



**REPORT ON CELEBRATION  
OF  
NATIONAL AND INTERNATIONAL  
COMMEMORATIVE DAYS, EVENTS  
AND FESTIVALS  
(2022-2023)**



**Indira Gandhi National Open University  
Maidan Garhi  
New Delhi-110068**

# REPORT

## Celebrations of

### National and International Commemorative Days, Events and Festivals

The National and international days are celebrated at the Headquarters, Regional Centres and Study Centers of the University. Different dates, events and festivals were celebrated by the Headquarters and Regional Centres during the period of assessment. The events organized at the headquarters were webcast, telecast broadcast on University's channels and published in IGNOU's DigiNews.

### INDEPENDENCE DAY

76<sup>th</sup> Independence Day was celebrated on 15<sup>th</sup> August, 2022 in the Campus at Maidan Garhi, New Delhi. The Vice Chancellor Prof. Nageshwar Rao hoisted the National Flag and congratulated the IGNOU students and everyone at the IGNOU Headquarters and Regional Centres on this occasion.



## GANDHI JAYANTI

A Plantation Drive was organised at IGNOU Headquarters and Regional Centres on the occasion of Gandhi Jayanti.



A Poster Competition was organised at the Headquarters on this occasion for the children. Prizes were given away to the winners by the Hon'ble Vice-Chancellor.



## IGNOU FOUNDATION DAY

Indira Gandhi National Open University (IGNOU) celebrated its 37th Foundation Day on November 19, 2022. The Foundation Day celebration started with the floral tribute at the statue of Late PM Smt. Indira Gandhi situated at the main gate of the IGNOU headquarter in Maidan Garhi by Prof. Nageshwar Rao, Vice Chancellor IGNOU and other key functionaries of the university including Pro-Vice Chancellors, School Directors faculty members and IGNOU fraternity. The Chief Guest on the occasion was Hon'ble Minister, Shri Arjun Ram Meghwal, Minister of State for Culture and Parliamentary Affairs Govt. of India and delivered the Foundation Day Lecture. Prof. Rakesh Sinha, Rajya Sabha Member, was the Guest of Honour on the day.



## INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



National Centre for Disability Studies (NCDS), IGNOU celebrated the “International Day of Persons with Disabilities” to promote awareness and mobilize support for inclusion of persons with Disabilities at IGNOU Campus, and Regional Centres across country.

On this occasion various programmes were organized such as poster competition, essay competition, screening of film on disability issues, teleconference, IRC and a lecture.

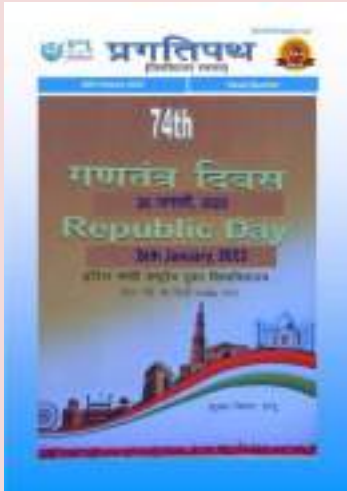
The Lecture and concluding programme of the International Day of Persons with Disabilities (Divyangjan) was organized on 12th December, 2022 at 2.30 p.m. at Conference Room of Dr. S. Radhakrishnan Block, Block-17, IGNOU. In the programme the winners of essay and poster competition were given prizes and certificates.



The Chief Guest of this function was Ms. Upma Srivastava IAS, Secretary, National Commission of Schedule Caste and Chief Commissioner of Persons with Disabilities, Govt. of India. The State Commissioner for Persons with Disabilities, Haryana, Shri Raj Kumar Makkad was Guest of Honour. He also delivered a lecture on “Accessible Environment in Educational Institutions”.

## REPUBLIC DAY

The Indira Gandhi National Open University (IGNOU) celebrated the 74th Republic Day in its campus in Maidan Garhi, Delhi. As per the official IGNOU release, Republic Day 2023 was also celebrated across the 56 Regional Centers of the university. The vice chancellor of the university, Professor Nageshwar Rao unfurled the national flag at the VCO premises. The other highlight of the Republic Day Celebrations was the special display activities organized by the Security Department of the University like Kalaripayattu by Madras Regiment, Gatka by Sikh Regiment, and Khukri by Gorkha Rifles.



## NATIONAL SCIENCE DAY

The National Science Day was celebrated by the University at its Headquarters and Regional Centres. The Indira Gandhi National Open University (IGNOU) has organized an Ideathon on occasion of National Science Day celebration to showcase and recognise the ideas of IGNOU students/alumni. The purpose of the event is to recognize, share, nurture and promote ideas of the students/alumni of IGNOU, to systematically foster the culture of Innovation



through multitudinous modes leading to an innovation promotion eco-system at IGNOU. Themes were Science, Technology and Innovation for National Development.



## INTERNATIONAL WOMEN’S DAY

International Women’s Day, 2023 was celebrated this year in collaboration with School of Gender and Development studies, Committees Against Sexual Harassment and Equal Opportunity Cell. On the occasion of International Day, the School of Gender and Development Studies in collaboration with the Committees Against Sexual Harassment and Equal Opportunity Cell organised a poster competition on the topic of “Contribution of Women in Nation Building” in which children up to 16 years participated. A slogan writing competition was also organised on the topic of “Gender Equality and sustainable tomorrow”.



A Lecture on “Gender Issues” was also arranged on this occasion. Prof. Nageshwar Rao, Hon’ble Vice-Chancellor, IGNOU presided over the Function. Ms Delina Khongdup, Member, National Commission for Women was the Keynote Speaker.

An All Women Bike Rally was organised on 1st March, 2023 in the IGNOU Campus. Many women faculty members and staff participated in the Rally under the supervision of professional Women Bikers.



**Prof. Nageshwar Rao, VC IGNOU flagged off the All Women Bike Rally at IGNOU Headquarters .**

**On the occasion, Prof. Nageshwar Rao said that the Powers of the Woman are limitless as the women today are excelling in every field and with only their representation that any nation can progress realizing true potential.**

## INTERNATIONAL YOGA DAY

The 9<sup>th</sup> International Yoga Day was celebrated on 21<sup>st</sup> June, 2022 at the IGNOU Headquarters and Regional Centres under the Theme “Har Aangan Yog”.

Various activities were organised by the Regional Centres as a run-up to the main event held at the Headquarters. Special programmes on usefulness of Yoga were broadcast through GyanDarshan and GyanVani channels of the University.



## The Constitution Day

The Constitution Day was celebrated by School of Law on 25th November, 2022. Hon'ble Information Commissioner Prof. Suresh Chandra was the Guest on the occasion and delivered a talk on “Right to Information: A Constitutional Perspective”.

The poster for Constitution Day at IGNOU School of Law is set against a golden background with a gavel. It features the IGNOU logo and the 75th Azadi Ka Amrit Mahotsav logo. The event is titled 'Constitution Day' and focuses on the topic 'Right to Information: A Constitutional Perspective' on Friday, 25th November, 2022, from 11:30 am to 12:30 pm at the Dr. Radhakrishnan Block, IGNOU. The programme includes a welcome address by Dr. Suneet K. Srivastava, lighting of lamps, an oath-taking ceremony, an expert talk by Prof. Suresh Chandra, concluding remarks by Prof. Satyakam, and a vote of thanks by Dr. Alok Choubey. Zoom and YouTube links are provided for virtual participation.

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
School of Law

### Constitution Day

Topic: “Right to Information: A Constitutional Perspective”

On 25<sup>th</sup> November, 2022, Friday - 11.30 am  
at Dr. Radhakrishnan Block, IGNOU

**Dr. Suneet K. Srivastava**  
Director, SOL

**Sh. Suresh Chandra**  
Hon'ble Information Commissioner  
CIC, New Delhi

**Prof. Satyakam**  
Pro-Vice-Chancellor, IGNOU

**Dr. Alok Choubey**  
Registrar, IGNOU

#### PROGRAMME

- 11.30 am Welcome Address by **Dr. Suneet K. Srivastava** Director SOL
- 11.35 am **Lighting of Lamps**
- 11.40 am **Oath by Faculty and Staff**
- 11.50 am Expert talk by **Sh. Suresh Chandra** Hon'ble Information Commissioner CIC, New Delhi.
- 12.30 pm Concluding remarks by **Prof. Satyakam** Pro-Vice-Chancellor, IGNOU
- 12.50 pm Vote of thanks by **Dr. Alok Choubey** Registrar (Admn.)

Join Zoom Meeting  
<https://us02web.zoom.us/j/83771894445?pwd=NDZuVjNkOXBESUJkOThkNjZlNjRlVnVlc0p1>  
Meeting ID: 837 7189 4445  
Passcode: 516596

YouTube: [https://youtu.be/A8Q6X9\\_8o](https://youtu.be/A8Q6X9_8o)

View in Hindi: [Click Here](#)





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## Metric No. 7.1.11

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Institution Celebrates  
/Organizes National &  
International  
Commemorative Days,  
Events & Festivals



**RSD**  
**IGNOU New Delhi**

# Institution Celebrates /Organizes National & International Commemorative Days, Events & Festivals

## (01 July 2022 to 30 June 2023)

IGNOU Regional Centres celebrate and organise National & International Commemorative Days, Events and Festivals. This is a very regular feature at the regional centres across the country to organise events like talks, awareness programme, webinar etc. in Commemorative of special Days of National and International importance. These events include days of national importance such as Republic Day (26 Jan), Independence Day (15<sup>th</sup> August), Gandhi Jayanti (02 October), Matra Bhasha Diwas, National Science Day, Vigilance week, National Voters Day etc. Interventional Women Day, International Yoga Day, Environment Day etc. are the events of international importance organise at the regional centres. During the reporting period *i.e* from 01 July 2022 to 30 June 2023, reports on some of the events are provided here. These are Independence Day and Har Ghar Tiranga, Swacchata Abhiyan under the implementation of Special Campaign 2.0, 36th IGNOU Convocation, International Yoga Day at RCs.

## **A.Report on celebration of Independence Day & HGT 15.08.2022**

Regional centre wise report on Celebration of Har Ghar Tiranga - Azadi Ka Amrit Mahotsav.

### **1. Regional Centre Agartala**

As a part of celebration of Azadi ka Amrit Mahotsav and Har Ghar Jhanda Programme on the occasion of completion of 75 years of India's independence the Regional Centre Organised and conducted the following activities:

#### **ONLINE ORIENTATION PROGRAMME ON "THE IMPORTANCE OF FREEDOM AS WELL AS THE STRUGGLE BY FREEDOM FIGHTERS AND HAR GHAR TIRANG**

An online Orientation Programme on "The importance of Freedom as well as the struggle by Freedom Fighters to achieve this freedom and Har Ghar Tiranga" was conducted on 08/08/2022. The meeting was attended by Shri Hore Krishana Acharya commandant, Assam Rifles as the key note speaker. In his speech he spoke in length about the importance of Tiranga, the life of a soldier, the sacrifices made by our freedom fighters and the sacrifices which our defence and paramilitary forces are making to defend and uphold the values of nationalism. He asserted that it is the need of the hour that our young generation are made aware of the true values of freedom and the sacrifices made by our people to achieve this freedom and infuse a feeling of nationalism among them. The meeting was presided over by Dr. Arobindo Mahato, Regional Director, IGNOU, Agartala who elaborately spoke on various challenges being faced by our country and the need to remember those hundreds of people who silent contributed in India's struggle for independent. The meeting went live through face book page of IGNOU Agartala. The meeting was attended by all academic counselors, LSC functionaries and RC staff.

#### **b) AWARENESS PROGRAMME ON FREEDOM STRUGGLE AT HEZAMARA VILLAGE-ADOPTED VILLAGE UNDER UBA on 14/08/2022**

An awareness programme on freedom struggle was conducted on 14/08/2022 at Hezamara Village - one of the adopted village under Unnat Bharat Abhiyan under Mohanpur Sub Division, West Tripura. The awareness programme saw active participation of local leaders, village head, villagers and local primary level students. From IGNOU the awareness programme was attended by Dr.

Arobindo Mahato, Regional Director and staff of Regional Centre. The programme was also attended by 8(Eight) MARD students under PRA baseline survey of MARD programme.

In the programme Priya Debbrama, Chairman of Tipra Matha elaborated the sacrifices made by our freedom fighters in the context of Tripura and rest of the country in the struggle for freedom. MARD Almuni also shared their valuable knowledge on freedom struggle. Key note address was given by RD, RC Agartala covering various stages of freedom struggle. The programme ended with cultural programme on freedom struggle by School students of Hezmara village.

**C) Activities related to “Swaraj-Bharat Ke Swatantrata Sangram Ki Samagra Gath**

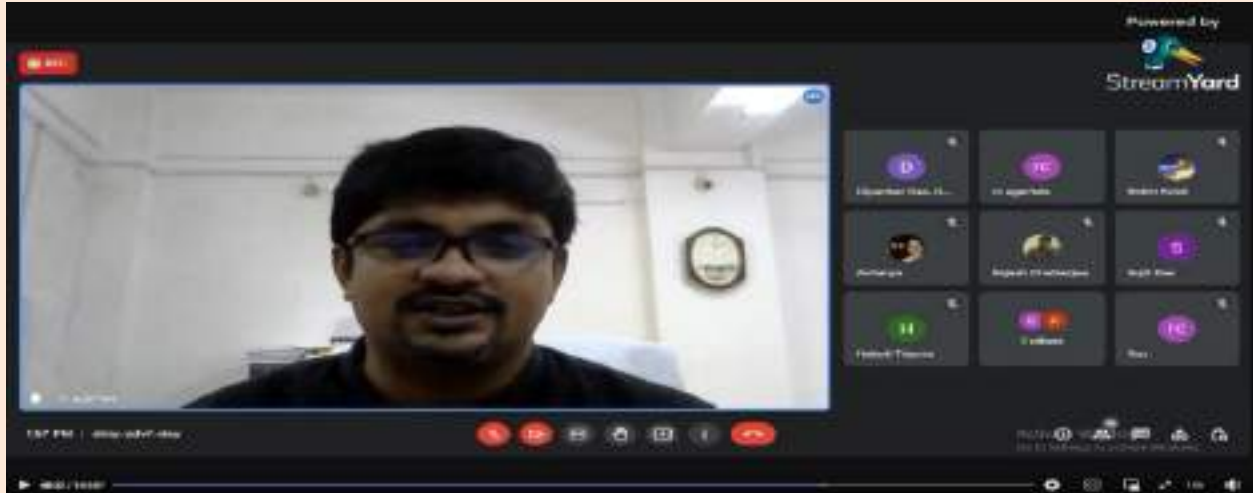
As a part of celebration of Azadi ka Amrit Mahotsav and In pursuance to Hq’s e-mail on the subject stated above, RC Agartala has organized an online competition for IGNOU Students, Almuni and children based on the 75 episode of Swaraj- Bharat Ke Swatantrata Sangram ki Samagra Gatha under the heading “Freedom Struggle and India’s Independence movement.

The Programme is open to the age group a) 4-9 years b) 10-14 years and IGNOU Alumni and on roll Learners. Activities allowed for participation is painting, drawing, story writing etc depicting the glorious history of India’s freedom struggle with focus on the stories of lesser known heroes and the role played by common Indian people in supporting the freedom struggle in different places of the country.

Online google form has been created for registration of the participants. The participation link has been shared in the face book, twitter and instagram pages of the Regional Centre for wide publicity and maximum participation. The link is open to ensure maximum participation. A digital participation certificate will be provided to the participants.

D) Dr. Arobindo Mahato, Regional Director, RC, Agartala participated in a panel discussion at Vande Tripura Educational TV Channel on the topic “75<sup>th</sup> Year of Independence” Expectations and achievements “ as a part of Azadi Ka Amrit Mahotsav function

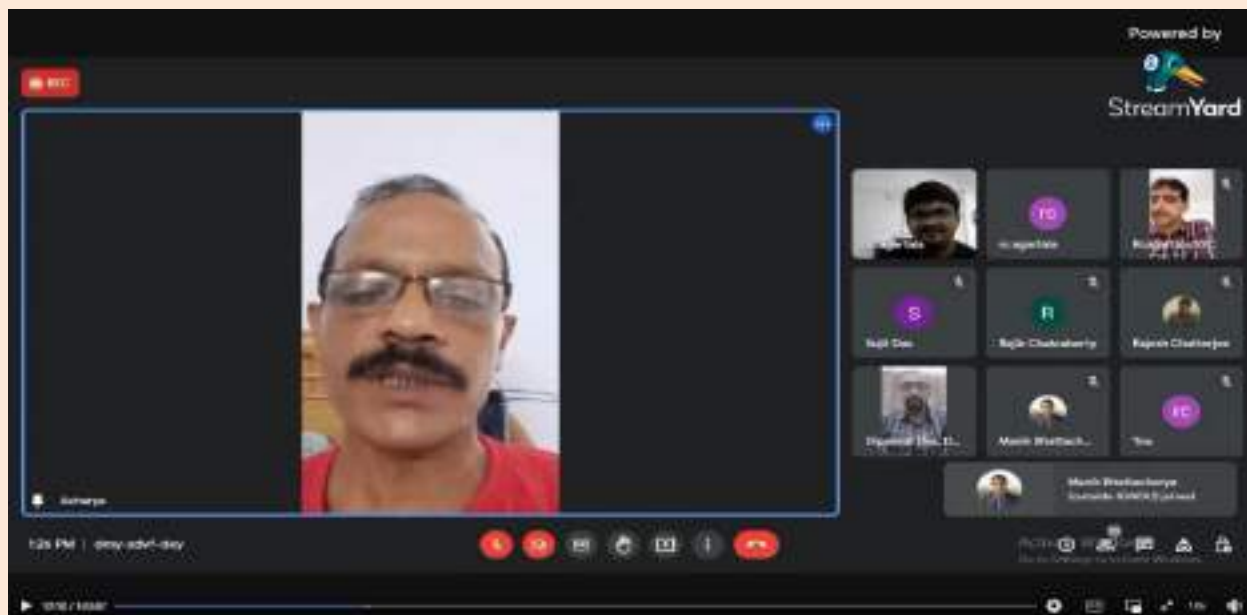
Beside these other online activities like display of national flag on RC Agartala Website and tagging of national flag in RC social media platform has been done.



Regional Director, Dr. Arobindo Mahato speaking during online Orientation Programme on” The importance of freedom and freedom struggle by our freedom fighters” on 08/08/2022



Villagers and Children attending the Awareness Programme on Freedom Struggle and National Flag Distribution at Hezamara, Village on 14/08/2022



Sri Hore Krishana Acharya, Comandant, Assam Rifles delivering key note address during online Orientation Programme on “THE IMPORTANCE OF FREEDOM AS WELL AS THE STRUGGLE BY FREEDOM FIGHTERS AND HAR GHAR TIRANG” on 08/08/2022

## 2. Regional Centre Bangalore

Based on the directives from the RSD (in response to the Office Memorandum of Ministry of Education, regarding the Har Ghar Jhanda Programme as part of Azadi ka Amrit Mahatsov), the Regional Centre undertook a massive campaign to spread the nation’s patriotic initiative to celebrate the 75<sup>th</sup> Independence day.

Amongst other things of the Har Ghar Jhanda programme envisages to bring the flag home. In this context, IGNOU Regional Centre Bangalore visited nearby Schools , Orphanages, offices, institutions, hutments, Gram Panchayat etc. and distributed flags. RC Conducted Webinar to create awareness of the event.. A few photographs are pasted below for information.

Pinning of RC flag



Regional Centre pinning a flag in Har Ghar Tiranga under Ministry of Culture

EVENT ON 4<sup>TH</sup> AUGUST 2022

Dr. S. Radha, Sr. Regional Director presenting flag to Sri Shridhar, Regional Director, Regional Directorate of Skill Development & Entrepreneurship (RDSDE), Karnataka State at RC Premises, after a press-meet for publicizing the July 2022 admission activities. ARDs & AR seen along

EVENT ON 4<sup>TH</sup> AUGUST 2022

Karnataka State Information Office staff receiving the National Flag from Sr. RD. ARDs, AR other are seen. The press meet event was utilized for the purpose.



Dr. Shankar Gowda, Coordinator of IGNOU LSC – 1314 at BIT, Bangalore receiving National Flag from the Sr. Reg. Director at RC Campus. ARDs seen along





Flag Distributed at KSRTC., staff Society office by ARDs & RC Staff



Flag Distributed at Karnataka State Road Transport Corpn., (KSRTC) staff Hospital



Flag Distribution Executive Engineer of Karnataka State Road Transport Corpn.,

EVENTS ON 4<sup>TH</sup> AUGUST 2022



National flag Distribution at KSRTC SC / ST Office staff



Flag Distribution to Anganawadi Teacher near Regional Centre office

EVENTS ON 5<sup>TH</sup> AUGUST 2022



Sh. Ram Mulkavan, Chief Traffic Manager (Commercial), Karnataka State Transport Corpn., Bangalore receiving flag from the Dr. S. Radha, Sr. Regional Director. Officers from RC seen along



Smt. Radhika .G , IPS, Director - Vigilance & Security, , Karnataka State Transport Corpn., Bangalore receiving flag from the Dr. S. Radha, Sr. Regional Director. Officers from RC seen along



Smt. Vani , Executive Engr. (Civil), KSRTC, Bangalore receiving flag from the Dr. S. Radha, Sr. Regional Director. Officers from RC seen along

EVENTS ON 5<sup>TH</sup> AUGUST 2022



Mr. Chikkanna, Field Officer – Universal Security Services, given a flag by the Sr. Regional Director. RC Staff members seen along.



Dr. S. Radha, Sr. Regional Director along with RC staff members distributed flags to Post Master and postal department staff of Wilson Garden Post Office, Bangalore



Dr. S. Radha, Sr. Regional Director along with RC staff members distributed flags to the Manager, SBI - Wilson Garden branch, Bangalore

E V



Smt. Shanthalakshmi. R, Asst. Registrar handing over a national flag to Mrs. Shiency Singhal, Executive Engineer, CPWD Bangalore



Smt. Shanthalakshmi. R, Asst. Registrar handing over a national flag to Sh. S.N. Rai, Chief Engineer, CPWD, Bangalore



Sh. T. Purushothaman, Executive Asst., handing over a flag to Sh. P. Rangaswamy, Panchayath Development Officer, Muthanallur Panchayath, Bangalore rural

EVENTS ON 10<sup>TH</sup> AUGUST 2022



Dr. Mohanan A.M., PIC of IGNOU LSC – 13139P (Spandana Health Care), Bangalore receiving National Flag from the Sr. Reg. Director at RC Campus. ARDs, AR & staff of RC seen along



Dr. H.C. Hemamalini, ARD distributed flag to Principal & Staff of R.V. Teachers' College, Bangalore. Later, addressed the students of the college (as seen below) on Independence and utilized the opportunity for promoting IGNOU programmes



EVENTS ON 10<sup>TH</sup> AUGUST 2022



Sh. T. Purushothaman and Sh. N. Somasundaram with the students of Nethaji English School Muthanallur Panchayath, Bangalore rural after distributing flags



Dr. S. Radha, Sr. Regional Director along with Dr. M. Shanmugam, ARD & Mr. N. Somasundaram distributing flags at the Wilson Garden Police Station, Bangalore





Dr. Maheshwari - Physician & staff- Hombegowdanagar Primary Health Centre, Wilson Garden, Bangalore receiving flag from Dr. H.C. Hemamalini, ARD & Smt. P. Susheela, staff of RC Bangalore

EVENTS ON 10<sup>TH</sup> AUGUST 2022



Dr. Md. Suhail Iqbal, Principal, Hasnath College hosting our IGNOU LSC – 1390 receiving national flag from Dr. S. Radha, Sr. Regional Director. Coordinantor of the centre Dr. Neelufur seen along.



Smt. Sujatha Bennet, Principal of CMR Instt. of Mngmt Studies, Bangalore receiving the flag from the Sr. RD, Dr. S. Radha. The institution is hosting IGNOU LSC – 1344. Coordinator Dr. Santhosh & Asst. Coordinator Dr. Kengal Murthy is also seen along.



Dr. S. Radha, Sr. RD addressing the Govt. Higher Primary School (KSRTC Qtrs. Bangalore ) Children about the importance on the celebration of Independence Day

EVENTS ON 12<sup>TH</sup> AUGUST  
2022



Flags distributed to the Principal & staff of Nethaji Subash Chandra Bose Govt. School, Hombegowdanagar, Bangalore



Dr. S. Radha, Sr. Regional Director at the Govt. Higher Primary School (KSRTC Qtrs. Bangalore ) with Children after distributing flags.

An online Webinar Titled

### **“NATIONALITY AND NATIONAL FLAG”**

Besides the above, IGNOU Regional Centre Bangalore in coordination with the IGNOU LSC - 13151, SJM College of Science, Arts and Commerce, Chitradurga organised a webinar on “Nationality and National Flag” on Friday, 12.8.2022 from 11.00 .a.m. to 12.00 noon to create awareness about the National Flag under the Azadi Ka Amrit Mahotsav. The Resource Person was Prof. B.V.Sridhar Swamy, a retired Professor of National College, Bangalore.

**Google Meeting link : [meet.google.com/msc-duta-kfu](https://meet.google.com/msc-duta-kfu)**

**Youtube Link for LIVE session: <https://www.youtube.com/watch?v=aPy-Zl86GhY>**

Dr. H.C. Hemamalini, ARD commenced the webinar and welcomed the participants.

Dr S Radha, Sr Regional Director delivered the opening remarks of the webinar and highlighted the initiative taken by the Govt of India on the occasion of Azadi Ka Amrit Mahotsav. She has also mentioned the moto of celebrating the Azadi Ka Amrit Mahotsav under the five themes viz.,

- Freedom struggle
- Ideas @ 75
- Resolve @ 75
- Actions@75
- Achievements @75

The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023. She has explained the meaning of tri colour in Jhenda and significance of bringing home Jhenda on the occasion of 75<sup>th</sup> year of independence. She announced that let us celebrate this Jan Utav as a proud Indian.

The Resource Person, Dr. B.V. Shridharaswamy spoke about nationality by given examples of Mahathma Gandhi, Vivekananda & others. He also made elaborative explanations about the developmental stages of the design of the national flag.

About 50 people attended while about 70 people viewed it through Youtube. A few photos of the occasion are attached below:

**ignou** THE PEOPLE'S UNIVERSITY

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
NAAC Accredited A++ Grade  
**Regional Centre Bangalore**

**75th Azadi Ka Amrit Mahotsav**

**IGNOU Regional Centre Bangalore**  
LSC-1315, SJM Arts, Science and Commerce College,  
Chitradurga

cordially invite you to the Webinar on  
**"Nationality & National Flag"**  
 Under Azadi Ka Amrit Mahotsav

**Resource Person**  
**Prof. B.V. Shridharaswamy**  
 Retired Professor, National College, Bangalore

**Date & Time: 12<sup>th</sup> August 2022,**  
**Time: 11.00 AM to 12.00 Noon**

**Google meeting Link: <https://meet.google.com/rmc-duta-ktf>**

**Youtube Link to LIVE session: <https://www.youtube.com/watch?v=2Z8GSHY>**

**Dr. K. C. Ramesh**  
Principal  
SJM College,  
Chitradurga

**Dr. Hanumanth H.C.**  
Asst. Regional Director  
& Welfare Coordinator  
IGNOU Bangalore

**Dr. S. Radhu**  
Asst. Regional Director  
IGNOU Bangalore

Freedom is the light, Faith is the words, Unity is our goal.  
**Let's salute the Nation.**



### 3. Regional Centre Bijapur

Under the Azadi ka Amrit Mahotsav, the Har Ghar Jhanda programme which envisaged flag hoisting in every household during the Independence week, RC Bijapur has under taken the following activities.

- A flag march was organized in Bijapur on 11<sup>th</sup> August 2022. Nearly 50 participants including RC staff local LSC functionaries, students, other Govt. officials and general public were actively took part with pride of holding the National Flag.
- RC Building was illuminated with tricolor for 3 days as directed by the local administration.
- We have also distributed National flag to households in one of our adopted villages and all the staff members to host the same at their respective houses.

Similarly, a national flag on the top of the Regional Centre Building was also kept for 3 days during the Independence week. The relevant photographs are hereby attached for your reference.



#### 4. Regional Centre, Chennai

IGNOU Regional Centre, Chennai celebrated 'Har Ghar Tiranga' under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75<sup>th</sup> year of India's independence.

- To mark this momentous occasion, National Flag was distributed by the Senior Regional Director to all the officials of Regional Centre, Chennai with a request to hoist the flag in their homes from **13<sup>th</sup> to 15<sup>th</sup> August 2022**.
- Apart from this, they were also encouraged to **'Pin a Flag'** virtually at <https://harghartiranga.com>, along with posting a **'Selfie with Flag'** on the site.

Tiranga Yatra lead by the Sr. Regional Director was also carried out with the officials of Regional Centre Chennai on 12-08-2022 at RC premises.



### 5. Regional Centre Darbhanga

RC Darbhanga organized "HAR GHAR TIRANGA PROGRAMME" under the aegis of Azadi ka Amrit Mahotsav during the Independence Week i.e. from 11<sup>th</sup> August to 17<sup>th</sup> August, 2022 to encourage people to bring the Tiranga home and to hoist it to mark the 75<sup>th</sup> year of India's independence. The motto was to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. Under the programme, the following activities were taken-

- i. RC collected songs related to National Flag such as “Har Ghar Tiranga, Har Man Tiranga” “Har Dil Me Hai Tiranga, Aao Hum Sab Milkar Phahraye Har Ghar Tiranga”, “Vijiayi Vishaw Tiranga Pyara”, “Aye Mere Watan ke logo” and uploaded on RC Website, WhatsApp groups, Instagram, Facebook, Twitter etc. Poster related to Amrit Mahotsav dispelled on Facebook and Twitter. Short Messages were also posted at RC facebook and twitter time to time.
- ii. RC encouraged learners to hoist the national flag at their homes during the period of 13-15 August to celebrate the 75th Independence Day under the Azadi ka Amrit Mahotsav through social media like – WhatsApp groups, Instagram, Facebook, twitter etc., following the rules governing the dignity and honour of the national flag.
- iii. RC staffs organized rally with “tiranga” alongwith IGNOU learners on 12<sup>th</sup> August, 2022. About 100 learners were participated in the rally. RC also arranged distribution of ‘Tiranga’ among the leaners and other people and urged to encourage their neighbors to hoist the tiranga and spread the contribution of patriot in the freedom struggle.
- iv. Simultaneously, all LSCs of RC Darbhanga organized “tiranga rally” and various activities to promote awareness on National Flag and distributed “tiranga”.
- v. During the period, all examination centres spread the awareness on National Flag among the examinees.
- vi. On 14<sup>th</sup> August, RC staffs visited at adopted village “Godiyari” under Unnat Bharat Abhiyan to promote awareness among villagers about the national flag of India and to encourage hoisting of the national flag.
- vii. RC hoisted National flag on “Independence Day” with enthusiasm.
- viii. RC organized series of programmes on National Flag during the independence week – Poetry Reading on 12<sup>th</sup> August, Short Speech on 15<sup>th</sup> August, Slogan Writing on 16<sup>th</sup> August & Painting on 17<sup>th</sup> August.





**(IGNOU RC DARBHANGA)**



**(IGNOU STUDY CENTRE 0550, G.D COLLEGE, BEGUSARAI)**

### 5. Regional Centre Dehradun

The “Har Ghar Jhanda Programme” (HGJP) under the Azadi Ka Amrit Mahotsav, envisaged hoisting the Indian National Flag in all households during the Independence Week, i.e., from 11th August to 17th August 2022. As per instructions received from RSD, IGNOU New Delhi, Regional Centre Dehradun conducted the following activities under Har Ghar Jhanda Programme:

- i. Awareness campaign in form of a Tiranga Rally was organized by Regional Centre Officers and Staff in the adjoining area.
- ii. Regional Centre placed a permanent Tiranga on the Office Building for 24 Hrs throughout the week.
- iii. All staff members of the Regional Centre put Tiranga at their residences and created awareness in the adjoining area.
- iv. Coordinators of LSCs were directed to put Tiranga at Study Centre and their residences. All the Coordinators followed the direction.
- v. Counsellors were also requested to put Tiranga at their houses.
- vi. Learners were also directed to put Tiranga at their houses. This message was circulated through RC Website, social media and bulk SMS.
- vii. Exam centre superintendents also appealed the examinees for placing Tiranga in their houses.
- viii. At many LSCs, Tiranga rally was organized by LSC Staffs and learners.
- ix. All RC Staff also took selfies with Tiranga and uploaded at Govt. website.
- x. Some photographs of the activities by RC and LSCs are appended here.







## 6. Regional Centre Delhi-1

- i. Information in this regard has been uploaded at RC Facebook Page.
- ii. Information in this regard has been uploaded on RC website under "News and announcement section".
- iii. Awareness was spread by disseminating information through RC Social Media Platforms and through LSCs.
- iv. Officers and Staffs of RC Delhi-1 participated in the said activity by successfully pinning digital flag on link <https://harghartiranga.com/> as well as hoist flag at office and at their house.
- v. Students are being asked to share their photographs/selfie and details through emails, after completing the said activity at their place.



Home Posts Reviews Live Videos P

**IGNOU RCD1**  
Aug 3 · 🌐

🇮🇳 हर घर तिरंगा 🇮🇳

हमारे सभी विद्यापी कृपया संस्कृति मंत्रालय, भारत सरकार द्वारा चलाए जा रहे कार्यक्रम "आजादी का अमृत महोत्सव" की कड़ी में "हर घर तिरंगा कार्यक्रम" के अंतर्गत "Pin a flag" में भाग लें।

इसकी प्रक्रिया निम्नवत है:-

1. सर्वप्रथम अपने स्मार्ट फोन का GPS ऑन कर लें।
2. निम्न लिंक को click करें <http://www.harshatiranga.com>
3. PIN A FLAG को क्लिक करें।
4. अपना नाम एवं मोबाइल नंबर लिखें अथवा continue with google को touch करें।
5. उसी location पर PIN A FLAG को touch करें।
6. अपना प्रयागपत्र download करें।

धन्यवाद, जय हिंद  
डॉ. अशोक शर्मा,  
क्षेत्रीय निदेशक,  
ग्रानु क्षेत्रीय केंद्र,  
दिल्ली - 1.

See translation



4 shares

**IGNOU RCD1**  
Aug 4 · 🌐

**Ministry of Education** updated their cover photo.  
Aug 2 · 🌐



3

Like Share



## 6. Regional Centre Delhi 2

Regional Centre Delhi 2 celebrated “Har Ghar Jhanda Programme” under the Azadi Ka Amrit Mahotsav with much fervour and zeal. We envisaged hoisting the Indian National Flag in households during the Independence Week. As a part of this programme, RC Delhi-2 displayed the National Flag as profile photo of RC Delhi-2 on Facebook, Twitter and RC website page and spread awareness regarding the Har Ghar Jhanda programme through social media platforms by tweeting/retweeting/ sharing the Posts of MyGovIndia, Ministry of Education on the RC's Facebook Page and Twitter. RC Delhi-2 displayed Har Ghar Jhanda slogan on the RC website, Facebook page <https://www.facebook.com/ignourc2> and RC Twitter page [https://mobile.twitter.com/ignou\\_2/status/1554778155399139329](https://mobile.twitter.com/ignou_2/status/1554778155399139329). The LSC functionaries and Examination Centres also took part in this programme. Through various digital platforms of LSC or host institutions' websites, Whatsapp, Facebook, YouTube, Twitter and Instagram, Learners were motivated to hoist the flag from 13th to 15th August 2022. Several flags were distributed to IGNOU learners by LSCs of the RC Delhi-2. Learners were informed to ‘pin a Flag’ virtually at <https://harghartiranga.com>, along with posting a ‘Selfie with Flag’ to tag their Selfie/photographs at Facebook page and to obtain the certificate of appreciation in their name by the Ministry of Culture.

National Flag was distributed to all staff members of the RC Delhi-2. The learners who visited Regional Centre, were also motivated to hoist the flag in their nearby localities during the Independence week. The staff members were informed about the important features of India's National Flag; how it is a symbol of National integrity and advised them to take necessary steps to honour the flag in future also. A March past with Indian Flag was conducted in the vicinity of RC premises.

RC Delhi-2 also organised a series of events to foster the spirit of Freedom, pride of National Flag and glorious history of India's freedom struggle.

A Drawing competition was organised on theme “Har Ghar Tiranga/ ghar ghar tiranga” for children below 10 years of age. Another, drawing competition was organised for children belonging to 11-16 years age group on “Our Freedom Fighters/ ghar ghar tiranga”. Also, a slogan writing competition was organised for staff members of RC Delhi-2 on theme related to “Azadi ka Amrit Mahotsav”.

The information about Door Darshan programme 'Swaraj- Bharat Ke Swatantrata Sangram Ki Samagra Gatha'- a 75-episode mega show on the glorious history of India's freedom struggle from the 15th century onwards, especially focusing on the stories of lesser known heroes was widely circulated through multiple channels to LSC functionaries as well to IGNOU learners. A Quiz competition was organised by the RC Delhi related to history of India's Independence movement.

The winners of different competitions were suitably rewarded by giving them books related to Freedom Struggle and Freedom Fighters of India.





### 7. Regional Centre Delhi 3

As per the email communication received from RSD dated 13th June 2022 and the subsequent reminders thereof and further to our email dated August 03, 2022 conveying the action plan for the same, Regional Centre Delhi-3 organized the following activities to commemorate the event:

1. Posters on Har Ghar Jhanda Programme and the salient features of the Flag code of India were uploaded on RC website and social media platforms like Facebook and Twitter.
2. All LSCs under the RC were informed and advised to organise, participate enthusiastically in the Programme with active involvement of LSC staff, Counsellors and learners.
3. RC Delhi-3 organized a poster competition for staff members of the Regional Centre on 12<sup>th</sup> August, 2022. All the interested staff members were encouraged and invited to participate in the poster making competition on the theme. A total of 10 staff members took part in the poster making competition. Their posters were evaluated by the team of RC Academics and Staff. The Prizes were distributed to the participating staff members as per the merits of their posters by the Regional Director in presence of all the staff members in a small function organized for the purpose. Earlier, as part of this programme, a flag distribution event was organized for the staff members and the students visiting the RC wherein flags were distributed to all and also to the select habitants of neighbouring locality.

Few select photographs of above are attached herewith





### 8. Regional Centre, Gangtok

Regional Centre Gangtok for the Har Ghar Jhanda Programme (HGJP) under Azadi ka Amrit Mahotsav during the Independence Week participated in the programme by visiting its adopted village Sheyari (Kopi bari GPU) and informed the Panchayats & residents on the Har Ghar Tiranga campaign during the 75th year of Independence. The RC staff distributed the National Flag to the village officials and encouraged all the residents to hoist the flag during the week and campaign on the importance of this event. The importance of this programme was highlighted through all the digital platforms under RC Gangtok i.e. RC websites, Facebook, Instagram and promotions and publicity through the WhatApps groups. The sharing was done on the RC alumni groups, the learner's group in various programmes and the functionaries of the Learner Support Centres were encouraged to spread awareness and publicize the importance this programme.

RC-Gangtok also distributed the flag around the RC premises and encouraged all the households to participate in the event. Besides the learners visiting the RC were also involved and encouraged to take up Har Ghar Tiranga campaign on the 75th year of India Independence in their respective localities. On 15th August the tricolor was hoisted at the RC and distribution of flag / sweets by the staff of RC amongst students/ children and neighbors along the national highway and surrounding areas of the RC were done in full enthusiasm and gaiety.



## 9. Regional Centre, Guwahati

The celebration of the Har Ghar Tiranga- Azadi Ka Amrit Mahotsav, began with the hoisting of the National Flag in the office of the Regional Centre from 11<sup>th</sup> to 16<sup>th</sup> August, 2022. Secondly, information of the Har Ghar Tiranga –Azadi Ka Amrit Mahotsav was circulated /shared in social media platforms of the Regional Centre and LSCs. And on 15<sup>th</sup> August, 2022, the 75<sup>th</sup> Independence Day of India was celebrated by the staff and fraternity of the IGNOU Regional Centre, Guwahati by hoisting of the National Flag at 8.00AM. Regional Director gave a brief address on the occasion by emphasising the importance of being a law-abiding citizen.



## 10. Regional Centre Hyderabad

Based on the email received from the Director (RSD), IGNOU, New Delhi wherein it has been directed that an action plan may be prepared and submit to Director, RSD by all the Regional Centres to make the “Har Ghar Jhanda Programme” under Azadi Ka Amrit Mahotsav a great success, IGNOU Regional Centre, Hyderabad has prepared the action plan submitted the same to Director, RSD. Accordingly, the following activities have been organized by IGNOU Regional Centre, Hyderabad

- i. **“Historical Evolution of Indian Flag” lecture by Dr. K. Ramesh, RD at IGNOU LSC-0155 – Indira Priyadarshini Govt. Degree College for Women, Nampally, Hyderabad on 10<sup>th</sup> August, 2022 at 1.00 p.m.**

Dr. K. Ramesh, Regional Director, IGNOU Regional Centre, Hyderabad has delivered a lecture with PowerPoint presentation on “Historical Evolution of Indian Flag” at the Learner Support Centre – LSC – 0155 – Indira Priyadarshini Govt. Degree College for Women, Nampally, Hyderabad on 10<sup>th</sup> August, 2022 at 1.00 p.m.

The students of the College along with the Coordinator and Principal have participated in the event. The programme went on well. The Regional Director also participated in the plantation drive organized by the Lions Club and planted a sapling. A few photographs taken on the occasion are attached.

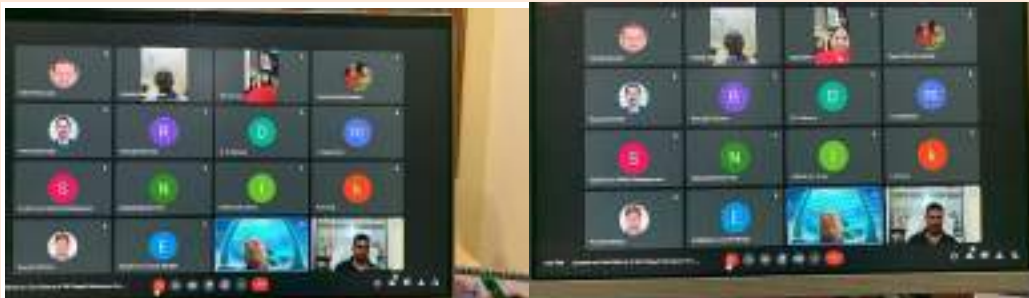


**ii. Distribution of Indian National Flag (small in size) to the learners visiting the IGNOU Regional Centre, Hyderabad at the Reception Counter from 11-17 August, 2022.**

The process of distribution of Indian National Flag (small in size) to the learners visiting the IGNOU Regional Centre, Hyderabad at the Reception Counter is continued and will continue the distribution till 17<sup>th</sup> August, 2022.

**iii. A special web-conference about the life history of Shri Pingali Venkaiah, the Creator of Indian National Flag on 13<sup>th</sup> August, 2022 from 7.00 p.m. to 8.30 p.m. – Guest Speaker : Dr. Anjaiah, Asst. Professor, O.U. (Retd.).**

A special web-conference about the life history of Shri Pingali Venkaiah, the Creator of Indian National Flag was organized on 13<sup>th</sup> August, 2022 from 7.00 p.m. to 8.30 p.m. – Guest Speaker was Dr. Anjaiah, Asst. Professor, O.U. (Retd.). Some of the Coordinators, staff of the Regional Centre participated in the web-conference. The Screenshot taken is attached.



- iv. **(a) Significance of Indian Flag during freedom movement – talk by Dr. K. Ramesh, RD at IGNOU Regional Centre, Hyderabad on 11<sup>th</sup> August, 2022 at 4.00 p.m.**

Dr. K. Ramesh, Regional Director presented a talk on the “significance of Indian Flag during freedom movement” at IGNOU Regional Centre, Hyderabad on 11<sup>th</sup> August, 2022 at 4.00 p.m. Dr. P.M. Sowjanya, ARD also spoke about the similar topic.

- (b) Demonstration by RC Staff scarf roll on the neck with Indian National Flag on 11<sup>th</sup> August, 2022 at 5.00 p.m.** All the staff members of RC, Hyderabad demonstrated by Scarf Roll on the neck with National Flag on 11<sup>th</sup> August, 2022 at 5.00 p.m.



- v. **Special decoration of Regional Centre with Indian National Flags.** The office of the IGNOU Regional Centre, Hyderabad has been decorated with the Indian National Flags.

### 11. Regional Centre, Imphal

Regional Centre, Imphal hosted ‘Har Ghar Tiranga’ a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75<sup>th</sup> year of India’s independence. The event was celebrated in the RC premises, LSCs and each household of RC and LSC staffs. Further, the RC distributed few national flags to some households in order to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag.

The RC further celebrated the 75<sup>th</sup> year of India’s independence with the Regional Director hoisting the national flag in the RC premises on 15<sup>th</sup> August 2022. The staffs and security personnel of RC were present in the event.







## 12. Regional Centre Itanagar

A team of RC Itanagar comprising Dr Sanjib Katakya, RD, Dr Suman Adhikari, ARD, Sh Rajesh Tajo, DW, Sh Langha Tacha, DW and Sh Bipin Kumar, DW Driver visited Chimphu village on 4<sup>th</sup> August 2022, Itanagar and met Ms Nabam Yajo, Chairperson, Chimphu village Gramsabha. Discussion was made regarding Unnat Bharat Abhiyan and Har Ghar Tiranga programme. From the Regional Centre side, few numbers of the National Flag were presented to the village. Importance of the Azadi ka Amrit Mahotsava was highlighted.

In the regional centre from 13<sup>th</sup> to 15<sup>th</sup> August we have also celebrated the Har Ghar Jhanda Programme and all the staffs of RC also celebrated it in their respective homes with great enthusiasm. On 15<sup>th</sup> August flag hoisting was done in the regional centre and all the staff were present in the event and importance of Azadi ka Amrit Mahotsov was discussed by the Regional Director. We also organized an online quiz competition on freedom movement of India on 15<sup>th</sup> August. Total 416 participants from all over India joined this competition.





### 13. Regional Centre Jaipur

#### Activity No. 01:

A Flag Distribution programmes was organized at RC Jaipur to start the "Har Ghar Tiranga" Campaign under Aazadi ka Amrit Mahotsav on 05.08.2022. Dr. Mamta Bhatia, Regional Director addressed all the Staff Members and highlighted the Flagship Programme of "Har Ghar Tiranga" Campaign under Aazadi ka Amrit Mahotsav of Govt. of India. National



Flags were distributed to all the Staff Members at the RC.

**Activity No. 02:** Another "Har Ghar Tiranga" Campaign under Aazadi ka Amrit Mahotsav was organized in Govt. Senior Secondary School, Singwada, Dausa at the Adopted Village Singwada, Dausa on 10.08.2022. Dr. Indu Ravi, Assistant Regional Director addressed the students of 11th and 12th Class of Govt. Senior Secondary School & Staff Members and also briefed about the IGNOU Regional Centre Jaipur, IGNOU newly launched programmes and emphasis on importance of the National Flag. Sh. Sher Singh, Assistant Regional Director briefed about the Skill Oriented programmes of IGNOU, Admission Procedure and the programmes which are beneficial for them. Smt. Geeta Devi Gurjar, Sarpanch, Singwada, Dausa was also present in the programme and ensured RC Jaipur to provide all Local Administration support for successful implementation of all the Flagship programmes of Govt. of India. About 120 students, Villagers, Social Workers, Local Administrators were present in the Programme and Tiranga Flag was distributed to all of them.



**Activity No. 03:** A Drawing and Painting competition and Tiranga Flag distribution for students under Har Ghar Tiranga Campaign of Aazadi Ka Amrit Mahotsav was organized at SC 23140, Bhawani Niketan PG Boys College Jaipur on 13.08.2022. Dr. Mamta Bhatia, Regional Director

briefed about Highlights of Aazadi ka Amrit Mahotsav Govt. of India Campaign, Skill oriented programmes, Admission procedure and the programmes which are beneficial for them. Dr. Indu Ravi, Assistant Regional Director coordinated the activity.

Dr. Mahesh Hapawat, Principal, Dr. Kuldeep Singh, Coordinator and Part Time Staff of SC 23140, Shri Bhawani Niketan PG Boys College, Jaipur were also present on the occasion. Tiranga Flag and prizes were distributed to the winners of the Drawing and Painting Competition, all the participants and NCC Cadets in the Institution. About 30 students of the College participated in the Competition.



### Social Media Links:

- **YouTube:** <https://youtu.be/MbP0EkwXhc>
- **Facebook:**  
<https://www.facebook.com/photo/?fbid=798321651609452&set=pcb.798321724942778>
- **Twitter:** <https://twitter.com/IgnouRc/status/1559049199614046210/photo/1>

### 14. Regional Centre Jammu

As a part of celebrations to commemorate the 75 years of Indian Independence, Regional Centre Jammu organized “Har Ghar Tiranga” campaign at Samba in coordination with our Learner Support Centre 1280, Bhargava Degree College, Samba on 3<sup>rd</sup> of August, 2022.

Assistant Regional Directors, Dr. Vikram Singh and Dr. Asha Upadhyay from the Regional Centre Jammu participated in the programme and distributed flags among the learners associated with the said Centre and also among the regular students of the Institution. The Coordinator, Assistant Coordinator and other staff of the College as well as LSC were also present. The students were encouraged to hoist the National Flag in their homes as a mark of celebration of completion of 75 years of Independence of the Nation. The Officers of the RC interacted with the students and motivated them to enroll themselves with IGNOU for any of the programmes of their choice which will benefit them in their future endeavors.

Some Photographs of the event: -



On 13<sup>th</sup> of August, 2022, as a part of celebrations to commemorate the 75 years of Indian Independence, Regional Centre Jammu organized another “Har Ghar Tiranga” campaign at Village Kotli Bala situated in Udhampur district of Jammu province. The village is located 10 kilometers away from the district headquarters in a hilly terrain. Village Kotli Bala is also a Gram Panchayat. The programme was organized by our Learner Support Centre 12119, Bhartiya College of Education, Udhampur in coordination with Sarpanch of the Village, Smt. Neena Devi.

Regional Director I/C, Dr. Sandeep Gupta, Assistant Regional Directors, Dr. Vikram Singh and Dr. Asha Upadhyay and Section Officer, Shri Dara Singh participated in the programme and distributed flags. The team of officials from Regional Centre Jammu interacted with the locals and students of the village and informed them about the IGNOU programmes and schemes and initiatives that IGNOU is offering. The team of RC Jammu was delighted to learn that the people were well aware about the schemes IGNOU offers with regard to SC/ST scholarship.

During the celebrations, National Flags were distributed among the locals and the students of local Higher Secondary School situated in the village. The IGNOU team apprised the locals and students about importance of the National Flag and what it means to celebrate “Azadi ka Amrit Mahotsav” marking 75 years of India Independence with the theme "Har Ghar Tiranga" to make this occasion a grand success by hoisting the flag at each and every house of the Country to remember the freedom fighters of India and to offer true homage to our soldiers.

The programme concluded with vote of thanks by Dr. Vikram Singh to the Sarpanch, locals, students and faculty/staff of Bhartiya College of Education. The cooperation of management and staff of the College made it possible for us to organize such an important programme in a remote village located in a hilly terrain. Some Photographs of the event: -



### 15. Regional Centre Jorhat

All the staff members of RC Jorhat have celebrated the “Har Ghar Jhanda Programme under Azadi ka Amrit Mahotsov” from 11<sup>th</sup> August to 17<sup>th</sup> August 2022. The information has been disseminating through our official University platforms, i.e., RC websites, RC Facebook, YouTube and Twitter to the learners, LSC functionaries and the Academic Counselors in our region.

We have put up the National flag at our own residents and celebrated the 76<sup>th</sup> Independence Day with all our families followed by singing of the National Anthem. Some photographs of the celebration are attached herewith for your reference and information.



### 16. Regional Centre Khanna

Under the Govt. of India campaign of *Har Ghar Tiranga*, IGNOU Regional Centre, Khanna started by planting a few saplings at the office campus. Indian tricolour was distributed to all the staff members. After this, all the staff members went to the adopted village Bulepur. The sarpanch, Mr. Gurpreet Singh was invited to attend the main function at the community hall. He had already made sure that villagers participate in this campaign enthusiastically.

Dr. Santosh Kumari, Regional Director started the function by presenting a flag to the Sarpanch. Thereafter, she introduced the villagers about the educational facilities being provided at the doorsteps of learners by IGNOU through the flexible and open system of learning. She asked them to encourage their family members to study so that they can earn respect in the society. On the occasion of 75<sup>th</sup> anniversary of Indian independence, she remembered the sacrifices made by the unsung heroes of the Indian freedom struggle and motivated everyone to contribute in their best

manner to respect the spirit of fundamental rights envisaged in the Indian Constitution with regard to freedom and self-dependence of every citizen of India.

She also emphasized on maintaining social as well personal hygiene. In order to keep the environment clean and green, she laid stress on planting more and more trees. The villagers were also given flags and plant saplings.

The programme ended with National Anthem.







### 17. Regional Centre Kolkata

Regional Centre Kolkata whole heartedly participated in *Har Ghar Tiranga* Campaign launched by the Government of India under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to celebrate and commemorate 75 years of independence. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. The main objective of the Har Ghar Tiranga Campaign is to establish a personal relationship of every Indian with our National Flag, the Tricolour.

As part of the *Har Ghar Tiranga* Campaign, Dr. Shiva Kumar GN, Regional Director accompanied by all the academics and staff members of Regional Centre participated in an awareness rally holding the national flags walked through the nearby streets appealing everyone to join this campaign by hoisting the Tricolour atop their houses from August 13 to August 15.

Dr. Shiva Kumar GN, Regional Director speaking on the occasion, highlighted the importance of freedom struggle led by the great freedom fighters. He called upon everyone to pay homage and commemorate the sacrifices made by the freedom fighters. He further urged the younger generation to play crucial role towards building stronger, powerful, united and vibrant India.

Similar campaigns were also arranged in the different Learners Support Centres under Regional Centre Kolkata to invoke the feeling of patriotism in the hearts of the people and to promote awareness about our National Flag. Indeed, Har Ghar Tiranga Campaign filled the feelings of patriotism in every Indian.

The Regional Director extended his gratitude to all the academics and staff members, who were a part of the event.

A few photographs of the event are attached herewith.



## 18. Regional Centre Madurai

IGNOU Regional Centre Madurai has conducted Har Ghar Jhanda / Har Ghar Tiranga at the adopted village Kovilpappakudi, Madurai District, Tamil Nadu on 05.08.2022. Dr. G. Anbalagan, ARD, RC Madurai has distributed the National Flag to the Students and Teachers of the Government Middle School, Kovilpapakudi in the presence of the Headmaster Mrs. Mallika at the

School. Further the National flag has been distributed to the homes by the staff of RC at the village as part of the Azadi Ka Amrut Mahotsav. The villagers have been requested to hoist the flag at every home from 13<sup>th</sup> to 15<sup>th</sup> August 2022.

The posters on Har Ghar Jhanda were published in the RC website and social media for creating awareness to the public. RC Madurai has distributed flags to the staff for hoisting the same at their homes from 13<sup>th</sup> to 15<sup>th</sup> August 2022 as part of Azadi Ka Amrut Mahotsav.





### 19. Regional Centre NOIDA

In compliance of the directions received from RSD, IGNOU HQs with respect to “Har Ghar Jhanda Programme under Azadi ka Amrit Mahotsav”, following actions were taken by IGNOU Regional Centre, NOIDA:

1. The Har Ghar Tiranga Posters (Hindi and English) were shared with the Study Centres for wider dissemination amongst the learners and uploaded on RC NOIDA website as well as shared through social media platforms i.e. Facebook page, twitter handle and telegram channel. The same were also pinned on Twitter handle.
2. The profile pictures of social media platforms were changed to Flag of India.

3. National Flag has been installed at the building of RC NOIDA.
4. On 15<sup>th</sup> August 2022, National Flag was hoisted by the Regional Director Dr. Amit Chaturvedi who also addressed the gathering on this day. The function was attended by all Officers, Staff and their family members in the premises of the Regional Centre. The Flag Hoisting Ceremony was followed by Tiranga Yatra by the participants.
5. Tiranga Yatra was also organized by one of the Work Centres under RC NOIDA i.e. ICT, ITI Sahibabad.

Some of the representative photographs of the activities organized are as follows:



Har Ghar Tiranga Poster - Hindi



Har Ghar Tiranga Poster - English



RC NOIDA website



Installation of Tiranga at RC Building



Address by the Regional Director



Officials and Staff of RC NOIDA



Address by the Regional Director

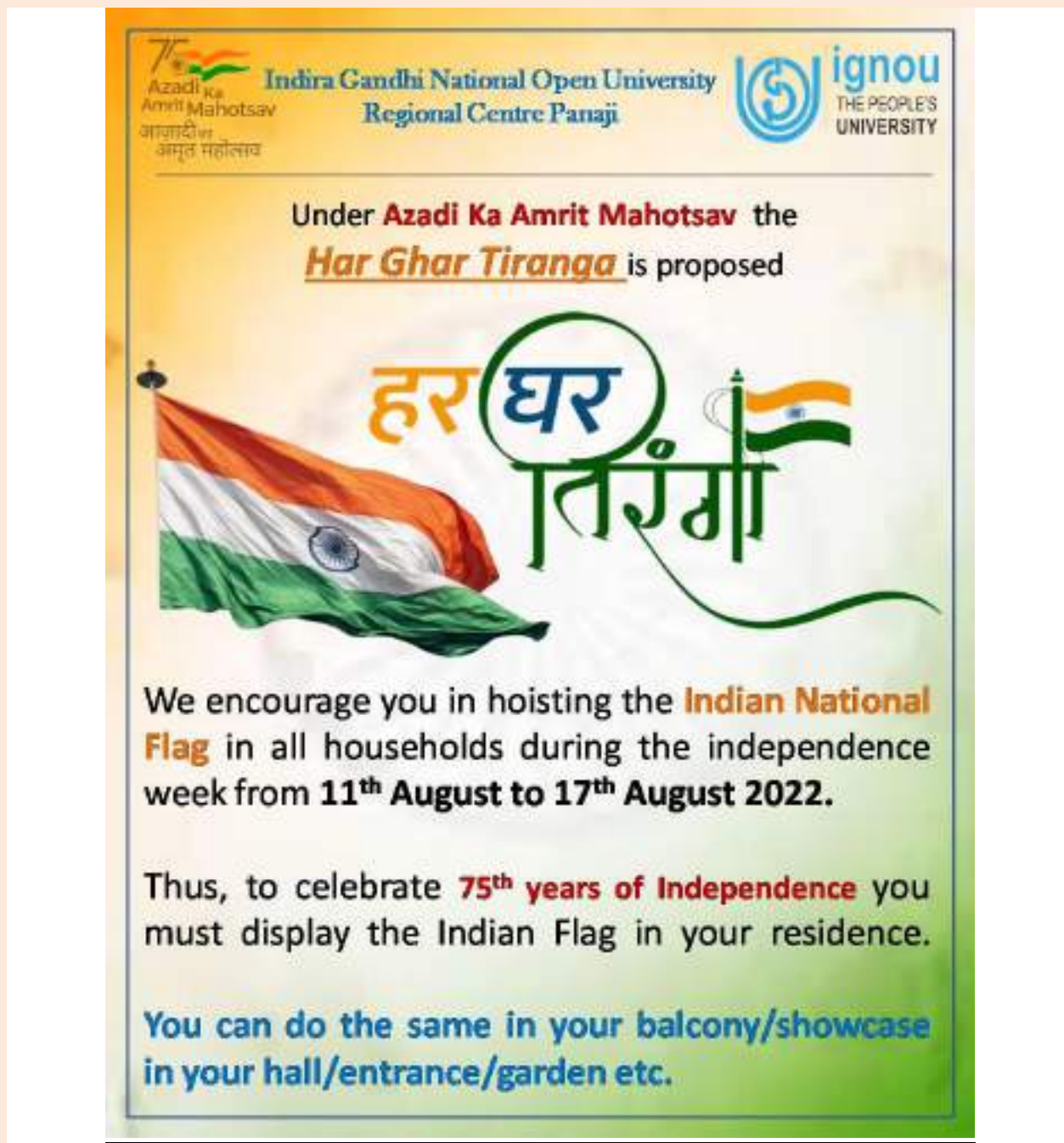


Tiranga Yatra by RC NOIDA



Tiranga Yatra by Work Centre

## 20. Regional Centre, Panji



Poster made and uploaded in RC Website and Social Media accounts of RC Panaji.



National Flag in the Entrance of RC Panaji building from 11<sup>th</sup> to 17<sup>th</sup> August 2022.





**National Flag Hosting at RC Panaji on Occasion of 76<sup>th</sup> Independence Day.**

**RC Panaji Staffs with National Flag on Occasion of 76<sup>th</sup> Independence Day.**





**“Har Ghar Jhanda Programme”**  
**(HGJP) under the Azadi Ka**  
**Amrit Mahotsav at PSC 0806,**  
**Ponda.**



**“Har Ghar Jhanda Programme” (HGJP) under the Azadi Ka Amrit Mahotsav at PSC  
08032, Panaji.**

## 21. Regional Centre, Port Blair

The IGNOU Regional Centre Port Blair has celebrated the Har Ghar Jhanda Programme with great enthusiasm. As a part of Har Ghar Tiranga Abhiyan the Regional Centre has distributed Tiranga to its employees of Regional Centre and the visiting learners to place at their residence. Under Har Ghar Jhanda Programme 20 Nos. of flags are also distributed to the workers engaged at construction site of IGNOU RC building. The tiranga was placed at all corners of RC building and upcoming RC building. The illumination of current RC building was also done on the occasion. In a pre session the learners were also briefed about the importance of Independence Day and the significance National Flag. On 15-08-2022 the 75<sup>th</sup> Independence Day was celebrated in a big way and the national flag was hoisted by the Regional Director, RC-PB and attended by all the RC staff and their family members.







## 22. Regional Centre, Raipur

As per the directives received from IGNOU Head quarter's regarding Har Ghar Tiranga, IGNOU Regional Centre, Raipur actively participated in all the Social Media Platforms such as RC Website, WhatsApp, Facebook etc. All the Study Centre Co-ordinator's were informed about the same.

The Regional Centre officials and staff visited one adopted village Sankri on 09<sup>th</sup> August, 2022. A small programme was organised in the Village Sarpanch's office. They were told about the Har Ghar Tiranga Abhiyan. The villagers including ladies and children actively participated in this programme, wherein they were distributed Flags. The function ended with National Anthem.









### 23. Regional Centre Ranchi

Activities done under Har Ghar Tiranga Campaign are as follows:

- i. The campaign began on 7<sup>th</sup> August 2022 at Kadopani, a hamlet under our adopted village Kairbera, Simdega by distributing the national flags to the inhabitants. Program was organised by IGNOU LSC 3610 (Simdega College, Simdega)
- ii. RC staff participated in hoisting the National Flag at the RC on 11<sup>th</sup> August 2022.
- iii. RC staff participated in a Tiranga Padyatra on 13<sup>th</sup> August 2022.
- iv. Distribution of National Flag was done on 13<sup>th</sup> August 2022 by LSC 32011 [Mahuda College, Mahuda] at Kumardih, another adopted village.
- v. National Flag was hoisted in the RC premises on 15<sup>th</sup> August 2022 in the presence of RC staff and the members of their families.
- vi. All the LSCs under the Regional Centre hoisted the National Flags at their respective LSCs with the LSC functionaries and students. Some LSCs organised Tiranga Yatra.
- vii. RC disseminated the information for organising and participating in the Har Ghar Tiranga Campaign through various social media platforms.
- viii. Photographs and videos of the activities done by the LSCs and the RC have been shared on Twitter, Facebook, WhatsApp and Telegram Groups and RC website.



Figure 1@ Adopted Village Kadopani  
RC Ranchi on 11.8.2022

@ RC Ranchi – Staff of



Tiranga Padyatra @ Ranchi by RC Staff



Flag Hoisting on 15.8.2022 @ RC  
@ Different LSCs

@ LSC 3603 [Dhanabd]



## 24. Regional Centre Shimla

Following activities on 'Har Ghar Jhanda Programme' under "Azadi Ka Amrit Mahotsav" has been organized during the Independence Week i.e. from 11<sup>th</sup> August to 17<sup>th</sup> August, 2022:

- i. The event was given wide publicity through all digital/social media platforms i.e. RC Website, Facebook page, YouTube and Twitter handle. The Learner Support Centres {LSCs} were also requested to encourage the learners and the Part Time staff to display the National Flag of India at their residences and organize programmes in their respective LSCs. In response to our communication, a majority of the LSCs have organized programmes on this occasion.
- ii. An awareness programme was organized at the Regional Centre Shimla on 12<sup>th</sup> August, 2022 in which all the staff members participated and expressed their views on 'Azadi Ka Amrit Mahotsav'. The National Flag was distributed to the staff members for displaying at their residences on this occasion.
- iii. In order to sensitize the people of village Kawalag-Majhar (an adopted village under UBA), an awareness programmes was organized in the 'Aanganbari Kendra' on 13<sup>th</sup> August, 2022. Concerned Ward Member and around 15 villagers (Women) attended the programme. The National Flag distributed to the villagers and children during the programme.
- iv. The 76<sup>th</sup> Independence Day was celebrated in the campus of Regional Centre, Shimla on 15<sup>th</sup> August, 2022. After the National Flag hoisting ceremony, the staff members spoke on the 'Indian Freedom Movement' and also remembered the sacrifice of our freedom fighters on this occasion.

### Photographs of the Event





### इग्नू सेंटर कुल्लू भी बनेगा 'हर घर तिरंगा अभियान का हिस्सा

आजराज/कलकत्ता, 12 अक्टूबर

इग्नू सेंटर कुल्लू, जिला कुल्लू, 12 अक्टूबर को 'हर घर तिरंगा अभियान' का हिस्सा बनने के लिए तैयार है। इसमें शिक्षक, छात्रों और स्थानीय लोगों को शामिल किया जा रहा है।

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### इस राष्ट्रीय दिवस को मनाया जाएगा 17 तक

राष्ट्रीय स्वतंत्रता दिवस को मनाया जाएगा 17 तक। इसमें शिक्षक, छात्रों और स्थानीय लोगों को शामिल किया जा रहा है।

राष्ट्रीय स्वतंत्रता दिवस को मनाया जाएगा 17 तक। इसमें शिक्षक, छात्रों और स्थानीय लोगों को शामिल किया जा रहा है।

### इग्नू अध्ययन केंद्र बंजार में 17 तक मनाया जाएगा स्वतंत्रता सप्ताह

विभिन्न गतिविधियों में भाग लेने के लिए परी से उत्साह वीडियो बनाकर इग्नू के वेबसाइट पर भेज सकते हैं

बंजार, 3 अगस्त (संवाद): हर घर तिरंगा अभियान के तहत राजकीय महाविद्यालय बंजार में इग्नू अध्ययन केंद्र द्वारा 17 अगस्त तक स्वतंत्रता सप्ताह मनाया जाएगा। यह जानकारी इग्नू समन्वयक डा. वैश्या शशीशंकर ने दी है।

इस अवसर पर विभिन्न गतिविधियों में भाग लेने के लिए परी से उत्साह वीडियो बनाकर इग्नू के वेबसाइट पर भेज सकते हैं।

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इस अवसर पर विभिन्न गतिविधियों में भाग लेने के लिए परी से उत्साह वीडियो बनाकर इग्नू के वेबसाइट पर भेज सकते हैं।

## 25. Regional Centre Srinagar

As a part of “Azadi Ka Amrit Mahotsav”, under the “Har Ghar Tiranga Program” different activities were conducted to celebrate “75 years of India’s Independence”. The programmes were organized with zeal and zest in which all the staff members of RC participated. National Flag was displayed in all the sections of RC. Banner regarding the awareness of the programme was also displayed in the premises of RC Srinagar and an awareness programme was also conducted for the staff of the RC. LSCs were also informed through text message and email to conduct activities under the event. Information regarding the programme was also disseminated to the part-time staff of the LSCs. On the 13<sup>th</sup> August 2022, National flag was hoisted on the RC building. Independence Day was celebrated at the RC by unfurling the National flag in presence of the staff members. The activities under the programme were covered on the all the social media handles of RC i.e. Twitter, Facebook, YouTube, and on RC website as well.



## 26. Regional Centre Trivandrum

### *Report on “Har Ghar Jhanda Programme” (HGJP)*

As part of “**Har Ghar Jhanda Programme**” (HGJP) under the Azadi Ka Amrit Mahotsav, IGNOU Regional Centre, Trivandrum has organized a series of activities to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. In this regard, Dr. B Sukumar, Senior Regional Director has distributed National Flags to all the staff members of Regional Centre and the students who visited the Regional Centre. Also we have changed the profile picture of all our social media accounts with the National flag. The staff members have hoisted/displayed the National Flag at their residence and pinned the National Flag virtually through the Har Ghar Tiranga Website. The photographs in connection with the programme are also being attached herewith.









### 27. Regional Centre Vatakara

As a part of Independence Day celebration IGNOU Study centre 83012 conducted seminar on **“Independence Day thought and constitution”** at college seminar hall. The seminar started at 9.30AM and ended 12PM. The seminar inaugurated by Mrs Dr.O Prameela Assistant Regional Director IGNOU Vadakara and delivered the speech regarding “IGNOU’s roles in India’s Unity”. The programme was presided over by Lt.Dr.Sindhu Krishna das Principal in Charge Sree Narayana Guru College Chelannur. The key note address was delivered by Dr.Jithesh C P (HOD Department of politics Sree Narayana Guru College Chelannur). He stresses the role of our constitution, fundamental duties and rights of citizen of India. Mr.Lt. Mohan sung patriotic song in this programme. Welcome speech was delivered by Mr. Babu T.P Assistant Coordinor IGNOU study centre 83012 and vote of thanks by Mr.Rejish M T Coordinator IGNOU. NSS volunteers, NCC cadets and IGNOU students also participated in this programme.

**i. Independence Day Seminar on “India After 1947”**

On the occasion of the Independence Day, a seminar was conducted IGNOU Regional Centre Vatakara in association with the National Service Scheme of VCC, Vatakara. In the seminar, while delivering the keynote address, the Sr, Regional Director of IGNOU, Dr.M.Rajesh, highlighted the systematic effort made by the British to erase the rich culture and history of the country by foisting false narratives through their designer education policies. He brought on record the rapid strides attained by the country in Foreign policy, Space research, Nuclear Technology, Economy and Agriculture. The various facet of government schemes such as Atmanirbhar Bharat, Unnat Bharat Abhiyan, Swatchh Bharat Abhiyan, Azadi Ka Amrit Mahotsav etc were also highlighted by Dr. M.Rajesh. He highlighted the challenges that the country is likely to face in the future. Adv. Valsalan, President (BECS), in his address highlighted the difficult path covered by India and the various challenges, especially that of Cross Border Terrorism. Dr. Praveen Kumara, Assistant Registrar, IGNOU Regional Centre Vatakara, underlined the various aspects of the achievement of Post-Independence India. Dr.Vijayalakshmi, Coordinator, IGNOU LSC 83010 highlighted the economic achievements and challenges of Post Independence India. Dr. Ammukutty, Assistant Coordinator, IGNOU LSC 83010 gave a historical perspective of India’s achievements. Dr. (Maj) Sureshan, the principal of VCC highlighted the valor and sacrifices of the armed forces in maintaining the sovereignty and integrity of the nation. Dr. Anil Kumar, the NSS Coordinator, delivered the welcome address. The interactive session also gauged the general awareness of the participants regarding Independent India.

**ii. Community linkage for “Har Ghar Tiranga Programme”**

As a part of the iconic Har Ghar Tiranga Programme, IGNOIU Regional Centre Vatakara went to the local communities and spread the message of Har Ghar Tiranga. The people were very enthusiastic and took the message of HGT very seriously. The Regional Centre functionaries urged the members of the local communities to unfurl the tiranga in their houses. The campaign was conducted between the 13<sup>th</sup> and 15<sup>th</sup> of August 2022. National Flages were also distributed to households for their use.







As a part of this programme, a Tiranga Sensitization campaign was conducted by the Regional Centre, which included a symposium and a Tiranga pinning celebration. We at RC Vatakara also celebrated the Har Ghar Tiranga Programme by involving all the staff members

**i. 75 Kilometers Cycle ride on the occasion of 75 years of Independence**

Indira Gandhi National Open University, Regional Centre, Vatakara in association with Vatakara Riders and Rotary Club Badagara Town organised a bicycle rally from IGNOU Regional Centre, Vatakara on 14<sup>th</sup> August 2022 (Sunday) to celebrate the 75<sup>th</sup> anniversary of Indian Independence. The total distance of 75 kms to be covered signifies 75 years of Independence. The bicycle rally was planned upto Keezhariyur bomb case monument which is a place of great historical significance finding mention in the 1942 Quit India Movement.

The ride was flagged off by Dr.M.Rajesh, Sr. Regional Director in the presence of officials from IGNOU Regional Centre and Study Centres along with organisers namely Vatakara Riders and Rotary Club Badagara Town at 7.00 am. The riders reached the historical site and were greeted by Smt.K.K.Nirmala, President, Keezhariyur Grama Panchayath. The President, Keezhariyur Grama Panchayath and members discussed in detail the importance of the historical site on the occasion of our Independence. Shri.Prasun.C.B, President, Vatakara Riders observed that the main objective of organising the ride was to create more awareness about the historical site and also to spread awareness and benefits of cycling among the general public especially the youth. The programme was coordinated on behalf of IGNOU by Dr.B.Praveen Kumara, Assistant Registrar.

### 28. Regional Centre Varanasi

RC Varanasi organized “Har Ghar Tiranga programme under the Azadi ka Amrit Mahostav on 11<sup>th</sup> August 2022 in BHU premises. On this occasion a “Tiranga March was organized” in Varanasi. RC officials, staff and students participated in this event. Tiranga was also distributed to students and staff. Similar rallies and other events were also organized by Study Centres under RC Varanasi.



In “Har Ghar Tiranga Programme” (HGTP) under the Azadi Ka Amrit Mahotsav, Regional Centre officials and staffs hoisted the Indian National Flag at their homes during the Independence Week.







## 29. Regional Centre Vijayawada

The “Har Ghar Tiranga Programme” under the Azadi Ka Amrit Mahotsav, envisages hoisting the Indian National Flag in all households during the Independence Week, i.e., from 11<sup>th</sup> August to 17<sup>th</sup> August 2022. As per the OM no: 8-14/2022-TS. V, dt: 3<sup>rd</sup> June 2022, Dept. of Higher Education, MoE, GOI, the HGJP aims to foster a spirit of personal connection with the National Flag which is a symbol of national pride. Bringing the flag to every home will strengthen the commitment to nation building.

As part of this programme, the following action was taken by Regional Centre Vijayawada for giving maximum publicity to the event.

- i. The information was disseminated by RC Vijayawada by:
  - Uploading the National Flag on RC Vijayawada Website, Facebook and Twitter
  - Sharing the information with our LSC functionaries and academic counsellors to their emails and WhatsApp groups
  - Sending SMS to the learners of July 2021 and Jan 2022 session encouraging them to hoist the flag in their homes from 11<sup>th</sup> August to 17<sup>th</sup> August 2022.
- ii. Distribution of the flags jointly with MSR English Medium High School students and teachers among the residents in the neighborhood of the RC Office on 11<sup>th</sup> August 2022.
- iii. A rally was taken by the RC Staff along with SKPVV Hindu High School students and teachers on 12<sup>th</sup> August 2022 to spread awareness among the residents to hoist the Indian National Flag in their homes during the Independence Week
- iv. The event was covered in 07 local newspapers.

Two photographs taken on the occasion are attached for your kind information please.



### 30. Regional Centre Vishakhapatnam

**Distribution of Flags in the adopted village:** The RC staff visited the adopted village Ayyannapalem of Sabbavaram Mandal, Anakapalli District with the help of the Mandal Parishad Development Office, Sabbavaram on 11.08.2022 to create awareness among the village population and to distribute the national Flags to each household. A meeting has been conducted with the Village Secretary, Village Volunteer, Village Revenue officer, Village Health Volunteer and other Panchayat Staff Members. The villagers were also present at the time of meeting and RC staff explained the details of the Har Ghar Tiranga Programme and sensitized them to hoist the national flag on their households. The National Flags were distributed to the villagers and solgans were given by all the people gathered at Panchayat Office. Sh. A. Lakshmi Pathi Rao, assistant Registrar, Sh. V. V. Pathirao Naidu, Section Officer, Sh. V. V. Ramana, Sh. Pavan Kumar, Panchayat Secretary and the Village Head, Sarpanch were present at the activity.





**Distribution of flags at IGNOU Study Centres:** The Regional Director and other staff visited the Local Study Centres- 0109- Dr. L. Bullayya College, Visakhapatnam and 0183P- Govt. College of Nursing, Visakhapatnam to distribute the National Flags to the LSC staff on 12<sup>th</sup> August 2022.

1. Hoisting the Flag at the house of all Staff Members: Regional Centre has distributed National Flags to all the staff members to hoist the same at respective households. All the staff members have done the requirement and paid respect to the National Flag accordingly.







## B. Implementation of Special Campaign 2.0



The Special Campaign 2.0 was an initiative of the GOI with a focus on 11 different parameters including cleanliness and record management in all government offices and departments to create clean and spacious working environments. The campaign was organized in two phases, i.e., the preparatory phase from 14<sup>th</sup> to 30<sup>th</sup> September 2022 and the implementation phase from 2<sup>nd</sup> to




31st October 2022. The brief details of the activities carried out during these two phases are given in Annexures. Various activities were organized by RCs such as webinars on the themes of waste management, cleanliness, 3Rs (Reduce, Reuse, Recycle), record management (weeding out obsolete items, records, space creation), e-waste management in fulfillment of the objectives of the Special Campaign 2.0. All RCs of IGNOU undertook activities focusing on the 11 parameters as per the GOI guidelines.

#### Webinars on with the Stakeholders for Record Management and 3Rs

Sr. No.	Name of Regional Centre	RC Code	Activities conducted during Swachhta Campaign 2.0	Photographs of the best practice/activity of organized by the Regional Centre
1	Bhopal	15	<ol style="list-style-type: none"> <li>1. Organization of Webinar on "Record Management, Awareness of 3Rs &amp; Promoting Swachhta in Educational Institutions.</li> <li>2. It was in form of panel discussion and the panelist were Mr N. Raju Singh, Head of Regional Office , National Archives of India ,Bhopal , Mr Mohan Pandey , CEO of International Waste Management Private LTD.&amp; Prof. Shachi Shah , Director SOITS, IGNOU New Delhi.</li> <li>3. The target audience were staff of RC, REC ,Academic counselors, evaluators and teachers, faculties of Govt. Colleges of Madhya Pradesh.</li> <li>4. Mr N. Raju Singh, spoke about Record Management, Mr Mohan Pandey, about 3Rs &amp; Prof. Shachi Shah about creation of awareness about Swachhta amongst various stakeholders</li> </ol>	


			<p>of Higher Education Institutions.</p> <p>5. The Panel discussion was quite interactive as the audience raised various questions regarding the issue which was answered very elaborately by the resource persons.</p>	
2	Delhi-2	29	<p>1. An open meeting with the officials of the RC was conducted wherein Sh.R.Thyagarajan, Former Head, Finance &amp; Administration, CEMCA, New Delhi trained the RC officials about the effective Record Management on 3<sup>rd</sup> October 2022.</p> <p>2. Webinar was conducted by the RC Delhi-2 in collaboration with its LSC about the Awareness of Cleanliness and Sanitization.</p>	 
3	Imphal	17	<p>Google meeting on Record Management with the Coordinators, Study Centre functionaries and Academic Counsellors</p>	

4	Jaipur	23	<p>1. A one day seminar was organized on the topic “Record Management and 3Rs Reduce, Reuse and Recycle” at the office of the RC Jaipur on 31.10.2022. Dr. Mamta Bhatia, Regional Director welcomed Ms. Ishita Gupta, Assistant Director, National Statistical Office, Jaipur and Sh. Vimal Malpani, Administrative Officer Resource person on the occasion. Ms. Ishita Gupta delivered a lecture and gave presentation on 3Rs (Reduce, Reuse and Recycle). Sh. Vimal Malpani delivered a lecture on Record Management.</p> <p>2. An open staff meeting was also organized at the end of the programme in which basic measures, steps emphasizing on 3Rs and Record Management was discussed. All Staff Members and Officer took pledge for implementation of 3Rs in Office premises and maintaining Record Management.</p>	
5	Jammu	12	<p>Under Swachhta Campaign 2.0 Webinar is planned today at 4PM on the topic Record Management and Waste Management (3Rs) in India. The invited speaker are Dr Anju Thapa from School of Business, Central university of Jammu and Dr Madhumita Patel, School of Environment Science and Engineering, IIT Dhanbad</p>	



6	Karnal	10	<ol style="list-style-type: none"> <li>1. Webinar on Waste Management Practices: 3Rs Reduce, Reuse, Recycle on Mon Oct 31, 2022 11am - 12pm</li> </ol>	
7	Lucknow	27	<ol style="list-style-type: none"> <li>1. Virtual Awareness Workshop: Institutionalizing Swachhata &amp; Digitization of Physical Records for Improved Record Management under Swachhata Special Campaign 2.0 was organized on 29th October, 2022.</li> <li>2. Swachhata Shapath administered by Shri Danish Azad Ansari, Hon'ble Minister, U.P. Govt. in a programme organized at Regional Centre on NEP-2020 on 1st October, 2022.</li> <li>3. Rally for promotion of Swachhata - Plastic Hatao, Jeevan Bachao avam Paryavaran Sanrakshan at IGNOU Learner Support Centre - 27202, Netaji Subhash Chandra Bose Govt. Girls PG College, Lucknow on 10th October, 2022.</li> </ol>	
8	Pune	16	<p>Webinar conducted on 27 Oct 2022 on topic "Record Management"</p>	




9	Shimla	11	<ol style="list-style-type: none"> <li>1. An awareness campaign was conducted in the Gram Sabha of the adopted village (Kwalag Mazhar).</li> <li>2. A webinar on "The 3Rs - Record Management and Awareness" is scheduled for 31.10.2022.</li> </ol>	 <p>National Webinar on The 3Rs: Record Management and Awareness Date: 31.10.2022 Subject: Record Management and Awareness Invited Speaker: Dr. B. S. Joshi, Chairman, Dept. of Forestry, Punjab University, Chandigarh Organized by: IGNOU, Regional Centre, Shimla</p>
10	Trivandrum	40	<ol style="list-style-type: none"> <li>1. As part of the special campaign 2.0, a Webinar on "Awareness Generation on 3Rs ((Reduce, Reuse and Recycle) on 27th October 2022 through virtual mode.</li> </ol>	
11	Vatakara	83	<p>3 webinars were conducted by the RC-</p> <ol style="list-style-type: none"> <li>1. Lecture delivered by Sh. Josi Joseph,</li> <li>2. Lecture delivered by Dr. Sreeja GR,</li> <li>3. Webinar lecture delivered by Sh. Abdul Kareem, Adviser, Department of land Resources, Ministry of Rural Development, Government of India (only one photo can be attached in the provision given below)</li> </ol>	




12	Vijayawada	33	Arranged webinar for the RC staff and LSC staff and academic counsellors for generating awareness on Three Rs and on Record management	
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### Efforts of the Regional Centres for Cleanliness drive in office premises, surroundings, and disposal of scraps/obsolete items



Sr. No.	Name of Regional Centre	RC Code	Practices RCs have adopted for this Special Campaign 2.0	Activities conducted during Swachhta Campaign 2.0	Photographs of the best practice/activity of organized by the Regional Centre
1	Ahmedabad	09	Disposal of old and obsolete material has already been completed and lot of space cleared and used for office use.	<ol style="list-style-type: none"> <li>1. Regional Centre Ahmedabad celebrated Swachhata Campaign 2.0 for spreading awareness among staff and cleaned the RC premises.</li> <li>2. The Sr. Regional Director motivates the RC officer and Officials regarding cleanliness the campus.</li> <li>3. All RC staff take pledge on "Swachh Bharat - Clean Bharat".</li> </ol>	
2	Aizawl	19	<ol style="list-style-type: none"> <li>1. Apart from CMS Provided by IGNOU Hqrs ie, <a href="http://rcaizawl.ignou.ac.in/">http://rcaizawl.ignou.ac.in/</a>, IGNOU Regional Centre Aizawl maintain <a href="http://www.ignouaizawl.ac.in/">www.ignouaizawl.ac.in/</a> website.</li> <li>2. Helpline Mobile No. 9863835916</li> </ol>	<ol style="list-style-type: none"> <li>1. Cleanliness Drive (Swachhata Pakhwada) Venue : Mualpheng (Adopted Village of IGNOU RC, Aizawl Date : 30.09.2022</li> <li>2. Special Campaign for Cleanliness Venue : IGNOU Regional Centre, Aizawl</li> </ol>	



			<p>is activated to entertain queries for all the prospective and existing learner's of IGNOU Regional Centre, Aizawl</p> <p>3. Every possible efforts is taken to reach out to all the prospective learner's by using Social Media like facebook, twitter, whatsapp groups and telegram</p>		
3	Aligarh	47	<ol style="list-style-type: none"> <li>1. Plantation</li> <li>2. Cleanliness of the office premises</li> </ol>	<ol style="list-style-type: none"> <li>1. Taking of Swachhata pledge</li> <li>2. To keep the office premises and surroundings clean</li> <li>3. Adopting plantation drive to keep the surrounding green.</li> </ol>	

4	Bhopal	15	<ol style="list-style-type: none"> <li>1. Segregation of obsolete items of RC &amp; REC for disposal by following laid down procedure</li> <li>2. Creation of awareness amongst learners for not using plastic folders while submitting assignments /projects.</li> </ol>	<ol style="list-style-type: none"> <li>6. Administering of Oath of Swachhta for RC &amp; REC Officials and deliberations on maintaining the clean premises both at RC &amp; REC Bhopal.</li> <li>7. Organisation of Webinar on topic" Record Management, Awareness of 3Rs &amp; Promoting Swachhta in Educational Institutions" on 28th October 2022. It was in form of panel discussion and the panelist were Mr N. Raju Singh, Head of Regional Office , National Archives of India ,Bhopal , Mr Mohan Pandey , CEO of International Waste Management Private LTD.&amp; Prof. Shachi Shah , Director SOITS, IGNOU New Delhi.</li> <li>8. The target audience were staff of RC, REC ,Academic counselors, evaluators and teachers, faculties of Govt. Colleges of Madhya Pradesh.</li> <li>9. Mr N. Raju Singh, spoke about Record Management, Mr Mohan Pandey, about 3Rs &amp; Prof. Shachi Shah about creation of awareness about Swachhta amongst various stakeholders of Higher Education Institutions.</li> <li>10. The Panel discussion was quite interactive as the audience raised various questions regarding the issue which was answered very elaborately by the resource persons.</li> </ol>	
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5	Chennai	25	<p>With the approval of the competent authority, Regional Centre, Chennai disposed Obsolete E-Waste Items and Furniture Items through M/s MSTC. The details are as follows:</p> <p>1 Obsolete E-Waste Items 2 Obsolete Furniture Items 3.Obsolete Study Material 4. Obsolete Records</p>		
6.	Darbhanga	46	<ol style="list-style-type: none"> <li>Cleanliness Drive</li> <li>Awareness programme on Waste management</li> </ol>	<ol style="list-style-type: none"> <li>Regional Centre organized the cleanliness drive in the premises.</li> <li>A Lecture was organized on the theme "Waste Management, Importance of 3 R's".</li> </ol>	
7	Delhi-2	29	<ol style="list-style-type: none"> <li>Old and obsolete material was disposed of as per the IGNOU norms.</li> <li>Awareness Camp was organized amongst learners by Regional Centre and Study Centre on waste</li> </ol>	<ol style="list-style-type: none"> <li>Pledge on Swachhta was administered by the Regional Director to the RC Officials.</li> <li>Cleanliness Drive was conducted in and around the premises of RC Delhi-2.</li> <li>RC conducted a series of activities, such as, Quiz &amp; Slogan writing Competition for the IGNOU students and RC staff to create awareness among them.</li> </ol>	



			minimization .		
8	Delhi-3	38	<ol style="list-style-type: none"> <li>1. Clearing of spaces on regular basis</li> <li>2. Sensitization of RC Staff regularly on Special campaign activities</li> <li>3. A section wise cleanliness drive has been initiated on a periodic basis.</li> <li>4. Regular work is being done for the maintenance of RC premises including properly cleaned and hygienic toilets, organized parking space, separate sanitation arrangement for visiting students, maintaining dust free office space.</li> </ol>	<ol style="list-style-type: none"> <li>1. Awareness Campaign in local slum area regarding Swachhta activities.</li> <li>2. Activity for RC Staff on Best out of the waste as well as section wise Cleaness Drive was conducted.</li> </ol>	


9	Deoghar	87	<ol style="list-style-type: none"> <li>1. Swachchhta Pledge</li> <li>2. Banner Display</li> <li>3. Awareness program in adopted village Gopalpur</li> </ol>	<ol style="list-style-type: none"> <li>1. one swachta pledge was taken by staff</li> <li>2. Display banner</li> <li>3. Awareness program for children in adopted village Gopalpur</li> </ol>	
10	Gangtok	24	<ol style="list-style-type: none"> <li>1. On different occasions falling on a particular date every year to be celebrated by RC Gangtok, the old banners of such program are re-used by changing year only. As against the last date of admission extended in the month of October 2022, same banner is used with correction of date only.</li> <li>2. One side used A4 size papers (student assignments) are used for printing on other blank side.</li> <li>3. For beautification of office, indoor plants and decorating plastic plants are kept at prominent</li> </ol>	<p>"Awareness Program on E-waste Management" was organized by IGNOU Regional Centre Gangtok, Sikkim in collaboration with the Department of Commerce, Sikkim University and M/s Karo Sambhav Private Limited, Gangtok Branch. The students, faculties and staff of IGNOU RC Gangtok and LSC 2401 participated</p>	



			places to add to ambiance.		
11	Guwahati	04	As directed we have already written to Engineer In-Charge Wireless Monitoring Station Shillong for "Destruction Certificate" against dismantled obsolete Gyan Vani transmitter items lying at RC Guwahati. For disposing of obsolete old prospectus also we have written to MPDD for administrative approval.	The Staff and Officials of IGNOU Regional centre, Guwahati has organised Swachhta Pakhwara, 2022 on 30th September, 2022. After the Pledge, Cleanliness programme was undertaken in and around the Regional centre office by Staffs. Cleanliness drive was also done at Approach road, Public Places and localities where Regional centre is located.	
12	Hyderabad	1	<ol style="list-style-type: none"> <li>1. Disposal of Obsolete Material through MSTC</li> <li>2. Re-Organizing the space allotted warehouse</li> <li>3. Weeding out unused files and generating space.</li> <li>4. Sensitization of the Staff on</li> </ol>	<ol style="list-style-type: none"> <li>1. A formal oath was given by the Regional Director to the members of the staff on Swachhta Campaign 2.0.</li> <li>2. All the staff members have participated in re-arranging the study material in the warehouse.</li> <li>3. Desk to Desk cleanliness drive was taken by each staff member at their respective workplace.</li> </ol>	






			Maintenance of Cleanliness and File arrangements		
13	Imphal	17	<ol style="list-style-type: none"> <li>1. Cleanliness Campaign of IGNOU Regional Centre Imphal Campus</li> <li>2. Streamlining the study material inventory of Regional Centre Imphal.</li> </ol>	<ol style="list-style-type: none"> <li>1. Awareness of Cleanliness and timely response to students grievances and Swachhata Pakhawada organized</li> <li>2. Google meeting on Record Management on 3Rs organised.</li> </ol>	
14	Itanagar	03	<ol style="list-style-type: none"> <li>1. We have started digitizing important documents of the office.</li> <li>2. We have started digitizing admission records.</li> </ol>	<ol style="list-style-type: none"> <li>1. We cleaned the regional centre and campus.</li> <li>2. We have sorted out damaged study materials.</li> <li>3. We have segregated old official records from the new and current ones.</li> </ol>	



15	Jaipur	23	<p>Obsolete items and Raddi disposed off before 30.09.2022. Comprehensive Cleanliness drive was organised in the office premises.</p>	<p>3. A one day seminar was organized on the topic "Record Management and 3Rs Reduce, Reuse and Recycle" at the office of the RC Jaipur on 31.10.2022. Dr. Mamta Bhatia, Regional Director welcomed Ms. Ishita Gupta, Assistant Director, National Statistical Office, Jaipur and Sh. Vimal Malpani, Administrative Officer Resource person on the occasion. Ms. Ishita Gupta delivered a lecture and gave presentation on 3Rs (Reduce, Reuse and Recycle). Sh. Vimal Malpani delivered a lecture on Record Management.</p> <p>4. An open staff meeting was also organized at the end of the programme in which basic measures, steps emphasizing on 3Rs and Record Management was discussed. All Staff Members and Officer took pledge for implementation of 3Rs in Office premises and maintaining Record Management.</p>	
16	Jammu	12	<p>Timely Redressal of Grievances, RTI, Timely disposal of pending matters, plastic free office and biodegradable files and folders. plantation drive to give a fresh look to our office premises, online</p>	<p>Under Swachhta Campaign 2.0 Webinar is planned today at 4PM on the topic Record Management and Waste Management (3Rs) in India. The invited speaker are Dr Anju Thapa from School of Business, Central university of Jammu and Dr Madhumita Patel, School of Environment Science and Engineering, IIT Dhanbad</p>	



			meeting with the coordinators of study centres as a part of awareness programme special Campaign 2.0 . staff of RC Jammu and BED school teachers has been oriented about the implementation and adoption of activity under under Special Campaign 2.0	
17	Jorhat	37	<ol style="list-style-type: none"> <li>1. Obsolete materials at RC have been disposed as per norms.</li> <li>2. The RC has been shifted from hired building to Govt. accommodation for which no rent has to be paid.</li> <li>3. The space in the present building has been optimally used.</li> <li>4. The office has been cleaned and files, SLMs, other office items have been arranged according to space available.</li> </ol>	<p>A webinar on 3 Rs(Reduce, Reuse and Recycle) has been organized. Dr. Bhaskar Jyoti Sarma delivered a talk on 3 Rs.</p> 

18	Karnal	10	<ol style="list-style-type: none"> <li>1. Work related to binding of loose vouchers of Financial Year 2019-2022 is in progress with the help of a binder who daily sits in the in the account branch is binding all the vouchers for space management</li> <li>2. Old/Obsolete SIM-Sold out for Rs 2,24,512/- Projects/Synopsis -Sold out for Rs 5,265/- Old Newspapers-Sold out for Rs 13,825/-</li> <li>3. Planning for digitization of records</li> <li>4. Paper free communications with LSC's and learners</li> </ol>	<ol style="list-style-type: none"> <li>2. Webinar on Waste Management Practices: 3Rs Reduce, Reuse , Recycle on Mon Oct 31, 2022 11am - 12pm</li> <li>3. Face to Face awareness meeting with the LSC staff and learners</li> </ol>	
19	Khanna	22	<ol style="list-style-type: none"> <li>1. Clean India campaign in the adopted village Bullepur by RC Khanna</li> <li>2. Special plantation drive in premises of IGNOU RC KHANNA</li> </ol>	<ol style="list-style-type: none"> <li>1. Slogan &amp; quiz competition on clean India campaign.</li> <li>2. Webinar organised on the importance of 3Rs (Reduce Reuse &amp; Recycle)</li> </ol>	



20	Kolkata	28	<ol style="list-style-type: none"> <li>1. Computer used in the Regional Centre are refurbished and under AMC at very nominal cost for optimal use.</li> <li>2. Cleanliness drive was undertaken at Regional Centre</li> <li>3. Queries are mostly resolved via online</li> <li>4. Data has been stored at Google drive to save space</li> <li>5. Hard copy print out are avoided and links generated for soft copy</li> <li>6. Office order/circulars etc are communicated through email</li> </ol>	<p>Activities conducted during Swachhta Campaign 2.0 for spreading awareness among staff and the stakeholders through Webinars, Face to face address, etc.</p> <ol style="list-style-type: none"> <li>1. Cleanliness, review/weeding out of files, productive use of space etc. are being undertaken.</li> <li>2. Organised a webinar on Awareness Generation of 3Rs : Reduce, Reuse and Recycle on 28.07.2022 organised a special lecture by Dr.. Ramagopal V.S. Uppaluri of IIT Guwahati</li> </ol>	
21	Koraput	44	<ol style="list-style-type: none"> <li>1. Old and obsolete study materials disposed after consulting a firm of Rs. 72,510/</li> <li>2. Section wise files and records maintained separately</li> <li>3. Files pertaining to all financial transactions</li> </ol>	<ol style="list-style-type: none"> <li>1. Awareness Campaign arranged and meetings conducted with the teachers and youths of Adopted village (Kendar, Koraput) of IGNOU Regional Centre, Koraput</li> <li>2. RC staff cleaned the Regional Centre Campus.</li> </ol>	


			<p>maintained separately</p> <p>4. Admission records maintained session wise in a systematic order</p> <p>5. Study Materials and related documents arranged separately</p>		
22	Lucknow	27	<p>1. To reduce the pendency</p> <p>2. Keeping proper disposal record.</p> <p>3. Cleanliness and disposal of pending matters.</p> <p>4. Cleanliness of office premises.</p> <p>5. To promote greenery through planting at office premises &amp; surroundings.</p> <p>6. Beautification of office premises.</p> <p>7. To encourage staff/visitors /learners to maintain clean environment .</p> <p>8. Disposal of Waste materials immediately.</p> <p>9. To promote re-use of</p>	<p>4. Virtual Awareness Workshop: Institutionalizing Swachhata &amp; Digitization of Physical Records for Improved Record Management under Swachhata Special Campaign 2.0 was organized on 29th October, 2022.</p> <p>5. Awareness Workshop on Swachhata at IGNOU Learner Support Centre - 27197, Brahmanand College, Kanpur on 27th September, 2022.</p> <p>6. Swachhata Shapath administered by Shri Danish Azad Ansari, Hon'ble Minister, U.P. Govt. in a programme organized at Regional Centre on NEP-2020 on 1st October, 2022.</p> <p>7. Rally for promotion of Swachhata - Plastic Hatao, Jeevan Bachao avam Paryavaran Sanrakshan at IGNOU Learner Support Centre - 27202, Netaji Subhash Chandra Bose Govt. Girls PG College, Lucknow on 10th October, 2022.</p>	



			discarded items. 10. Promoting Swachhata in working places / living areas.		
23	Madurai	43	<ol style="list-style-type: none"> <li>1. A clean and hygiene environment is maintained at the RC</li> <li>2. The RC disposed scrap items that were found in the premises and fetched Rs.3,500/-</li> <li>3. Disposal of approved / identified obsolete items is initiated by calling a open tender as per GFR.</li> </ol>	<p>A virtual talk show on Swachhata was conducted through google meet inviting the students and the LSC functionaries at RC Madurai on 28.09.2022. The students have presented their views on the Swachhata activities and the measures to safeguard the environment</p>	
24	Nagpur	36	<ol style="list-style-type: none"> <li>1. Cleaned the Campus of Regional Centre.</li> <li>2. Swachhata pledged by RC staff and students and Academic counselors at Study Centres.</li> <li>3. In co-ordination with KhadgaonGr ampanchyat (Adopted Village by RC Nagpur) we organized</li> </ol>	<ol style="list-style-type: none"> <li>1. Swachhata pledge given to RC staff and students.</li> <li>2. Lectures by Expert at adopted village Khadgaon.</li> </ol>	




			campaigning of Swacchata Abhiyan and Lecture by experts.		
25	Pune	16	<ol style="list-style-type: none"> <li>1. The Regional Centre has started the process of disposing obsolete material and hopefully it will be completed in the financial year.</li> <li>2. We have made a practice of cleaning the office building every Friday.</li> <li>3. Often, we use the discard papers, wherein one side is blank, for printing of official communication.</li> <li>4. The envelopes that we receive study material from MPDD are being re-used for dispatching SLMs to the students.</li> </ol>	Webinar conducted on 27 Oct 2022 on topic "Record Management"	
26	Raipur	35	Disposal of old Assignments, Project Reports, Synopsis etc. time to time	The officials and staff visited Sankri village as on 28th September 2022 and made the villagers aware about swachhta campaign. Dr. K.C. Pant Retired	






				pediatrician had come along with us to spread the message of cleanliness.	
27	Rajkot	42	<ol style="list-style-type: none"> <li>1. Cleaning and organization of the stored Space on regular intervals</li> <li>2. Disposing off the obsolete materials from time to time</li> </ol>	<ul style="list-style-type: none"> <li>• Cleaning of RC Staff</li> <li>• Swachhata Pledge by RC Staff</li> <li>• Cleaning of RC Campus</li> <li>• Plantation activity in RC Campus</li> <li>• “Swachhata hi Prabhuta” Par Charcha</li> </ul>	
28	Ranchi	32	All the grievances received through various modes are resolved in time-bound manner. During the Special Campaign 2.0, RC is not left with any pending grievances except for IGram which s resolved on day to day basis.	A couple of Meetings have been organized with the staff members for keeping their respective workplaces clean, organized and the minimal use of paper in the workplace.	
29	Saharsa	86	Clearing old documents such as admission forms lying in RC for the last 20 years (1044 Kg), Obsolete study materials (3163 kg). New space has been created to arrange the recently receive study materials	<ol style="list-style-type: none"> <li>1. Face to face address was organized during Swachhta Campaign 2.0 for spreading awareness among staff and the stakeholders.</li> <li>2. Swachhta Campaign practised at RC building and premises during the Swachhta Pakhwada.</li> </ol>	

30	Shillong	18	<ol style="list-style-type: none"> <li>1. All the obsolete material lying with the Regional Centre has been disposed of. The efforts are being made to dispose of the obsolete material lying with the study centres, for which they have been asked to prepare the inventory and after collating such information, they would be suitably advised to dispose of all the obsolete material in a time bound manner. As of now, no obsolete material is available with the RC, Shimla.</li> <li>2. Cleanliness drive was conducted in the RC building and the RC building has been given a refreshing interface.</li> <li>3. A environment al-cum-cleanliness</li> </ol>	<ol style="list-style-type: none"> <li>1. Webinar will be conducted 1st week of November,</li> <li>2. All the staff are engaged in the cleanliness drive.</li> <li>3. All the old records that were kept since inception is cleared with the help of staff</li> </ol>	
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			awareness camp was organized at the adopted village.		
31	Shimla	11	<ol style="list-style-type: none"> <li>1. Segregation of waste in color coded dust bins</li> <li>2. Reuse of the paper in the office</li> </ol>	<ol style="list-style-type: none"> <li>1. An awareness campaign was conducted in the Gram Sabha of the adopted village (Kwalag Mazhar).</li> <li>2. A webinar on "The 3Rs - Record Management and Awareness" is scheduled for 31.10.2022.</li> </ol>	
32	Srinagar	30	<ol style="list-style-type: none"> <li>1. Organized an awareness programme on "Swachhta" exclusively for Student Police Cadets (SPC) at Govt.Tribal School Meenankal, Trivandrum.</li> <li>2. Organized a cleanliness campaign and awareness programme at Narakathinkala, Vithura Tribal Settlement Area in Trivandrum district.</li> <li>3. Organized a cleanliness drive at IGNOU Regional Centre, Trivandrum new building premises at Mutthathara, Trivandrum.</li> </ol>	<ol style="list-style-type: none"> <li>1. Swachhta Pledge by the staff of the RC Srinagar</li> <li>2. Seminar on the Swachhta Pakwada conducted in collaboration with SKIMS Srinagar</li> </ol>	

33	Trivandrum	40	<ol style="list-style-type: none"> <li>1. Weeding out of obsolete files &amp; records of RC Varanasi.</li> <li>2. Continuous distribution of SLM to learners on priority.</li> <li>3. Proposal submitted to BHU administration for renovation and repairing of RC building.</li> <li>4. Organized cleanliness drive at the RC Varanasi.</li> <li>5. Organization of plantation drive at the RC premises.</li> </ol>	<p>As part of the special campaign 2.0, including pending matters being undertaken from 2nd October 2022 to 31st October 2022, IGNOU Regional Centre, Trivandrum has organized a Webinar on "Awareness Generation on 3Rs ((Reduce, Reuse and Recycle) on 27th October 2022 through virtual mode.</p> <p>The officials/staff members of the Regional Centre, Trivandrum and other Regional Centres, officials of RSD and LSCs functionaries, have participated in the Webinar.</p>	
34	Varanasi	48	<ol style="list-style-type: none"> <li>1. Awareness generation through oath taking</li> <li>2. Cleanliness drive in the RC Premise.</li> <li>3. Organization of Grievance-redressal camps</li> <li>4. Solid Waste and scrap disposal</li> </ol>	<ol style="list-style-type: none"> <li>1. Banner containing cleanliness message was placed on RC office.</li> <li>2. Regional Director RC Varanasi addressed the staff for maintaining cleanliness at office premises and public places.</li> <li>3. Staffs of RC Varanasi participated in cleanliness drive.</li> </ol>	
35	Vatakara	83	<ol style="list-style-type: none"> <li>1. Disposed of pending matters</li> <li>2. Cleanliness drive in office</li> <li>3. Beautification of office and its premises with green plants</li> </ol>	<p>3 webinars were conducted by the RC- 1. Lecture delivered by Sh. Josi Joseph, 2. Lecture delivered by Dr. Sreeja GR, 3. Webinar lecture delivered by Sh. Abdul Kareem, Adviser, Department of Land Resources, Ministry of Rural Development, Government of India (only one photo can be attached</p>	

			4. Weeding out of old and obsolete records	in the provision given below)	
36	Vijayawada	33	<ol style="list-style-type: none"> <li>1. We have prepared a consolidated plan for disposing the obsolete/unwanted material /items pending with the RC and space occupying article of no use.</li> <li>2. The obsolete material, Raddi papers and other materials were disposed as per the guidelines and we could make a free space of 400 SQFT in the RC budling.</li> <li>3. We are disposing the material through the MSTC and Local Purchase Committee.</li> <li>4. We have conducted Essay Writing competitions among the IGNOU Students and</li> </ol>	Arranged webinar for the RC staff and LSC staff and academic counsellors for generating awareness on Three Rs and on Record management	

			<p>other students of our Host Institutions to create awareness on cleanliness and Swatcchhta.</p> <p>5. We have conducted Cleanliness camps at 0183P and RC premises with the help of IGNOU students.</p>	
37	Vishakhapatnam	84	<p>1. Visakhapatnam Regional Centre has identified the Material/Items eligible for disposal and segregated them Item wise for disposal</p> <p>2. After following due procedure, the disposable items were disposed of through MSTC and Local Purchase Committee</p> <p>3. The old files and folders carrying the obsolete papers and documents are cleared and kept them for reusing for</p>	<p>RC has conducted Cleanliness drive at RC for cleaning the Premises RC has conducted a cleanliness programme at 0183P along with the students of BSC Nursing RC has conducted an Essay writing Competition for the IGNOU students and Other College students to create awareness among them.</p>  

		<p>the office purposes. As a result we could secure more than 50 spring files for reuse in the office.</p> <p>4. All the Study centres and Host Institutions were informed to finalize the files and old assignment award lists etc for disposal as per the University policy of retention.</p>	
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## C. Report on the 36th IGNOU Convocation

The 36th Convocation was held on 3rd April 2023 at the IGNOU Headquarters and simultaneously at 36 Regional Centres. The University hosted its 36<sup>th</sup> Convocation on 3<sup>rd</sup> April 2023. The main function was organized at Baba Sahab Ambedkar Convention Centre at IGNOU Hqrs. Maidan Garhi New Delhi. The Hon'ble President of India Smt Droupadi Murmu was the Chief Guest on the occasion.









The 36th Convocation of the IGNOU has also been organized simultaneously at 36 regional centres. The list of the regional centres where the 36th convocation was organized is provided below.

S. No.	Regional Centre & Code	Venue of the Convocation
1.	Agartala (26)	Muktadhara, Agartala
2.	Ahmedabad (09)	Ahmedabad Management Association, Ahmedabad
3.	Aizawl (19)	CYMA Hall, Central Young Mizo Association, MG Road, Tukihahtlang, Aizawl-796001, Mizoram
4.	Bangalore (13)	Shivarathreeshwara Centre, Gate No.2 & 3, 1st Main, 8th Block, Jayanagar, Bangalore-560 070
5.	Bhopal (15)	IGNOU RC Building, 12 Arera Hills, Bhopal
6.	Bhubaneswar (21)	MKCG Auditorium, Utkal University, VaniVihar, Bhubaneswar.
7.	Chennai (25)	Tamil Virtual Academy, 269R+724, Anna University Campus, Gandhi Mandapam Road, Kotturpuram, Chennai, Tamil Nadu 600025
8.	Cochin (14)	Town Hall Near Ernakulam North Railway Station, Ernakulam
9.	Dehradun (31)	MP Hall, Rajiv Gandhi Navodaya Vidyalaya, Tapovan, Nanoorkhera, Raipur Road, Dehradun

10.	Deoghar (87)	Takshashila Auditorium, Hindi Vidyapith Campus, Deoghar, Jharkhand.
11.	Gangtok (24)	RaapJyor Cauveri Hall, Sikkim University, 5th Mile Tadong, Gangtok
12.	Guwahati (04)	PWD Convention Training Centre, Dispur, Guwahati
13.	Hyderabad (01)	AC Auditorium, Nizam College (LSC-01152), Basheerbagh, Hyderabad - 500 001
14.	Imphal (17)	Asha Hall, Asha-Jina Complex, North AOC, Imphal-795001, Manipur
15.	Itanagar (03)	HotelRising Sun, Barapani, Naharlagun
16.	Jaipur (23)	ISIM Auditorium, Mansarovar Jaipur, Rajasthan - 302020
17.	Jammu (12)	CONVENTION CENTRE, GOVT GUEST (CIRCUIT) HOUSE, CANAL ROAD JAMMU
18.	Karnal (10)	IGNOU Regional Centre, Plot No. 5, Sector-12 (Part-1),KarnalPart-1), Urban Estate Karnal, Haryana
19.	Khanna (22)	Partap Resorts, G. T. Road, Near IGNOU Regional Centre, KHANNA
20.	Kohima (20)	URA Academy, Mission Compound, Kohima
21.	Kolkata (28)	Vidyut Bhavan, DJ Block, Sector II, Bidhannagar, Kolkata, West Bengal 700091
22.	Lucknow (27)	5C/ INS-1, Vrindavan Yojna, Telibagh, Lucknow.226029
23.	Noida (39)	Siri Fort Auditorium, August Kranti Marg, New Delhi
24.	Panaji (08)	ESG, Near INOX Campal Panaji
25.	Patna (05)	Premchand Rangshala
26.	Port Blair (02)	Jawaharlal Nehru Rajkeeya Mahavidyalaya(Jnrm) Port Blair
27.	Pune (16)	Dr. APJ Abdul Kalam Golden Jubilee Auditorium, Defence R&D Organisation (DRDO) Estate Management Unit, Armament Estate, Pashan Pune-411 021
28.	Raipur (35)	IGNOU Regional Centre Conference Room
29.	Ranchi (32)	Auditorium of Institute of Public Health, Namkum, Ranchi
30.	Saharsa (86)	Preksha Grih, opposite SP residence, Saharsa
31.	Shillong (18)	Regional Center, Shillong
32.	Shimla (11)	Conference Hall, Institution of Engineers, Nigam Vihar, Shimla, HP
33.	Srinagar (30)	University of Kashmir, Srinagar
34.	Trivandrum (40)	RDR Convention Centre, Edapazhanji, Thiruvananthapuram-695 514
35.	Vatakara (83)	Municipal Town Hall, Vatakara

36.	Visakhapatnam (84)	Visakha Govt. Degree College for Women, Old Jail Road, Dabagardens, Visakhapatnam-530020
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### Quick access of 36<sup>th</sup> Convocation Report

	
RC wise report on 36 <sup>th</sup> Convocation of IGNOU organized at RCs	Press-coverages of 36 <sup>th</sup> Convocation of IGNOU organized at RCs

### Report on 100th Episode of Man Bat programme 01.05.2023

Since 3 October 2014, Hon'ble PM has been addressing the citizens of India through his Mann Ki Baat program on various issues, engaging citizens on issues and ideas of national importance. The 100th episode of the "Man ki Baat" programme was aired on 30th April 2023, was widely publicized by all RCs through various digital modes and media and there was active participation by learners and employees of RCs and other stakeholders.

## PART I - PREPAREDNESS BY THE REGIONAL CENTERS FOR THE MAN KI BAT PROGRAMME

### 1. Agartala

- RC Agartala has forwarded the message to all the LSCs under Agartala RC for wide publicity among the learners.
- RC Agartala has uploaded the message in the RC website and all social media of RC Agartala for wide publicity



## 2. Ahmadabad

- Prepared a digital poster and shared on respective groups as Jan Shikshan Sansthan under Regional Centre Ahmadabad, RC staff and coordinator group of Regional Centre.



## 3. Aizwal

- IGNOU Regional Centre Aizawl Website 1: Link : [http://rcaizawl.ignou.ac.in/news/detail/1/100th\\_episode\\_of\\_the\\_Man\\_ki\\_Baat\\_Programme-204](http://rcaizawl.ignou.ac.in/news/detail/1/100th_episode_of_the_Man_ki_Baat_Programme-204) (20th March, 2023)
- IGNOU Regional Centre Aizawl Website 2: Link : <https://ignouaizawl.ac.in/post/100th-episode-of-the-man-ki-baat-programme> (11th March, 2023)
- IGNOU Regional Centre Aizawl Facebook Page Link : <https://www.facebook.com/Ignouaizawlofficial/photos/a.106047324399038/726947775642320/> (10th March, 2023)
- IGNOU Regional Aizawl Twitter Link : <https://twitter.com/IGNOUAizawl/status/1634147386191757312/photo/1> (10th March)

- IGNOU Regional Centre, Aizawl : Official Whatsapp Groups, Telegram, Youtube Community @IGNOUAizawl etc

#### 4. Aligarh

- Information has been forwarded to IGNOU LSCs with the request to display on the notice board and other platforms.

#### 5. Angul

- The digital poster uploaded in all social media platform of RC Angul (Facebook, Twitter, Instagram, LinkedIn and Telegram)
- The digital poster shared in WhatsApp group of Coordinators/PICs, Course/Programme wise students WhatsApp group as well
- Shared the same (digital poster in the NGO group of RC Angul



#### 6. Bangalore

- The information pertaining to 100<sup>th</sup> Episode of Mann Ki Baat was disseminated in both digital and printed form and in English & Regional Language Kannada.
- The digital poster in English and Regional Language Kannada is uploaded on the social media and on the RC website.
- Displayed the Posters in both languages for the benefit of visiting learners in the campus
- All Coordinators and LSCs have been informed to disseminate this information widely among the Learners.



#### 7. Bhagalpur

- Uploaded the digital poster on social media & RC website
- The digital poster standee has been installed in the office building.



## 8. Bhopal

- Flyer has been developed which has been circulated through the social media handles of RC & has also been uploaded on the RC website.
- Individual emails are being sent to the students from the January 2019 batch onwards requesting them for submitting suggestions.
- The message is also being sent to all our academic counsellors with the request to disseminate amongst various student whatsapp groups.
- The flyer is being circulated in the groups of teachers/evaluators/students/extension centers of JSS/ITIs/NSTI for wider dissemination to IGNOU students and other general citizens.



## 9. Bhubaneswar

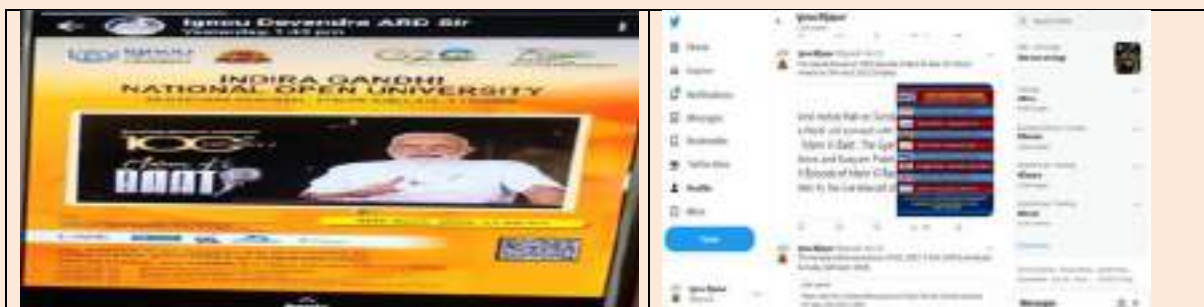
- The information pertaining to 100<sup>th</sup> Episode of Mann Ki Baat was disseminated through the Regional Centre website, Social Media Platforms like Twitter and Face Book.
- The Regional Centre has also put up a standee banner in front of the RC Gate.
- The information has also been shared with the Coordinators of the LSCs with a request to spread it among the students and the general public. SMS is being sent to the learners



## 10. Bijapur

- Information about the Man Ki Baat has been posted on the web site of the Regional Centre for wider dissemination of information among the students
- The information has also been displayed on social platforms of RC Bijapur like Facebook, Twitter
- The emails were sent to all the LSCs under RC Bijapur requesting them to inform the students. It was followed up by reminder E Mails. Around 1000 students were directly informed by the Regional Centre through E Mails.
- The information forwarded in Coordinators whatsapp group for further dissemination
- All the staff members of RC Bijapur and their families posted Man Ki Baat 100<sup>th</sup> episode whatsapp status and other social media platforms to reach maximum level
- The alumni of the IGNOU were also informed about the event





### 11.Chandigarh

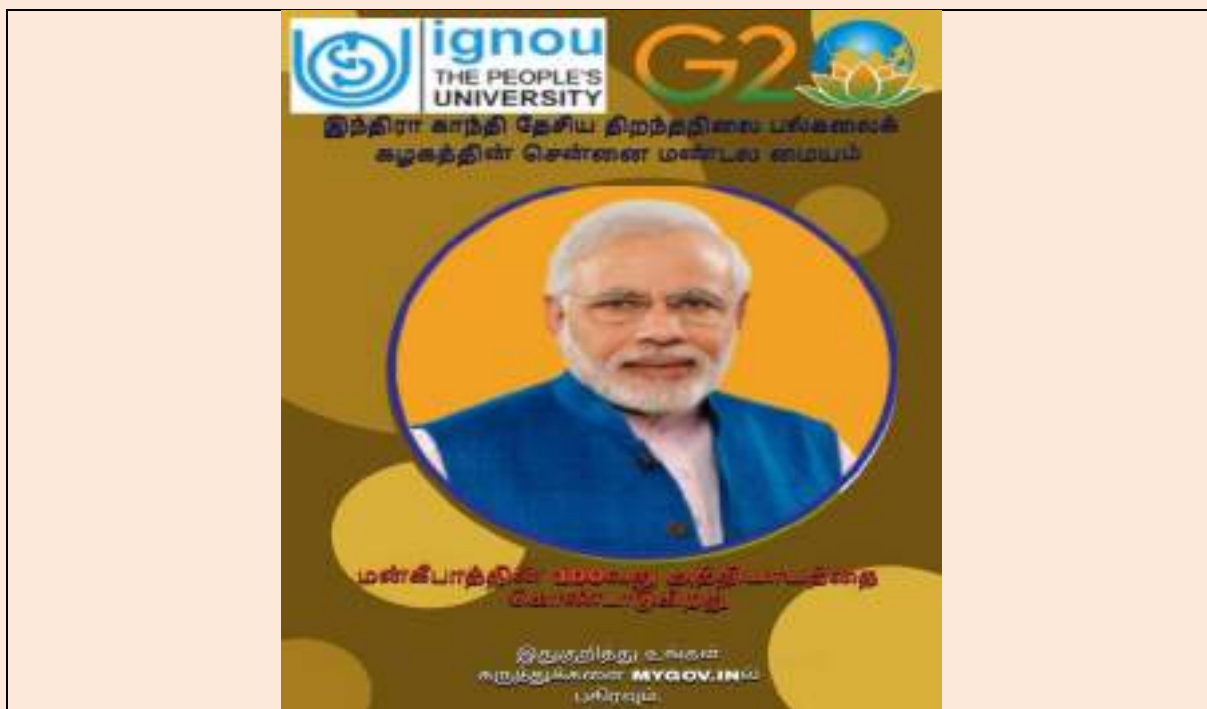
- The digital poster uploaded in all social media platform of RC Chandigarh (Facebook, Twitter and Instagram)
- The digital poster is shared in WhatsApp group of Coordinators/PICs, and learners.
- The information is widely disseminated to the stakeholders



### 12.Chennai

- The details with Poster in Tamil medium uploaded in social media - Facebook & Twitter.
- The details forwarded to all Study Centres for dissemination of information to learners.





### 13.Cochin

- The Flyer prepared by Regional Centre Cochin related to 100th Episode of Man Ki Baat which was tweeted, posted in Facebook and Instagram is enclosed for perusal please.

ഇന്ദിരാഗാന്ധി നാഷണൽ ഓപ്പൺ യൂണിവേഴ്സിറ്റി  
കൊച്ചി പ്രാദേശികകേന്ദ്രം

മൻ കി ബാത്

ഈ ദിവസം  
സവിശേഷമാക്കുന്നതിന്  
നിങ്ങളുടെ ആശയങ്ങൾ പങ്കിടൂ ...

Visit: MyGov.in

Link: <https://www.mygov.in/group-issue/inviting-ideas-celebrate-100th-episode-mann-ki-baat/>

#### 14. Darbhanga

- Standees and banners have been prepared and put in the prominent places in the Regional Centre for the information of the public and learners
- Digital posters have been prepared and shared on the respective websites and all the the social media accounts by the Regional Centers
- Learners were informed through SMS and motivated them to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Honorable Prime Minister



### 15. Dehradun

- Digital Poster has been prepared on the theme and have been displayed at prominent places at Regional Centre premises as well as at major Study Centres.
- Posters have been uploaded on the Website of the Regional Centre
- Information has been disseminated through all Social Media platforms including Facebook Page, Twitter, Instagram, Telegram Channel, Whatsapp etc.
- Learners are being encouraged to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Hon'ble Prime Minister



### 16. Delhi-1

- Widely publicized the event on our Social Media Channels: Facebook, Twitter and Instagram.
- Learners have also been given the link to share their ideas as well as the link which has all the episodes of Mann Ki Baat at: <https://www.pmindia.gov.in/en/mann-ki-baat/>
- Posted Notice on the RC's Digital Notice Board which is available at RC Delhi-1 Website at <http://rcdelhi1.ignou.ac.in/Ignou-RC/userfiles/file/Mann%20Ki%20Baat.pdf>

- LSCs have also been requested to paste this Notice on their LSC Notice Boards.
- Attached photo shows a learner reading the Notice at the RC Notice Board.



### 17.Delhi-2

- Digital posters have been prepared and uploaded on the Regional Centre Delhi -2 website and on social media handles.
- A Digital Poster of 'Man ke Baat' has been shared with all the Learner Support Centres via WhatsApp groups and e-mails for informing the larger segments of learners about the 100th episode of 'Man Ki Baat' and also to encourage the learners for sharing their ideas.



### 18.Delhi-3

- Digital Poster on 100th Episode of "Man Ki Baat" has been prepared by the RC and uploaded on RC website and all Social Media Platforms of RC - Facebook, Twitter, Telegram and Instagram.
- The Poster has also been displayed prominently on the SSC Counter of the RC for wide information



### 19. Deoghar

- Banner regarding forthcoming programme of “Man Ki Baat” Hon, Prime Minister has been uploaded in different social media platforms of the Regional Centre e.g. Facebook, Twitter, Instagram,
- The information has been displayed on the web site of the Regional Centre.
- Information has been shared on different WhatsApp groups of Coordinators and students.



### 20. Gangtok

- Disseminated the information to the learners through the social media platforms e.g. WhatsApps Group, Twitter, facebook
- Information was also sent to the Alumni and other Stakeholders.
- The Coordinators and Learner Centre Functionaries were informed and mails forwarded for information and dissemination to a wider reach.



### 21. Guwahati

- Communicated to all the Coordinators under our LSCs for dissemination to the learners
- The link has been shared in all social media



## 22. Hyderabad

- RC Hyderabad prepared a flyer and uploaded the same on the RC Website and on RC social media such as facebook, twitter, and Instagram.
- The information has been disseminated to the learners of RC, Hyderabad and also to the LSCs.
- A flexi has been prepared for display at the entrance of the IGNOU RC Office.



## 23. Imphal

- Information shared to all the Study Centers under RC Imphal,
- The digital poster was prepared and uploaded on the website of RC Imphal. The information was also posted on social media e.g. All Whatsapp groups under RC Imphal, .
- Displayed a flex banner in the Regional Centre for the benefit of visiting learners and others at RC Imphal



## 24. Itanagar

- Banner/digital posters have been prepared and sent to students.
- Students who have visited the Regional Centre are being informed about the event
- Information about the event has been communicated to the SCs.
- Have posted the information in the WhatsApp groups of the RC.

## 25. Jabalpur

- The info was shared on twitter handle, with all LSCs and also through pasting stickers for public dissemination



## 26. Jaipur

- Emails have been sent to all the Learners in different programmes of July 2022 and January 2023.
- The information has been uploaded on all the social media platforms of RC Jaipur i.e. Facebook, Twitter, Instagram, Telegram group of Learners and Academic Counselors.
- A flex banner is prepared and affixed at RC premises for information of all the Learners and visitors.
- The information is also uploaded on the RC Jaipur website.
- All Coordinators and LSCs have been informed to disseminate this information widely among the Learner.
- All Learners have been informed through Emails and SMS alerts.
- The information has been forwarded in all WhatsApp groups of Coordinators, Learners, Staff members.
- 8. A Flyer has been prepared at RC Level and uploaded on all social media platforms.



## 27. Jammu

- Digital posters have been prepared and shared on the RC website and all the social media platforms of the Regional Centre.
- Email communications and WhatsApp messages have been shared with the Learners.
- Email communications have been shared with the Coordinators and Programme In-charges of our LSCs.

- Messages regarding the same have also been shared with our empanelled Academic Counsellors.
- The digital poster is attached herewith this communication for your perusal and reference please.



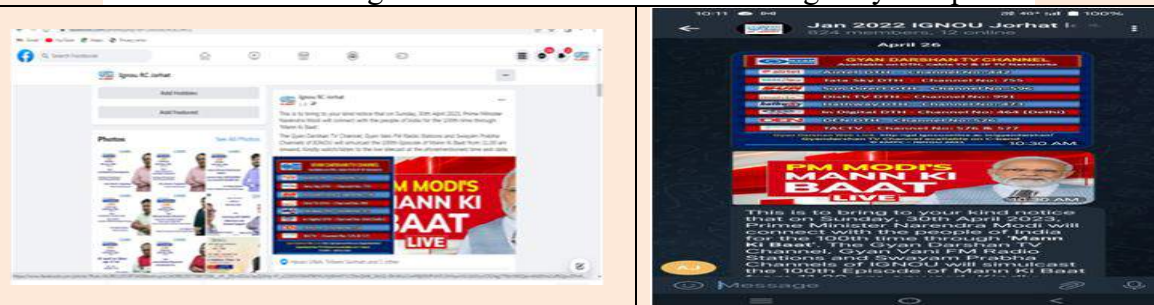
## 28. Jodhpur

- Disseminated information about 100th episode of man ki baat through whatsapp groups to all the coordinator of IGNOU regional center jodhpur, Facebook page of IGNOU regional center jodhpur, Twitter, Instagram and telegram channel of IGNOU regional center jodhpur.

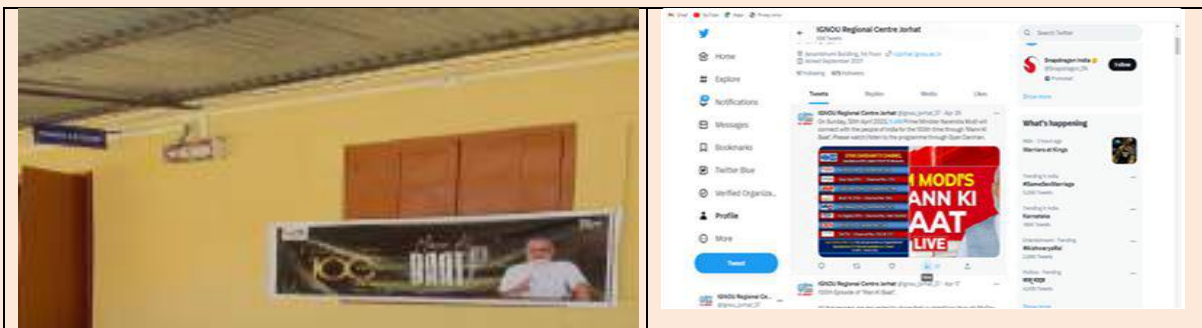


## 29. Jorhat

- Information has been posted on the social media platform like Facebook, Twitter, Telegram and Whatsapp group.
- The communication received from the Secretary, Ministry of Education has been sent to all the LSCs requesting them to disseminate the information among the learners and encourage them to share their views through MyGov portal.







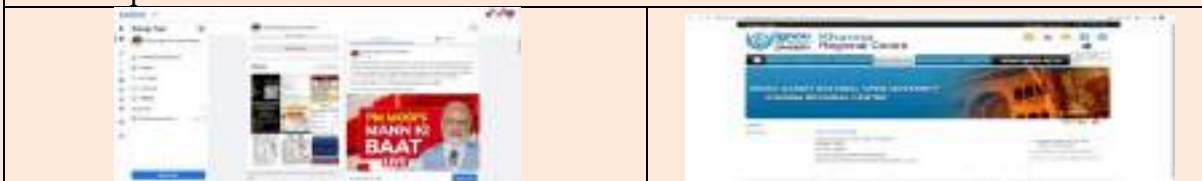
### 30. Karnal

- Disseminated the information about the 100th episode of Man Ki Baat with the learners through RC FB page, Telegram Group of the learners and different whatsapp groups.
- Flyer has been prepared and disseminated among the students



### 31. Khanna

- Put the poster and information on RC Khanna website and premises (at Inquiry desk)
- The link and poster have been uploaded on social media platforms such as RC facebook and twitter accounts.
- All the LSCs have also been informed to communicate to the students about posting their ideas and comments on MyGov portal. The link and poster have been shared for wider dissemination of the information.
- The information regarding simulcast of the Programme through GyanDarshan, GyanVani and Swayamprabha channels is displayed at the Inquiry desk of the Regional Centre. Moreover, the RC website and social media platforms were also updated with this information.





### 32.Kohima

- Prepared a flyer about the “Mann ki Baat” and uploaded it on all the social media, facebook, twitter, telegram, whatsapp groups of RC
- Uploaded the flyer on RC website for wider dissemination of the information among the students
- Shared the information with all the coordinators for wide publicity
- Shared the information among all the academic counselors



### 33.Kolkata

- Information has been displayed on the notice board, Website and also informed the study centres to disseminate the information among the learners.



### 34.Koraput

- Banner prepared and put in the prominent place of Regional Centre for the information of the general public and learners
- Shared this information in RC website, Facebook page and Twitter.
- Shared information with all academic Counselors and LSC Functionaries

- Mail sent to the Learners of the PG Programmes of July 2022 cycle and January 2023 cycle to submit their ideas for the 100th episode of 'Man ki Baat' of Honourable Prime Minister
- Mann Ki Baat Banners kept at the Student Support Cell and Main gate of the RC Koraput building



### 35. Lucknow

- Prepared a flyer and posted at all Social Media platforms of Regional Centre and website of Regional Centre.
- The flyer has been shared with the Coordinators for sharing it with the learners.
- Regional Centre has also displayed the information at the reception of the Regional Center .
- Information has been sent to learners with a copy of the flyer and Letter of Ministry of Education, Government of India.
- Gyanvani Lucknow is also giving an announcement regarding the “Man ki Baat” programme



Link: <https://www.ignoulive.org/program/celebrating-100-episodes-of-man-ki-baat>

**LIVE** 30th April, 2023, 11:00 am

The webcast of the function will be available at <https://www.ignoulive.ac.in/gyanvarshan/>

IGNOU CHANNELS FOR FUNCTION BROADCASTING (Channel No. 19)

Channel 17 Social Sciences and Humanities  
Channel 18 Physical and Applied Sciences  
Channel 19 Professional and Vocational Education  
Channel 20 Distance Education, Research and Teacher Education

Link: <https://www.ignoulive.org/program/celebrating-100-episodes-of-man-ki-baat>

**LIVE** 30 अप्रैल, 2023, 11:00 एएम

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IGNOU CHANNELS FOR FUNCTION BROADCASTING (Channel No. 19)

Channel 17 Social Sciences and Humanities  
Channel 18 Physical and Applied Sciences  
Channel 19 Professional and Vocational Education  
Channel 20 Distance Education, Research and Teacher Education

### 36. Madurai

- The information has been sent by email to all the LSCs and learners of RC Madurai. It was also followed up through emails.
- The information has been uploaded in the website of RC Madurai and also on all the social media platforms of Regional Centre Madurai.
- SMS were sent to the students to remind them about the event and they were encouraged to participate in the programme
- Banner displayed in RC premises for the benefit of visitors in the Regional Centre.



### 37. Mumbai

- Regional Centre Mumbai has prepared 5 different types of e posters and posted extensively in Facebook, Twitter and Telegram Channel of Regional Centre Mumbai. The followers in Facebook Page is 9900, followers in Twitter is 3007 and subscribers in Telegram is 3600
- The information with link has been posted in the Whatsapp Group of Academic Counsellors under Regional Centre Mumbai
- The information with link has been posted in the Whatsapp Group of Study Centre under Regional Centre Mumbai
- A banner has been prepared (Marathi) for 100th Episode of Mann ki Baat with link and has been placed at entrance gate of Regional Centre Mumbai premises.
- Email sent to learners of July 2022 and January 2023
- Uploaded the information in Regional Centre Mumbai website



### 38. Nagpur

- The Regional Centre Nagpur has uploaded the digital poster (in Marathi) along with the link of the 100th Episode of Maan Ki Baat of Honourable Prime Minister on the Regional Centre Nagpur website.
- The Regional Centre has shared this information through email to all the registered learners and shared it on different WhatsApp groups, RC Nagpur Telegram groups, Twitter, and Facebook accounts of the Regional Centre.
- Copy of it is displayed in RC Notice Board also.



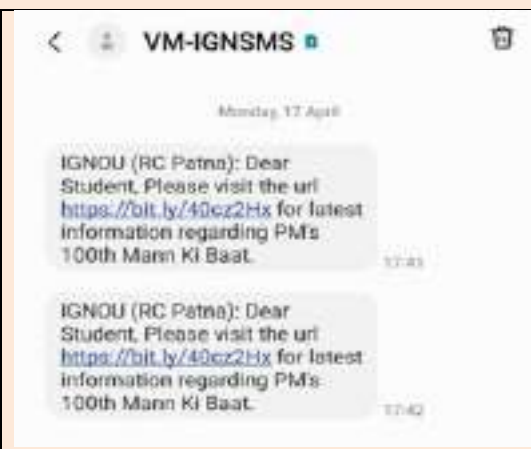
### 39.NOIDA

- Information about the programme has been uploaded at RC website and other social media platforms.
- The information has also been sent to the Coordinators of the Study Centres requesting them to watch/listen to the programme and also disseminate the schedule of Mann ki Baat amongst the learners and all other stakeholders.
- Digital Posters were prepared and shared amongst the learners and the Study Centres.



## 40. Patna

- Standees and banners have been prepared and put in the prominent places in the Regional Centres for the information of the general public and learners
- Digital posters have been prepared and shared on the website and all the social media accounts of the Regional Centre
- Learners were informed through SMS asking them to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Hon'ble Prime Minister



## 41. Port Blair

- Shared the Digital poster on the RC website and all the social media accounts of the Regional Centre



## 42. Pune

- Information has been sent through email to all the Study Centers under RC Pune, all the academic counsellors under RC Pune as well to all the extension centers under RC Pune.
- The poster is uploaded on the social media and on the RC Pune website.
- Displayed the information for the benefit of visiting learners
- A banner is prepared in Marathi and placed in the RC for the benefit of the students

- The same was uploaded on social media and forwarded to all LSCs.
- The banner was sent to the students through email.



#### 43. Raghunathganj

- Information has been displayed on the notice board and also informed the study centres to disseminate the information among the learners



#### 44. Raipur

- The Regional center, Raipur has uploaded the digital poster along with the link of the 100th Episode of Maan Ki Baat of Hon'ble Prime Minister on the twitter and Facebook account of the regional center.
- The Regional center, has shared this important information on the different WhatsApp groups for dissemination of the message.
- The Regional center has uploaded this information along with the link on the Regional center website.
- The Regional center has shared this information with the JSS group of Chhattisgarh for dissemination of information.



### 45. Rajkot

- Poster has been prepared and displayed on the notice board of RC for the information of the general public and learners.
- Digital poster has been prepared and shared on the website, all the social media accounts and WhatsApp groups of RC Rajkot.
- 



### 46. Ranchi

- Disseminated this information through Social media platforms like Twitter, FaceBook, Telegram, WhatsApp etc. The Learner Support Centres(LSCs) have been asked to further disseminate the information through different whatsApp groups





#### 47. Saharsa

- Information has been displayed on the RC Notice Board.
- Letters and brochures forwarded to all LSCs with instructions for wider dissemination among IGNOU fraternity as well as for those belonging to the host institutions.
- Flyer prepared and uploaded on various social media platforms on regular basis
- Many updates made on FB Profile and Page
- A number of Tweets and Retweets regarding the event



#### 48. Shillong

- A digital poster about the 100th Episode of "Mann ki Baat" is prepared and has been uploaded in our social media platforms – Facebook and Twitter.
- A banner is prepared and put up in the main entrance of the RC Building.
- The digital poster has been shared in different WhatsApp Groups, Telegram groups.
- The digital poster is also uploaded on our RC website.



#### 49. Shimla

- Requested LSCs to disseminate the information to the learners through their WhatsApp groups and other media.
- RC has also uploaded the information (digital poster) on its social media platforms i.e. FB page and Twitter etc.

- The information has also disseminated through RC WhatsApp group of Coordinators and other staff members.
- Posters have been displayed on the prominent places of Regional Centre premises.



### 50. Srinagar

- Digital posters have been prepared and shared on the social networking sites of the Regional Centre.
- Information has been forwarded to the LSC to disseminate the information among the Learners of their area.
- Learners of the PG Programmes of July 2022 cycle and January 2023 cycle were informed through SMSs and motivated them to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Honorable Prime Minister

### 51. Trivandrum

- The information about 100<sup>th</sup> Episode of “Mann Ki Baat” has been posted in our social media platforms like Facebook, Twitter, YouTube, Instagram and WhatsApp groups, and the same has been uploaded in our RC website
- Digital flyer in Malayalam language has been prepared and shared with all our LSC functionaries and posted in our all social media platforms





### 52. Varanasi

- Banner has been prepared and put in the prominent place in the Regional Centre for the information of the general public and learners.
- Digital posters shared on the RC websites and all the social media accounts.



### 53. Vatakara

- Prepared a flyer in Malayalam and circulated to all students through whatsapp, to disseminate the information to visit the website of Government of India and submit their ideas for the 100th episode of "Man Ki Baat" of Hon'ble Prime Minister.
- Uploaded the flyer in the facebook and Twitter of RC Vatakara for the information to all the students and the public.



## 54. Vijayawada

- The poster has been displayed on the RC Notice Board
- Digital poster has been shared on RC Vijayawada Website, RC Facebook & Twitter for the information of the general public and learners
- Email has been sent to the learners of July 2022 and Jan 2023 session encouraging them to submit their ideas.
- The details shared with all Study Centres for dissemination of information to learners.



## 55. Vishakhapatnam

- The Information has been framed in the form of a Poster designed exclusively with the tag of RC, Visakhapatnam and uploaded in all the RC social media platforms.
- A QR code has been generated for the URL to share the Ideas to celebrate the 100th Episode and the QR code has also been widely promoted through the Social Media Platforms of Regional Centre.
- Emails have been sent to all the students of July 22 and January 2023 session (Fresh) and also to all the academic counselors for their information and further action.
- The Information and posters have been displayed on the Notice boards at RC premises for the use of visitors and students.
- A banner has also been printed with the information and displayed at the prominent place in front of the Regional Centre.





## PART II – SOME GLIMPSES “MAN KI BAAT PROGRAMME CONDUCTED AT REGIONAL CENTERS LOCATED IN DIFFERENT PARTS OF THE COUNTRY

Some Glimpse/Reports on the “Man ki Baat Programme conducted in different parts of the country”

### 1. Agartala



LSC 2603 IASE, KUNJABAN



SC 2607 ICV CLLEGE, BELONIA



LSC 2636 WOMEN'S COLLEGE



LSC 2651 GDC KAMALPUR



LSC2601 TRIPURA UNIVERSITY



Programme at Governor House of Tripura

## 2. Bhopal

- An online Flyer was developed which was circulated through the social media handles of the RC & has also been uploaded on the RC website (copy attached).



- The flyer was also circulated in the groups of IGNOU evaluators and extension centres of JSS/ITIs/NSTI for wider dissemination to students and other general citizens. Individual emails were sent to the students from the January 2019 batch onwards seeking their suggestions on the episode.
- The message about the upcoming 100th episode of Mann Ki Baat was sent separately to all our academic counsellors with the request to disseminate the information in various student WhatsApp groups.
- Students attending the practical classes of their programme at the Regional Centre LSC 1500, watched the episode live along with staff members present.
- Participation in the Event at Raj Bhawan Bhopal - IGNOU was represented by Regional Centre Bhopal at Raj Bhawan Bhopal on Sunday, the 30th of April 2023 at the Special Screening of the 100th episode of the Hon'ble Prime Minister's Mann Ki Baat, along with other state level functionaries and institutional heads of MP. The programme was in the gracious presence of Shri Mangu Bhai Patelji, the Hon'ble Governor of Madhya Pradesh.
- Witnessed the felicitation of eminent people from Madhya Pradesh, who have been mentioned in "Maan Ki Baat" and got the opportunity to interact with them.
- A photo exhibition highlighting the issues/persons mentioned during the various episodes of "Maan ki Baat" was inaugurated by Hon'ble Governor.



### 3. Bhubaneswar

- Regional Centre, Bhubaneswar enthusiastically witnessed the mega event, “**100<sup>th</sup> episode of Maan Ki Baat**” of Hon’ble Prime Minister of India on 30<sup>th</sup> April, 2023. To witness the event the information was circulated among all the learner support centres and students through the Regional Centre website, social media platforms and e-mails. Prior to the event digital posters were prepared and uploaded on the Regional center website and various social media platforms A Flex poster was also placed in front of the Regional Centre campus for information of the learners and other visitors.
- All learner support centres of this region also initiated similar actions for dissemination of information of the 100<sup>th</sup> episode of Maan Ki Baat of Hon’ble Prime Minister of India among the learners and public. All the staff members witnessed the event yesterday with their family members and friends. Some photographs which were uploaded in social media platforms and display banners at the Regional Centre are given below:





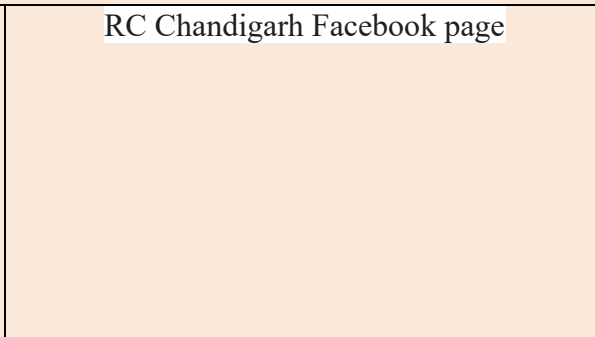
## Chandigarh

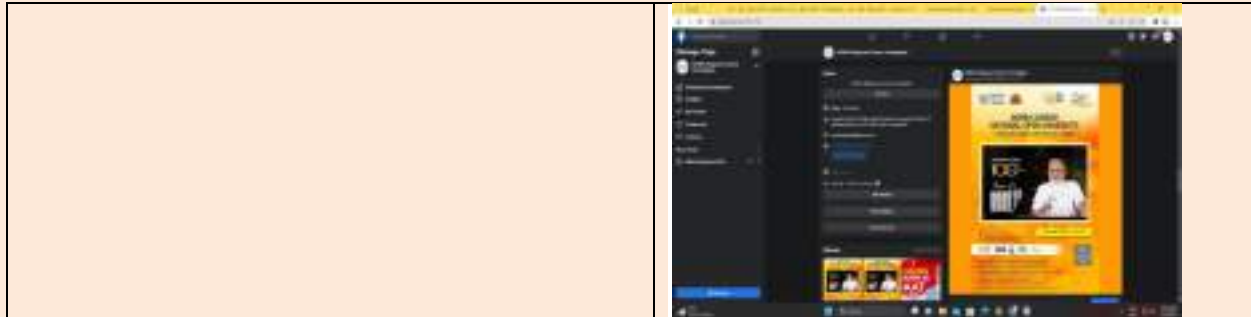
IGNOU Regional Centre Chandigarh has informed all the learners, LSCs and stakeholders through different social media accounts i.e. Facebook, Instagram, Twitter, and YouTube etc. to watch the 100th episode of Mann ki Baat of Hon'ble Pradhan Mantri Narendra Modi tithe screenshots are given below:

RC Chandigarh Facebook page



RC Chandigarh Facebook page





RC Chandigarh Facebook page

RC Chandigarh Facebook page



RC Chandigarh Twitter page



RC Chandigarh Instagram handle



- Regional Centre Chandigarh popularized the forthcoming maan ki baat programme through flex on door of Regional Centre. The copy of the same is given below:





- The programme “Mann ki Baat” of Hon,ble Pradhan Mantri Narendra Modi ji was watched by each and every staff of IGNOU Regional Centre Chandigarh with their family members on 30.04.2023 at 11:00 AM from their home due to Sunday.
- The programme was also seen the re-telecast of 100<sup>th</sup> episode of Mann ki Baat of Hon,ble Pradhan Mantri Narendra Modi by RC Chandigarh staff.



#### 4. Darbhanga

- Standees and banners were prepared and put in the prominent places in the Regional Centres for the information of the general public and learners
- Digital posters were prepared and shared on the website and all the social media accounts of the Regional Centre
- Learners were informed through SMS asking them to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Hon'ble Prime Minister
- The Digital Poster received from the PIO IGNOU Headquarters with the details of the channels were shared on the website and all the social media accounts of the Regional Centre
- The Digital Poster received from the PIO IGNOU Headquarters with the details of the channels was shared on the Whats App Group for Coordinators and they were requested to

share it on the respective Whats App groups of the learners for their participation in large numbers



## 5. Dehradun

Following initiatives/activities were undertaken by IGNOU Regional Centre Dehradun for spreading awareness about **100<sup>th</sup> Episode of Man Ki Baat**:

- Digital Poster has been prepared on the theme and have been displayed at prominent places at Regional Centre premises as well as at major Study Centres.
- Posters have been uploaded on the Website of the Regional Centre
- Information has been disseminated through all Social Media platforms including Facebook Page, Twitter, Instagram, Telegram Channel, Whatsapp etc.
- During Online Counselling Sessions, learners are informed and encouraged to listen to the 100th episode of 'Man ki Baat' of Hon'ble Prime Minister
- On 30<sup>th</sup> April 2023, all LSCs and learners (through Telegram Channel) were advised to listen to the programme on different mass media (including Gyandhara, Youtube or TV Channels)
- All the Officers and Staff members of the Regional Centre Dehradun listened/watched the programme on the scheduled time on Youtube and TV Channels.
- **All the Officers and Staff members of the Regional Centre Dehradun listened to the programme on YouTube and TV Channels**



**Banner displayed at Reception Counter of IGNOU Regional Centre Dehradun**



**Banner displayed at Main Gate of IGNOU Regional Centre Dehradun**



**Banner displayed at IGNOU Study Centre 2705, DAV PG College Dehradun**



**Spreading the message about the Programme through Social Media**

## 6. Delhi 1

RC Delhi-1 widely publicized the event of 100<sup>th</sup> Episode of Mann Ki Baaton its Social Media Channels including Facebook, Twitter and Instagram. Learners were given the link to share their ideas as well as the link which has all the episodes of Mann Ki Baat at:

<https://www.pmindia.gov.in/en/mann-ki-baat/>. In addition to these efforts for promotion and publicity of this prestigious and historical event, a special Notice was also posted on the RC's Digital Notice Board which is available at RC Delhi-1 Website at

<http://rcdelhi1.ignou.ac.in/Ignou-RC/userfiles/file/Mann%20Ki%20Baat.pdf>. LSCs were also requested to paste this Notice on their LSC Notice Boards.

## 7. Hyderabad

- The IGNOU Regional Centre, Hyderabad has planned to take forward the 100<sup>th</sup> Episode of Mann Ki Baat extensively among the stake holders of Telangana State. A detailed plan is chalked out in this regard to disseminate the information to the all levels including the learners of all LSCs.
- A flyer exclusive has been prepared and uploaded on the IGNOU Regional Centre website and the its social media platforms such as – Facebook Instagram, Twitter, etc.

- The available information as received from the IGNOU Hqrs. In this regard has been shared among all the LSCs and Academic Counsellors.
- Similar information has been shared among the entire staff of Regional Centre through an email from time to time.
- An exclusive flexi has been prepared and placed on front view of the Regional Centre, Hyderabad building as per the given specifications. The displayed flexi facing towards the main street (National Highway) has been very attractive and eye catchy to the viewers. It has attracted the attention of the passers by and visitors to the Regional Centre.
- The coordinators have been requested/impressed to disseminate the information among their conventional learners.
- The staff members have been requested to watch the live programme of 100<sup>th</sup> episode of Mann Ki Baat along with their family members.
- The photograph of the banner display on the front view of the building and the flyer uploaded on the social media and RC website are provided along with this report.



## 8. Itanagar

- The employees of the Itanagar RC and staff and students of the neighbouring study Centre , 0301 SC, D N Govt College, Itanagar listened to 100<sup>th</sup> episode of Maan ki Baat yesterday i.e 30.4.23. Similarly, in other institutions where Study centres are located like Govt degree College, Bomdila ; JN College, Pasighat and Indira Gandhi College, Tezu, students as well as functionaries of the Study centres listened to the programme. It was observed that the students had enthusiastically listened to the programme.

## 9. Jaipur



Participation of RC Jaipur in “Man ki Bat Programme”

## 10. Jodhpur





**Participation of RC Jodhpur in “Man ki Bat Programme”**

## 11. Jorhat

Hon’ble Prime Minister Narendra Modi addressed a historic 100th episode of the “*Mann Ki Baat*” programme on Sunday, 30<sup>th</sup> April 2023.

- All the officers and staff of RC Jorhat listened to the Special 100<sup>th</sup> Episode of Mann Ki Baat of Hon’ble Prime Minister. Hon’ble PM said that the preservation and promotion of education and culture have been an ancient tradition of India, adding that the country was working towards that through various means like the National Education Policy and the option of studying in regional languages.
- It was really nice to hear that Hon’ble PM reads different letters written by citizens and try to understand the problems of the citizens. He expressed his intension to live with the people of the country instead of living a isolated VIP life. He emphasised specially on women empowerment and contribution of women towards the nation building.
- Hon’ble PM encouraged several entrepreneurs from different parts of the country like Jammu and Kashmir, Manipur etc who were otherwise unknown to the people and their products were also unknown. These entrepreneurs confess that because of “Mann Ki Baat” their business have risen and they could employ hundreds of employees under them.
- He specially mentioned Swachta Abhiyan, and connected that to tourism development. He appreciated the concept of “Healing Himalaya” by Pradeep which now become a kind of movement. It was moment of pride that the Director General of UNESCO Audrey Azoulay appreciated that our Hon’ble PM for Mann Ki Baat interactions. Answering her questions Hon’ble PM put forwarded the steps taken by the nation regarding development of education and culture, particularly regarding implemation of National Educational Policy 2020 and preservation of diverse culture of India.
- The whole programme of Mann Ki Baat was an excellent conversation by the Hon’ble Prime Minister which will encourage the entrepreneurs, the youths, the women, the educationist and common people in different aspects.



## 12. Karnal



## 13. Lucknow

- The official of IGNOU Regional Centre, Lucknow watching “Mann Ki Baat 100<sup>th</sup> episode” on Sunday, 30<sup>th</sup> April, 2023 at 11:00 A.M. onwards.





## 14. Kolkata

- The 100<sup>th</sup> episode of the Hon'ble Prime Minister Narendra Modi's monthly radio address *Mann Ki Baat* was broadcasted on 30<sup>th</sup> April 2023. The programme, which started on October 3, 2014, has become a key pillar of the government's citizen-outreach programme. *Mann Ki Baat* is a unique experiment that has strengthened the foundation of democracy in the country.
- We have shared the information regarding the 100<sup>th</sup> episode of Man Ki Baat through our social media platform like facebook, twitter, instagram etc. requesting our learners to listen

the programme as per schedule. We have posted the same in our website for larger participation among our students. We have also sent individual e-mail to the students and requested them to listen the radio programme. Most of our learners listened to the 100th episode of Mann Ki Baat very attentively. All the officers and staff members including the academics also attended the live in programme on 30<sup>th</sup> April 2023.

## 15. Madurai



## 16. Nagpur



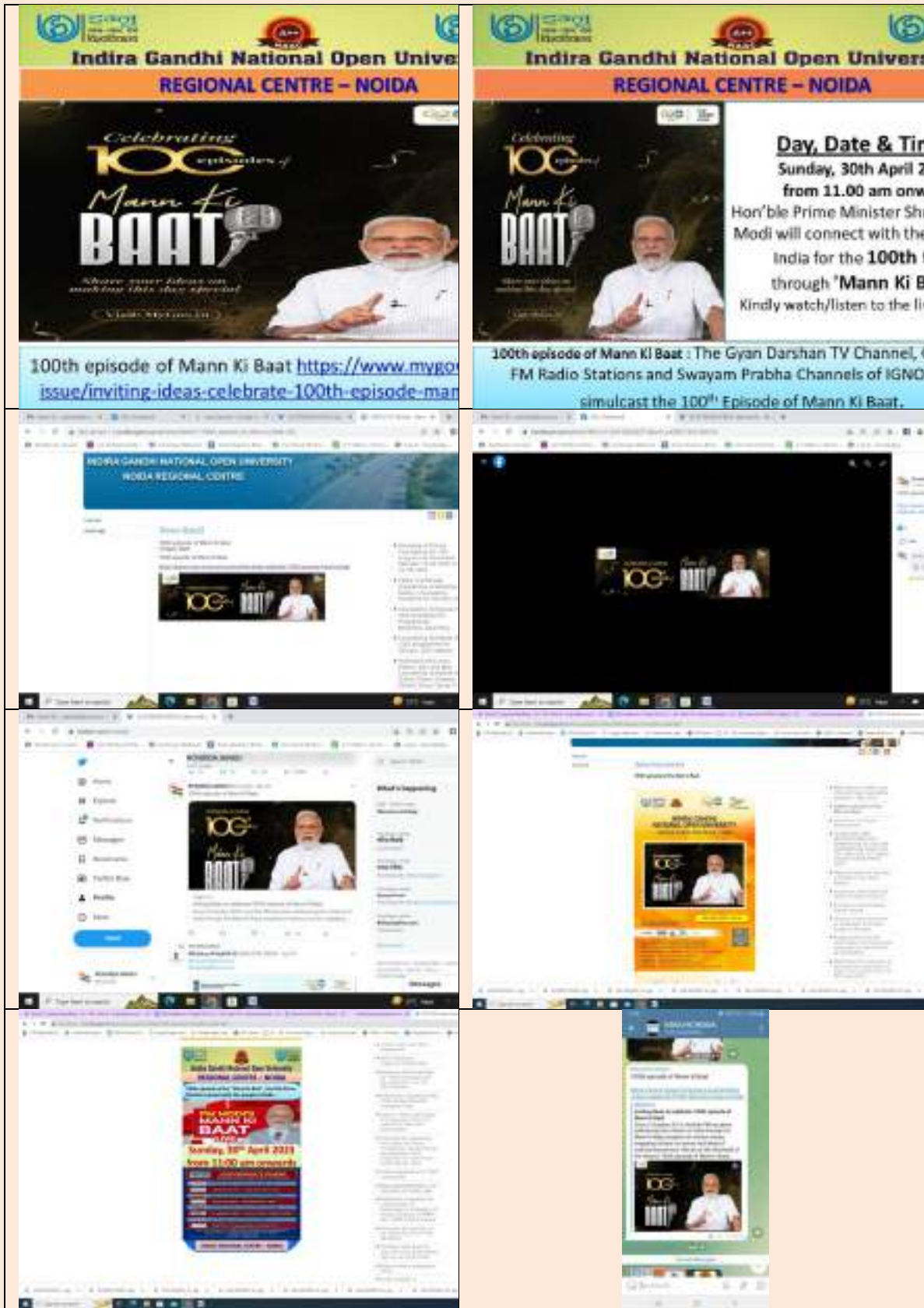
## 17. NOIDA

- In compliance of the directions received from IGNOU HQs, the information about 100th Episode of **MANN KI BAAT** was uploaded at RC website and other social media platforms. The information was also sent to the Coordinators of the Study Centres

requesting them to watch/listen to the programme and also disseminate the schedule of Mann ki Baat amongst the learners and all other stakeholders. Digital Posters were prepared and shared amongst the learners and the Study Centres.

- The Senior Regional Director, RC NOIDA attended the office on the said date and viewed the live programme along with the staff member. All other officers and staff members of RC NOIDA watched the programme from their respective locations.
- At the learner support centres, the programme was watched by the learners, staff members and the Coordinators of the Study Centres.
- Select few photographs of the programme are being shared as follows:





## 18. Patna

- Standees and banners were prepared and put in the prominent places in the Regional Centres for the information of the general public and learners
- Digital posters were prepared and shared on the website and all the social media accounts of the Regional Centre
- Learners were informed through SMS asking them to visit the website of Government of India and submit their ideas for the 100th episode of 'Man ki Baat' of Hon'ble Prime Minister
- The Digital Poster received from the PIO IGNOU Headquarters with the details of the channels were shared on the website and all the social media accounts of the Regional Centre
- The Digital Poster received from the PIO IGNOU Headquarters with the details of the channels was shared on the Whats App Group for Coordinators and they were requested to share it on the respective Whats App groups of the learners for their participation in large numbers



## 19. Pune

- Information has been sent to through Email to all the Study Centers under RC Pune, all the academic counsellors under RC Pune as well to all the extension centers under RC Pune.
- The poster is uploaded on the social media and on the RC Pune website.
- Displayed the information for the benefit of visiting learners
- A banner is prepared in Martahi and placed in the RC for the benefit of the students
- The same was uploaded on social media and forwarded to all LSCs.
- The banner was sent to the students through email.
- All the staff members also inform to view the programme on 30<sup>th</sup> April 2023
- Photographs of the student observing the banner place in RC Pune are attached.
- Photographs of Mr. Sauand ARD watching the programme is also attached.
- Other Staff members informed that they have watched the programme at their respective places.



## 20. Raghunathganj

- The IGNOU Regional Centre, Raghunathganj organized viewing of 100<sup>th</sup> episode of Mann Ki Baat by the Hon'ble Prime Minister of India, Sh. Narendra Modi through the link provided to its learners and their family members at the RC premises and at the study centres under its jurisdiction.
- In the RC, around 25 learners along with their family members were present and have viewed the programme. The cumulative presence in the three study centres where the viewing of the programme could be arranged is fifty.

## 21. Ranchi

- IGNOU RC Ranchi had disseminated the information about the 100<sup>th</sup> episode of Maan Ki Baat among students through its LSCs and on various social media platforms like RC FB Page, Twitter, RC website, Telegram and WhatsApp groups. A Banner was displayed at the Entrance of the RC for the information of the students who visit the RC.
- The Program was watched at the RC by the RD and a few staff at 1100am on 30<sup>th</sup> April 2023.



## 22. Saharsa

- Pursuant to the directions from Hqrs from time to time, Regional Centre Saharsa carried out campaign to disseminate the information regarding 100<sup>th</sup> Episode Mann ki Baat.

Following measure were undertaken to popularize the ensuing programme for wider publicity:

- Information displayed on the RC Notice Board.
- Letters and brochures forwarded to all LSCs many atimes with instructions for wider dissemination among IGNOU fraternity as well as for those belonging to the host institutions.
- Flyer prepared and uploaded on various social media platforms on regular basis.
- Many updates made on FB Profile and Page of the RC.
- A number of Tweets and Retweets regarding the event were made.
- Standees and big poster regarding the event displayed at the Regional Centre.
- 100<sup>th</sup> Episode Mann ki Baat was watched/listened to collectively and individually by RC/LSC staffers and others.



## 23. Shillong

- The Digital posters of the event of 100th Episode of "Mann ki Baat" is prepared

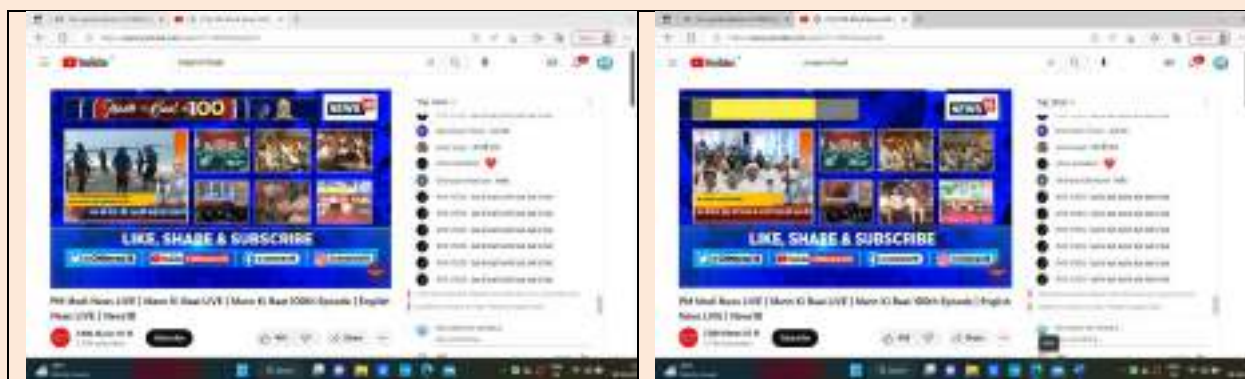


and has been uploaded in our social media platforms – Facebook and Twitter.

- A banner is prepared and put up at the main entrance of the RC Building.
- The digital poster has been shared in different WhatsApp Groups, Telegram groups.
- The digital poster is also uploaded on our RC website.
- The program was re-telecast in front of all the RC Staff.

## 24. Shimla

- IGNOU Regional Centre, Shimla has publicized the 100<sup>th</sup> episode of “Maan Ki Baat” by uploading the digital poster on RC website and social media platforms.
- Besides; the posters were also displayed at the prominent places of the Regional Centre premises. The information regarding “Maan Ki Baat” was also shared through the WhatsApp groups of the RC and SCs as well as through the face book page of the Regional Centre.
- On 30<sup>th</sup> April, 2023, RC and LSCshad made an arrangement for the staff and local students to view the live programme of “Maan Ki Baat” 100 episode. A screenshot of the programme is attached.



## 25. Shilong



Poster created to popularise the event

Poster created in Bengali to

<p><b>100th Episode of "Mann ki Baat"</b></p>	<p><b>popularise the event 100th Episode of "Mann ki Baat"</b></p>
	
<p><b>Poster created in Assamese to popularise the event 100th Episode of "Mann ki Baat"</b></p>	<p><b>Display the poster 100th Episode of "Mann ki Baat" in front of RC office to popularise the event</b></p>
	
<p><b>Organize the event at RC Shillong Premise</b></p>	

## 26. Siliguri

- The staff members of Regional Centre Siliguri listened to the historic 100<sup>th</sup> episode of 'Mann ki Baat' of the Hon'ble Prime Minister Shri Narendra Modi on 30.04.2023 at 11 am through All India Radio.
- After getting intimation about the Mann ki Baat programme through email we gave wide publicity in our region to watch/listen to the programme.
- A digital poster about the 100th Episode of "Mann ki Baat" was prepared and was uploaded in our social media platforms – Facebook and Twitter
- A banner was prepared and put up in the conference hall and in the main entrance of the RC Building.
- The digital poster is also uploaded on our RC website.

- The information has been shared to the students and LSCs through emails and Whatsapp messages.



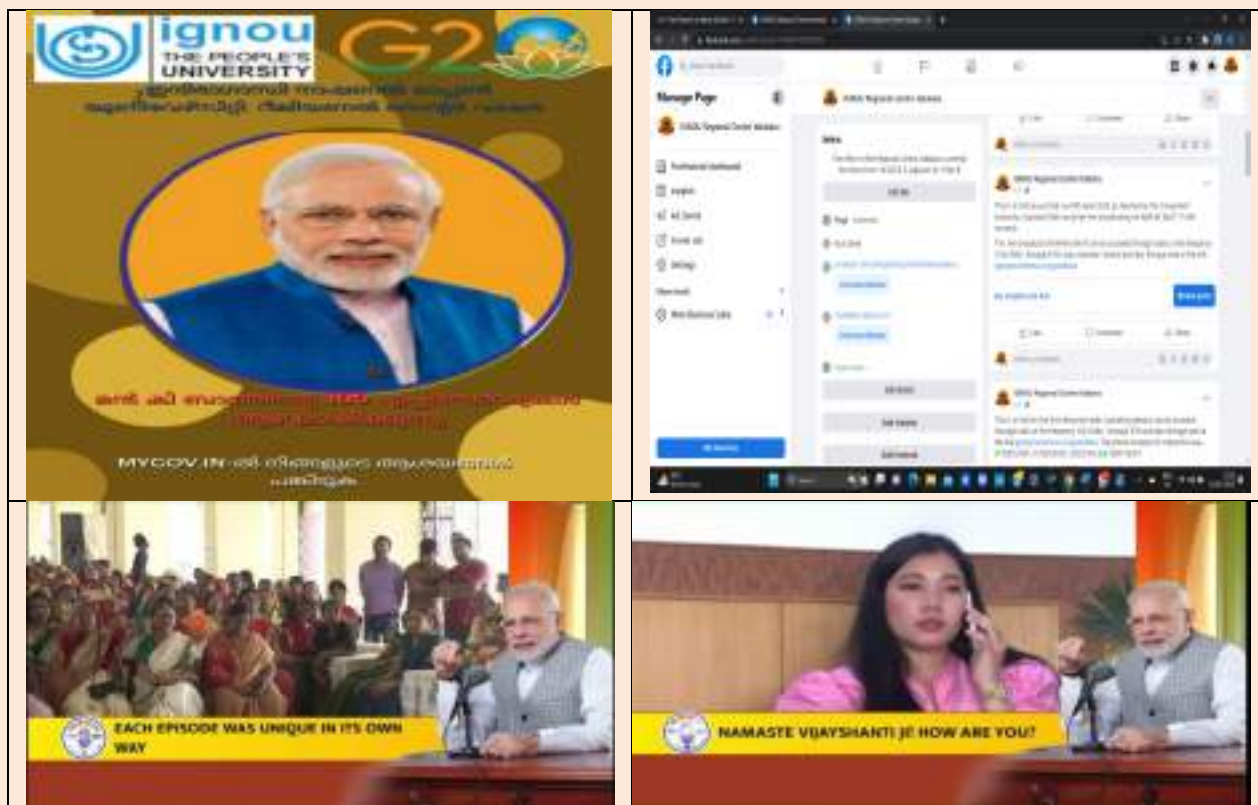
## 27. Srinagar

- IGNOU RC Srinagar widely disseminated the information regarding the Mann Ki Baat 100<sup>th</sup> episode, for which all the LSCs/PSCs utilized their social media channels to do the needful as directed by the IGNOU HQ. Some of the initiatives taken in this regard are as under:
- Digital posters have been prepared and shared on the social networking sites of the Regional Centre.
- Information has been forwarded to the LSC to disseminate the information among the Learners of their area.
- Learners of the PG Programmes of July 2022 cycle and January 2023 cycle were informed to visit the website of Government of India and submit their ideas for the 100th episode of '*Man ki Baat*' of Honourable Prime Minister.
- Information and poster regarding the programme was also shared on the Whatapp group created for IGNOU family at RC Srinagar comprising of all the Coordinators and Programme Incharges of Kashmir and UT of Ladakh.
- The information was repeatedly shared on all the social media handles and website of RC Srinagar.
- All the staff members of RC Srinagar and Coordinators/PICs keenly listened to the programme.



## 28. Vatakara

- IGNOU Regional Centre Vatakara put in all efforts to celebrate the 100<sup>th</sup> Episode of Mann ki Baat with great fervour. The run-up to the 100<sup>th</sup> episode was marked by an intense publicity campaign wherein the regional centre spared no effort in popularizing the programme. A specially designed poster was the hallmark of this campaign. This poster was widely transmitted through Whatsapp, Twitter and Facebook. All Learner Support Centers were also disseminated with the relevant information.
- Further to this, regular updates on the conduct of the programme were regularly displayed on social media to sensitize the learners and the general public about the programme. A screenshot of the same is given below.
- The 100<sup>th</sup> episode of Mann ki Baat was indeed a must-watch session. The Hon'ble Prime Minister, Sh. Narendra Modiji highlighted the rich and varied experiences that his good self could bring to the attention of his countrymen through each episode of Mann ki Baat. The Hon'ble Prime Minister mentioned that each episode has been unique in its own way.



- The Hon'ble PM highlighted a few instances of sacrifice and dedication exhibited by the citizens of the country wherein they spared no efforts to make the country a better place to live in. Some people had invested 4 decades of their life in reforestation, while others have created novel techniques for water harvesting and cleaning of ponds. Some are providing free education to poor children. The Hon'ble PM stated that umpteen times he got emotional after seeing the sacrifices of his countrymen.
- The tradition of promoting education and culture was highlighted as an ancient Indian value by the Hon'ble PM and he highlighted the role of the policy initiatives such as the National Education Policy in attaining the goals. The Hon'ble PM also put forth the aspect of the use of Regional language and technology in education.
- Highlighting another important aspect of Mann ki Baat, the Hon'ble PM stated that he did not leave his home 50 years ago to become inaccessible to the common man of the country. In fact, he stated that the citizens of the country meant everything to the Hon'ble PM. Mann ki Baat acted as a strong connection between the people of the country and the Hon'ble PM.
- The Hon'ble PM also remembered the words of one of his mentors, Sh. Laxman Raoji Inamdar, who used to say that we should worship the good qualities in others. Man ki Baat is a way to worship the best qualities in others. It was also stated that it was through Man ki Baat that many topical issues such as that of Indian breeds of dogs got highlighted.
- One of the highlights of the 100<sup>th</sup> episode of Mann ki Baat was the interaction with the DG of UNESCO, who was profusely thankful for being part of the 100<sup>th</sup> episode of the programme.



The officials of the Regional Centre felt invigorated to re-dedicate themselves to the service of the nation after viewing the exquisite 100<sup>th</sup> episode of Mann ki Baat.

## 29. Visakhapatnam

- As per the guidelines and instructions, Regional Centre Visakhapatnam has taken many initiatives to give wide publicity to the 100<sup>th</sup> episode of Mann Ki Baat by Hon'ble Prime Minister of India, Sh. Narendra Modi Ji.

The Information has been framed in the form of a Poster designed exclusively with the tag of RC, Visakhapatnam and uploaded in all the RC social media platforms.



A QR code has been generated for the URL to share the Ideas to celebrate the 100th Episode and the QR code has also been widely promoted through the Social Media Platforms of Regional Centre.



A banner has also been printed with the information and displayed at the prominent place in front of the Regional Centre.

- Emails have been sent to all the students of July 22 and January 2023 session (Fresh) and also to all the academic counselors for their information and further action.
- The Information and posters have been displayed on the Notice boards at RC premises for the use of visitors and students.
- *On the day of Event - 30<sup>th</sup> April 2023 @ 11 am* - All the Staff members, Academic Counsellor and Students were invited to participate in the event at RC Premises.
- Also they were informed about the Gyandarshan, YouTube Channels links for viewing the Programme from their respective locations. The Regional Director along with other staff has witnessed the live programme of the Mann Ki Baat in the RD Chamber.





## D. Report on Celebration of International Yoga Day at RCs 23.06.2023

### 1. Agartala

IGNOU Regional Centre Agartala organized 'International Yoga Day' on today (21<sup>st</sup> June,2023) at the Regional Centre premises. The Assistant Registrar of RC Agartala welcomed the staff of RC and explain the significance of this special day. The Assistant Registrar in his speech said that Yoga is an ancient meditative technique that cleanses, heals and harmonizes the body from the core. Also mentioned on the utility of the Yoga and said that Yoga is a practice that is widely accepted even in Western cultures for its tremendous capacity to bring about a great improvement in mind and body balance, wellness of the mind, and an overall sense of calmness. Staff members actively participated in the programme at the Regional Centre. Some of the photographs in this regard are attached herewith.





## 2. Ahmedabad

The Regional centre Ahmedabad celebrated International Yoga Day on 21<sup>st</sup> June 2023 and all the staff members have actively participated. An expert having Master Degree in Yoga- Shri ChavdaKrushna Sinh J was invited to share his views on Yoga and health. He practically performed various Asanas and explained its benefits in daily life. The practical session was followed by his speech on importance of Yoga in life and the traditions followed in Indian culture.

The Regional Centre also organized one Lecture on 19<sup>th</sup> June 2023 on Veda and Yoga. Dr.NehaRaval, Psychologist, having certificate from the Lakulish University, Ahmedabad talked about the Yoga and how it has been narrated in Vedas.

### 3. Angul



IGNOU Regional Centre Angul celebrates International Yoga Day with series of activities in collaboration with Regional Evaluation Centre Bhubaneswar

- A Quiz for Students of RC Angul
- A Yoga Shibir in the campus of REC Bhubaneswar

- On Online Lecture for all B. Ed Students of IGNOU in Collaboration with SC 2164P CTE Angul



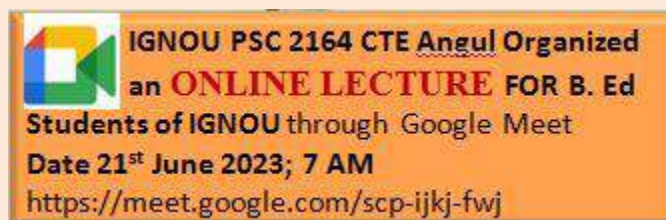
For the first time initiative was taken to make an active collaboration in celebration with Regional Evaluation Center Bhubaneswar. All staff of REC Bhubaneswar participated actively in planning, organizing and implementation of activities on this occasion.



1. Students of RC Angul were involved and associated with this celebration through a ONLINE QUIZ with 20 questions. Many of the Bachelors, Masters and other students of certificate & Diploma programmes participated in this Quiz



2. For the first time LSCs of IGNOU were also involved and associated with RC in celebration of this International Yoga Day. PSC 2164 CTE Angul organized an ONLINE Lecture ***“YOGA & ITS IMPORTANCE FOR STUDENTS”*** for all B. Ed Students of RC Angul.



### 3. Bhagalpur

IGNOU Regional Centre, Patna and Bhagalpur celebrated the International Yoga Day on 21/06/23 jointly.

The following activities were organized:

- Practical session on Yoga
- Quiz Competition on Yoga
- Talk on significance of Yoga in the 21<sup>st</sup> century.

The staffs of Regional Centre, Patna, Regional Centre, Bhagalpur & Regional Evaluation Centre, Patna and some students actively participated in all the 3 activities.

In the 1<sup>st</sup> activity, Ms. Reena Kumari, Academic Counsellor of IGNOU for the CPY Programme demonstrated different kinds of Yoga Aasanas which the participants practiced under her guidance. The Aasans, she demonstrated included Surya Namaskar, Bazra Aasan, Shabaasan and some aasanas for reducing stress and obesity.

The 2<sup>nd</sup> activity “Quiz Competition on Yoga’ was conducted by Mr. Anand Kumar, Asstt. Registrar of Regional Centre, Patna. Mr. Ranjeet Kumar Basu, Assistant of REC, Patna, Mr. Piyush Raj, a student of BBARL and Mr Alok Kumar Jha, SPA, RC, Patna got the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> prizes respectively in the Quiz Competition.

The 3<sup>rd</sup> activity “Talk on significance of Yoga in the 21<sup>st</sup> century” was conducted by Sh. B.K. Sanjay Kumar, Chief Coordinator for HRD Network, Patna Chapter of the Prajapati Brahamkumari Ishwariye Vishwavidyalaya. During his presentation, he highlighted the spiritual signification of Yoga with special focus on Rajyoga being practiced at Prajapati Brahmakumari Ishwariye Vishwavidyalaya. He appreciated this initiative of Regional Centre, Patna and Regional Centre, Bhagalpur.

Yoga session



Quiz session



Yoga Session



Lecture session



#### 4. Bhopal

The International Yoga Day 2023 was celebrated jointly by IGNOU Regional Centre & Regional Evaluation Centre Bhopal. Two sessions was organized which mainly focused upon the need of Yoga in daily life and how skills can be sharpen by practice of Yoga even at the work place.

The first session was organized at Open Courtyard of REC, Sanchi Complex Bhopal where Yoga Instructor & Teachers from The Art of Living, Bhopal interacted with the Staff & Officials of REC. They discussed about the importance of Yoga in disciplined life and the need of the hour to devote atleast half an hour for practicing Yoga. The teachers also elaborated “Patanjali Yoga Sutra” & discussed the various aspects of “Sudarsan Kriya”. This was followed by practice of Yogic Exercise including different types of Pranayam and Yogic Exercise related to mental and physical flexibility as well as alertness. The vote of thanks at REC was given by Dr. Bini Toms Senior Regional Director and In charge REC Bhopal.

The next session was organized as “Yoga Shivir” at auditorium of IGNOU RC Bhopal, where a team of Yoga experts from Yoga Sadhna and Samaj Kalyan Kendra, Bhopal gave a detailed demonstration of Yogic exercises as per the Yoga Protocol. This session was attended by officials of IGNOU RC Bhopal and by few students. The instructors not only trained about the exercises, but also explained the benefit of each exercises. The focus was mainly on those exercises including the relaxation exercises, which can be performed by working people even at their work place. The present students were also informed about yogic exercises, which can enhance their concentration and focus.





Instructors from Art of Living discussing about Yoga at IGNOU REC, Bhopal



Officials & Staff performing Yogic Exercise at REC Bhopal



Dr. Bini Toms, RD introducing the Yoga Instructors during the "Yog Shivir" organized at IGNOU RC Bhopal



Officials, Staff & students practicing Yoga during IYD 2023 IGNOU RC, Bhopal

## 5. Bhubaneswar

International Day of Yoga was celebrated at RC-Bhubaneswar on 21.06.2023. All the staff members assembled in the Conference Hall and practiced various asans and pranayams. A Yoga teacher, Shri Radhashyam Biswal was specially invited to instruct the staff members to do yogic exercises on the day. The event was initiated by the Regional Director, Dr S K Tripathy who briefed the participants about the importance of Yoga and its usefulness in

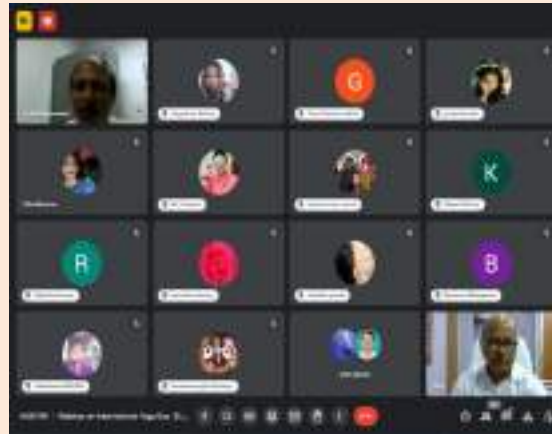
building ethical and moral values alongside mental and physical health. All the staff members participated enthusiastically to make the event memorable.

On the eve of International Day of Yoga a webinar was also organized on 19.06.2023 on the topic “**Asthanga Yoga for Humanity**” at 4 PM through Google Meet. The RC and LSC functionaries, academic counsellors and students were invited to participate in the webinar in which more 250 participants were present. Dr Suresh Kumar Mohapatra, Shri Pranabandhu Behera and Dr Prafulla Kumar Tripathy from Bharatiya Yoga Sansthan, Odisha Prant were invited to deliver talk on various aspects of Asthanga Yoga. The programme started with a warm welcome by Dr S K Tripathy, Regional Director to all the participants and all the resource persons followed by the presentation of the experts. Dr Tripathy narrated the history of International Day of Yoga and said that Yoga has become a way of life not only in India but also in many parts of the world. It has changed the life of millions of people and helped building sound mental and physical health. Sri Suresh Kumar Mohapatra presented on Satya, Ahimsa and duty of human beings and related yoga with various aspects of human life. Shri Pranabandhu Behera gave a detailed note on how to prepare oneself before doing various yogic exercises. He also told on what kind of food and healthy habits one must practice for doing yoga. The 3<sup>rd</sup> speaker, Dr Prafulla Kumar Tripathy spoke on Asthanga Yoga for Humanity and discussed in detail the functions of eight organs and different exercises to make them more vibrant for a successful healthy life. After the presentation of all the experts a question-answer session was organized, and all the questions raised by the participants were answered by the three experts invited to the webinar. The programme ended with Vote of Thanks by Dr P K Jena, Assistant Regional Director.

Webinar on Astanga Yoga for Humanity on 19.06.2023



Webinar on Astanga Yoga for Humanity on 19.06.2023



Webinar on Astanga Yoga for Humanity on 19.06.2023



Celebration of IDY on 21.06.2023 at RC Bhubaneswar



Celebration of IDY on 21.06.2023 at RC Bhubaneswar



Celebration of IDY on 21.06.2023 at RC Bhubaneswar



## 6. Bijapur

IGNOU Regional Centre Bijapur celebrated the 9th International Day of Yoga on 21st June 2023 at RC campus. Dr.A.Varadarajan, Regional Director addresses the importance

of yoga in day-to-day life and highlighted as yoga is a journey and inhale the future and exhale the past to lead happy life and briefed the theme “**Yoga for VasudhaivaKutumbakam**” of this year yoga day.

All staff members, Dr.B.N.Devendra, ARD, and Shri.J.Thirumurugan, AR were actively participated in the yoga asana's at Regional Centre Bijapur. The programme concluded with vote of thanks by Shri. J.Thirumurugan, AR. The relevant Photographs attached for kind information please.





## 7. Chandigarh

IGNOU Regional Centre Chandigarh has celebrated Yoga day on 21<sup>st</sup> June 2023, On this occasion Dr. Bhanu Pratap Singh, RD, RC Chandigarh has briefed about the importance of Yoga in the human life, he has also emphasized the importance of Yoga in reducing stress increasing the endurance of mind and body. After the speech of Regional Director, Sh. Tejpal Singhal(RC Staff & Yoga expert) demonstrated Yoga asnas and all RC staff has also performed Yoga asnas at the RC Chandigarh HQ(Karnal) premises. On this very specious day all the RC staff had taken the oath to perform Yoga every day. From RC Chandigarh, Sh. Sadhu Ram Bhatia, Tilak Raj, Mohan Lal, Sunil Kumar, Ms. Jyoti & Rohit Goswami along with all daily wage staff and guards has taken active participation to make the Yoga Day successful. Some of the pictures of celebration of Yoga Day are attached.



In the afternoon a virtual lecture was organized on the importance of Yoga and its benefits. The lecture was delivered by Yoga guru Sh. Nilesh Mudgal Ji. In his lecture he emphasized on the importance of Yoga for physical, mental and spiritual development of human body. Dr. Bhanu Pratap Singh, RD, RC Chandigarh thanked Sh. Nilesh Mudgal Ji for sparing his valuable time for delivering such a meaningful lecture. On this occasion from RC Chandigarh, Sh. Sadhu Ram Bhatia, Tilak Raj, Mohan Lal, Sunil Kumar, Ms. Jyoti & Rohit Goswami has actively participated and interacted with Yoga guru. Some of the pictures of celebration of Yoga day are attached.

## 8. Chennai

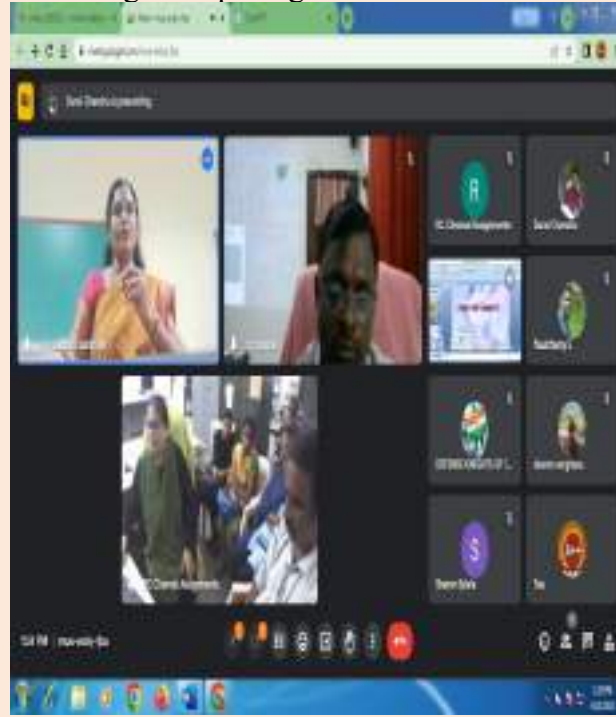
IGNOU Regional Centre, Chennai organized the webinar titled "Yoga for Humanity: VasudaivaKudumbakam" commemorating International Yoga Day. The Webinar was attended by the students and staff of the Regional Centre. The webinar commenced with an inaugural address by Dr K Panneerselvam, Senior Regional Director, highlighting the importance of yoga in fostering physical, mental, and spiritual well-being.

Dr S Selvalakshmi, Associate Professor, Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai delivered the key note address focusing on the concept of Vasudaiva Kudumbakam, which emphasizes the idea of the world being one global family.

In her key note address, she emphasized that yoga, a practice that originated in ancient India, has transcended borders and become a universal language of well-being. It encompasses physical postures, breath control, meditation, and a way of life that promotes balance and harmony. She also stated that the essence of Vasudaiva Kudumbakam lies in the understanding that we are all interconnected. Regardless of our backgrounds, cultures, or beliefs, we share a common bond as human beings. Yoga, with its profound teachings and practices, reminds us of this fundamental truth. Through Yoga for Humanity: Vasudaiva Kudumbakam, we come together as a global community to celebrate our shared humanity. We embrace diversity and inclusivity, recognizing that the strength of our world lies in unity. Dr Selvalakshmi said that when we practice yoga, we not only enhance our physical and mental well-being but also contribute to the greater good. By nurturing ourselves, we become better equipped to nurture others and the world around us. Yoga teaches us compassion, kindness, and empathy. It empowers us to live with mindfulness and make conscious choices that benefit not only ourselves but also society as a whole. When we practice yoga with the intention of Vasudaiva Kudumbakam, we sow the seeds of peace, harmony, and understanding.

The webinar concluded with a Vote of Thanks proposed by Dr Sk Zareena, ARD. In conclusion, the "Yoga for Humanity: Vasudaiva Kudumbakam" webinar organized by RC Chennai on International Yoga Day was a resounding success.

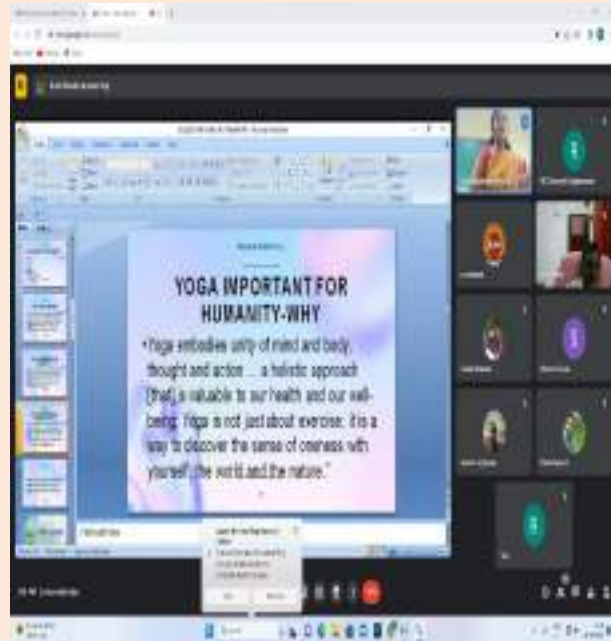
Dr K Panneerselvam, Sr. Regional Director delivering the Opening Remarks



Dr S Selvalakshmi, Associate Professor, Tamil Nadu Physical Education and Sport University, Chennai delivering Key Note Address



Participants of the Webinar watching the Presentation



Speaker explaining the concept through a presentation.





## 9. Cochin

The International Yoga Day for the year 2023 at RC Cochin was held virtually. The virtual meeting was held through *Google Meet* and made live.

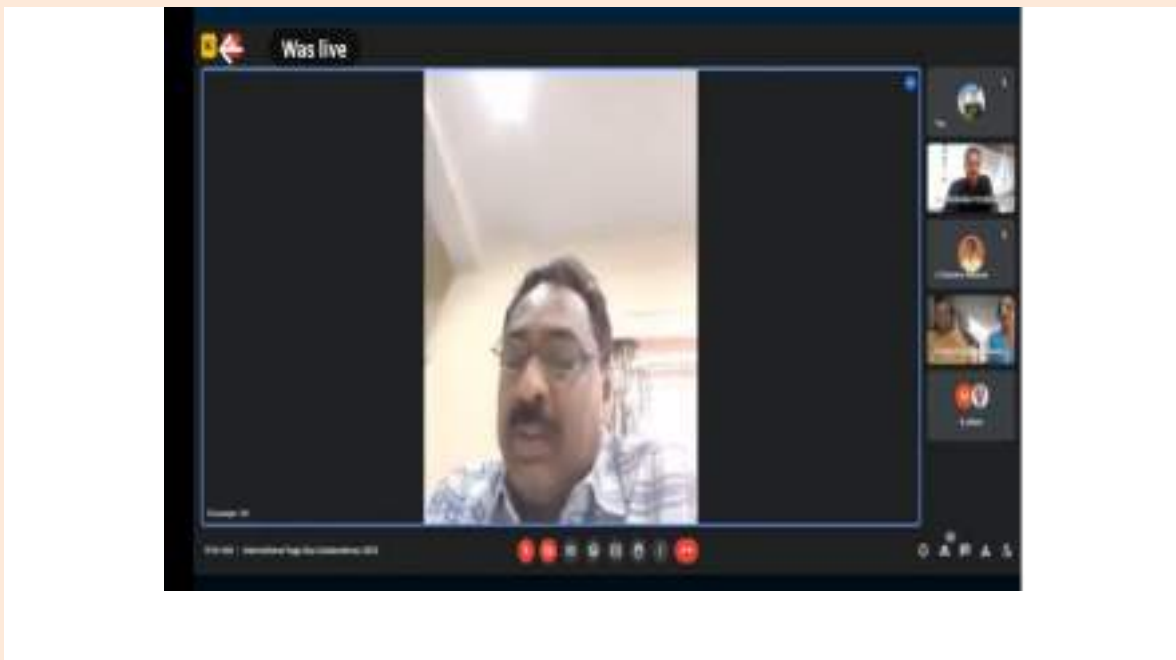
A Work Order was issued on 20-06-2023 to involve all officials for the Virtual Meeting.

Sh. K J Joseph, SO gave the Welcome Address. A brief about the International Yoga Day was highlighted by Dr. J S Dorothy, Regional Director.

Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture, Cochin delivered a lecture and demonstration on Yoga. During the Lecture and Demonstration on Yoga, Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture briefed about the importance of Yoga in the betterment of Physical, Mental and Spiritual wellbeing. Suitable demonstrations apt for the theme was rendered. Various yoga exercises suitable for adults was also imparted.

Dr. V T Jalajakumari, ARD and Dr. Praseetha Unnikrishnan, AD gave reflections of previous experience/ Session as in Cochin Regional Centre during the year 2016, during the tenure of Dr. M Rajesh as Regional Director, face-to-face exposure has been given using the same expert. Dr. S Vijayaragavan, ARD didn't login. The Vote of Thanks was proposed by Sh. K Muraleedharan, SO. The whole meeting was compered by Dr. L. Chandra Sekaran, PS. The creation of *Google Meet* Link, Twitter, FB Live, uploading on YouTube was executed by Sh. Muhammad Ansar TA, AE (DP).

The new normal situation of Virtual Interaction contributed to the digital resource which has been uploaded in Regional Centre YouTube Channel at the Web link <https://www.youtube.com/watch?v=VZyvFn81nPQ&t=66s> . The report of the proceedings was prepared by Dr. Praseetha Unnikrishnan, AD.



## 10. Dehradun

On the occasion of 9<sup>th</sup> International Yoga Day, 21 June 2023 a Training Session on Yoga was organized in face to face mode by IGNOU Regional Centre Dehradun in the office premises at 11am to 12:30pm. All the Academics and staff members participated in the training session.

As Yoga Trainers, Sri Om Kumar Duseja and Ms. Maya Verma from *Bhartiya Yoga Sansthan* were invited to give demonstration and training to all the participants. In the beginning of the session, Sri Om Kumar gave an introduction about the meaning of Yoga and its different components. He explained about different *Ashanas* and their relevance in maintaining fitness of different parts of the body. During the demonstration, Sri Om Kumar explained the participants about different steps of *Ashanas* and *Pranayamas* while Ms. Maya Verma demonstrated the related body posture before the participants.

All the Academics and Staff members practiced Yoga (*Ashana and Pranayams*) under the supervision of Yoga Trainers. They practiced different *Ashansa* and *Yogic* exercises related to movements of Head, Neck, Shoulders, Arms, Waist, Thighs, Knees, Foot, Toes etc. The trainers also explained to them the correct way of doing different *Yogic* exercises including *Tadashana, Trikonashana, Vajrashana, and Anulom-Vilom Pranayama*. T

his was followed by interaction of the participants with the Yoga Trainers. Common queries of the participants were answered by the trainers. All the Participants expressed their commitment to practise Yoga in regular basis.

At the end Dr Anil K Dimri, Sr Regional Director thanked Sri Om Kumar and his team for sparing their time for the cause.

Some pictures of the event are appended below:



## 11. Delhi-1

RC Delhi-1 celebrated the 9th International Yoga Day by organizing a special session of Mr. Ravi Shrivastava, Teacher and Physical Fitness expert and Ms. Hemlata Sharma, Internationally Certified Yoga Instructor (RYT 200). Dr. Ashok Sharma, Regional Director,

IGNOU RC Delhi-1 introduced the Yoga Experts and requested for conduct of the session on the International Yoga Day.

Mr. Ravi Shrivastava, Teacher and Physical Fitness expert and Ms. Hemlata Sharma, Internationally Certified Yoga Instructor (RYT 200) conducted the session and explained some useful exercise in daily routine to be physically and mental fitness. They also shared some exercise for high BP, thyroid, sugar, weight loss and pain legs and fingers due use of mouse/keyboard.

Dr. Ashok Sharma, Regional Director addressed to all the staffs that Yoga should not be practiced only on a single day but it should be regularly practiced on daily basis by all the staff members. He also said that we are not having any substitute for our body so we should maintain it. Dr. Vikas Singhal, ARD coordinated the session and proposed vote of thanks to Mr. Ravi Shrivastava and Ms. Hemlata Sharma for taking a very nice session and sharing of many useful daily exercises. He also thanked all the staff members for participation in the session. Dr. Arshia Hussain, ARD also participated in the session.





## 12. Delhi-2

Today, on 21st June 2023, IGNOU Regional Centre Delhi-2 celebrated 9th International Day of Yoga. It was attended by officials of the Regional Centre Delhi-2. LSC functionaries.

Dr. Meena Singh, Assistant Regional Director, Regional Centre Delhi-2 welcomed all the participants and Yoga expert Dr Ayush Chandra, Consultant Diabetologist, Nivaran Health and Certified Yoga Expert, Ministry of Ayush, Government of India.

Dr. Kana Sharma Sr. Regional Director, IGNOU Regional Centre Delhi-2 highlighted the popularity of yoga across the world and the way people have adopted it in other countries. She also explained the relationship between the body and yoga for keeping the body and mind fit and sound.

The distinguished Yoga Expert, Dr Ayush Chandra Sharma gave a lecture on how to adopt yoga in day to day life. He explained and demonstrated certain yogic postures and exercises like: yogic exercises for warm-up, Anulom -Vilom , Bhastrikasan ,Pranayama , Dhyana Mudra which are very useful in bringing calmness to body and mind.

After the talk on **“Yoga for Life”** and Yoga demonstrations at the end, there was an interactive session in which queries of the participants were resolved by the speaker. The Programme was ended by a Vote of Thanks by Dr. Rita Chauhan, ARD. Few glimpses of the event are attached for information and reference.



### 13. Delhi-3

As per the communication dated 15<sup>th</sup> June 2023 received from Director, RSD, Regional Centre Delhi-3 observed and celebrated the International Yoga Day on 21<sup>st</sup> June 2023 at 1.00pm wherein all Academics and staff members of Regional Centre participated. Acharya Shishir Pokhriyal, an expert of Yoga and Meditation and also an Academic Counsellor of CPY programme at RCSC 38039, was invited to demonstrate various Yogic exercises and impart lecture on Yoga and healthy living.

Dr. A M Saklani, Regional Director welcomed Sh. Pokhriyal and all the participants and briefed about the importance of Yoga in our day to day life and how the Yoga has become a way of life world over and also as to how it has been helping millions to overcome the

physical and mental fatigues caused by a number of factors arising out of modern day life more particularly after COVID-19 pandemic.

Sh. Pokhriyal stated that Yoga is the essence of our life and as such all of us should make it a part of our daily life further emphasizing that it is a discipline based on a subtle science which harmonizes our mind and body. It helps to discover the sense of oneness with ourselves. Thereafter, he demonstrated various Yogic exercises and guided the participants to perform various Aasnas and Pranayam.

Select photographs of the event are given below.



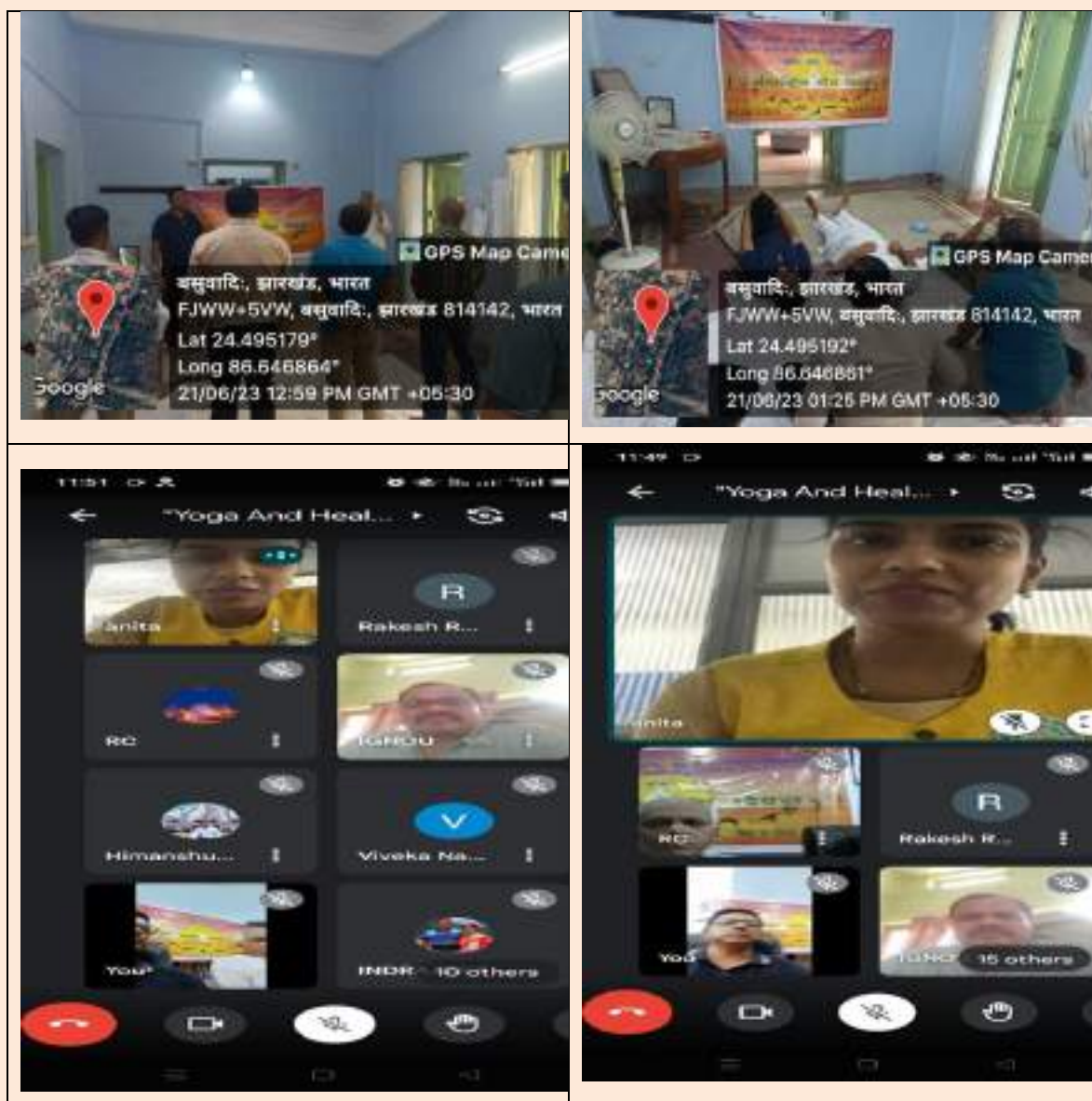


## 14. Deoghar

On occasion of International Yoga Day one online meeting held with Co-ordinators and staff of Regional Centre. In the meeting Dr. Anita Kumari, Expert and Counselor of Orchid Medical Centre, Ranchi was invited to address on topic of “**Yoga and Healthy Life Style**”. She shared in details the importance and benefit of Yoga in physical, mental and psychological aspects of our lives. At last she answered with participants and assured the queries raised by them.

Another event was Yoga session held at Regional Centre premise in which Dr. Saroj Kumar Mishra, ARD demonstrated various Yoga Asanas and Pranayam which are beneficial for physical fitness.





## 15. Guwahati

IGNOU Regional Centre Guwahati, has celebrated the International Day of Yoga, 2023, by organising a Lecture cum Demonstration of Yoga on 21<sup>st</sup> June ,2023 at 3.00 to 4.30 PM in the Conference Hall of the Regional Centre.

Yoga Experts from the Mahapurusha Srimanta Sankaradeva University, Ms. Himasri Kalita and Ms. Dikshita Kalita were the resource persons spoke on the theme of the International Day of Yoga 2023 that is “Yoga for Vasudhaiva Kutumbakam”, a very beautiful and inspiring theme “One Earth, One family and One future”. Yoga is not just Asana or Pranayama. It is the union of the soul, mind and body. It a process in which we integrate our body- mind-intellect

with the larger identities like family, society and nation and the entire creation. The resource persons emphasised that daily practice of Yoga will help us to have better health, better thought process, mental strength and help an individual to be more spiritual. After the lecture the resource persons demonstrated loosening/warming of body, surya namaskar, asanas and pranayama. It was attended by all the staff of the regional Centre. The programme was conducted very successfully and beneficial for all the staff.



## 16. Hyderabad

On the eve of the 9<sup>th</sup> International YOGA Day, the IGNOU Regional Centre, Hyderabad has organized YOGA Session for two days on 20<sup>th</sup>& 21<sup>st</sup> June, 2023. All the staff present to the duties have attended the YOGA Session. The theme or 2023 is Yoga for “VasudhaivaKutumbakam” and “Har Aangan Yog”

RC, Hyderabad has invited Dr. P. Nagaraju, Director, Pramanik YOGA & Assistant Professor, BVRIT, Hyderabad as Chief Guest for giving lecture on “YOGA IN DAILY LIFE” on 20<sup>th</sup> June, 2023.

Dr. P. Nagaraju, spoke on the significance of the YOGA, Yogasanas, Pranayama and Meditation and how the Yoga is helpful in our daily life. The speaker impressed the staff members on the need of taking YOGA as a part of their daily life to maintain the equilibrium of Mind, Heart and Soul.

The positive impact of the YOGA has been demonstrated and explained through YOGA Sutras and Asanas. Thus the YOGA day has been celebrated with much sanctity at the premises of Regional Centre, Hyderabad.

The Regional Director Dr. K. Ramesh thanked Dr.Nagaraju for accepting the invitation and impressed the staff of RC, Hyderabad with his lecture and demonstration of YOGA Asanas, Pranayama and filled all the staff members with rejuvenated energy.

On 21<sup>st</sup> June, 2023, the session was addressed by Dr. K. Ramesh, Regional Director who himself is a trainer spoke about the origin of International Yoga Day and the impact of Yoga in our daily life. He also emphasized as to how the YOGA, Yogasanas, Pranamayama and Meditation plays a major role in our day-to-day activities. Dr. Raju Bolla, ARD spoke on prominence of Yoga. He also coordinated the entire activity of organizing the 9<sup>th</sup> International Yoga Day at RC, Hyderabad. The staff expressed their happiness over the benefit they got after undergoing Yoga Asanas on 20<sup>th</sup> June 2023 in the RC, Hyderabad.

A few photographs taken on the occasion are also attached.



## 17. Itanagar

IGNOU Regional Centre, Itanagar celebrated ninth International Yoga Day today i.e 21.6.23. In view of the ongoing examination, it was decided to celebrate the programme with in-house activities only. No outside expert was called.

All the officials assembled, and a discussion was organized on the benefit of Yoga. Several staff members enthusiastically elaborated their experience with Yoga. They told that by practicing Yoga, they have got many health benefits. Some of them suffered from several ailments, but after practicing Yoga they have got cured. Several staff members said that they are encouraging their near and dear ones to practice Yoga. After the discussion, the staff members did Yoga asana.



Group Photo after Yoga Asana



Siddha asana



Standing bow pullig pose



Pranayama

## 18. Jabalpur

Regional Centre Jabalpur celebrated International day of Yoga at Regional Centre on June 21, 2023. On this Occasion Regional Centre Invited Yoga Expert and Academic Counselor in CPY, **Mrs. Neelima Thakur**. IGNOU learners were also invited; they actively participated in the Programme. All the Academics and staff at Regional Centre participated in the function.

The programme was started with yoga day Pledge. **Regional Director, DrSomasiSrinivas** welcomed the Yoga Expert MrsNeelima Thakur. DrSomasiSrinivas delivered a speech on importance of Yoga and its health benefit, in his speech he elaborated upon how Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance and assists us in coping with everyday demands and challenges. Later important Exercises, Aasanas (Postures) were demonstrated and performed by the participants good for physical and mental fitness specially focused on youth development and the country through regular Aasnas and ancient Indian health System.

After the programme light refreshment of Fruit and Milk apt to the Indian culture was offered to all Participants. The Programme was coordinated by **Dr Anita (Tanwar) Pahadiya**. Assistant Regional Director. All the staff members actively participated.



## 19. Jaipur

09<sup>th</sup> International Yoga Day was celebrated in collaboration with IGNOU Study Centre, SC 23153, ISIM Mansarovar, Jaipur with a theme "Yoga for VasudhaivaKutumbakam" on 21.06.2023. Yogi Manish Vijayvargiya, Yoga Director, Yoga Peace Sansthan, Jaipur was invited to give practical demonstration of Yoga Aasans & Pranayama. Live demonstrations of various Aasans were given by Yogi Manish Vijayvargiya with their advantages, relevance and implications in day to day life. He explained how YOGA, pranayama and meditation can be useful in achieving mental peace, happiness, harmony and auto immunity in stressful and busy life of a person. He motivated all the participants to read Bhagavad Gita and to spare at least 20 minutes daily for practicing yoga and make it a way of life.

Dr. Mamta Bhatia, Sr. Regional Director welcomed invitee and the participants on the occasion and expressed her gratitude towards Hon'ble Vice Chancellor, Hon'ble Pro-Vice Chancellor(s) and Director RSD for guiding and motivating to arrange such activities at Regional Centre. She also expressed her gratitude towards the Chief Guest on the occasion for demonstrating such useful Yoga Aasans.

Sh. Sher Singh, Assistant Regional Director, Dr. Pawan Kumar, Assistant Registrar and Administrative Staff Members, Dr. Manju Nair, Coordinator, Part Time Staff Members and some Academic Counsellors of IGNOU RC Jaipur were present during the sessions on the occasion of Yoga day. The learners enrolled in various programmes of IGNOU also joined and benefited from it.





Dr. Mamta Bhatia, Sr. Regional Director welcomed Chief Guest Sh. Yogi Manish Vijayvargiya



Group photo during 09th International Yoga Day 2023



Laughter Therapy during 09th International Yoga Day 2023



DhyanaAsan during 09th International Yoga Day 2023

## 20. Jammu

Sr.

In anticipation of the International day of Yoga 2023, Regional Centre Jammu organized a **Webinar on the theme "The Ancient Yog: Today and Tomorrow of Well-being!"** on **17.06.2023**. Dr. Ravikant Tawari, Assistant Professor of Yoga Studies, Central Sanskrit University, Jammu campus was the resource person on the occasion who joined the webinar virtually from his campus. The webinar was organized through the Google Meet in which officers and staff of the Regional Centre, Coordinators of the LSCs and a number of students participated virtually. The resource person enlightened about the Yoga being an ancient practice for living a healthy life that combines physical and spiritual disciplines connecting the body and mind. He explained about the Yog Sutras of Maharishi Patanjali and how Yoga evolved over the time.



Dr. Sandeep Gupta, Regional Director IC, Dr. Asha (Jadhav), MEd, Dr. Vikas Singh, MEd, S Teender Pal Singh, Deputy Registrar, Sri Devi Singh, SE and other staff members participated in the workshop. Coordinators of the LSCs and a number of students also participated in the workshop virtually.



Dr. Shivraj Kumar Jain, demonstrated a number of Yoga Asanas and enthusiastically explained about the benefits of each asana. He said that every individual, irrespective of age, religion or region should make the ancient physical fitness practice a part of their daily life to stay fit and healthy. He said that yoga stands time-tested and does not have any barriers, which is why people across the globe are adopting this.

## 21. Jodhpur



## 22. Jorhat

The 9<sup>th</sup> International Yoga Day (IYD) 2023 was observed at IGNOU Regional Centre Jorhat on 21<sup>st</sup> June 2023. On account of Yoga Day, Regional Centre Jorhat has conducted a Training Session on Yoga for the learners of Certificate Programme in Yoga (CPY) and staffs of the Regional Centre.

All the officials and staff of RC Jorhat participated in the Yoga session. Ms. Kabita Neog, Yoga Instructor and Academic Counsellor of CPY programme was the the yoga trainer in the programme. The training session started at 9.00 A.M with the Invocation prayer followed by loosening/warm up exercise like neck movement, shoulder movement, trunk movement and knee movement. After the loosening exercise, the yoga trainer demonstrated various Yogasanas/postures and the participants also practiced the yogasanas as per the protocol of International Yoga Day 2023. The various Yogasanas/postures performed are such as-

### Sitting Postures:

1. Utkatasana
2. ArdhaChakrasana
3. Vajrasana
4. Uttanamandukasana

5. Ardhastrasana
6. Ustrasana

**Standing Postures:**

1. Tadasana
2. Vrksasana
3. Ardhastrasana
4. Trikonasana

**Supine Postures:**

7. Uttanapadasana
8. Setubandhasana
9. Pawanmuktasana
10. Savasana

**Prone postures:**

1. Makarasana
2. Bhujangasana
3. Salabhasana

After yogasanas, pranayams were performed like Kapalabhati, Nadisodhanapranayam, Anuloma Vilomapranayam, Sitalipranayam, Bhramaripranayam followed by Pranadyan .The Yoga Instructor also elaborated the importance of Yoga in human life, its effectiveness and how it helps to keep the body fit and healthy.The yoga session came to an end by performing Santih Path followed by vote of thanks offered by the Senior Regional Director.



## 20. Karnal

On the occasion of 09<sup>th</sup> International Yoga Day, a Webinar on "Importance of Yoga in Human Life" on 20<sup>th</sup> June 2023(03 to 04 PM). Sh Dinesh Gulati, Member, Yog Aayog, Haryana was invited as Resource person. Approximately 50-60 participants i.e. Academics and Staff of Regional Centre Karnal and other RCs, Coordinators/PICs, Academic Counselors and IGNOU learners of the region participated in the this webinar.

A live Yoga Practice Session was organized by RC Karnal on 21<sup>st</sup> June 2022. At the outset, Regional Director (I/c) RC Karnal, Dr. Dharam Pal, welcomed the Chief Guest/Resource Person and the participants and explained the theme of Yoga Day programme.

Sh Dinesh Gulati, Member, Yog Aayog, Haryana was the Resource person. He said that yoga is very relevant in today's day and age, especially in the context of our fast-paced modern lifestyle, for health and personality. He talked about the role of diet with yoga for Good Health in day-to-day life. He described and demonstrated different forms of Yog Asanas and Pranayam. The live session was very impressive and each of the participants was happy to attend the live session.



Photograph Webinar on "Importance of Yoga in Human Life" on 20<sup>th</sup> June 2023(03 to 04 PM)

Photograph of today live session of Yoga



Photograph of today live session of Yoga

Photograph of today live session of Yoga

## 21. Khanna

On the occasion of 9<sup>th</sup> International Yoga Day, all the staff members of RC, Khanna assembled in the conference room and performed various asanas by watching Swami Ramdev's uploaded video on YouTube. The title of the video was to reduce Obesity, to cure Diabetes and to make Spinal Cord healthy and fit. Link of the video is given below: - <https://youtu.be/qhxTDaBLQ9U>

Eleven Asanas were performed by the participants during this Yoga Session. Various benefits of Yogawere highlighted:

- Yoga improves strength, balance and flexibility of the body. The slow movements and deep breathing increase blood flow and warm up muscles.
- Yoga helps with back pain relief. Yoga is as good as basic stretching for easing out pain and improving mobility in people with lower back pain.
- Yoga benefits heart health. Regular yoga practice reduces body-wide inflammation thus contributing to healthier hearts.
- It helps to manage stress. According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

All the participants were familiarized with various asanas like Vakrasana, Bhujangasana, Mandukasana, Pawanmuktasana, Gomukhasana, Makarasana,Chakrasana, Markatasana, etc. These asanas can cure diabetes and spinal cord disc problems, if practisedrigorously by the diabetic patients and the people suffering from spinal cord problems.

Lastly, Dr. Santosh Kumari, Sr. Regional Director inspired everybody to make Yoga a part of daily life so that they may remain fit and healthy.



## 22. Kolkata

The ninth International Yoga Day was celebrated at Regional Centre Kolkata. On this occasion, in order to raise awareness of the many benefits of practicing yoga among the staff members, a lecture cum demonstration by Yoga Expert Sri Ranet Marjit has been organized by the Regional Centre Kolkata premises on June 21, 2023 at 5.30 pm. All the staff members have whole heartedly participated in the event.

The event at RC Kolkata started with the welcome address by Dr. Shiva Kumar GN, Senior Regional Director. He pointed out that the word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. This year, the theme for International Day of Yoga was 'Yoga - Vasudhaiva Kutumbakam'. He pointed that yoga is a



powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being.

Sh. Ranet Marjit demonstrated a number of simple yoga exercises and urged everybody to follow these simple yoga practices in daily life. He described yoga as an ancient physical, mental and spiritual practice that is originated in India. He explained that yoga embodies unity of mind and body, yoga is not just about exercise; it is a way to discover the sense of oneness with oneself, the world and the nature.

In his valedictory address Dr. Santanu Mukherji, Assistant Regional Director expressed his sincere gratitude to the Yoga Expert Sri Ranet Marjit for his demonstration. He also appreciated the staff members for making the event successful.



### 23. Lucknow

Indira Gandhi National Open University, Regional Centre, Lucknow has organized various activities to celebrate 9<sup>th</sup> International Yoga Day from 19<sup>th</sup> June to 21<sup>st</sup> June, 2023. On 19<sup>th</sup> June and 20<sup>th</sup> June, 2023 series of talk on Yoga have been organized through Gyanvani FM Radio Channel 105.6 Mhz. On 19<sup>th</sup> June 2023 a talk on the topic, “Vidyarthi Jeevan mein Yog Ka Mahatva” has been organized and Dr. Bharat Raj Singh & Shri Mukesh Singh have discussed on the importance of Yoga in student life. A talk on the topic, “TanavPrabandhanmein Yoga Ki Bhomika” was given by Ms.Preeti singh on 20<sup>th</sup> June, 2023.

Regional Centre, Lucknow has organized a National Webinar on the topic Role of Yoga & Exercises for Better Health on Tuesday, 20<sup>th</sup> June, 2023 through Google Meet Platform. Prof. T. Onima Reddy, Professor, Deptt. of Physical Edu., BHU, Varanasi was the Chief Guest of the webinar. Sr. Regional Director Dr. Manorama Singh, Asstt. Regional Directors Dr. Reena Kumari & Dr. Anamika Sinha and learners have joined the webinar.

On the occasion of 9<sup>th</sup> International Yoga Day, IGNOU, Regional Centre, Lucknow has organized a Workshop on Yoga Practices in the Campus. Mr. Mukesh Singh, Yoga Instructor was the Chief Guest of the Workshop, Senior Regional Director Dr. Manorama Singh, Additional Director Dr. Anil Kumar Misra, Assistant Regional Directors Dr. Kirti Vikram Singh, Dr. Reena Kumari, Dr. Anamika Sinha, Assistant Registrar Dr. Nishith Nagar and all the staff members along with learners of January 2023 session have participated in the workshop.



Talk on Importance of Yoga through Gyanvani FM Channel



National webinar on Importance of Yog and Exercises in Daily



Workshop on Yoga



Workshop on Yoga

## 24. Madurai

RC Madurai celebrated the 9<sup>th</sup> International Yoga Day in the Regional Centre premises. Dr. M. Shanmugam, Regional Director presided the celebrations and welcomed the Yoga Expert Dr. M. Mathivanan, who is also an Academic Counsellor of IGNOU. All the RC officials participated in the celebrations. The Yoga Expert explained the initiatives taken by the Indian Government to propose a resolution in the United Nations to establish the celebration of International Yoga Day. He then quoted some instances from Ramayanam & Mahabharatam to emphasise that Yoga originated in India. He informed that Yoga is a physical, mental and spiritual practice that improves flexibility of the body, blood circulation, memory and keeps us fit, if performed regularly. He performed and guided RC officials to do some basic relaxing exercises, exercises for eyes & backbones, Naadi-Sudhi and Kapalbhathi Pranayama. Snapshots taken during the event are attached.



## 25. Mumbai

The International Yoga Day Celebrations, IGNOU Regional Centre Mumbai has organised following activities.

- Webinar on “YOGA AND ITS IMPORTANCE”, 20th June 2023 at 11.00AM
- Yoga Session with the collaboration of Patanjali Yoga Samithi, Panvel on 21.06.2023

**Webinar:** An online talk on “YOGA AND ITS IMPORTANCE”, was organized 20th June 2023 at 11.00AM through Google meet for IGNOU students, academic counselors, study centre functionaries and other stakeholders.

In the webinar Dr E Krishna Rao, Regional Director (i/c) has given the welcome address and initial remarks. In his speech he has highlighted the importance of yoga in the human life

and practices of India from ages. He has highlighted that the government of India and state governments are giving high importance and priority to health sector along with other important sectors. Further, central and state governments are striving to make India as health India by adopting different technologies in health sector along with Indian medical traditional practices. He urged the students and staff to adopt the yoga in our daily life activities and take lead in make India as healthy India

The talk was delivered by Dr. Umashankar Kaushik, Assistant Professor in Yogashastra, Somaiya Vidya Vihar University, Mumbai-400077. In his lecture the speaker discussed about the history of yoga through different ages in general and in Maharashtra in particular. The science behind yoga and different yogic poses and concepts were also explained by the speaker (e.g. Kundalini). He further stressed on different types of yoga in general and hatha yoga in particular

The webinar was attended by students, RC staff, Central Sanskrit University (CSU) Mumbai campus faculty academic counsellors and study centre staff.



**Yoga session and Demonstration:** on 21st June 2023 live yoga demonstration session was organized with the collaboration of Patanjali Yoga Samithi Panvel for students and RC staff. The guests were welcomed by Dr. P Namboothiripad, Asst. Regional Director.

Dr E Krishna Rao, Regional Director (i/c) has given the welcome address and initial remarks. In his speech he has highlighted the importance of celebration of International Yoga day across the globe and role of yoga in the context of human health. He has highlighted that IGNOU as per the directions of Hon'ble Vice Chancellor all the Regional Centres are celebrating this International Yoga Day (IYD 2023) across the country by organizing

webinars, conducting awareness meetings, organizing yoga sessions, conducting competitions for staff and students on different themes related to the YOGA.

From the Patanjali Yoga Samithi Panvel three representatives namely Mr. Jitendra Tiwari, Lt. Col. Dr. Kaushik (Retd.) and Mr. Singh Rawat (Ex Navy) have participated and demonstrated the Yoga. Dr. Kaushik has taken session on different techniques, mudras such as Vrajasana, Kapalbharti, Salabhashana, Pranayam, etc. This session has been attended by good number of students' along with the Regional Centre staff.

Mr. Sanjay Kumar, Assistant was the Master of Ceremony and Vote of Thanks was given by Mr. Shashank Tripathi, JAT.

The programme ended with National Anthem.





## 26. Nagpur



The 9<sup>th</sup> International Day of Yoga is celebrated in IGNOU Regional Centre Nagpur with traditional fervour. All the Staff Members including Senior Regional Director assembled in the Teleconference Room of the Regional Centre by 9 am. Dr. Anil Wagh, well known Yoga Guru started the session with **“Importance of Yoga and its Role in Indian Culture”**. He made practical demonstration of various yoga exercises and all others followed. He also explained about the Seven Chakras in the body and performed yoga by focusing on each Chakra.

All the Staff Members including the consultants and Academic Counsellor enthusiastically participated. They interacted with the experts and got clarified specific exercises for the respective ailments.

Dr. P. Sivaswaroop, Senior Regional Director felicitated the Yoga Guru with Shawl Shreefal and Momento. He said that the Government of India has suggested “Y-Brake” (Yoga Brake) to de-stress, refresh and refocus in the office. Today’s small exercises can be implemented for this Y-Brake.



Dr. Anil Wagh explaining the Importance of Yoga Day



Participants performing Dhyana Yoga



Participants performing Yoga exercises



The Yoga Guru Dr. Anil Wagh felicitated with Shwal, Shrifal and Memento.

## 27. NOIDA

9<sup>th</sup> International Yoga Day was celebrated by IGNOU Regional Centre, Noida on 21<sup>st</sup> June, 2023. On this occasion, an online lecture and demonstration on the topic “Yoga for Holistic Well-Being” was organized to promote the practice and benefits of yoga. This event aimed to create awareness about yoga's positive impact on physical and mental well-being, and it was conducted by an esteemed yoga expert namely Ms. Rakhi, who is also an approved academic counselor for Certificate Programme in Yoga offered by IGNOU.

The programme started with the welcome address by Dr. Amit Chaturvedi, Senior Regional Director, IGNOU RC Noida and he highlighted the significance of International Yoga Day. It was followed by recitation of IGNOU Kulgeet.

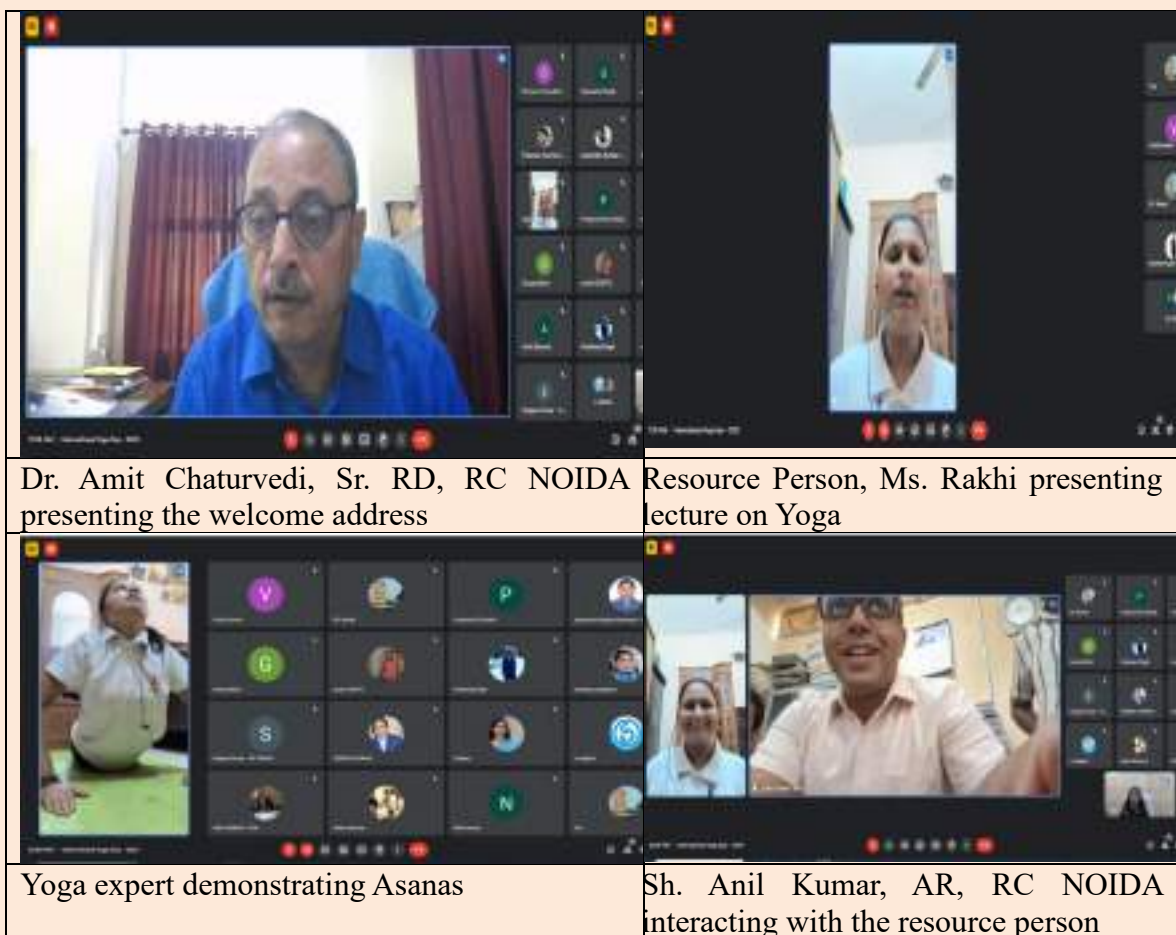
The resource person Ms. Rakhi commenced the session by providing a brief introduction to yoga, its origin and definition. She explained how yoga integrates physical postures (Asanas), breathing techniques (Pranayama), and meditation to promote holistic well-being. The lecture delved into the countless benefits of practicing yoga regularly. The expert emphasized how yoga contributes to stress reduction, flexibility, strength, and overall fitness and she discussed how yoga enhances mental clarity, focus, and emotional balance. Following the lecture, the yoga expert conducted a live demonstration of various yoga asanas and guided participants through each pose.

Participants actively engaged in the session and received personalized guidance from the yoga expert. They gained valuable insights into yoga's principles and techniques, empowering them to integrate yoga into their lives for improved well-being.

The meeting was attended by a total of 37 participants including Sh. Anil Kumar (Assistant Registrar, RC NOIDA), Dr. M. Safdare Azam (ARD, RC Aligarh), other officials and staff RC NOIDA and Aligarh and few learners. The programme was coordinated and vote of thanks was proposed by Dr. Anjana, Assistant Regional Director, RC NOIDA followed by National Anthem.

The meet was organized through the google meet and recording has been uploaded at the youtube channel of RC Noida under following URL:

<https://www.youtube.com/watch?v=XKzILbOwmuQ>



## 28. Panaji

The Regional Centre Panaji celebrated the International Day of Yoga on 21<sup>st</sup> June 2023 at 9:30 AM in the Office premises. Dr. G. Shrinivas, Regional Director I/c briefed about the Yoga Day and its uses and benefits in our day to day life. He also stated in his brief speech about Yoga that It leads to the healthy development of mind, body and soul by mastering certain yoga postures or asanas with breathing techniques. Pranayama needs special mention. It is the simplest form of yoga which is done before any asana. It teaches you how you can do wonders to your body by gaining control over your breath.

The primary objectives about his speech on the youth are as below:

- Improves your brain functions, memory, and concentration.
- Helps you to gain flexibility and improves your posture.
- Helps in improving blood circulation which is needed for the healthy development of your mind and body.
- It plays a very important role in helping you to cope with stress.

Then the staff of RC performed the Yoga asana (depicted in the photographs) and also mentioned their benefits of each yoga asana performed by them.

The vote of thanks was given by Shri. Ramanjaneya, Assistant Registrar of RC-Panaji, he mentioned the key note that keeping all the benefits in mind, the International Yoga Day has come into existence and is celebrated worldwide on the 21st of June to spread the awareness of the positive influences of yoga globally. And the programmed were concluded at 10:30 AM.



IGNOU RC-Panaji Staff Group Photo at IDY-2023



RC-Staff performing Yoga Tree Pose



Shri. Ramanjaneya, Asst. Registrar performing Yoga Pose



Ardhakati Chakrasana performed by RC-Staff

## 29. Patna

Regional Centre Patna & Bhagalpur jointly celebrated the International Day of Yoga by organizing the following activities:

- Practical session on Yoga
- Quiz Competition on Yoga
- Talk on significance of Yoga in the 21<sup>st</sup> century.

The staffs of Regional Centre, Patna, Regional Centre, Bhagalpur & Regional Evaluation Centre, Patna and some students actively participated in all the 3 activities.

In the 1<sup>st</sup> activity, Ms. Reena Kumari, Academic Counsellor of IGNOU for the CPY Programme demonstrated different kinds of Yoga Aasans which the participants practiced under her guidance. The Aasans, she demonstrated included Surya Namaskar, Bazra Aasan, Shabaasan and some aasans for reducing stress and obesity.

The 2<sup>nd</sup> activity “Quiz Competition on Yoga’ was conducted by Mr. Anand Kumar, Asstt. Registrar of Regional Centre, Patna. Mr. Ranjeet Kumar Basu, Assistant of REC, Patna, Mr. Piyush Raj, a student of BBARL and Mr Alok Kumar Jha, SPA, RC, Patna got the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> prizes respectively in the Quiz Competition.

The 3<sup>rd</sup> activity “Talk on significance of Yoga in the 21<sup>st</sup> century” was conducted by Sh. B.K. Sanjay Kumar, Chief Coordinator for HRD Network, Patna Chapter of the Prajapati Brahmakumari Ishwariye Vishwavidyalaya. During his presentation, he highlighted the spiritual signification of Yoga with special focus on Rajyoga being practiced at Prajapati Brahmakumari Ishwariye Vishwavidyalaya. He appreciated this initiative of Regional Centre, Patna and Regional Centre, Bhagalpur.





### 30. Port Blair

The International Yoga Day- 2023 has been celebrated at IGNOU Regional Centre, Port Blair on Wednesday, 21<sup>st</sup> June, 2023. The Programme Yoiga Utsav was organized in the RC Premises at 7.00 AM onwards. The staff members both Regular and outsourcing along with the staff of other Departments viz., ANIIDCO, ALHW, Port Blair has also participated in the function. Dr. RVR Murthy, Regional Director invited the participants and spoke about the significance of observance of International Yoga Day and extended a warm welcome to the participants. The Yoga Expert Shri. N. Sera Arasan, Yoga Physician from Vasumathy Yoga Clinic, Dairy Farm-Port Blair has delivered special lecture on **Yoga: An Approach to Healthy Life and Yoga for Humanity**”.

Further, Shri. N. Sera Arasan, Yoga Physician has also demonstrated various Hashanahs of yoga through displaying charts and mantras. All the participants of IGNOU Regional Centre, Port Blair has participated in the yoga demonstration practice session.

The programme was concluded with vote of thanks.



### 31. Pune

9<sup>th</sup> International Yoga Day was celebrated at Regional Center, Pune on 21<sup>st</sup> June 2023. As per the design shared by RSD, a banner was prepared and installed in the Hall. Dr Kajal Gupta, Medical Officer (O/s), NIN, Pune was invited to deliver a lecture on Yoga for Day-to-day life management. The program started at 11.30 a.m. with the introduction of expert



and explaining the theme of 9<sup>th</sup> International Yoga Day by Dr. D.R. Sharma, Sr. Regional Director.

Dr. Kajal Gupta delivered a talk explaining the importance of panchakosha i.e. Annamaya, Pranamaya, Manomaya, Vidyanamaya and Anandmaya koshas. Explaining these things, she has stressed upon proper intake of food, water, and breathing exercises to control the mind .Giving illustrations from Geeta, she explained that the mind can be controlled when proper and limited food is taken and sufficient rest is observed .For this, she has suggested to start the breathing exercise first which is called as pranayama, at least four minutes a Day.

After the talk, there was interaction session and doubts expressed by the staff members were clarified by the expert to with regard to seating posture for breathing exercise and quantity of water intake per day etc. A few of the staff members have performed different Asanas. The entire talk was streamed live on Regional Centre face book account.



## 32. Raipur

As per the direction of the Director RSD, the Regional Centre Raipur observed International Yoga Day on 21.06.23. In this workshop Dr. Bijaya Kumar Sahoo, ARD coordinated the programme and invited Dr. H Sangeeta Majhi to preside over the One Day Workshop. The workshop was organised in offline, and the students were invited to join the workshop at the Regional Centre Raipur. The Resource Person was Ms. Jayashree Khakhria from Jolly's Yoga Centre accepted our invitation and attended the workshop as the Resource Person. The Regional Director Dr. Majhi exhorted the students and the staff of the Regional Centre regarding the importance of Yoga in our day-to-day life. In her short speech she highlighted the yogic practices since time immemorial and the Rishi and Munni of ancient period

meditated in the deep forest and in the glacier without caring the danger of environment and their immunity system was strong and energized that without food also they could sustain for month and month. Therefore, she advised all the students and the staff of the Regional Centre Raipur to practice yoga every day during workplace or during leisure time so that the individual and the society will be free from disease and all kinds of tension, hypertension, stress and work pressure etc. The main objective is to eradicate all those issues of the students, people and senior citizens through practice of recommended yogic postures. On request of the resource person spoke on the occasion. In her speech she iterated various postures recommended for the students and the staff of the Regional Center Raipur. Finally, the resource person Jayashree Madam demonstrated different postures for different parts of the body. Then after the vote of thanks was delivered by Sri Pradeep Kumar Das, AR and officially the workshop was concluded.





### 33. Rajkot

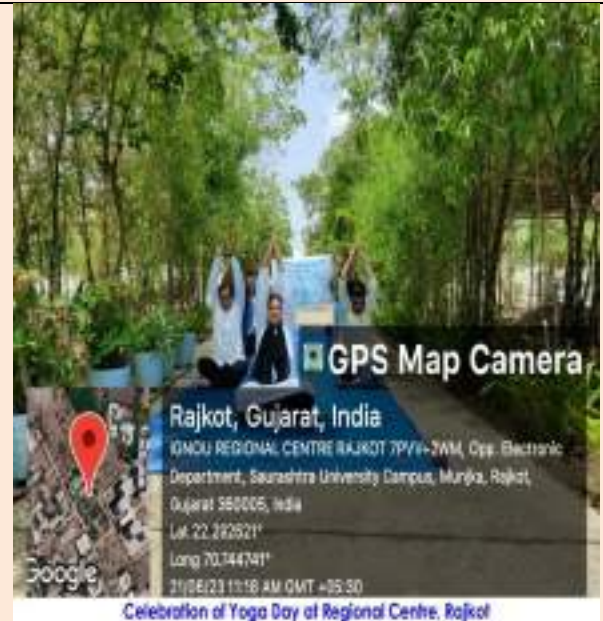
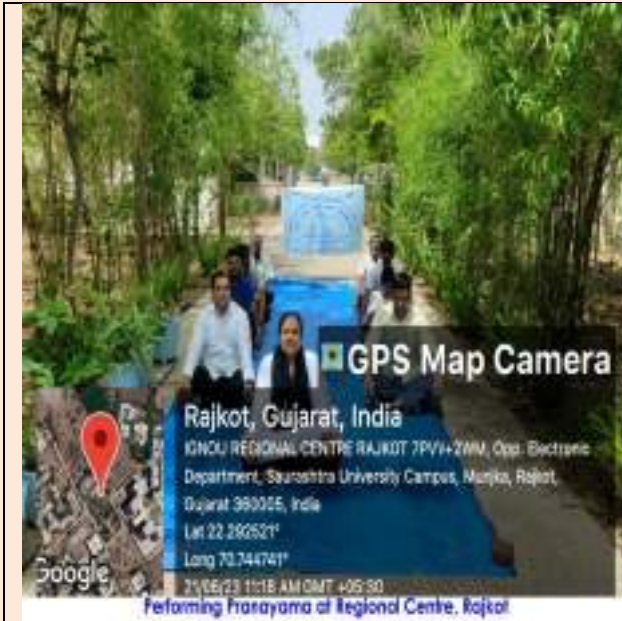
The International Day of Yoga (IDY) is celebrated every year on 21st June.

Regional Centre Rajkot celebrated International Day of Yoga on 21-06-2023 at Regional Centre Rajkot.

Schedule of activities are as follows:

- 11:00 am to 11:30 am: Yoga practice by Regional Centre staff, invited guests and students.
- 11:30 am to 12:00 pm: All the participant members sharing their views about benefit of Yoga, Pranayama & Meditation for healthy living with healthy heart.

Learners and public were invited.



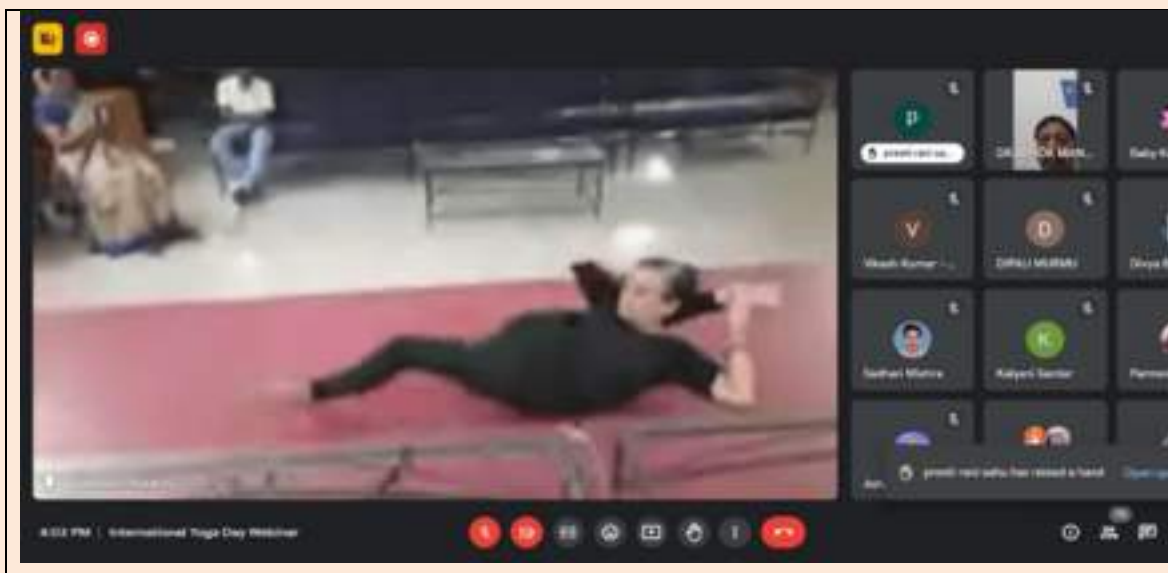
## 34. Ranchi

IGNOU RC Ranchi organised Yoga practice at 8:00am in the RC premises where in the RC staff participated.



A **webinar** was conducted at 3:00pm on the topic Yoga for Body, Mind and Soul. Yogacharya Dr Subhasis Bhaduri was the Guest Speaker who spoke about the health benefits of Yoga and demonstrated asana sitting on a chair. 75-year-Old, Mrs Jayshree Chakraborty, demonstrated yoga asanas with precision and perfection. There were more than 100 participants in the program. A few Coordinators, Academic Counsellors and LSC functionaries other than students participated in the online program.





## 32.Saharsa

### सहरसा

#### 9वाँ अन्तर्राष्ट्रीय योग दिवस 2023 के अवसर पर आयोजित योगाभ्यास कार्यक्रम

इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय (इग्नू) क्षेत्रीय केन्द्र, सहरसा द्वारा योग दिवस के अवसर पर योगाभ्यास कार्यक्रम का आयोजन किया गया। उक्त कार्यक्रम में क्षेत्रीय केन्द्र के सभी पदाधिकारियों एवं कर्मचारियों ने भाग लिया। कार्यक्रम का शुभारंभ डॉ. मिर्जा नेहाल अहमद बेग, क्षेत्रीय निदेशक द्वारा सभी पदाधिकारियों एवं कर्मचारियों के स्वागत के साथ किया गया। डॉ. बेग द्वारा सभी कर्मियों को योग के संबंध में विस्तारपूर्वक बताया गया। उनके द्वारा योग कुछ आसनों के बारे में बारी-बारी से बताया गया। उन्हें देखकर सभी पदाधिकारियों एवं कर्मचारियों ने योगाभ्यास किया।

श्री ओझा जय प्रकाश, सहायक कुलसचिव द्वारा योग के बारे में विस्तारपूर्वक बताया गया। उनके द्वारा बताया गया कि योग एक प्राचीन प्रथा है जिसकी उत्पत्ति भारत में हुई। यह एक मानसिक, शारीरिक और अध्यात्मिक लाभों के लिए विश्वस्तर पर लोक प्रियता हासिल करने में सफल रहा है। पतंजलि, आधुनिक योग के जनक कहे जाते हैं, लेकिन भारत के कुछ हिस्सों में तिरूमलाई कृष्णमायाचार्य को भी आधुनिक योग का जनक माना जाता है। यदि प्रतिदिन हम लोग आधा घंटा योग करें तो हम लोग बहुत सारे रोगों से बच सकते हैं।



### 33. Shillong

International Yoga Day (IYD) 2023 has been celebrated at Regional Center Shillong on 21<sup>st</sup> June 2023 from 11.00 a.m. to 12.05 p.m. The Staff of RC and REC was present and practice Yoga. On this occasion of International Yoga Day, Dr. Anamika Upadhyaya, AYUSH-certified Yoga and Wellness Instructor along with the person present in the hall performed some Asanas, Pranayam, and Meditation. Dr. Upadhyaya explained the benefit of Yoga and practicing Yoga benefits a person physically, mentally, and spiritually. With millions of people around the world participating in various yoga activities and events, International Yoga Day serves as a reminder of the universal appeal and transformative power of this ancient practice.

This year theme of the IYD 2023 is Embracing “Yoga for VasudhaivaKutumbakam” **“the world is one family.”** This principle reflects the idea that all human beings are interconnected and that they should live in harmony and cooperation with one another, transcending boundaries of nationality, religion, race, or any other form of division. Recent incidents in Manipur are eye-opening for all of us. International Yoga Day 2023 will serve as a powerful reminder of the unity and harmony that yoga brings to people across the NE region.



### 34. Shimla

IGNOU Regional Centre, Shimla organized a Lecture-cum-workshop on “Yoga for Physical & Mental Health” on the occasion of International Day of Yoga 2023 on 21<sup>st</sup> June, 2023. Sh. Vinod Kumar Sharma, Yoga Expert and Research Scholar, Department of Yoga Studies, Himachal Pradesh University, Shimla was the Guest/Resource Person. All the staff members of Regional Centre Shimla were present in the session. Senior Regional Director, Dr. Joginder Kumar Yadav welcomed the Guest and spoke on the importance of Yoga in day-to-day life of human being.

Yoga expert, Vinod Kumar Sharma briefed about the ‘Yam-Niyam’ and ‘Pranayam’ and highlighted the importance of ‘YogSadhna’. While speaking on the importance of yoga, he also quoted some important ‘Shalokas of Geeta’ and gave some tips as how to lead a tension free life. The session was followed by demonstration i.e. ‘Anulom-Vilom’, ‘Vagraashan’, ‘Sarwangaashan’, ‘Kapal-bhati’ and ‘Mandukaashan’ etc. In the end of the session, the expert



also clarified the doubts/queries of the participants in a nice manner. The session was ended with the vote of thanks of the expert.



### 35. Siliguri

IGNOU Regional Centre, Siliguri celebrated the International Day of Yoga on 21 June 2023. The events of International Day of Yoga began at 09.30 am, with initiation lecture by Dr. Manoj Roy.V, Assistant Registrar. He spoke about how yoga helps in promoting wellness of the body and mind and how it can address new age problems that we face.

Practical yoga session began with warm-up movements, followed by breathing exercises. It was followed by Lotus position meditation. These had relaxed the body and mind of the participants. Thereafter, simple asanas like Pranayama, Balasana, Shavasana etc. were performed. The practical yoga session ended with Omkar chanting.

Ms Juli Saha, Executive (DP) spoke about the importance of yoga especially for women; how it builds immunity and how it addresses various physical and mental health concerns of women. Shri Avijit Podder, Assistant proposed a vote of thanks. He mentioned that since we are celebrating the day of Yoga every year, his family members are now well aware of the benefits of Yoga, which has particularly helped his children.

All the staff members and students present enthusiastically participated in the programme. The programme was held in the seminar hall of the Regional Centre where all the staff members and few students have assembled.



Ms Juli Saha EDP spoke how Yoga is beneficial to women particularly.



Regional Centre Siliguri staff performing asanas.



Regional Centre Siliguri staff performing asanas.

Regional Centre Siliguri staff performing asanas.

### 36. Srinagar

IGNOU RC Srinagar celebrated the International Yoga Day – 2023 by organizing several activities. An online lecture was organized by RC Srinagar on the theme “Yoga for Vasudhaiva Kutumbakam”. The expert Mr. Nasir Ahmad Wani deliberated on the topic and gave wider perspective about the yoga for well being. A good number of participants including students, staff and Regional Centers joined the online session. Question answer session was also conducted at the end of the lecture.

On 21<sup>st</sup> June 2023, International Yoga Day – 2023, expert Dr. Surjeet Singh, a trained yoga instructor from University of Kashmir conducted yoga sessions. He demonstrated various yoga asanas (postures), pranayama (breathing exercises) and meditation techniques. This session was designed to promote physical fitness, mental relaxation, and spiritual rejuvenation.

In the beginning of the session, Dr. Shahnawaz Ahmad Dar, RD, highlighted the importance of yoga in daily life. He also discussed the benefits of yoga for physical health, stress management, mental well-being, and spiritual growth. The event reiterated the significance of incorporating yoga into daily life and encouraged individuals to explore its benefits. As the world continues to face health challenges, International Yoga Day serves as a reminder

of the transformative power of yoga in promoting holistic wellness for individuals and communities worldwide.

RD starting the session and the Expert demonstrating the ASNAS



RC Staff listening to the expert before performing the yoga



RC Staff performing Yoga Asnas



RC Staff performing Yoga on IYD-2023

### 37.Trivandrum

IGNOU Regional Centre Trivandrum has celebrated the 9th International Day of Yoga by organizing a Lecture cum demonstration on the “Importance of practicing Yoga in daily life”.

The programme has started with the IGNOU Kulgeet followed by the welcome address by Dr Priya Pradeep, Assistant Regional Director, IGNOU Regional Centre, Trivandrum.

Dr.B.Sukumar, Senior Regional Director, IGNOU Regional Centre Trivandrum has delivered the presidential address. In his address he stressed upon the relevance and importance of yoga in our day-to-day life.

The Yoga demonstration has been handled by Ms. Soorya S, Yoga Acharya, Sivananda Yoga Vedanta Centre, Trivandrum. She has demonstrated various Yogic Exercises to the participants and stressed its importance in maintaining our health. The staff members of Regional Centre and IGNOU learners have participated in this programme.

The programme has ended with a vote of thanks by Sh. Kumar Gaurav, Assistant Executive, IGNOU Regional Centre, Trivandrum.

Photographs in connection with the celebrations are being attached for information and records, please.



### 38. Varanasi

On the occasion of 9<sup>th</sup> International Yoga Day on 21st June 2023, IGNOU Regional Centre Varanasi organized one hour Yoga session in the morning hours at 6:00AM. All the officials & staff of Regional Centre Varanasi led by Regional Director participated and practiced different Yogasan steps. Dr. U N Tripathi, Regional Director highlighted the importance of Yoga in daily life and told that this is the only option for stays healthy and overcome from tension at the daily life. Dr. S K Pandey, ARD, RC demonstrated some simple yoga steps to

remain fit and healthy in busy life. Dr. U N Tripathi, Regional Director demonstrated different Yog asan like Surya Namaskar, Pranayam to the participants and said that everybody must do Yoga regularly to feel better and lead a long and healthy life.





### 39. Vatakara

IGNOU Regional Centre Vatakara celebrated Yoga Day 2023 with gaiety. A webinar was organized in which intense discussions were conducted on the innovative practices in Yoga with Yogacharya, Dr. Balakrishnan. The title of the session was, “Innovative Practices in Yoga- The dawn of a new age. A discussion with Yogacharya Dr. Balakrishnan”

In this session, Dr. Balakrishnan highlighted the innovative practices that are adopted in his Yogic research centre, Yogabharathi to treat various physical and psycho-somatic disorders. He elaborated upon the essential differences between Hatha Yoga and Raja Yoga and highlighted the importance of each. Then he went on to dwell into the depth of the concept of “Vasudhaiva Kudumbakam” and explained how the practice of Yoga integrates every human into a holistic whole transcending the boundaries of religion, language, culture, caste and every other conceivable distinction that separates them. In the discussion session, he explained the concept of “stithapranjna” and how it bore the essence of the fruits of Yoga.

Further, the immense utility of Yoga in transforming the lives of persons, including those with various issues was clearly explained. Yogacharya also referred to the important works of Dr Dean Ornish and Dr Christian Bernard during the exposition.

The session was hosted by Dr M. Rajesh, Sr.Regional Director, and participated on the panel by Dr Prameela. O, Assistant Regional Director, Dr.Praveen Kumara, Assistant Registrar and Dr. George Mathew, IGNOU Study Centre Coordinator.

The recording of the session is available on the link, <https://www.youtube.com/live/00ORRT5w1HQ?feature=share> .



#### 40. Vijayawada

Regional Centre Vijayawada celebrated the International Day of Yoga 2023 in the RC premises on 21.06.2023.

The following three activities were taken up by the Regional Centre:

INSTITUTION CELEBRATES/ORGANIZES NATIONAL & INTERNATIONAL COMMEMORATIVE DAYS, EVENTS & FESTIVALS

REGIONAL SERVICES DIVISION



- Regional Centre Vijayawada in association with MSR English Medium High School celebrated the International Day of Yoga with the school children. The RC staff along with the teachers and students of MSR English Medium took the Yoga pledge. Later on the school students performed some yoga asanas.
- The academic and non academic staff of IGNOU Regional Centre Vijayawada celebrated the International Day of Yoga 2023 in the office by performing the surya namaskaras, paadmasan, vaajrasaan, bhujnagasan, mudrasan, pranayama, neck exercises, stretching exercises, breathing exercises, etc.
- All the staff of RC Vijayawada took the online pledge ‘Integrate and Encourage Yoga through Life’ through the Ministry of Ayush ‘my Gov portal’ and downloaded their certificates.

The Regional Director in-charge advised the staff to maintain good health and humanity through yoga practice daily or at least two days a week and also advised to change the lifestyle and food habits for good physical, psychological and spiritual wellbeing.





## 41. Visakhapatnam

The 9<sup>th</sup> International **Day of Yoga celebrations** were held today at the IGNOU Regional Centre at MVP Colony, Visakhapatnam. Dr. R. Tulasi Rao, Faculty, Department of Yoga and Consciousness, Andhra University, Visakhapatnam was the Chief Guest and delivered a Lecture on “Yoga in Daily Life”. The program was chaired by Dr. Dharmarao Gonipati, Regional Director and he inaugurated the programme with his remarks on the importance of International Yoga Day and benefits of Yoga in the day-to-day professional life to reduce the stress. In the lecture, Dr. Tulasi Rao, the Chief Guest has explained the importance of Yoga in facing the challenges encountered by Human beings in their day-to-day life and its requirement for the employees in the Work Place There was a demonstration session after the lecture and the Guest also presented various Asanas for the employees.

An exhibition depicting the programmes of Yoga Day celebrations and quotations on Yoga and its importance. The programme was conducted in face-to-face mode and the Photographs are placed in YouTube, FB and Twitter handles. Sh. A.L.P. Rao, Assistant Registrar, IGNOU Staff participated in the event.

