety Management
Unit 3	Industrial Safety Organization
Unit 4	Industrial Safety Awareness & Training

MEVP-001:

PROJECT Project

handbook

3.0 INSTRUCTIONAL SYSTEM

The instructional system of IGNOU is more learner-oriented and learner-centred. In this system, the learner is an active participant in the teaching-learning process. Most of the instruction is imparted through distance modes of communication rather than face-to-face modes of communication. The University follows a multi-media approach for instruction. So, the instructional system of PGDEOH also follows multi-media approach i.e. self-instructional print material, audio-video programmes, assignments, face-to-face counselling sessions, project work, teleconferencing and interactive radio counselling, among others.

3.1 Self-instructional Print Material

The print material is written in self-instructional style. It is in the form of blocks (booklets) specially prepared for theory courses and project work of the programme. Each course has a specific code number assigned to it. They are supplied to each learner along with a set of assignment questions. The learner has to complete the required assignments related to each course. Each course may have 3-4 blocks and each block may have 3-4 units. The printed material for project work is available in the form of booklet with all guidelines.

3.2 Audio-video Programmes

The learning package also contains audio-video programmes which are produced by the University for clarification, supplementing and enhancement of understanding of the course material given to the student. These programmes are normally of 25-30 minutes duration. These are used at the Study Centres during counselling sessions which are duly scheduled and notified by the Programme In-charge/Co-ordinator of Study Centre for the benefit of the students. The video programmes are also telecast on *Gyan Darshan*, National Network and enrichment channel of Doordarshan. Similarly, the audio programmes when produced are also broadcast by *Gyan Vani* and selected stations of All India Radio. Learners can contact Study Centres for further information.

3.3 Assignments

Assignments are an integral and compulsory component of the instructional system. There is one tutor-marked assignment for each theory course. Students will have to work on these assignments. Each student should submit the assignment responses to the Coordinator/ Programme In-charge of the Study Centre in accordance with the given assignments' submission schedule. **Students can download the assignments from IGNOU website (www.ignou.ac.in) at student's zone or at SOITS webpage.**

3.4 Counselling Sessions

Upto six counselling sessions per course are held at the Study Centres as per the schedule drawn and notified by the Coordinator/Programme In-charge of the concerned

Centre. They are mostly held on weekends (i.e. Saturdays and Sundays) as per the convenience of the host institution where the Study Centre is located. However, if the number of students for the programme at a programme study centre falls below 10 (ten), then the counselling and support services may be handled by a Distance Learning Facilitator or the programme coordinator or the faculty of the School concerned or through an appropriate alternative arrangement.

3.5 Teleconferencing

Teleconferencing sessions are conducted via satellite through interactive *Gyan Darshan* Channel from the University studios as per the schedule made available to the Regional and Study Centres. Teleconferencing is an effective means of interaction between the learners, experts and others concerned with the programme. It provides an interesting opportunity to the students to interact with the faculty members at the headquarters, and other experts/eminent scholars in the field. The learners will have to go to the nearest reception centre at the scheduled time for taking the benefit of this facility.

3.6 Interactive Radio Counselling

Interactive Radio Counselling is a recent concept in distance learning in India. Live counselling is provided on radio by invited experts for an hour from different radio stations in the country. Students can ask questions right from their homes through telephone by availing the facility of toll free telephone number 1600112345 provided for this purpose from selected cities.

3.7 Project Work

The hand book on Project Work provides self-orientation and self-training to the students for doing the project work. **All the project proposals are to be submitted at their respective Regional Centers/LSC's.**

The completed project report is to be submitted to the link provided by Student Evaluation Division/ Regional Centers/LSC's.

Please see the 'MEVP -001 Project Handbook' for guidelines to prepare and submit the project proposal as well as project report.

4.0 DELIVERY SYSTEM

The PGDEOH programme is delivered as a continuous programme of one year duration starting from the beginning of the relevant academic session. Different divisions of the IGNOU system are involved in delivering the programme — supplying/despaching the materials, providing student support services/facilities, etc. to you. In case if you face any problem/ difficulty at any stage, you can contact the following persons.

Whom to Contact for What?

- For identity card, fee receipt, change of address, bonafide certificates, migration certificate, scholarship forms, non-receipt of study material and assignments contact the concerned Regional Centre.
- For assignments, you can obtain it from the concerned Study Centre or the Regional Centre. Or, you can download the same from IGNOU website: www.ignou.ac.in Or, send an e-mail to the school <soitds@ignou.ac.in>.
- For non-reflection of assignment grades/marks in your grade card, contact the Regional Director of the concerned Regional Centre and Asstt. Registrar (Assignments), Student Evaluation Division (SED), Block-3, Room No. 12, IGNOU, Maidan Garhi, New Delhi-110068. (E-mail: assignments@ignou.ac.in; Phone: 29535924 / Extn.1312, 1319, 1325) Or, send an e-mail to the school <soitds@ignou.ac.in>.
- For queries relating to examinations, date-sheets, result, early declaration of results, transcripts, rechecking, grade card, provisional certificate you can contact Dy. Registrar (Examination-III), SED, Block-12, Room No. 1, IGNOU, Maidan Garhi, New Delhi-110068 (Phone: 29536103, 29535924-32/Extn. 2201, 2211, 1316) Or, send an e-mail to the school <soitds@ignou.ac.in>.
- For Original Degree/Diploma/Verification of Degree/Diploma, Convocation, contact the DR (Exam-I) SED, IGNOU, Block-9, Maidan Garhi, New Delhi-110068. (Phone: 29532294, 29535924/Extn.1313).
- For student grievances (SED) contact the Asstt. Registrar (Student Grievances), SED, Block-3, Room No.13, IGNOU, Maidan Garhi, New Delhi-110068 (E-mail: sregrievances@ignou.ac.in; Phone: 29532234, 29535924/ Extn. 1313).
- For purchase of Audio/Video Tapes contact the Marketing Unit, EMPC, IGNOU, Maidan Garhi, New Delhi-110068.
- For the schedules of counseling, feedback on assignment responses contact the Coordinator/Programme In-charge of the concerned Programme Study Centre.

For project work related information and for information on academic matters contact the Programme Coordinator (PGDEOH), School of Interdisciplinary and Trans-disciplinary Studies, Indira Gandhi National Open University, IGNOU, Block-15, Ground Floor, Maidan Garhi, New Delhi-110068. Phone: 011-29536667 Email: <soitds@ignou.ac.in>.

5.0 EVALUATION

Theory Courses: For theory courses, evaluation comprises three aspects:

- a) Self-evaluation, check your progress exercises (non-credit) within each unit of study material.
- b) Continuous evaluation in the form of compulsory one assignment for each course with a weightage of 30%.
- c) Term-End Examination for each course with a weightage of 70%.

In order to successfully complete a theory course, the student must obtain at least '40%' in the assignment and '40%' in the Term-End Examination (TEE) separately in each course.

Project Work: The evaluation report of Project Work will carry 70% weightage for report and 30% on viva. In order to successfully complete the project work, the student must obtain at least '50%'.

The grading system depending on the percentage of marks secured by the candidates in TEE and evaluation report for Project Work will be as follows.

Letter Grade	Qualitative Level	Grade Points	Average Grade Point Range	Percentage Equivalent
A	Excellent	5	4.50 & above	80% and above
B	Very Good	4	3.50 to 4.49	60% to 79.9%
C	Good	3	2.50 to 3.49	50% to 59.9%
D	Satisfactory	2	1.50 to 2.49	40% to 49.9%
E	Unsatisfactory	1	1.49 & below	Below 40%

6.0 ASSIGNMENTS

The purpose to work on the assignments is to provide you an opportunity of articulating your assimilated knowledge and understanding into written form and also to test your capacity of transferring the theoretical learning from the courses to practical situations. Thus, the assignments practically enhance your understanding as well as skills of articulation and expression in writing. There is one assignment for each theory course. The answers to assignment questions are to be based on your own judgement and experiences as a student. You should not reproduce the text materials or copy the information from other sources. However, you may use the course material and any other sources of information you have for ready reference. But, the answer should be in your own words and should reflect your own ideas. Please note that your assignment responses carry 30% weightage towards the final evaluation of each theory course. If you do not complete the assignments according to time schedule of assignments of the relevant academic session, then you have to attempt the assignment questions of the next session and submit the assignment responses according to the schedule of that session. You have to send the assignment-responses to the Study Centre you are attached to as per schedule. The instructions given in the assignments should be kept in mind while you prepare and submit the assignment responses.

7.0 TERM-END EXAMINATION (TEE)

The TEE is another component of the evaluation system with 70% weightage for each theory course. The University conducts term-end examination (TEE) twice a year i.e. in June and in December of every year. In case you fail to get a pass score (less than 50%) in the TEE, you will be eligible to re-appear in the next TEE for that course, till the final span of the programme i. e. prior to completion by you of the maximum duration of four years from the date of your admission / registration to the programme.

Examination date-sheets (schedule which indicate the date and time of examination for each course) are sent to all the study centres and the same is also notified through the IGNOU website.

It is a pre-requisite to submit the Examination Form with a fee of Rs.120/- (revised from time to time) per course in the form of demand draft drawn in favour of IGNOU and payable at New Delhi or at the city where the concerned Regional Centre to which you are submitting your form is located (Copy of the examination form is given in Annexure-IV). They are also available at Study Centres, Regional Centres, and Student Evaluation Division at the Headquarters at New Delhi. The form can also be downloaded from IGNOU website: www.ignou.ac.in. Only one form is to be submitted for all the courses you are appearing in TEE.

- Normally your Study Centre is the Examination Centre. In case you wish to take examination at a particular centre, the code of your chosen centre is to be filled up as Examination Centre Code. However, if Examination Centre chosen by you is not activated, you will be allotted to any other Examination Centre under the same Region.
- Change of Examination Centre, once allotted, is not permissible under any circumstances.

The filled-in examination form is to be submitted to the concerned Regional Centre under which your examination centre falls. The dates for submission of Examination Forms are given below. (*Subject to the revision by the IGNOU rules)

For June TEE	For December TEE	Late Fee	Address, where Exam Form is to be sent/ Submitted	Remark
1st March to 31st March	1st September to 30th September	NIL	Regional Director of the concerned Regional Centre under which examination centre falls.	Examination fee @Rs.120/ per course in the form of DD drawn in favour of IGNOU and payable at the city of the concerned Regional Centre to which your are submitting your application form.
1st April to 20th	1st October to 20th October	Rs.300/-		
21st April to 30th	21st October to 31st October	Rs.500/-		
1 st May to 15th May	1st November to 15th November	Rs.1000/-		

The student is required to mention his/her name, enrollment number and programme code on

the backside of the demand draft.

Issue of Examination Intimation Slip: University issues Examination Intimation Slip to the students at least 2 weeks before commencement of the term-end examination and also uploads the information at the University's website: www.ignou.ac.in. If they do not receive Examination Intimation Slip within a week before commencement of the examination, they may download the Examination Intimation Slip for the examination from the website.

8.0 GENERAL INSTRUCTIONS

- Please file all letters that the University sends you, and keep the Programme Guide handy. A record of your progress is maintained at IGNOU, New Delhi.
- Do write to us if you have any difficulties while working through the programme. Remember to intimate the relevant authority sufficiently in advance, if there is any change of address. This will help the concerned authority to send you course material, any information and letters promptly, without any delay or the risk of their being lost.
- Please try to attend as many counselling sessions as possible so as to get the best out of the programme.
- When you receive the printed materials, read the units carefully and note down the important points. You can use the space in the broad margin of the printed pages for making notes and writing your comments.
- Try to answer 'Check Your Progress' questions. Please remember, the answers to these questions are not to be sent to us. The purpose is to enable you to evaluate your own performance and keep you on the right track. They will enhance your comprehension of the subject matter. You can compare your answers with those given at the end of the unit.

9.0 ONLINE FACILITIES

IGNOU website is www.ignou.ac.in. A few important links under the site are enlisted here.

- Schools:** Where you will get the information about the programmes offered by different schools.
- For students:** Results; catalogue for print media and audio video; download facilities for assignment, question papers ; queries about admission, registration, material despatch detail, address checking, convocation; TEE date sheet; examination form; campus placement and prospectus and application form. Here you will get the electronic version of the prospectus and application form, information about the admission data, hall ticket and result.
- Division:** Under this section, there are links of Material Production and Distribution Division,

Regional Service Division, Student Registration Division and Student Evaluation Division.

- iv) **Student Registration Division:** This link will give you information about admission and re-admission.
- v) **Student Evaluation Division:** This link give information about TEE, results, assignment etc.
- vi) **Electronic Media:** You will get the information about the Gyan Darshan Schedule, Gyan Vani schedule, Interactive Radio Counselling, Teleconferencing schedule and feedback form.

Note:IGNOU is providing an incentive in the form of fee concession of 15% of the Programme Fee to the students who opt for study material in digital form in place of printed form from July, 2018 admission cycle onwards.

Student may use photocopies of the following forms given as annexures. These forms are also available on the IGNOU website (www.ignou.ac.in). Please check the website for modifications if any in the form, fee, addresses etc.

Annexure I Tentative List of Examination Centres

Annexure II List of Regional Centres of IGNOU

10.0 SOME FORMS FOR YOUR USE

In this section we are enclosing the samples of some forms, which are useful to you. Whenever you have to correspond with the University, please get the photocopy of the relevant form, fill it carefully and send as per instructions therein. The detailed instructions for all these- forms are provided in this programme guide in different sections. The following forms are enclosed.

- 1) Assignment remittance-cum-acknowledgement form; change/correction of address/study centre
- 2) Application for credit transfer
- 3) Intimation of non-receipt of study material/assignments
- 4) Form for provisional certificate
- 5) Requisition for fresh set of assignments
- 6) Term-end examination form
- 7) Form for re-evaluation of answer scripts
- 8) Form for duplicate grade card/marksheet
- 9) Migration certificate form
- 10) Form for improvement in Division/Class
- 11) Form for early declaration of Result
- 12) Form for obtaining photocopy of the Answer Script

13) Form for use of Official Transcript.

TENTATIVE LIST OF EXAMINATION CENTRES

<u>SL.NO.</u>	CENTRE	RC CODE	EXAM CITY
1.	0103	33	Vijayawada
2.	0109	84	Visakhapatnam
3.	01131	01	Hyderabad
4.	0159	33	Tirupati
5.	0301	03	Itanagar
6.	0401	04	Guwahati
7.	0410	37	Jorhat
8.	0505	82	Bhagalpur
9.	0513	32	Ranchi
10.	0516P	05	Patna
11.	0522	46	Darbhanga
12.	0601	06	Chandigarh
13.	07102	07	South Extn. Delhi
14.	0769	29	Shandara
15.	0775P	38	Naraina Vihar
16.	0801	08	Comba
17.	0901	09	Navranpura, Ahmedabad
18.	1007	07	Faridabad
19.	1064P	10	Kamal
20.	1101	11	Shimla
21.	1104	11	Hamirpur
22.	1105	11	Dharamshala
23.	1201	12	Jammu
24.	1209	30	Srinagar
25.	1301	13	Bangalore
26.	1302	13	Mangalore
27.	1305	13	Mysore
28.	1310	85	Bellary

TENTATIVE LIST OF EXAMINATION CENTRES

<u>SL.NO.</u>	CENTRE	RC CODE	EXAM CITY
29.	1402	14	Cochin
30.	1403	83	Kozhikode
31.	1441	40	Thiruvananthapuram
32.	1501	15	Bhopal
33.	1502	41	Jabalpur
34.	1504	15	Gwalior
35.	1505	35	Bilaspur
36.	1529P	15	Indore
37.	1601	49	Vidyavihar, Mumbai
38.	1603	49	Vileparle-E
39.	1605	16	Satara
40.	1607	36	Nagpur
41.	1608	16	Nasik
42.	1609A	36	Amravati
43.	1610	16	Aurangabad
44.	1638	16	Pune
45.	1701	17	Imphal
46.	1801	18	Shillong
47.	1901	19	Aizawl
48.	2101	21	Bhubaneswar
49.	2103	21	Rourkela
50.	2110	44	Koraput
51.	2205	22	Amritsar
52.	2206	22	Ludhiana
53.	2320	23	Jaipur
54.	2321	88	Jodhpur
55.	2501	25	Chennai
56.	2636	26	Agartala

TENTATIVE LIST OF EXAMINATION CENTRES

<u>SL.NO.</u>	CENTRE	RC CODE	EXAM CITY
57.	2702	47	Agra
58.	2705	31	Dehradun
59.	2706	27	Kanpur
60.	2708	48	Varanasi
61.	2711	31	Haldwani
62.	2718	39	Ghaziabad
63.	2720	27	Lucknow
64.	2739	39	Noida
65.	2804	28	Park St. Kolkata
66.	3603	32	Dhanbad
67.	38027	38	Gurgaon

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
1	AGARTALA	26	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE M.B.B. COLLEGE COMPOUND P.O. AGARTALA COLLEGE AGARTALA - 799 004 TRIPURA 0381-2519391 0381-2516266 reagartala@ignou.ac.in	STATE OF TRIPURA (DISTRICT: DHALAI, NORTH TRIPURA, SOUTH TRIPURA, WEST TRIPURA, GOMATI, KHOWAI, SEPAHIJALA, UNOKOTI)
2	AHMEDABAD	09	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE OPP. NIRMA UNIVERSITY SARKHEJ- GANDHINAGAR HIGHWAY CHHARODI AHMEDABAD - 382 481 GUJARAT 02717-242975-242976 02717-241579 02717- 241580 reahmedbad@ignou.ac.in	STATE OF GUJARAT (DISTRICT: AHMEDABAD, ANAND, BANASKANTHA, BHARUCH, DAHOD, GANDHINAGAR, MEHSANA, PATAN, SABARKANTHA, SURAT, VADODARA, VALSAD, DANG KHEDA, NARMADA, NAVSARI, PANCHMAHAL, TAPI, ARAVALLI) DAMAN & DADRA NAGAR
3	AIZWAL	19	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE HOUSE NO. C-4/5 R. HAUTLUANGA BUILDING UPPER REPUBLIC AIZWAL - 796 001 MIZORAM 0389-2311693 / 2311692 0389-2311789 reaizwal@ignou.ac.in	STATE OF MIZORAM (DISTRICT: AIZWAL, LUNGLEI, KOLASIB, MAMIT, SERCHHIP, SAIHA, CHAMPHAI, LAWNGTLAI)
4	ALIGARH	47	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 3/310 MARRIS ROAD ALIGARH - 202 001 UTTAR PRADESH 0571-2700120 / 2701365 0571-2402147 rcaligarah@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: ALIGARH, AGRA, BUDAUN, ETAAH, ETAWAH, FIROZABAD, J.P. NAGAR, KASHIRAM NAGAR/ KASGANJ, MAHAMAYA NAGAR/HATHRAS, MAINPURI, MATHURA, MORADAB AD, RAMPUR,
5	BANGALORE	13	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NSSS KALYANA KENDRA 293, 39TH CROSS, 8TH BLOCK JAYANAGAR BANGALORE - 560 070 KARNATAKA 080-26654747/26657376 080-26639711 080-26644848 rthangalore@ignou.ac.in	STATE OF KARNATAKA (DISTRICT: BANGALORE, BANGALORE RURAL, CHIKBALLAPUR, CHITRADURGA, DAVANAGERE, KOLAR, RAMANAGARA, SHIMOGA, TUMKUR, RAMANAGARA, CHAMARAJANAGAR & CHIKMAGALUR DAKSHINA KANNADA, HASSAN, KODAGU, MANDYA, MYSORE, UDUPI)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
6	BHAGALPUR	82	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 3RD FLOOR, SUMAN PLAZA CENTRAL JAIL ROAD, TILKAMANJHI BHAGALPUR BHAGALPUR BIHAR 812001 0641-2610055/2610066 rbhagalpur@ignou.ac.in	STATE OF BIHAR (DISTRICT: BHAGALPUR, BANKA & MUNGER)
7	BHOPAL	15	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 12, ARERA HILLS BHOPAL BHOPAL - 462 011 MADHYA PRADESH 0755-2578455/2578452 0755-2762524 0755- 2578454 rbhopal@ignou.ac.in	STATE OF MADHYA PRADESH (DISTRICT: ALIRAJPUR, BHIND, DATIA, HARDA, KHANDWA, MANDSAUR, NEEMUCH, RAJGARH, SHAJAPUR, BAWANI, BHOPAL, DEWAS, GUNA, HOSHANGABAD, JHABUA, KHARGONE, MORENA, RATLAM, SHEOPUR, VIDISHA, ASHOK NAGAR, BETUL, BURHANPUR, DHAR, GWALIOR, INDORE, RAISEN, SEHORE, SHIVPURI, UJJAIN)
8	BHUBANESHWAR	21	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C - 1, INSTITUTIONAL AREA BHUBANESHWAR - 751 013 ORISSA 0674-2301348/2301250 0674-2301352 0674- 2300349 rbhubaneswar@ignou.ac.in	STATE OF ORISSA (DISTRICT: ANGUL, BHADRAK, BARAGARH, BALASORE, CUTTACK, DEOGARH, DHENKANAL, GANJAM, GAJAPATI, JHARSUGUDA, JAJPUR, JAGATSINGHPUR, KHORDHA, KEONJHAR, KANDHAMAL, KENDRAPARA, MAYURBHANJ, NAYAGARH, PURI, SAMBALPUR, SUNDERGARH) SRC- KANDHMAL (BALANGIR, SONEPUR, BOUDH)
9	BIJAPUR	85	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BLDEA'S OLD ADMINISTRATIVE BUILDING, SMT. BANGARAMMA SAJAN CAMPUS, SOLAPUR ROAD, BIJAPUR -586103 KARNATAKA 08352- 260006 08352-260005 rbijapur@ignou.ac.in	STATE OF KARNATAKA COVERING (DISTRICTS BAGALKOTE, BIJAPUR, BIDAR, GULBARGA, KOPPAL, RAICHUR, YADGIR, HAVER', GADAG, BELLARY) STATE OF MAHARASHTRA (DISTRICTS SOLAPUR, LATUR)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— *Contd..*

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
10	CHANDIGARH	06	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SCO 208, SECTOR 14 PANCHKULA - 134 109 HAYRANA 0172-2590277/2590278 0172-2590208 0172-2590279 rechandigarh@ignou.ac.in	STATE OF PUNJAB (DISTRICT: PATIALA, MOHALI, RUP NAGAR, FATEHGARH SAHEB), STATE OF HARYANA (DISTRICT: AMBALA, PANCHKULA), CHANDIGARH (U.T.)
11	CHENNAI	25	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE G R COMPLEX THIRD FLOOR 407-408 ANNA SALAI NANDANAM CHENNAI - 600 035 TAMILNADU 044-24312766/24312979 044-24312799 rechennai@ignou.ac.in	STATE OF TAMILNADU (DISTRICT: CHENNAI, THIRUVALLUR, KANCHIPURAM, VELLORE, THIRUVANNAMALAI, KRISHNAGIRI, DHARMAPURI, SALEM, NAMAKKAL, VILLUPURAM, CUDDALORE, PERAMBALUR, NAGAPATTINAM, THIRUVARUR, ARIYALUR), PUDUCHERRY (U.T.)
12	COCHIN	14	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE KALOOR COCHIN - 682 017 KERALA 0484-2340203/2348189 2330891 0484- 2340204 recochin@ignou.ac.in	STATE OF KERALA (DISTRICT: ALAPPUZHA, ERNAKULAM, IDUKKI, KOTTAYAM, MALAPPURAM, PALAKKAD, THIRUSSUR, LAKSHADWEEP (U.T.))
13	DARBHANGA	46	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE LALIT NARAYAN MITHLA UNIV. CAMPUS, KAMESHWARANAGAR NEAR CENTRAL BANK DARBHANGA - 846 004, BIHAR 06272-251862, 06272-251833, 06272-253719 reclarbhang@ignou.ac.in	STATE OF BIHAR (DISTRICT: BEGUSARAI, DARBHANGA, EAST CHAMPARAN, GOPALGANJ, SARAN, SHEOHAR, SITAMARHI, SAMISTIPUR, MADHUBANI, MUZAFFARPUR & WEST CHAMPARAN)
14	DEHRADUN	31	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NANOOR KHERA, TAPOVAN RAIPUR ROAD DEHRADUN - 248 008 UTTARAKHAND 0135-2789200 0135- 2789190 redehradun@ignou.ac.in	STATE OF UTTARAKHAND (DISTRICT: DEHRADUN, PAURI, CHAMOLI, TEHRI, UTTARAKASHI, RUDRAPRAYAQ HARIDWAR, NAINITAL, ALMORA, PITHORAGARH, US NAGAR, CHAMPAWAT, BAGESHWAR), STATE OF UTTAR PRADESH (DISTRICT: SAHARANPUR, MUZAFFAR NAGAR, BUNNORE, SHAMLI (PRABUDH NAGAR))

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL : NO	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
15	DELHI 1	07	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE PLOT NO J-2-1 BLOCK - B 1 MOHAN COOPERATIVE INDUSTRIAL ESTATE, MATHURA ROAD NEW DELHI - 110 044 DELHI 011-26990082 /26990082-83 011-26990084 rcdelhil@ignou.ac.in	STATE OF DELHI (COVERING AREAS OF MEHRAULI, CHANAKYAPURI, LODHI COLONY, SOUTH EXTEN- SION, R.K. PURAM, VASANT KUNJ, SAKET, GREEN PARK, LAJPAT NAGAR, G.K., MALVIYA NAGAR, BHOGAL, ASHRAM, HAUZ KHAS, MUNIRIKA, OKHLA, SANGAM VIHAR, FRIENDS COLONY, BADARPUR), STATE OF HARYANA (DISTRICT: FARIDABAD, PALWAL)
16	DELHI 2	29	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GANDHI SMRITI & DARSHAN SAMITI RAJGHAT NEW DELHI - 110 002 DELHI 011-23392374 /23392376 23392377 / 23392 737 011-23392375 rcdelhi2@ignou.ac.in	STATE OF DELHI (COVERING AREAS OF KARALA, PRAHLADPUR, BANAGAR, LIBASPUR, RAMA VIHAR, RANI BAGH, SULTAN PURI, BUD VIHAR, MANGOLPURI, PITAMPURA, JAHANGIR PURI, JHARODA MAJA, BURAI, DR. MUKHERJEE NAGAR, MODEL TOWN, SHAKURPUR, COLONY, GTB NAGAR, ASHOK VIHAR, SHASTRI NAGAR, CIVIL LINES, YAMUNA VIHAR, NAND NAGRI BHR)
17	DELHI 3	38	DR. C. K. GHOSH REGIONAL DIRECTOR IGNOU REGIONAL CENTRE F-634-636 PALAM EXTENSION RAM PHAL CHOWK (NEAR SECTOR 7) DWARKA NEW DELHI - 110 045 DELHI 011-25088964 011-25088983 rcdelhi3@ignou.ac.in	STATE OF DELHI (COVERING AREAS OF MUNDKA, NANGLOI JAT, PEERAGARHI, PUNJABI BAGH, BAKARWALA, MEERA BAGH, MOTI NAGAR, TILAK NAGAR, TILANGPUR, KOTLA, VIKASPURI, SUBHASH NAGAR, UTTAM NAGAR, JANAHPURI, NAZAFGARH, MAHAVIR ENC., SAGARPUR, DWARKA, PALAM, PALAM FARMS, KAPASERA, DHAULA KUAN, NARAINA, MAHIPALPUR, MANSAROVAR GARDEN), STATE OF HARYANA (DIS- TRICT: GURGAON, MEWAT)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
18	DEOGHAR	87	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE MANDAKINI SADAN BASUWADIH, ROHINI ROAD DEOGHAR, JASIDIH JHARKHAND 814142 06432-34448 rdeoghar@ignou.ac.in	STATE OF JHARKHAND COVERING (DISTRICTS DEOGHAR, GODDA, SAHIBGANJ, PAKUR, DUMKA, JAMTARA & GIRIDIH)
19	GANGTOK	24	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 5TH MILE TADONG NH-31A, BELOW CENTRAL REFERAL HOSPITAL, EAST SIKKIM GANKTOK - 737 102, SIKKIM 0359-231102/270923 0359-231103 rcgangtok@ignou.ac.in	STATE OF SIKKIM (DISTRICT: EAST SIKKIM, WEST SIKKIM, NORTH SIKKIM, SOUTH SIKKIM)
20	GUWAHATI	04	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE HOUSE NO 71, GMCH ROAD CHRISTIAN BASTI GUWAHATI GUWAHATI ASSAM 781005 0361-2343771 / 2343785 0361-2343786 0361- 2343784 rcguwahati@ignou.ac.in	STATE OF ASSAM (DISTRICT: TINSUKIA, DIBRUGARH, SIBSAGAR, DHEMAJI, JORHAT, LAKHIMPUR, GOLAGHAT, SONITPUR, KARBI, ANGLONG NAGAON, MORIGAON, DARRANQ KAMRUP, NALBARI, BARPETA, BONGAIGAON, GOALPARA, KOKRAJHAR, DHUBRI, NORTH CACHAR HILLS, CACHAR, HAILAKANDI, KARIMGANJ, KAMRUP, METROPOLITAN, BAKSA, UDALGURI,
21	HYDERABAD	01	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE PLOT NO 207, KAVURI HILLS PHASE II, NEAR MADHAPUR PS, JUBILEE HILLS (P.O.) HYDERABAD - 500 033 ANDHRA PRADESH 040-23117550-53 040-23117554 rchyderabad@ignou.ac.in	STATE OF ANDHRA PRADESH (DISTRICT: ADILABAD, HYDERABAD, KARIM NAGAR, KHAMMAM, MEDAK, MAHABOOB NAGAR, NALGONDA, NIZAMABAD, RANGA REDDY, WARANGAL)
22	IMPHAL	17	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE ASHA JINA COMPLEX NORTH AOC, IMPHAL - 795 001 MANIPUR 0385-2421190 / 2421191 0385-2421192 rcimphal@ignou.ac.in	STATE OF MANIPUR (DIS- TRICT: BISHNUPUR, CHURACHANDPUR, CHANDEL, IMPHAL EAST, IMPHAL WEST, SENAPATI, TAMENGLONQ THOUBAL, UKHRUL)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
23	ITANAGAR	03	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 'HORNHILL COMPLEX' 'C' SECTOR (NEAR CENTRAL SCH.) NAHARLAGUN ITANAGAR - 791 110 ARUNACHAL PRADESH 0360-23517051/2247536 0360-2350990 rcitanagar@ignou.ac.in	STATE OF ARUNACHAL PRADESH (DISTRICT: ANJAW, CHANGLANG, EAST KAMENG, EAST SIANG, KURUNG KUMEY, LOHIT, LOWER DIBANG VALLEY, LOWER SUBANSIRI, PAPUM PARE, TAWANG, TIRAP, UPPER DIBANG, UPPER SUBANSIRI, UPPER SIANG, WEST KAMENG, WEST SIANG)
24	JABALPUR	41	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 2ND FLOOR, RAJSHEKHAR BHAVAN RANI DURGAVATI VISHVA VIDYALAYA CAMPUS, PACHPEDHI JABALPUR - 482 001 MADHYA PRADESH 0761-2600411 / 2609896 2600219 0761-2609919 rcjabalpur@ignou.ac.in	STATE OF MADHYA PRADESH (DISTRICT: ANNUPUR, BALAGHAT, CHHINDWARA, DINDORI, JABALPUR, KATNI, MANDLA, NARSHINGAPUR, SEONI, SHAHDOL, SIDDHI, SINGRAULI, UMARIA, DAMOH, PANNA, SAGAR, CHHATTARPUR, REWA, SATNA, TIKAMGARH)
25	JAIPUR	23	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE 70/79, SECTOR - 7 PATEL MARG MANSAROVAR JAIPUR - 302 020 RAJASTHAN 0141-2785730 / 2785750 0141-2396427 0141-2784043 rcjaipur@ignou.ac.in	STATE OF RAJASTHAN (DISTRICT: AJMER, ALWAR, BARAN, BHARATPUR, BHILWARA, BUNDI, CHITTORGARH, CHURU, DAUSA, DHOLPUR, HANUMANGARH, JAIPUR, JHALAWAR, JHUNJHUNU, KARALI, KOTA, SAWAIMADHAPUR, SIKAR, SRIGANGANAGAR & TONK)
26	JAMMU	12	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SPMR COLLEGE OF COMMERCE AUROBINDO BLOCK 1ST FLOOR CANAL ROAD JAMMU - 180 001, JAMMU & KASHMIR 0191-2579572 / 2546529 0191-2561154 rcjammu@ignou.ac.in	STATE OF JAMMU & KASHMIR (JAMMU REGION - DISTRICT: DODA, JAMMU, KATHUA, KISHTWAR, POONCH, RAJOURI, RAMBAN, REASI, SAMBA, UDHAMPUR)
27	JODHPUR	88	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE EDUCATION AND WELFARE SOCIETY CAMPUS, PAL LINK ROAD, KAMLA NEHRU NAGAR, JODHPUR RAJASTHAN 342008 0291-2012986, 0291-2012987 rcjodhpur@ignou.ac.in	STATE OF RAJASTHAN COVERING (DISTRICTS JODHPUR, BARMER, JAISALMER, RAJASMANDU, PUNB, KANER, JALORE, SIROHI, NAGOUR, DUNGARPUR, PALI, PRATAPGARH, BANSWARA)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
28	JORHAT	37	REGINOAL DIRECTOR IGNOU REGIONAL CENTRE HOUSE NO. 337 A.T. TOAD, TARAJAN POOL JORHAT - 785001, ASSAM 0376-2371116/2370214 0376-2371115 rcjorhat@ignou.ac.in	STATE OF ASSAM (DISTRICT: NAGAON, GOLAGHAT, JORHAT, SHIVASAGAR, DIBRUGARH, TINSUKIA, LAKHIMPUR, DHEMAJI, SONITPUR) Note: Currently under Guwahati RC)
29	KARNAL	10	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 06 SUBHASH COLONY NEAR HOME GUARD OFFICE KARNAL - 132 001 HARYANA 0184-2271514/2260075 0184-2255738 rckamal@ignou.ac.in	STATE OF HARYANA (DISTRICT: BHIWANI, FATEHABAD, HISAR, JHAJJAR, JIND, KAITHAL, KARNAL, KURUKSHETRA, MAHENDRAGARH, PANIPAT, REWARI, ROHTAK, SIRSA, SONIPAT, YAMUNANAGAR)
30	KHANNA	22	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE I.T.I. BUILDING BULEPUR (DISTRICT LUDHIANA) KHANNA - 141 401 PUNJAB 01628-229993/237361 01628-238284 rckhanna@ignou.ac.in	STATE OF PUNJAB (DISTRICT: GURDASPUR, AMRITSAR, TARN TARAN, KAPURTHALA, JALANDHAR, HOSHIARPUR, SBS NAGAR/NAWANSHAHR, BARNALA, SANGRUR, BATHINDA, MANSA, MUKTSAR, LUDHIANA, FEROZEPUR, FARIDKOT, MOGA)
31	KOHIMA	20	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NEAR MOUNT HERMON SCHOOL DON BOSCO HR.SEC SCHOOL ROAD KENDOUZOU KOHIMA - 797 001 NAGALAND 0370-2260366/2260167 0370-2260216 rckohima@ignou.ac.in	STATE OF NAGALAND (DISTRICT: KOHIMA, DIMAPUR, WOKHA, MOKOKCHUNG, ZUNHEBOTO, TUENSANQ LONGLENG KIPHIRE, MON, PEREN, PHEK)
32	KOLKATA	28	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BIKASH BHAWAN, 4TH FLOOR NORTH BLOCK SALT LAKE, BIDHAN NAGAR KOLKATA - 700 091 WEST BENGAL 033-23349850 033-23592719/23589323(RCL)033-23347576 rckolkata@ignou.ac.in	STATE OF WEST BENGAL (DISTRICT: KOLKATA, NORTH 24 PARAGANAS, SOUTH 24 PARAGANAS, PURBA, PURBA MEDINIPUR, PASCHIM MEDINIPUR, BANKURA, HOWRAH, HOOGHLY, PURULIA, BURDWAN, NADIA)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— *Contd..*

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
33	KORAPUT	44	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE DISTRICT AGRICULTURE OFFICE RD BEHIND WOMEN'S COLLEGE AT/PO/DISTT.-KORAPUT 764 020, ORISSA 06852-251535 06852-251535 06852-252503 rckoraput@ignou.ac.in	STATE OF ORISSA (DISTRICT: KORAPUT, MALKANGIRI, RAYAGADA, NABARANGPUR, KALAHANDI, NUAPADA, (SRC-KANDHMAL-BOLANGIR, SONEPUR, BOUDH)), STATE OF CHHATTISGARH (DISTRICT: BASTAR, NARAYANPUR, DANTEWADA, BIJAPUR, SUKMA, KONDAGAON)
34	LUCKNOW	27	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE B-1/33, SECTOR - H ALIGANJ LUCKNOW 226 024 UTTAR PRADESH 0522-2746120/2745114 0522-2746145 rclucknow@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: AURAIYA, BAHRAICH, BALRAMPUR, BANDA, BARABANKI, BAREILLY, BASTI, CHITRAKUT, FAIZABAD, FARUKHABAD (FATEHGARH), FATEHPUR, GONDA, HAMIRPURko, HARDOI, JALAUN(ORAI), JHANSI, KANNAUJ, KANPUR RURAL, KANPUR URBAN, KAUSHAMBI, LAKHIMPUR(KHERI), LALITPUR, LUCKNOW, MAHOBA, PILIBHIT, RAEBAREILY, SHAHJANANPUR, SHRAVASTI, SIDHARTHANAGAR, SITAPUR, UNNAO)
35	MADURAI	43	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SIKKANDAR CHAVADI ALANGANALLUR ROAD MADURAI, 625 018 TAMIL NADU 0452-2370733 0452-2370588 rcmadurai@ignou.ac.in	STATE OF TAMIL NADU (DISTRICT: COIMBATORE, DINDIGUL, ERODE, KARUR, MADURAI, NILGIRIS, PUDUKKOTTAI, RAMANATHAPURAM, SIVAGANGA, THANJAVUR, THEM, THIRUVAROOR, TIRUCHIRAPPALLI, TIRUPUR, VIRUDHUNAGAR)
36	MUMBAI	49	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE OM LEVA VIKAS MKETAN NANEPADA ROAD, MULUND (E) MUMBAI MUMBAI - 400 081 MAHARASHTRA 022-25633159/25635540 022-25635411 rcmumbai@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: MUMBAI, THANE, RAIGARH, RATNAGIRI, PALGHAR, MUMBAI SUBURBAN)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— *Contd..*

SL NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
37	NAGPUR	36	DR.P.SIVASWAROOP REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GYAN VATIKA 14 HINDUSTAN COLONY AMARAVATI ROAD NAGPUR - 440 033, MAHARASHTRA 0712-2536999,2537999 0712-2022000,0712-2538999 rcnagpur@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: AMRAVATI, BULDHANA, AKOLA, WASHIM, HINGOLI, PARBHANI, NANDED, YAVATMAL, WARDHA, CHANDRAPUR, NAGPUR, BHANDARA, GONDIA, GADCHIROLI)
38	NOIDA	39	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C- 53 SECTOR 62 INSTITUTIONAL AREA NOIDA - 201 305 UTTAR PRADESH 0120-2405012/2405014 0120-2405013 rcnoida@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: GAUTAM BUDH NAGAR, GHAZIABAD, MEERUT, BAGHPAT, BARAUT, GHAZIPUR, BULANDSHAHR, HAPUR) STATE OF DELHI (MAYUR VIHAR PH-I & II, MAYUR VIHAR EXTN., VASUNDHARA ENCLAVE)
39	PANAJI	08	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BEHIND CHODANKAR HOSPITAL NEAR P&T STAFF QUARTERS ALTO PORVORIM POVORIM - 403 521, GOA 0832-2414553 0832-2414550 rcpanaji@ignou.ac.in	STATE OF GOA (DISTRICT: NORTH GOA, SOUTH GOA), STATE OF KARNATAKA (DISTRICT: BELGAUM, DHARWAD, UTTARA KANNAD), STATE OF MAHARASHTRA (DISTRICT: SINGHDHURG)
40	PATNA	05	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 2ND FLOOR, BISCOMAUN TOWER WEST GANDHI MAIDAN, PATNA - 800 001, BIHAR 0612-2219539/2219541 0612-2219538 rcpatna@ignou.ac.in	STATE OF BIHAR (DISTRICT: ARWAL, AURANGABAD, BHOPUR, BUXAR, GAYA, JAMUI, JEHANABAD, KAIMUR, LAKSHISARAI, NALANDA, NAWADA, PATNA, ROHTAS, SHEIKHPURA, VAISHALI, SIWAN, CHAPRA)
41	PORT BLAIR	02	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE JNRM CAMPUS, SOUTH POINT PORT BLAIR, 744 104 ANDAMAN & NICOBAR ISLANDS 03192-242888/230111 03192-230111 rcportblair@ignou.ac.in	ANDAMAN & NICOBAR ISLANDS [U.T.] (DISTRICT: NORTH & MIDDLE ANDAMAN, SOUTH ANDAMAN, NICOBAR)
42	PUNE	16	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE MSFC BUILDING; 1ST FLOOR 270, SENAPATI BAPAT ROAD PUNE - 411 016, MAHARASHTRA 020-25671867/25651321 020-25671864 rcpune@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: NANDURBAR, DHULE, JALGAON, AURANGABAD, NASIK, JALNA, AHMADNAGAR, BID, PUNE, OSMANABAD, SANGLI, SATARA, KOLHAPUR)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— *Contd..*

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
43	RAGHUNATHGANJ	50	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BAGAN BARI NEAR DENA BANK, FULTALA MURSHIDABAD, RAGHUNATHGANJ WEST BENGAL-742 225 03483-271555/271666 03483-271666 03483-271666 rcraghunathganj@ignou.ac.in	STATE OF WEST BENGAL (DISTRICT: MURSHIDABAD, BIRBHUM, MALDA)
44	RAIPUR	35	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE IGNOU COMPLEX KACHNA POST: SADDU RAIPUR - 492 014 CHHATTISGARH 0771- 2428285/5066508 0771-2445839 0771-2445839 rcraipur@ignou.ac.in	STATE OF CHHATTISGARH (DISTRICT: BILASPUR, DHAMTARI, DURQ JANJIR- CHAMPA, JASHPUR, KANKER, KAWARDHA, KOREA, KORIYA, MAHASAMUND, RAIGARH, RAIPUR, RAJNANDGAON, SURAJPUR, SARGUJA, BALOD, BALODBAZAR, BALRAMPUR, BEMETARA, GARIABANDH, MUNGELI)
45	RAJKOT	42	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SAURASHTRA UNIVERSITY CAMPUS RAJKOT, 360 005 GUJARAT 0281-2572988 0281- 2571603 rcrajkot@ignou.ac.in	STATE OF GUJARAT (DISTRICT: RAJKOT, KACHCHH, JAMNAGAR, PORBANDER, JUNAGADH, AMRELI, BHAVNAGAR, SURENDRANAGAR, DEV- BHOO MI DWARKA, GIR- SOMNATH, BOTAD, MORBI, DIU (U.T.))
46	RANCHI	32	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 457/A, ASHOK NAGAR RANCHI - 834 022 JHARKHAND 0651-2244688/2244699/2244677/0651- 2244677 0651-2244400 rcranchi@ignou.ac.in	STATE OF JHARKHAND (DISTRICT: RANCHI, LOHARDAGA, GUMLA, SIMDEGA, PALAMU, LATEHAR, GARHWA, WEST SINGHBHUM, SARAIKELA, KHARASAWAN, EAST SINGHBHUM, HAZARIBAGH, CHATRA, KODERMA, KHUNTI, RAMGARH, BOKARO, DHANBAD)
47	SAHARSA	86	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SAUSHALYA MANSION NAYA BAZAR, SAHARSA 852201 BIHAR 06478-219014/219015 06478-219018 rcsaharsa@ignou.ac.in	STATE OF BIHAR COVERING (DISTRICTS KHAGARIYA, SAHARSA, SUPAUL, MADHEPURA, KATIHAR, ARARIYA, KISHANGANJ & PURNIA)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— *Contd..*

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
48	SHILLONG	18	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SUNNY LODGE NONGTHYMMI NONGSHILLIANG SHILLONG - 793 014 MEGHALAYA 0364-2521117/2521271 0364-2520503 0364- 2521271 reshilling @ignou.ac.in	STATE OF MEGHALAYA (DISTRICT: EAST GARO HILLS, EAST JAINTHIA HILLS, EAST KHASI HILLS, NORTH GARO HILLS, RIBHOI, SOUTH GARO HILLS, SOUTH WEST GARO HILLS, SOUTH WEST KHASI HILLS, WEST GARO HILLS, WEST JAINTHIA HILLS, WEST KHASI HILLS)
49	SHIMLA	11	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE CHAUHAN NIWAS BUILDING; KHALINI, SHIMLA 171 002 HIMACHAL PRADESH 0177-2624612/2624613 0177-2624611 reshimla@ignou.ac.in	STATE OF HIMACHAL PRADESH (DISTRICT: BILASPUR, CHAMBA, HAMIRPUR, KANGRA, KINNAUR, KULLU, LAHUL &SPM, MANDI, SHIMLA, SIRMAUR, SOLAN, UNA)
50	SILIGURI	45	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 17/12 JC BOSE ROAD SUBHAS PALLY, SILIGURI SILIGURI - 734 001, WEST BENGAL 0353-2526818/2526819 0353-2526829 0 3 5 3 - 2 5 2 6 8 2 9 resiliguri@ignou.ac.in RCSILIGURI45@GMAIL.COM	STATE OF WEST BENGAL (DISTRICT: COOCHBEHAR, JALPAIGURI, DARJEELING; UTTAR DINAJPUR, DAKSHIN DINAJPUR, ALIPURDUAR)
51	SRINAGAR	30	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NEAR LAWRENCE VIDHYA BHAWAN KURSU RAJ BAGH SRINAGAR - 190 008 JAMMU & KASHMIR 0194-2311251 0194- 2311258 0194- 2311259 resinagar@ignou.ac.in	STATE OF JAMMU & KASHMIR (SRINAGAR REGION - DISTRICT: ANANTNAG; BANDIPORE, BARAMULLA, BUDGAM, GANDERBAL, KARGIL, KULGAM, KUPWARA, LEH, PULWAMA, SHOPIAN, SRINAGAR)
52	TRIVANDRUM	40	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE RAJADHANI COMPLEX OPP PRS HOSPITAL KILLIPPALAM KARAMANA PO TRIVANDRUM - 695 002 KERALA 0471-2344113/2344120 0471-2344115 0471-2344121 rcrivandrum@ignou.ac.in	STATE OF KERALA (DISTRICT: KOLLAM, PATHANAMTHITTA, THIRUVANANTHAPURAM), STATE OF TAMIL NADU (DISTRICT: KANYAKUMARI, TUTICORIN, TIRUNELVELI)

ADDRESSES AND CODES OF IGNOU REGIONAL CENTRES (RCs)— Contd..

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
53	VARANASI	48	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GANDHI BHAWAN B.H.U. CAMPUS VARANASI 221005 UTTAR PRADESH 0542-2368022/2368622 0522-2364893 0542- 2369629 rcvaranasi@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: AMBEDKAR NAGAR, AZAMGARH, BALLIA, CHANDAULI, DEORIA, GHAZIPUR, GORAKHPUR, JAUNPUR, KUSHINAGAR, MAHARAJGANJ, MAU, MIRZAPUR, SANT KABIR NAGAR, SANT RAVIDAS NAGAR, SONEBHADRA, VARANASI, ALLAHABAD, AMETHI, PRATAPGARH, SULTANPUR)
54	VATAKARA	83	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NUT STREET (PO) VATAKARA, KOZHIKODE 873104, KERALA 0496-2525281 0496- 2515413 rcvatakara@ignou.ac.in	STATE OF KERALA (DISTRICT: KANNUR, KASARAGOD, WAYANAND, KOZHIKODE)
55	VIJAYAWADA	33	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SKPVV HINDU HIGH SCHOOL KOTHAPET VIJAYAWADA 520 001 ANDHRAPRADESH 0866-2565253/2565959 0866-2565253 0866-2565353 rcvijayawada@ignou.ac.in	STATE OF ANDHRA PRADESH (DISTRICT: KRISHNA, GUNTUR, PRAKASHAM, NELLORE, KHAMMAM, (SRC- TIRUPATI-CHITTOOR, KADAPA, KURNOOL, ANANTAPUR))
56	VISAKHAPATNAM	84	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 2ND FLOOR VUDA COMPLEX SECTOR-12, MVP COLONY USHODAYA JUNCTION VISAKHAPATNAM- 530017 ANDHRA PRADESH 0891-2511200 0891-2511300 rcvisakhapatnam@ignou.ac.in	STATE OF ANDHRA PRADESH COVERING (DISTRICTS EAST GODAVARI, WEST GODAVARI, VISAKHAPATNAM, VIZIANAGARAM & SRIKAKULAM)

IGNOU — ARMY RECOGNIZED REGIONAL CENTRES
(For ARMY Personnel Only)

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
01	IAEP - KOLKATA	51	REGIONAL DIRECTOR IGNOU ARMY RECOG REG. CENTRE COL. EDUCATION, FORT WILLIAM HQ EASTERN COMMAND C/O 99 APO KOLKATA - 908 542 WEST BENGAL 033-2222668 (CIVIL) 2670 (MILITARY) 033-2222668 rc51army.ec@yahoo.co.in rcarmy51@ignou.ac.in	EASTERN COMMAND AREA
02	IAEP - CHANDIMANDIR	52	REGIONAL DIRECTOR IGNOU ARMY RECOG REG. CENTRE COL. EDUCATION (G.S.EDU.BRANCH) HQ WESTERN COMMAND CHANDIMANDIR -134107 HARYANA 0172-2589355, (CIVIL) 2670 (MILITARY) 0712-2589355 iaeprc52@rediffmail.com	WESTERN COMMAND AREA
03	IAEP - LUCKNOW	53	REGIONAL DIRECTOR IGNOU ARMY RECOG REG. CENTRE IAEP HQ. CENTRAL COMMAND- GS (EDN) LUCKNOW - 226002 UTTAR PRADESH 0522-2482968 (CIVIL); 2670 (MIL) iaeprcc53@yahoo.co.in	CENTRAL COMMAND AREA
04	IAEP - PUNE	54	REGIONAL DIRECTOR IGNOU ARMY RECOG REG. CENTRE COL. EDUCATION H Q SOUTHERN COMMAND HRDC-1 BEG & CENTRE CO 56 APO - 908 791 020-20265568 (CIVIL); 3019 (MILITARY) 020-26102670 armypunerc54@yahoo.com	SOUTHERN COMMAND AREA
05	IAEP - UDHAMPUR	55	REGIONAL DIRECTOR IGNOU ARMY RECOG REG. CENTRE COL. EDUCATION UTTAR KAMAN MUKHYALAYA 908545 C/O 56 APO, HQ NORTHERN COMMAND UDHAMPUR JAMMU & KASHMIR 01992-242486 01992-242486 iaeprarmy55@rediffmail.com	NORTHERN COMMAND AREA

Appendix-IL..

IGNOU — ARMY RECOGNIZED REGIONAL CENTRES
(For ARMY Personnel Only)

SL. NO.	REGIONAL CENTRE	RC CODE	ADDRESS	JURISDICTION
06	IAEP - JAIPUR	56	REGIONAL DIRECTOR IGNOU ARMY RECOG REG CENTRE EDUCATION BRANCH HQ SOUTHERN WESTERN COMMAND C/O 56 APO 908546 JAIPUR RAJASTHAN 0141-6640 (MILITARY) swciaep@gmail.com	SOUTH WESTERN COMMAND

Appendix-

IL.. **IGNOU — ASSAM RIFLES RECOGNIZED REGIONAL CENTRES**
(For ASSAM RIFLES Personnel Only)

SL. NO.	RC CODE	REGIONAL CENTRE	ADDRESS	JURISDICTION
1.	81	IAREP— SHILLONG	REGIONAL DIRECTOR IGNOU ASSAM-RIFLES RECOG R.C. DIRECTORATE GENERAL ASSAM RIFLES (DGAR) LAITUMUKHRAH SHILLONG - 11 MEGHALAYA PH.OFF: 0364-2705181 FAX: 0364-2705184 iarc_81@yahoo.co.in	COMMAND AREA

IGNOU — NAVY RECOGNIZED REGIONAL CENTRES
(For NAVY Personnel Only)

SL. NO.	RC CODE	REGIONAL CENTRE	ADDRESS	JURISDICTION
1.	71	INEP- NEW DELHI	REGIONAL DIRECTOR (I/C) IGNOU NAVY RECOG REG. CENTRE DIRECTORATE OF NAVAL EDUCATION INTEGRATED HQS. MINISTRY OF DEF WEST BLOCK 5, IIND FLR, WING-H RK PURAM, NEW DELHI - 110066 DELHI PH. OFF: 011-26194686 FAX: 011-26105067 EMAIL: inepdelhi@rediffmail.com	NAVAL HQS

2.	72	INEP-MUMBAI	REGIONAL DIRECTOR IGNOU NAVY RECOG REG. CENTRE HQ. WESTERN NAVAL COMMAND SHAHID BHAGAT SINGH MARG MUMBAI - 400023 MAHARASHTRA PH. OFF: 022-22752245 FAX: 022-22665458 EMAIL: inepm@rediffmail.com	HQ WESTERN NAVAL COMMAND
3.	73	INEP-VISAKHA- PATNAM	REGIONAL DIRECTOR IGNOU NAVY RECOG REG. CENTRE HQ EASTERN NAVAL COMMAND VISAKHAPATNAM - 530014 ANDHRA PRADESH PH. OFF: 0891-2812669 FAX: 0891-2515834 EMAIL: inepv@hotmail.com rc73 @ ignou.ac.in	HQ EASTERN NAVAL COMMAND
4.	74	INEP-KOCHI	REGIONAL DIRECTOR IGNOU NAVY RECOG REG. CENTRE NAVAL BASE HQ SOUTHERN NAVAL COMMAND KOCHI - 682004, KERALA PH. OFF: 0484-266210, 2662515 FAX: 0484-2666194 EMAIL: inepkochi_10@rediffmail.com	HQ SOUTHERN NAVAL COMMAND

IGNOU - SUB-REGIONAL CENTRES

SL. NO.	SUB-RC	MENTOR RC	ADDRESS	OPERATIONAL AREA
1	DARJEELING	Siliguri	ARD (I/C) IGNOU SUB REGIONAL CENTRE C/O RAMESH CUPTA LASA VILLA H. C. ROAD DARJEELING WEST BENGAL 08116903933	DARJEELING, KALIMPONG KURSEONG, MIRIK SUB- DIVISION
2	KANDHAMAL	Bhubaneswar	ASSISTANT REGIONAL DIRECTOR IGNOU SUB-REGIONAL CENTRE GOVT. COLLEGE CAMPUS PHULBANI ODISHA	KANDHAMAL, BOUDH, GAJAPATI, BOLANGIR, SONEPUR
3	PITHORAGARH	Dehradun	ASSISTANT REGIONAL DIRECTOR IGNOU SUB REGIONAL CENTRE L.S.M. GOVT. P.G. COLLEGE PITHORAGARH UTTARAKHAND-262502 05964-264077	BAGESHWAR, CHAMPAWAT, ALMORA, NAINATL
4	TIRUPATI	Vijayawada	ARD (I/C) IGNOU SUB-REGIONAL CENTRE OPERATING FROM MENTOR RC	ANANTPUR, CHITTOOR, KADAPA, KURNOOL