

## OLIMPIC - A Newsletter covering Open Learning Innovations & Management Practices in IGNOU Regional Centre, Cochin

Vol: 7, Issue: 2 [ The Regional Centre (RC14), Cochin Newsletter is named as OLIMPIC in the year 2017 by the team comprising Dr. M. Rajesh (RD), Dr. Sindhu P. Nair (DD), Dr. V.T. Jalajakumari (ARD) and Dr. Praseetha Unnikrishnan (AD) ] Apr-June 2023

### In this Issue

- 36th Convocation day celebrations
- Orientation Programme for empanelment of Academic Counselors
- Induction Meeting (January 2023)
- Exam Centre Superintendents Meeting
- Term End Examination (June 2023)
- Innovation Club Activity
- Promotional initiatives
- Other Activities at Regional Centre Cochin
- Felicitation to Sh. S. Venugopal, Assistant Registrar, REC Cochin
- Study Centre Corner
- Meet an IGNOU Learner
- Homage to Prof. Ram G. Takwale, Former Vice-Chancellor, IGNOU
- News from News

### Editorial Board

Dr. J.S. Dorothy, RD  
Dr. V.T. Jalajakumari, ARD  
Dr. S. Vijayaragavan, ARD  
Dr. Praseetha Unnikrishnan, AD

### Technical Support

Sh. Mohammad Ansar T A, AE (DP)

### Camera Ready Copy

Dr. Praseetha Unnikrishnan, AD

### Content Editing and Proof reading

Dr. J.S. Dorothy, RD

### Administrative Support

Sh. K. J. Joseph, SO  
Sh. K. Muraleedharan, SO

### IGNOU Regional Centre Cochin Official YouTube Channel link

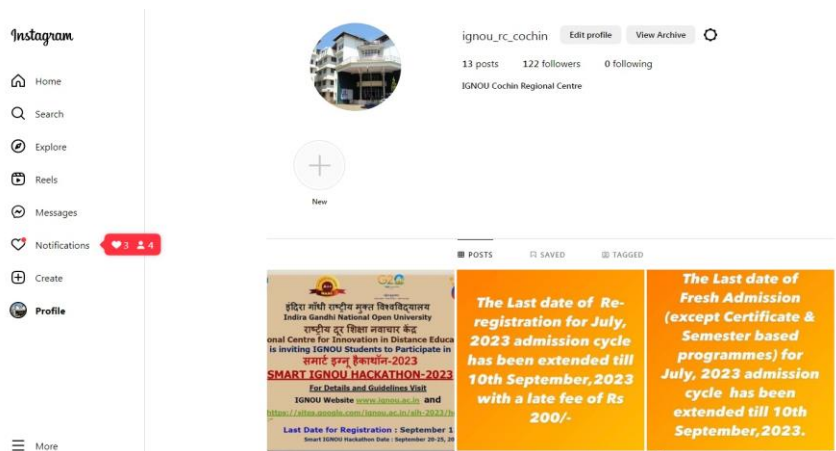
<https://www.youtube.com/c/IGNOURegionalCentreCochin>

IGNOU Regional Centre, Cochin  
Kaloor P. O. 682 017

Email: rccochin@ignou.ac.in

Email: rccochin@ignou.ac.in

### IGNOU REGIONAL CENTRE, COCHIN IS ON INSTAGRAM NOW!



The IGNOU Regional Centre, Cochin Instagram account was created in September, 2022 and can be accessed through the link [https://www.instagram.com/ignou\\_rc\\_cochin/](https://www.instagram.com/ignou_rc_cochin/). The creation of the account has been a significant step by Regional Centre, Cochin to reach out to the learners especially through social media. The Instagram account acts as an information/resource centre providing latest notifications, news and events relevant to the students studying at IGNOU and to the public in general.

The Home page of the IGNOU Regional Centre, Cochin Instagram account provides information about the the latest happenings at RC Cochin whether it be announcements about Admissions, about Innovation activities, Facebook schedule and other related information.

The Instagram Account is presently in its budding stage and is expected to reachout to more number of students and even to the layman who wants to know more about IGNOU and its activities at Regional Centre, Cochin. The Regional Centre already has a Twitter handle ([https://twitter.com/ignou\\_rc\\_cochin?lang=en](https://twitter.com/ignou_rc_cochin?lang=en)), Facebook page (<https://www.facebook.com/IGNOURegionalCentreCochin/>) Website ([www.ignou.ac.in](http://www.ignou.ac.in)) and YouTube channel (<https://www.youtube.com/channel/UCJ3Yy8UXX3NnaFPeDXycMgQ>)

### 36<sup>th</sup> Convocation day celebrations

The 36th Convocation of Indira Gandhi National Open University (IGNOU) was held on 3rd April, 2023 and webcasted live from Head Quarters, New Delhi from 11.00 am onwards. Smt. Draupadi Murmu, Hon'ble President of India was the Chief Guest at the IGNOU Main Campus, New Delhi. The main Convocation function was held in the IGNOU Main Campus at New Delhi. The Regional Convocation was simultaneously organized at various Regional Centres in the Country including Cochin at Municipal Corporation Town Hall, Near Railway over bridge, Ernakulam North.



Smt. Draupadi Murmu, Hon'ble President of India delivering the 36th IGNOU Convocation address through virtual mode on 03.04.2023



IGNOU Regional Centre Cochin learner Ms. Shinsy Shamsudheen was awarded Gold Medal for BSCG programme during 36th IGNOU Convocation ceremony on 03.04.2023

The Regional Director, Dr. J.S. Dorothy presented the Regional Centre report in which the activities and best practices of Regional Centre, Cochin were highlighted.

The Guest of Honour was Justice Sh. S. Siri Jagan, Former Judge, High Court of Kerala and acting Vice Chancellor of National University of Advanced Legal Studies (NUALS). The focus of the address was about the changing educational scenario in which it was emphasized that education should be value based and capable to mould the students into becoming good citizens of the Country. With the increase in percentage of results, the quality of education was showing a challenging trend and this was

expressed by the Guest of Honour. Mr. Siri. Jagan also expressed his concern of improving upon the quality education and urged the students of IGNOU to maintain the quality of Higher education especially since IGNOU is a mega University with International standards.



Guest of Honour Justice S. Siri Jagan, Former Judge, High Court of Kerala and acting Vice Chancellor of National University of Advanced Legal Studies (NUALS) delivering the 36th IGNOU Convocation address at Regional Centre Cochin on 03.04.2023



Guest of Honour Justice S. Siri Jagan, Former Judge, High Court of Kerala and acting Vice Chancellor of National University of Advanced Legal Studies (NUALS) awarding Certificates to the students



Staff of Regional Centre Cochin, Regional Evaluation Centre Cochin and Study Centre 14000 during the 36th IGNOU Convocation address at Regional Centre Cochin on 03.04.2023

At Regional Centre, Cochin, 4139 learners of various academic programmes have successfully completed their programme and awarded degrees in this convocation. Out of them, 2274 learners attended in person to collect their Degrees. Ms. Shinsy Shamsudheen from BSCG programme

was the Gold medalist from Cochin for this 36th Convocation who received the Gold Medal by attending at New Delhi.

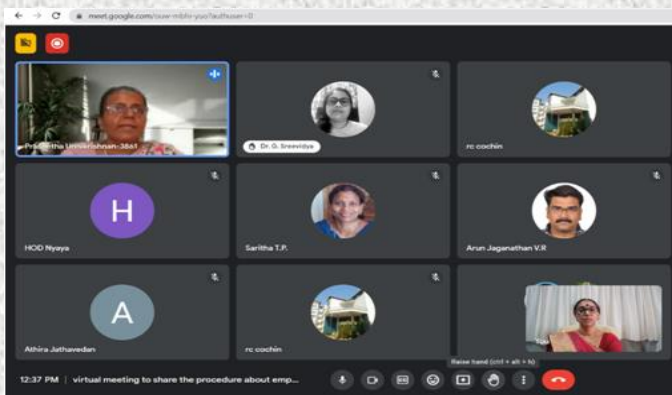


36<sup>th</sup> Convocation glimpses

The function ended with vote of thanks and the National Anthem. The recorded video of the function is available in two parts comprising of photo collage and video under the playlist 'Convocation' of IGNOU RC Cochin YouTube channel available at the link: [https://www.youtube.com/playlist?list=PL-du1gIra7HJfJ\\_QgLxEc4zvhabqOHLijx](https://www.youtube.com/playlist?list=PL-du1gIra7HJfJ_QgLxEc4zvhabqOHLijx).

### Orientation Programme for empanelment of Academic Counselors

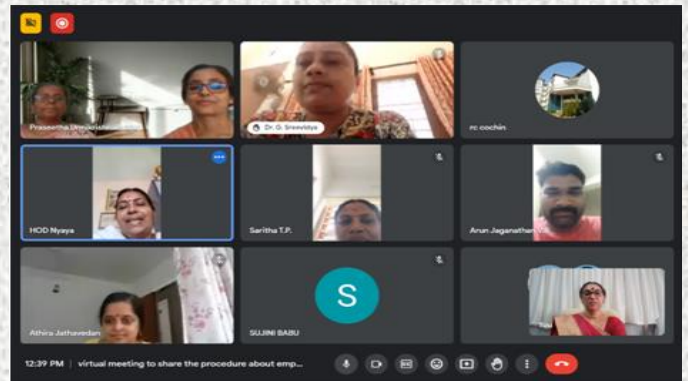
Indira Gandhi National Open University, Regional Centre Cochin conducted a Virtual Orientation Programme on 23rd May 2023 for empanelment of Academic Counselors for the faculties of Sree Sankaracharya Sanskrit University, Kalady, Ernakulam Dist. who were willing to be empanelled as academic counselors of IGNOU for MA Sanskrit, MA Jyothish, BA Sanskrit, Saral Sanskrit Bodhan and Certificate Programme in Yoga. The session was coordinated/administered by Dr. V.T. Jalajakumari, ARD, RC Cochin.



Screenshot of Inaugural address by Dr. J.S. Dorothy, Regional Director, RC Cochin during the Online/Virtual Orientation Programme on 23.05.2023

Dr. J.S. Dorothy, Regional Director, IGNOU Regional Centre Cochin delivered the welcome address wherein the need for empanelment of Academic Counsellors for Sanskrit programmes of IGNOU was emphasized. The Regional

Director also disseminated the information about the availability of IGNOU Programme as courses in the SWAYAM (Study Webs of Active-Learning for Young Aspiring Minds) portal and explained the procedure to register for the SWAYAM courses. Further, Regional Director talked about NEP PDP Programme on offer in SWAYAM and encouraged the participants to get registered for the same.



Interaction of participants during the Online/Virtual Orientation Programme on 23.05.2023

Dr. Jalajakumari V T, ARD, IGNOU Regional Centre Cochin started her session by giving details of Sanskrit Programmes and the individual courses in each of the Programme offered by IGNOU and oriented them by sharing the various steps to be followed in the online empanelment of academic counselors through the prescribed format of IGNOU using PPT which can also be accessed from Regional Centre Cochin website through the link <http://rccochin.ignou.ac.in/Ignou-RC-Cochin/userfiles/file/Guideline%20for%20Empanellment%20of%20AC.pdf>. The internal and external assessment system of IGNOU programmes was also shared by emphasizing the importance and role of Academic Counselors in IGNOU assessment and evaluation context.

Dr. Praseetha Unnikrishnan, AD, IGNOU Regional Centre Cochin highlighted the characteristics of a Distance Learner and the importance of Academic Counsellors and Counselling Sessions in Distance Learning System.

The session was then opened for discussions and the discussions were initiated by Dr. V.T. Jalajakumari, ARD, RC Cochin.

### Induction Meeting (January 2023)

IGNOU Regional Centre, Cochin conducted/hosted two Live Facebook Online/Virtual Induction Meetings for the students of January 2023 session through Google Meet platform on 11<sup>th</sup> April 2023. The session was live streamed through the Official Facebook page of IGNOU Regional Centre Cochin to optimise reach.

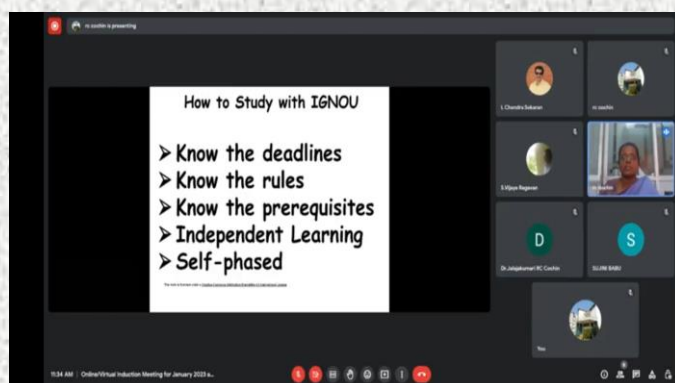
The Agenda/Programme Schedule for virtual induction meeting for January 2023 session held on 11.04.2023 is given below:

S. No	Time	Particulars	Official
1	05 Min	How to Study with IGNOU	Dr.J.S. Dorothy, RD
2	05 Min	Significance of Enrolment Number/Difference between Fresh Admission & Re-registration/ Minimum and Maximum Period of study	Ms. Sujini Babu, Assistant
3	05 Min	Know the IGNOU Regional Centre, Cochin and Facilities at LSC	Dr. L. Chandra Sekaran, PS
4	05 Min	IGNOU Study Materials and Fee Refund for Special Clienteles- Scholarship prerequisites & Multiple Entry and Exit facility for selected Bachelor Degree programmes	Dr. Praseetha Unnikrishnan, AD
5	05 Min	Online Counselling and Project/Internship /Viva-Voce	Dr. V. T. Jalajakumari, ARD
6	05 Min	Internal Assessment at IGNOU & Examination and Convocation	Dr. S. Vijayaragavan, ARD
7	05 Min	Life Skill for a Distance Learner	Dr. J.S. Dorothy, RD
8	05 Min	Summing up	Dr. Praseetha Unnikrishnan, AD

Dr. J.S. Dorothy, Regional Director, RC Cochin welcomed all the participants and addressed the learners on how to study with IGNOU. The importance of Self check questions and use of study materials online was highlighted along with the importance of life skills for a Distance Learner. It was emphasized that Honesty, taking one day at a time, Persistence, Expression of Interest, Steadfastness and Peer Interaction are very important life skills for a Distance Learner to enable him/her cope up with the Professional, Social and Educational responsibilities.

Ms. Sujini Babu, Assistant, Regional Centre, Cochin then explained about the significance of Enrolment Number, the difference between Fresh Admission and Re-registration, Minimum and Maximum period of Study made available at IGNOU.

Dr. L. Chandra Sekaran, PS elaborated on the facilities available at Regional Centre, Cochin for the Learners in which the facilities available for students including the location, timings, accessibility to Regional centre were highlighted. The IGNOU website and Regional Centre, Cochin website was elaborated upon so that learners can avail the support services by checking the same on a regular basis.



Screenshot of the Online/Virtual Induction Meeting through Google Meet platform live streamed through the Official Facebook page of IGNOU on 11.04.2023

Dr. Praseetha Unnikrishnan, ARD further explained about the importance of Study Materials, its structure and how one can download the same from the IGNOU website. Dr. Praseetha Unnikrishnan, ARD explained about the prerequisites of Scholarship for special clientele and how one can apply for the same. The importance of Online Counseling session to the learners was highlighted by Dr. V.T. Jalajakumari, ARD in which the new norms pertaining to Counseling was highlighted. Dr. S. Vijayaragavan, ARD explained about the Internal Assessment at IGNOU specifically emphasizing on modalities of writing and submitting assignments. The online method of downloading of Assignment questions was explained. Examination and Convocation to the students in which online submission of Examination form was highlighted. The Convocation being held once in a year was also informed to the Learners.

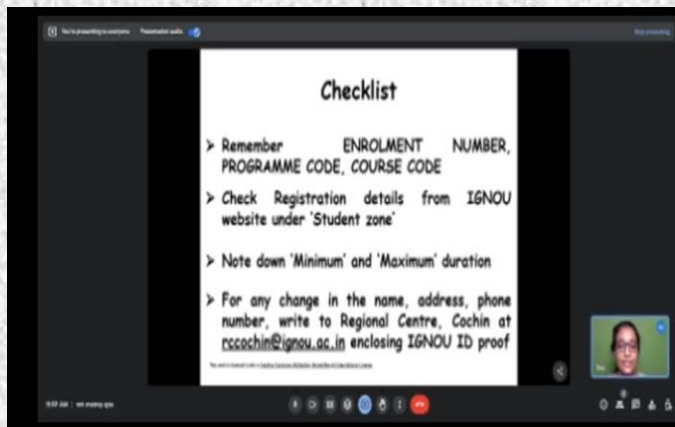
Dr. Praseetha then summarized the session by covering the main points as a Checklist starting from downloading of ID card to receiving of Certificate from IGNOU, so as to enable the Learners to successfully complete their programme from IGNOU.

The Online/Virtual Live session for students of January 2023 learners was well received by one and all. The programme was coordinated/administered by Dr. Praseetha Unnikrishnan, AD and technical assistance for the same was provided by Shri. Muhammad Ansar T A, AEDP. The recorded video has been uploaded in the Regional Centre Official You Tube Channel accessible at the link <https://www.youtube.com/watch?v=bIzDXmFR6bM&list=PLdu1gIra7HISqowcBYmFAHpiujcJ2Aw&index=3&t=652s> to facilitate/ revisit the session and to enable the learners who missed the live session to access the deliberations.

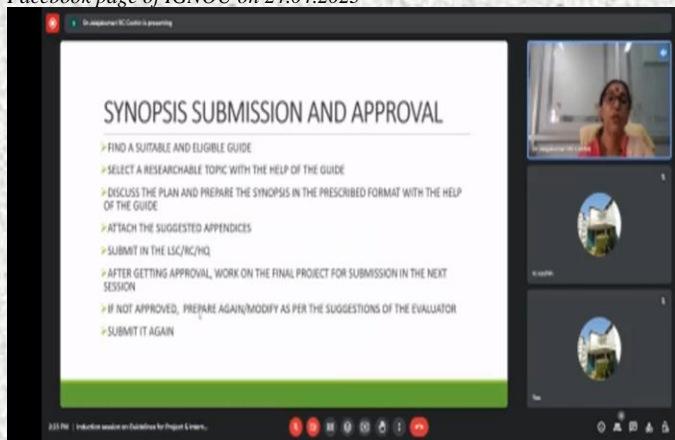
Beyond the general Induction session the following Live Induction Sessions for benefit of fresh learners and

re-registered learners has been conducted through Official Facebook page of IGNOU Regional Centre Cochin.

S. No	Date	Particulars	Official
1	24.04.2023	A short live session on Induction Meeting in Malayalam	Dr. Praseetha Unnikrishnan, AD
2	04.05.2023	Induction session on Projects and Internship	Dr. V. T. Jalajakumari, ARD



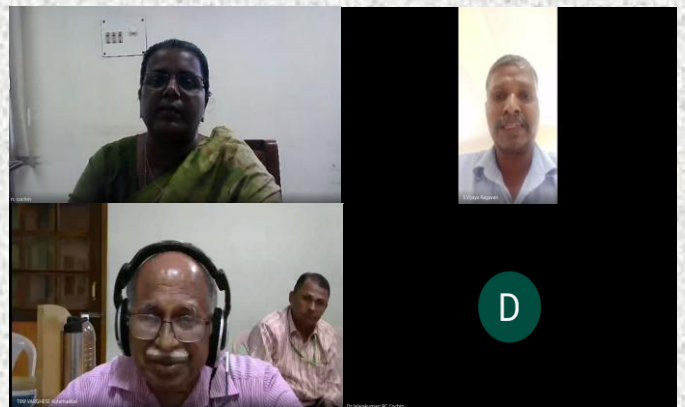
Screenshot of the Online/Virtual Induction session in Malayalam language by Dr. Praseetha Unnikrishnan, AD which live streamed through the Official Facebook page of IGNOU on 24.04.2023



Screenshot of the Online/Virtual Induction session on Projects and Internship by Dr. V.T. Jalajakumari, ARD which live streamed through the Official Facebook page of IGNOU on 04.05.2023

### Exam Centre Superintendents Meeting

The Exam Centres Superintendent Meeting for June 2023 TEE was held on 24.05.2023 by IGNOU Regional Centre Cochin through *Google Meet* platform. The meeting was coordinated by Dr. S. Vijayaragavan, ARD who was also the Nodal officer for June Term End Examination, 2023 at Regional Centre Cochin. Dr. J.S. Dorothy, Regional Director, delivered the Welcome address and emphasized about the important pre-Examination activities at Regional Centre besides conveying gratitude to the management of the Host Institution housing LSC for smooth conduct of Term end Examination June 2023 under Regional Centre Cochin.



Participants during Online/Virtual Exam Superintendent Meeting on 24.05.2023

Dr. S. Vijayaragavan, ARD highlighted the mode of Observer deputation to the Examination Centres and methods of online question paper delivery system for smooth conduction of TEE June 2023 Examination. Dr. V.T. Jalajakumari, ARD deliberated about help desk activities during Examination with special reference to Differently abled learners in integrated Examination hall. Dr. Sindhu P. Nair, DD, Regional Evaluation Centre Cochin highlighted about the information regarding the jurisdiction for sending Answer script to Regional Evaluation Centre Cochin. The meeting was interactive and came to an end with vote of thanks by Dr. Praseetha Unnikrishnan, AD.

### Term End Examination (June 2023)

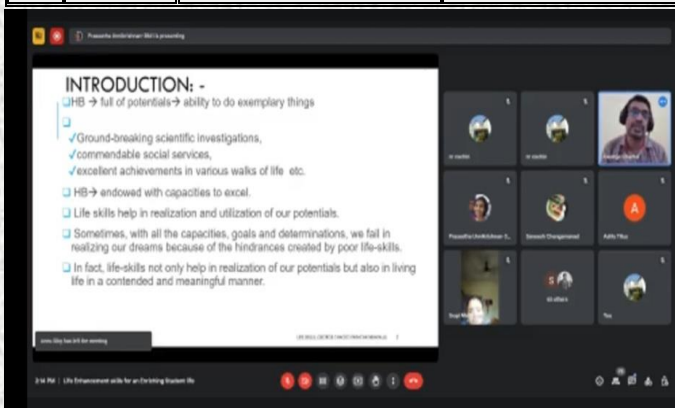
The June 2023 Term End Examination was held from 1<sup>st</sup> June 2023 to 7<sup>th</sup> July 2023. The Examinations were conducted at 14 Examination Centres under the region at Ernakulam, Kottayam, Idukki, Thrissur and Union Territory of Lakshadweep with 122324 registered examinees. The Study Centre SC 14000 functioning from Regional centre Campus also served as the Examination Centre. Dr. V.T. Jalajakumari, ARD served as the Exam Centre Supt. for the June 2023 TEE conducted at LSC14000.

### Innovation Club Activity

The Innovation Club at Regional Centre, Cochin was initiated under the encouragement of the National Centre for Innovation in Distance Education (NCIDE) of IGNOU. The sessions are being held at Regional Centre, Cochin with an objective to enrich and generate awareness amongst the learners of IGNOU on a wide range of topics ranging from *Career Management* to *Healthy Way of Living: Millet for Wellness* through which the learners were made aware about various issues and motivated to think innovatively, generate ideas and embark on a path which could lead to future development of the Nation.

Two sessions on 'Life enhancement skills for an enriching student life' and 'Healthy way of Living: Millet for Wellness' was held and the same was coordinated/administered by Dr. Praseetha Unnikrishnan, AD who is also the Nodal Officer for the Innovation club activities at Regional Centre, Cochin. The details of the session are as follows.

S. No	Date	Resource Person	Topic of Presentation
1	25.04.2023	Sh. George Chacko Welfare Officer, Prisons & Correctional Services, Govt. of Kerala	Life enhancement skills for an enriching student life
2	21.06.2023	Dr. D.D. Nambudiri Former Dean, KUFOS, Cochin	Healthy way of Living: Millet for Wellness



Screenshot of the Virtual/Online Open Session cum Enrichment Session addressed by Sh. George Chacko, Welfare Officer, Prisons & Correctional Services, Govt. of Kerala on 25.04.2023

The recording of the Innovation club Open Session cum Enrichment Session is available in IGNOU Regional Centre Cochin official YouTube channel under playlist "The Innovation Club- monthly lecture identified as 'Open Session cum Enrichment Session'" at the link: <https://www.youtube.com/watch?v=9qQbtyYPZB8&list=PL-du1gIra7HJssHwGoeKPnjp ZK1YZpMYs>. In all the Innovation club Open Session cum Enrichment Session, highlight about the availability of IGNOU Programme as courses, NEP PDP Programme in the SWAYAM (Study Webs of Active-Learning for Young Aspiring Minds) portal and life skills, soft skill education were also a constant event.

### Celebration of 'International Year of Millets' under Innovation Club Activity

The United Nations General Assembly (UNGA) has declared 2023 as the 'International Year of Millets'. As a part of the directions received from Ministry of Education to IGNOU HQ, Delhi, Regional Centres have been requested to create awareness about the same by various means. In lieu of the same, efforts were made at Regional Centre, Cochin for celebration of the same. A special playlist to

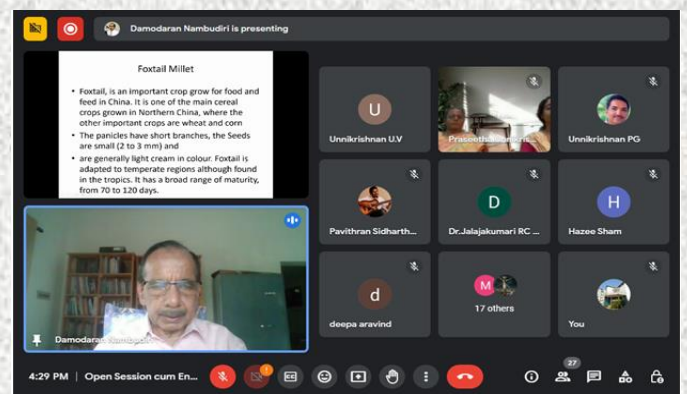
document the importance of Millets has been created in the YouTube channel of IGNOU Regional Centre Cochin available at the link <https://www.youtube.com/playlist?list=PL-du1gIra7HIw8g4uV6d6xREWypu MJ4Uq> which has videos of both English and Tamil languages.

As a part of the Innovation club initiatives, RC Cochin, an Open session cum Enrichment session was organized on 21.06.2023 by Dr. D.D. Nambudiri, Former Dean, KUFOS, Cochin on the topic 'Healthy way of Living: Millet for Wellness'

The Resource Person of the Session Dr. D. D. Nambudiri introduced the term 'Millets', amongst the participants. Millets which are small grained cereals and its types like Kodo, Foxtail, Proso, Little and Barnyard millets was introduced amongst the participants. Millets according to Dr. Nambudiri used to be the staple food of the millions inhabiting in the arid and semi-arid tropics of the world. The statistics pertaining to India highlighted that Rajasthan, Uttar Pradesh and Madhya Pradesh account for more than 81 percent in total millet products. The benefits of Millets were highlighted by the Resource person which include the following:

1. Lowering the risk of Type 2 diabetes,
2. Reduction in overall cholesterol level,
3. Reduction in iron level anemia
4. Weight loss
5. Lowering of respiratory issues

The nutritional content and benefits of each type of Millet was explained in detail by Dr. Nambudiri. Lastly various recipes using Millets was also shared by the Resource person. The personal experience of utilizing millets in day-to-day food by the resource person was challenged to be taken for adaptability in the life of those who listened to the expert. The meetings were coordinated /administered by Dr. Praseetha Unnikrishnan, AD who is also the Nodal Officer for the Innovation club activities at Regional Centre, Cochin.



Screenshot of the Virtual/Online Open Session cum Enrichment Session addressed by Dr. D D Nambudiri, Former Dean, KUFOS, Cochin on 23.06.2023

The entire virtual event has been uploaded in the YouTube channel and can be viewed at the link <https://www.youtube.com/watch?v=nBEedIHfMmo&list=PL-du1gIra7HIw8g4uV6d6xREWypuMJ4Uq&index=1&t=513s>

### Promotional initiatives

Online/Virtual Promotional Meetings, Campaigns and Events with a view to enhance the enrolment for July 2023 Admission cycle besides optimising the awareness about IGNOU programmes were organized by Regional Centre, Cochin through various Study Centres and other Institutions to promote IGNOU programmes by reaching out to the unreached. Integrated mode of reach blending Face-to-face meetings and virtual meetings were utilized to promote/create awareness about IGNOU Programmes. Facebook Live sessions were also organized for the Learners/General public associated with Regional Centre, Cochin for sharing of information pertaining to IGNOU Admissions for July 2023.

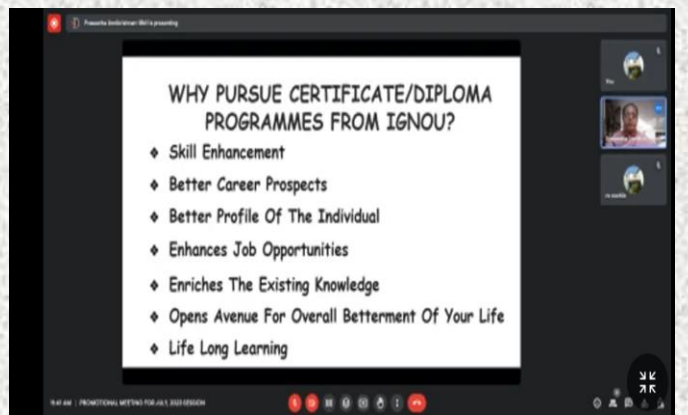
The Live Programmes using Regional Centre Cochin Official Facebook Page was given by the Academics of Regional Centre, Cochin. The Technical support for the Face Book Session Programme was provided by Sh. Muhammad Ansar T A, AEDP, Regional Centre Cochin.

S.No	Date & Time	Meeting organized/ administered by	Participant	Purpose
1	12.04.2023	Dr. Praseetha Unnikrishnan, AD	Faculty of and students of M.Ed.	Face-to-face Promotional Meeting with School of Pedagogical Sciences, MG University, Kottayam
2	23.05.2023	Dr. Praseetha Unnikrishnan, AD	Faculty of Sree Sankaracharya University of Sanskrit, Kalady	Promotional Session during the Orientation Programme of Academic Counselors for Sree Sankaracharya University of Sanskrit, Kalady
3	14.06.2023 11.30 am	Dr. J.S. Dorothy RD	The Facebook session has 210 views	Facebook Live Promotional meeting on the topic 'Enrolling for Certificate/Diploma Programmes of IGNOU as an Add-on Qualification in English Language'
4	14.06.2023 12.15 pm	Dr. J.S. Dorothy RD	The Facebook session has 123 views	Facebook Live Promotional meeting on the topic 'Enrolling for Certificate/Diploma Programmes of IGNOU as an Add-on Qualification in Tamil Language'
5	15.06.2023 11.30 am	Dr. Praseetha Unnikrishnan, AD	The Facebook session has 270 views	Facebook Live Promotional meeting on the topic 'Enrolling for Certificate/Diploma Programmes of IGNOU as an Add-on Qualification in Malayalam'
6	15.06.2023 11.30 am	Dr. V.T. Jalajakumari, ARD	The Facebook session has 257 views	Facebook Live Promotional meeting on the topic 'Learning through IGNOU' in Malayalam

S.No	Date & Time	Meeting organized/ administered by	Participant	Purpose
7	16.06.2023 11 am	Dr. Praseetha Unnikrishnan, AD	The Facebook session has 313 views	Facebook Live Promotional meeting on the topic 'Enrolling for Certificate/Diploma Programmes of IGNOU as an Add-on Qualification' in Hindi
8	21.06.2023 11.30 am	Dr. J.S. Dorothy RD	The Facebook session has 105 views	Facebook Live Promotional meeting on the topic 'Pursuing Management Programmes of IGNOU as a Facilitator for Career Management' in English
9	21.06.2023 12.15 pm	Dr. J.S. Dorothy RD	The Facebook session has 86 views	Facebook Live Promotional meeting on the topic 'Pursuing Management Programmes of IGNOU as a Facilitator for Career Management' in Tamil
10	22.06.2023 11.30 am	Dr. Praseetha Unnikrishnan, AD	The Facebook session has 139 views	Facebook Live Promotional meeting on the topic 'Pursuing Management Programmes of IGNOU as a Facilitator for Career Management' in Malayalam
11	22.06.2023 12.15 pm	Dr. Praseetha Unnikrishnan, AD	The Facebook session has 189 views	Facebook Live Promotional meeting on the topic 'Pursuing Management Programmes of IGNOU as a Facilitator for Career Management' in Hindi



Face-to-face Promotional Meeting by Dr. Praseetha Unnikrishnan, AD at MG University, Kottayam on 12.04.2023



Screenshot of Presentation presented by Dr. J.S. Dorothy, RD during the FB Live session on 15.06.2023



Screenshot of Presentation presented by Dr. V.T. Jalajakumari, ARD during the FB Live session on 15.06.2023

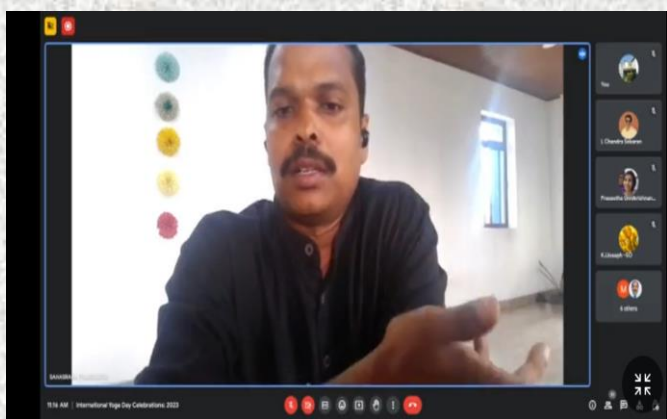
The recording of the Promotional Meetings are available in IGNOU Regional Centre Cochin official YouTube channel under playlist “Promotional Meeting” at the link: <https://www.youtube.com/watch?v=cd2cmYLz9To&list=PLu1gIra7HK5K37AdA J0j61aQRo93F0m>

### Other Activities at Regional Centre Cochin

#### International Yoga Day Celebration

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. The Regional Centre Cochin celebrated International Yoga Day by organizing a lecture on the topic ‘Importance of Yoga in the betterment of Physical, Mental and Spiritual wellbeing’ on 21<sup>st</sup> June 2023 in Online mode through *Google meet*.

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.

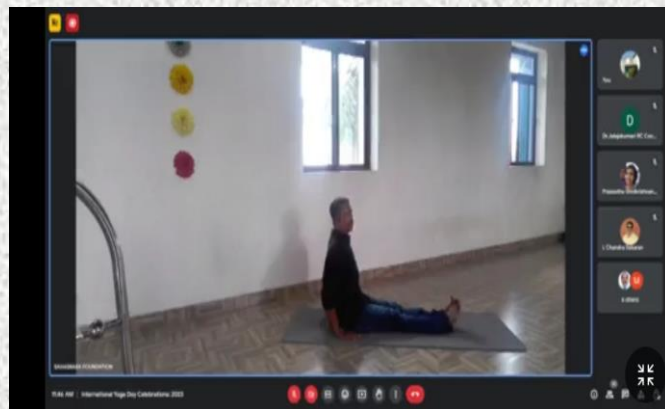


Sh. Sooraj P Sekhar, Director, SAHASRARA Institute of Yoga and Mind Culture addressing all the participants during the Online/Virtual Yoga day celebration at Regional Centre, Cochin on 21.06.2023

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. The Vote of Thanks was proposed by Sh. K Muraleedharan, SO. The whole meeting was compered by Dr. L. Chandra Sekaran, PS.



Demonstration on Yoga during the Online/Virtual Yoga Day celebrations on 21.06.2023

The technical support for creation of Google Meet Link, Twitter, FB Live, uploading on YouTube was executed by Sh. Muhammad Ansar TA, AE (DP) and back office operations for the conduct of the event by Ms. Reshma Suresh, outsourced staff.

The recording of the Yoga day celebrations is available at the link <https://www.youtube.com/@IGNOU> Regional Centre Cochin in IGNOU Regional Centre Cochin official YouTube channel. The earlier recordings alongwith that of the year 2023 is collectively available under playlist “International YD” at the link: [https://www.youtube.com/watch?v=VZyvFn81nPQ&list=PL-du1gIra7HITDXbNM0px8MP\\_T0mGEpRI&index=3](https://www.youtube.com/watch?v=VZyvFn81nPQ&list=PL-du1gIra7HITDXbNM0px8MP_T0mGEpRI&index=3)

#### Felicitation to Sh. S. Venugopal, Assistant Registrar, REC Cochin

Sh. S. Venugopal, Assistant Registrar, Regional Evaluation Centre Cochin retired from services of IGNOU service on 30.06.2023 after completing 30 years of service towards IGNOU.

Sh. S. Venugopal joined IGNOU Regional Centre, Bhopal in the year 1990 and was transferred to School of Engineering and Technology (SOET), HQ, Delhi in the year 1993. Sh. S. Venugopal was transferred to F & A Division, HQ, Delhi in the year 1995.



Sh. S. Venugopal then worked as an Accounts Officer at Rajiv Gandhi Nation Institute of Youth Development Sriperumpudur Tamil Nadu on deputation during the period 1998 to 2001. In 2001, he re-joined at the EMPC Purchase & Accounts Section, IGNOU HQ, Delhi.

In 2005, upon promotion, Sh. S. Venugopal was transferred to Regional Centre Madurai and then transferred to Regional Evaluation Centre Cochin in 2018. Thus, Sh. S. Venugopal worked in two Regional Centers, two Divisions at HQ and one REC.



Virtual Felicitation ceremony for Sh. S. Venugopal, Assistant Registrar at Regional Evaluation Centre, Cochin on 30.06.2023

The Face-to-Face Felicitation ceremony for Sh. S. Venugopal was held on 30.06.2023 at Regional Centre Cochin where every Staff/Academic spoke of their interactions with Sh. S. Venugopal, and expressed gratitude for the same.

Further prior to Face-to-Face Felicitation Ceremony at Regional Centre, Cochin a virtual Felicitation ceremony for Sh. S. Venugopal through Google meet platform was organized by Regional Centre, Cochin for Regional Centres, Regional Evaluation Centres across India, Divisions/Schools of IGNOU Head Quarter Delhi on 30.06.2023 at 11 am. Officials from Headquarters and several Regional Centres/Regional Evaluation Centres appreciated and felicitated Sh. S. Venugopal in the virtual Felicitation. In the virtual Felicitation ceremony, Ms. V. Rajeswari spouse of Sh. Venugopal participated and spoke about how Sh. Venugopal always balanced his work with his family responsibilities and was a beloved husband and a good father to his son.

In both Virtual and Face-to-Face Felicitations, Sh. Venugopal was appreciated by one and all for his contributions and efforts towards the various activities of Regional Evaluation Centre Cochin and other Regional Centres/Regional Evaluation Centres where Sh. Venugopal had worked earlier.



Felicitation ceremony of Sh. S. Venugopal, Assistant Registrar at Regional Centre, Cochin on 30.06.2023



Staff of Regional Centre Cochin and Regional Evaluation, Cochin during the felicitation ceremony of Sh. S. Venugopal, Assistant Registrar at Regional Centre, Cochin on 30.06.2023

The recording of the Virtual Felicitation ceremony is available in IGNOU Regional Centre Cochin official YouTube channel under playlist "Superannuated Staff" at the link: <https://www.youtube.com/playlist?list=PL-du1gIra7HK2Yxds22uig4QSTPqvI7m9>

IGNOU Regional Centre Cochin wishes Sh. Venugopal a very happy, healthy and joyful retired life.

### Study Centre Corner

**Interfield Laboratories, Karuvelipady, Thoppumpady, Ernakulam Dist. (PSC14114P)**



Interfield Laboratories is a testing laboratory catering to the testing needs of industries such as spices, herbs, condiments, fruits, vegetables, fishery products, cereals, tea, coffee, milk and milk products, packaged water,

processing water, effluent water and pharmaceuticals. The laboratory was set up in 1995 and is accredited as per ISO 17025. The laboratory is approved by Food Safety & Standards Authority of India (FSSAI), Export Inspection Council of India (EIC), Agricultural & Processed Food Products Export Development Authority (APEDA), Bureau of Indian Standards (BIS), Tea Board of India, Pollution Control Board, Spices Board of India and Drugs Controller of India for testing various products as per the regulatory requirements. The laboratory has been empanelled by World Spice Organization for testing of spice products.



Study Centre Office at Interfield Laboratories, Karuvelipady, Kochi

The laboratory has various testing divisions namely chemistry, microbiology, molecular biology, drugs and cosmetics. The laboratory performs the tests for pesticides, antibiotics, veterinary drugs, heavy metals, mycotoxins and various quality parameters using a wide spectrum of advanced new generation techniques and instrumentations such as Liquid chromatograph tandem mass spectrometer (LCMSMS), High performance liquid chromatograph (HPLC), Gas chromatograph tandem mass spectrometer (GCMSMS), Gas chromatograph mass spectrometer (GCMS), Gas chromatograph with flame Ionisation and electron capture detectors (GC-FID/ECD), Inductively coupled plasma mass spectrometer (ICPMS), Atomic Absorption Spectrometer (AAS), Ion chromatograph (IC), Fourier Transform Infrared Spectrometer (FTIR), UV-Visible Spectrophotometer and Flame photometer. The laboratory also offers a full range of microbiological tests using conventional methods, PCR based analysis for bacterial pathogens & viruses, and PCR based GMO testing in food and plant materials.

The Study Centre LSC 1480 at Interfield Laboratories, Karuvelipady, Kochi (PSC14114P) was established by IGNOU in 2009 with six students of Post Graduate Diploma in Food Safety and Quality Management (PGDFSQM) offered by School of Agriculture and has presently grown to 63 students as on January 2023. This is the only Study Centre under Regional Centre Cochin which offers Post Graduate Diploma in Food Safety and Quality Management

(PGDFSQM) and MSc. in Food Safety and Quality Management (MSCFSQM). The laboratory has spacious class rooms for counselling sessions and is having well qualified personnel as academic counsellors. Three Ph. D degree holders and four Postgraduate degree holders with 10 to 20 years experience in the field of food safety and quality function as academic counsellors.



Dr. N.S. Kalesh, Programme-In-Charge of IGNOU Study Centre LSC 14114 Interfield Laboratories, Karuvelipady, Kochi

IGNOU Regional Centre Cochin expresses gratitude to Dr. N.S. Kalesh, Programme – in Charge of Interfield Laboratories for providing inputs for this issuance of Newsletter.

### Meet an IGNOU Learner



In this edition of "Meet an IGNOU Learner", we introduce you to Ms. Shinsy Shamsudheen who is a Gold Medalist of 36th Convocation for Bachelor of Science (BSCG) programme. Ms. Shinsy Shamsudheen is presently doing her Masters Degree in Chemistry from NIT Bhopal. Her profile was facilitated by Dr. Praseetha Unnikrishnan, Asst. Director for use in the Newsletter of IGNOU Regional Centre, Cochin. In the words of Ms. Shinsy Shamsudheen,

*"I have done my BSCG (2019-2022) from IGNOU with the Study Centre 1402 Sacred Heart, Thevara. My study centre was very supportive in completing my practicals on time which led me to finish my individual courses of the BSCG programme on time. Due to the onset of COVID 19, I encountered many hurdles related to pending fulfilment of Internal Evaluation. However, the Study Centre and Regional Centre coordinated well to hold the practicals and I could*

successfully complete to accomplish the whole prescribed credits in the minimum period of study from Regional Centre Cochin I cherish the support received from my family for the opportunity to study at IGNOU. I received the Gold Medal from the Honourable President of India Smt. Droupathi Murmu and am so proud of it."

IGNOU Regional Centre, Cochin appreciates her efforts and wishes Ms. Shinsy Shamsudheen the best in life and in all her future endeavors!

**Homage to Prof. Ram G. Takwale, Former Vice-Chancellor, IGNOU (1933-2023)**



Prof. Ram G. Takwale was born on 11th April, 1933 and was an Indian Academic Administrator who was the Former Vice Chancellor of Indira Gandhi National Open University passed away on 13th May 2023 at the age of 90.

Prof. Takwale was born in Hurgude Village in the Pune District, Maharashtra. As his father was a primary teacher he took his primary education at the village school in the district. Later on, his father was transferred to Pune. Prof. Takwale then completed his B.Sc. in 1956 from Fergusson College and M.Sc. from Pune University in 1957. He also received his Ph.D from Moscow State University.

Prof. Takwale taught Physics at Fergusson College and Savitribai Phule Pune University. He was Vice-Chancellor of Savitribai Phule Pune University between 1978-1984 and 1988-1989. During 1985-1987, he worked as the Coordinator of Maharashtra Open University for the Education Department of the State Government. He was also the Vice-Chancellor of Yashwantrao Chavan Maharashtra Open University between 1989-1995, and Vice-Chancellor of Indira Gandhi National Open University from 1995-1998.

After serving his career in Open University, Prof. Takwale started working on developing a method of distance learning using Information Technology. From 2001 to 2004, he served as the Director of Maharashtra Gyan Mandal. He was also the Chairman of National Assessment and Accreditation Council from 2003 to 2006.

Prof. Takwale implemented three important educational initiatives during his tenure as Vice Chancellor, which included the education for all initiative, the foundation empowerment of Open University and administrative reforms. With the help of technology, Prof. Takwale started a project city in a village also called 'Cillage'.

The contributions of Prof. Ram G. Takwale would be missed by all in both Conventional Education System (CES) and Distance Education System (DES).

IGNOU Regional Centre Cochin deeply placed homage to Prof. Ram G. Takwale who was the Vice-Chancellor of IGNOU from the year 1995 to 1998.

**News from News**

Times of India- April 2, 2023

### 'Green man' provides food, water to wild animals & birds

Govinda Prabhakaran | TNN

**Kallur Balan** collects spoil fruits and vegetables from the wholesale markets and shops and takes them along with water to the forest fringes to feed the wild animals and birds during the severe summer.

In the evenings, 74-year-old Balan collects spoil fruits and vegetables from the wholesale markets and shops and takes them along with water to the forest fringes to feed the wild animals and birds.

He collects fruits like apple, mango, orange, grapes, etc. from wholesale shops and takes them to the areas bordering forests and feeds monkeys, porcupines, wild boars, peacock and other birds. He has also placed hanging water pots on trees which he refills during the visit.

Most days he takes about 500kg of fruits and vegetables in his jeep, donated by a NGO for his tree planting mission.

He visits areas bordering forests like Iyer mala, Kinavoor Vozhukkappara, Mundur, Dhoni, Walayar, among others. Balan said that he started providing fruits, vegetables and water for animals and birds during the summer months as food and water are scarce in the forests especially during the severe summer. During monsoon months, the 'green man' from Mankuraisy villages will be busy planting trees. He has already planted about 20 lakh trees and has plans to plant one crore trees.

He has won many awards from the forest department and the state government, including PV Thampi Memorial Endowment Award for Environment Protection for his efforts in 2013.

The Hindu- April 2, 2023

### New butterfly species discovered

Sarath Babu George THIRUVANANTHAPURAM

A group of lepidopterists has discovered a butterfly subspecies from the fringes of Akkulam and Vembad lakes in the Western Ghats and Peninsular India. The finding has been published in the peer-reviewed entomology journal Entomol.

**Identity confirmed**  
The butterfly was first spotted at Akkulam lake in 2005 and later in Vembad in 2009 by Dr. Sadasivan, who subsequently reared the species from larvae on the host plant Phragmites karka (tall reed) to confirm the identity of the taxon. Rearing a series of larvae over a span of almost a decade was necessary to rule out another subspecies of the *Bromus* genus seen in Taiwan which has adults that lack any usual spots on their wings, Dr. Sadasivan said.

While the various species of swift butterflies are very similar in appearance, meticulous field observation, study of the larval hosts, dissection of internal anatomy and comparisons with museum specimens are needed to identify them. The comparison of the male and female genitalia with the other *Calotris* proved crucial in ascertaining its identity, according to Dr. Kunte and Dr. Basu, an expert on butterfly anatomy, who dissected the specimens to confirm the species.

The number of butterfly species in the Western Ghats rose to 536 with the discovery. The count of skipper butterflies also grew to 83 species. A skipper butterfly was last discovered nearly 75 years ago (Dokhan alida angle - *Garrana alida verpa* and Sahyadri common banded demon - *Notocrypta paralyssor mangle* by lepidopterist and British Army officer W.H. Evans in 1949).

Times City- April 25, 2023

### 10 islands in & around Kochi to be developed for tourism

On The Anvil, A Statue Tourism Centre Off Marine Drive

Nishesh Narayanan @timesgroup.com

**AN ICONIC LANDMARK FOR CITY**

- A statue tourism project to come up in 8,000 sq ft area on Deepu Saagar Island off Marine Drive
- The shape and size of the island is directed to be finalized state govt soon
- Project to cost ₹200 crores
- The project's preliminary concept was discussed in the recently held budget proposals
- The representatives of the Aluva municipality had pointed out the need of tapping the potential of the islands in and around the greater Cochin area. The project to develop the Vadhukulam island which is situated around a kilometre from the Marine Drive would be the first step in considering the pre-budget meeting proposals.
- According to a GCDA source, the authority has already begun the process of preparing the design concept for the project and the proposal would be submitted soon to the government for final approval. "The authority has already held discussions with the Cochin Port Authority (CPA) and they have extended their support for the project," said the source.
- The island, situated near the mouth of the Muvattupuzha river, will become an iconic tourism landmark. The statue tourism attraction works will be the first step of the plan as the island comes under the Coastal Regulation Zone (CRZ). The source said.
- CPA will also construct floating jetties in the island and the Marine Drive project for the project. "At present, the boats being operated illegally from the island. We will stop all such violations as soon as the boat services so that we can attract more tourists to the spot," said the GCDA source.
- GCDA is also planning to develop other major islands such as the Muvattupuzha, Chentoor, Kakkarathur, Malankkara, Thiruvananthapuram, Kurunkkara, Moolam, Puthukuda, Chirappuzha, Elloor, Medhankkara, etc. in the next phases of development by improving infrastructure facilities in these areas.

\*\*\*\*\*

**Kindly follow IGNOU Regional Centre Cochin on Social Media!**

Facebook Page: <https://www.facebook.com/IGNOURegionalCentreCochin/>

YouTube channel : <https://www.youtube.com/c/IGNOURegionalCentreCochin>

Twitter Page: [https://www.twitter.com/ignou\\_rc\\_cochin](https://www.twitter.com/ignou_rc_cochin)

Instagram Page: [https://www.instagram.com/ignou\\_rc\\_cochin/](https://www.instagram.com/ignou_rc_cochin/)