

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

Vol: 6, Issue: 1

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)

Jan - March 2022

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### Channel Based Counseling (CBC)



Channel Based Counseling Session (CBCS) is one of the innovative Digital initiatives of Indira Gandhi National Open University (IGNOU) to reach out to the unreached Learners in their own Regional Language. IGNOU has the distinction of being one of the National Coordinators for SWAYAMPRAKASH DTH Channels and has been broadcasting its educational programmes through the four channels 17, 18, 19 and 20.

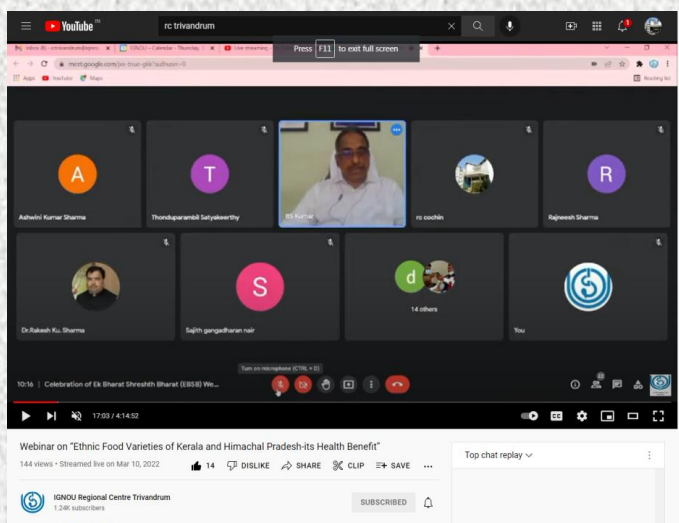
As a part of implementation of the recommendations of NEP 2020, the University is conducting LIVE Online Academic Counseling sessions in thirteen Regional Languages. The thirteen Regional Languages are Assamese, Bengali, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil, Telugu and Urdu. The sessions are being broadcast through Channel 19 in Malayalam language from 3.50 to 4.50 pm on working days.

IGNOU Regional Centre Cochin has been designated as the Nodal Office for conduct of LIVE Channel Based Counseling Session in Malayalam Language for the Programmes under CBCS (Choice Based Credit System). Thirty Six Live counseling sessions have been conducted by IGNOU Regional Centre Cochin from January 2022 to March 2022. The information about the sessions is being communicated to the Learners vide SMS

The Nodal Officer for CBCS (Channel Based Counselling Session) is Dr. V.T. Jalajakumari ARD and the technical expertise is being rendered by Sh. Muhammad Ansar T.A. (AEDP) and Ms. Suiini Babu (Asst).

## Ek Bharat Shreshtha Bharat (EBSB)

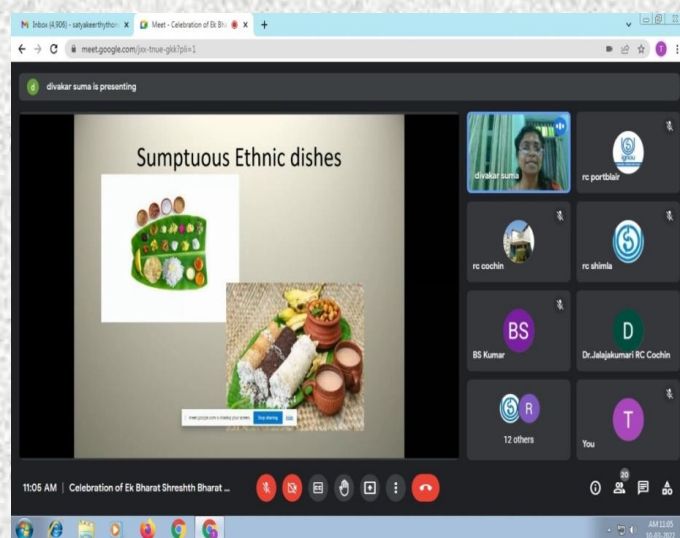
As part of Azadi Ka Amrit Mahotsav, IGNOU Regional Centres, Trivandrum, Cochin and Shimla jointly celebrated Ek Bharat Shreshtha Bharat (EBSB) by organizing a webinar on “Ethnic Food Varieties of Kerala and Himachal Pradesh-its Health Benefits” on 10th March, 2022 through virtual mode- for which two officials from Regional Centre Cochin (Dr. J.S. Dorothy, RD as Resource Person for a session and Dr. S. Vijayaragavan, ARD to propose vote of thanks) was involved. The programme started with the IGNOU Kulgeet followed by the welcome address by Dr. T R Satyakeerthy, Assistant Regional Director, IGNOU Regional Centre, Trivandrum. Dr. B. Sukumar delivered the inaugural address. In his inaugural address, he has emphasized the relevance of the celebration of Ek Bharat Shreshtha Bharat (EBSB) and conveyed through this programme, the knowledge of culture traditions and practices of different states and UTs upon being highlighted, will lead to an enhanced understanding and bonding between the States, thereby strengthening the unity and integrity of India. Dr. Joginder Kumar Yadav, Regional Director, IGNOU Regional Centre, Shimla gave the Key note address. In his address he spoke about the different food varieties of Kerala and Himachal Pradesh.



*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 10.03.2022*

Dr. J S Dorothy, Regional Director, IGNOU Regional Centre, Cochin, gave an Overview about the

Programme. The webinar consisted of five sessions handled by resource persons from Trivandrum, Cochin and Shimla. The first session of the Webinar was handled by Dr. J S Dorothy, Regional Director, IGNOU Regional Centre, Cochin. In her session, she had discussed and highlighted on the topic “Similarities in Food pattern across India with special reference to the State of Kerala and Himachal Pradesh”. The second session was about the topic “Ethnic and Healthy Foods of Kerala” handled by Dr. Suma Divakar, Professor and Head, Department of Community Science College of Agriculture, Vellayani, Thiruvananthapuram. In her talk she has described about the various healthy food of Kerala.

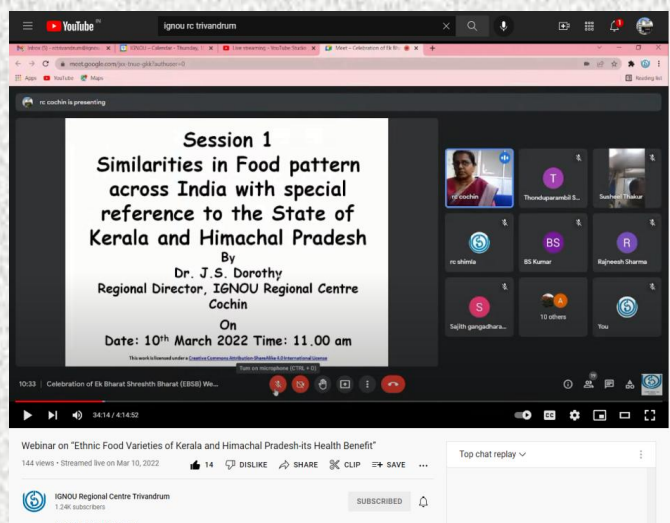


*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 10.03.2022*

The third session was on the topic “Eating Right with Ethnic Food Crops of Kerala” handled by Dr. Krishnaja U, Assistant Professor, Department of Community Science, College of Agriculture, Vellayani, Thiruvananthapuram. In her session, she discussed in detail the recipes and the ingredients which make the Food item as ideal to be eaten right. The fourth session was about the topic “Traditional Foods of Himachal Pradesh and their Nutritional Values” handled by Prof. Jaiwanti Chauhan, Department of Food and Nutrition, St. Bede’s College, Shimla deliberated about the nutritious value of local foods. The last session was about the topic “Traditional Food Values and Health in Himachal Pradesh handled by Dr. Rakesh Sharma, Department of History, Govt.



Degree College Hamirpur, Himachal Pradesh deliberated about the food value of local foods in Himachal Pradesh. All the sessions have brought a good knowledge and understanding on the various food varieties of Kerala and Himachal Pradesh for the participants, minimizing the gap between the traditions and cultures of these two states.



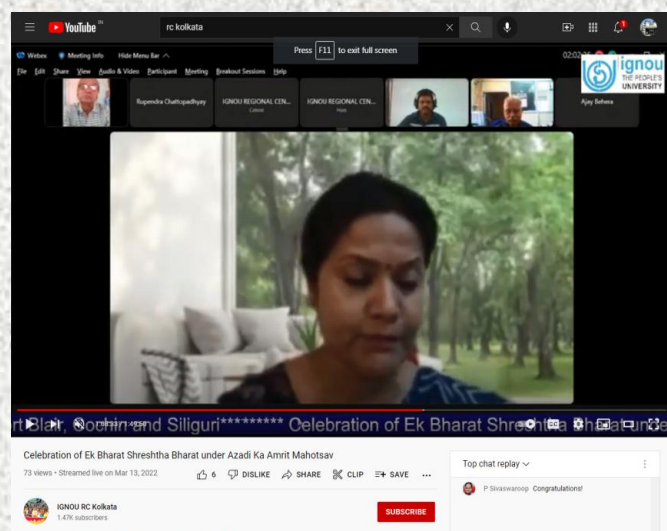
*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 10.03.2022*

Dr. S Vijayaragavan, Assistant Regional Director, IGNOU Regional Centre, Cochin, proposed the vote of thanks. The webinar concluded with the National Anthem. The Staff Members from IGNOU Regional Centers, Trivandrum, Cochin, and Shimla along with the learners have participated in this programme. The recording of the webinar is available in IGNOU Regional Centre Trivandrum official YouTube channel at the link: <https://www.youtube.com/watch?v=mELiY9vY-84&t=3608s> for public viewing.

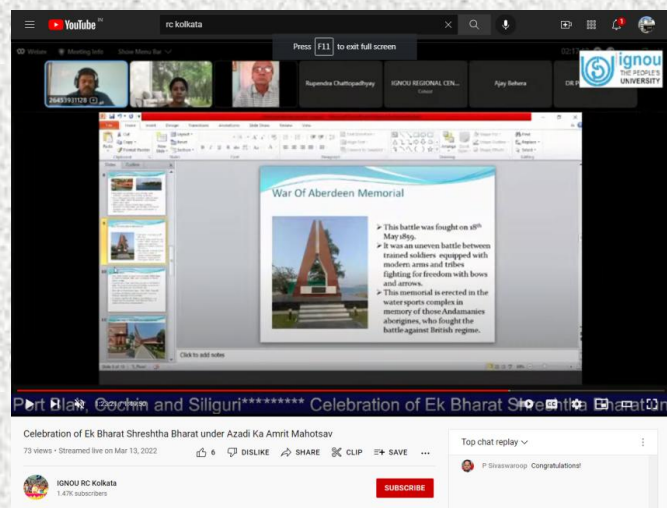
### **Ek Bharat Shreshtha Bharat (EBSB) held together for Cochin, Kolkata, Port Blair and Siliguri; Nodal Regional Centre Kolkata**

As part of Azadi Ka Amrit Mahotsav, IGNOU Regional Centres, Cochin, Kolkata, Port Blair and Siliguri jointly have celebrated Ek Bharat Shreshtha Bharat (EBSB) by organizing a webinar on “Historical Tourism- Its impact on Nation building” on 13th March, 2022 through virtual mode. Dr. Shiva Kumar G N, Regional Director, RC Kolkata

welcomed the gathering. The opening remarks was given by Dr. Suram Raja Rao, Regional Director, RC Port Blair. Dr. J.S. Dorothy, Regional Director, IGNOU RC Cochin in her session, titled “Similarity in Culture in Kolkata, Lakshadweep, Andaman and Siliguri and its impact on Tourism” discussed about the prevalent of common pattern of Culture in Kolkata, Lakshadweep, Andaman and Siliguri and its impact on Tourism in these places.



*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 13.03.2022*



*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 13.03.2022*

Prof. Rupendra Kumar Chattopadhyay, “Vivekananda Chair” Prof. Social Science, CU shared about the Historical culture and its impact on tourism in Kolkata. Dr. Soumyendra Nath Nag, Retired Professor, North Bengal University shared about the



Historical culture and its impact on tourism in Siliguri which connects the North East. Dr. P Abdul Salam, Assistant Professor Dept. of BBA Tourism, JNRM, Port Blair shared about the Historical culture and its impact on tourism in Andaman and Nicobar Island. Mr. Siva MS, Dist Youth Officer, Nehru Yuva Kendra, Lakshadweep shared about the Culture and tourism in Lakshadweep Island.



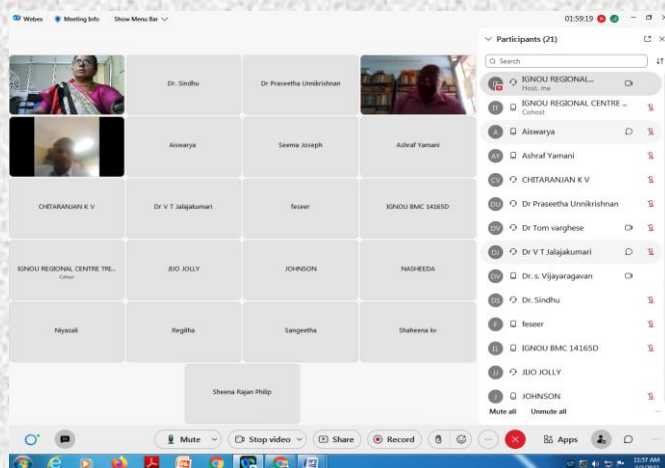
*Screenshots of Ek Bharat Shreshtha Bharat (EBSB) held on 13.03.2022*

Dr. Pravin Pralayankar, Regional Director (I/c), IGNOU Regional Centre, Siliguri, proposed the vote of thanks. The webinar concluded with the National Anthem. The recording of the webinar is available in IGNOU Regional Centre Kolkata official YouTube channel at the link: <https://www.youtube.com/watch?v=ejaznX9a8w0&t=609s> for public viewing.

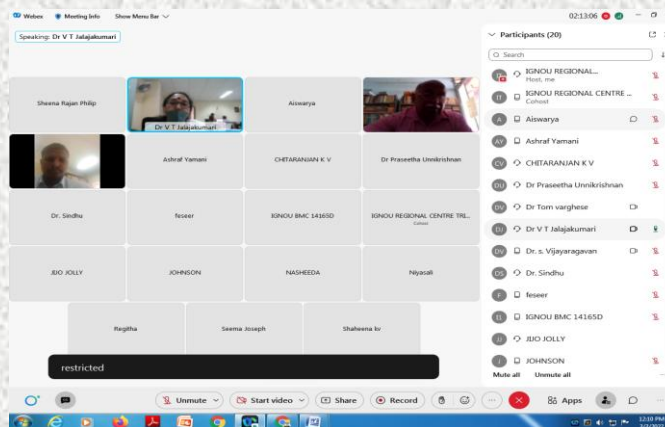
### **Exam Centre Superintendents' Meeting**

The Exam Superintendents' Meeting for December 2021 was organized on 03.03.2022 at IGNOU Regional Centre Cochin through Google meet. The meeting began with a welcome address by Dr. Praseetha Unnikrishnan, AD, Regional Centre Cochin.

This was followed with Inaugural address by Dr. J.S. Dorothy, Regional Director who emphasized on the importance of pre Examination activities at Regional Centre and also requested cooperation from all for smooth conduct of Term end Examination December 2021 under Regional Centre Cochin.



*Screenshot of inaugural address by Dr. J.S. Dorothy, Regional Director, RC Cochin during online/virtual Exam Superintendent Meeting on 03.03.2022*



*Participants of Online/Virtual Exam Superintendent Meeting on 03.03.2022*

The meeting was coordinated by Dr. S Vijayaragavan, ARD who was also the nodal officer for Examination at Regional Centre Cochin. Dr. S. Vijayaragavan highlighted the mode of observer deputation to the Examination Centres and methods of online question paper delivery system for smooth conduction of TEE December 2021 Examination. Dr. Praseetha Unnikrishnan, AD discussed about help desk during Examination with special reference to Differently abled learners in integrated Examination hall.

Dr. Sindhu P. Nair, DD, Regional Evaluation Centre Cochin discussed the information about jurisdiction for sending Answer script to Regional Evaluation Centre Cochin. The meeting came to an end with vote of thanks by Dr. V.T. Jalajakumari, ARD. The Term End Examination December 2021 was held from 04.03.2022 to 11.04.2022



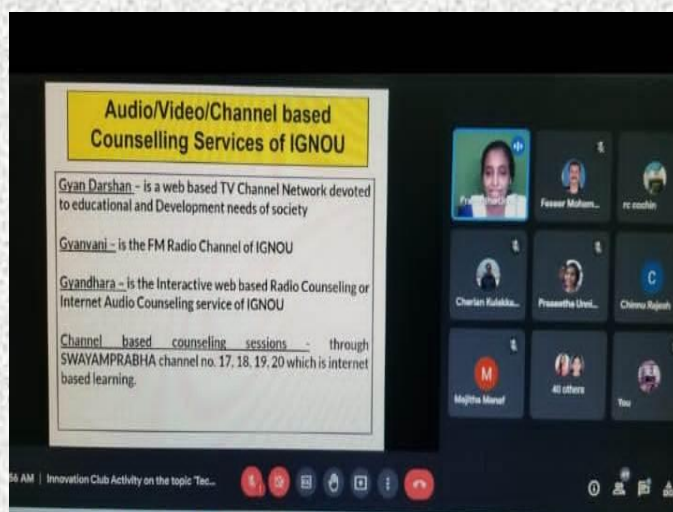
## Innovation Club Activity

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 Culture of Body Centrism and pace in Life: Relevance of Gandhi today 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.

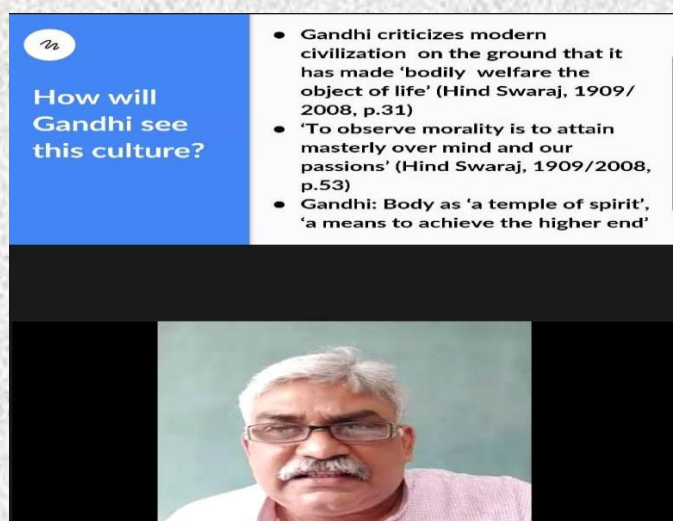
Two Online/Virtual monthly lecture identified as Open cum Enrichment Session were held at the Regional Centre, Cochin during this period. The two meetings were coordinated/administered by Dr. Praseetha Unnikrishnan, AD who is also the Nodal Officer for the Innovation club activities at Regional Centre, Cochin.

The recording of the Innovation club 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-du1gIra7HjssHwGoeKPnjpZK1YZpMYs>

S. No	Date	Resource Person	Topic of Presentation
1	28.01.2022	Dr. Praseetha Unnikrishnan, AD, RC Cochin	Technology enabled Services of IGNOU
2	25.02.2022	Prof. Prem Anand Mishra, Dean and Head, Faculty of Gandhian Studies, Gujarat Vidyapith, Ahmedabad	Culture of Body Centrism and pace in Life: Relevance of Gandhi today



*Screenshot of the Virtual/Online Open Session cum Enrichment Session addressed by Dr. Praseetha Unnikrishnan, AD, RC Cochin on 28.01.2022*



*Screenshot of the Virtual/Online Open Session cum Enrichment Session by Prof. Prem Anand Mishra, Dean and Head, Faculty of Gandhian Studies, Gujarat Vidyapith, Ahmedabad on 25.02.2022*

## Promotional initiatives

Online/Virtual Promotional Meetings, Campaigns and Events with a view to enhance the enrolment for January 2022 Admission cycle besides optimizing the awareness about IGNOU programmes was organized by Regional Centre, Cochin through various Study Centres and other Institutions to promote IGNOU programmes by reaching out to the unreached. 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 January 2022.

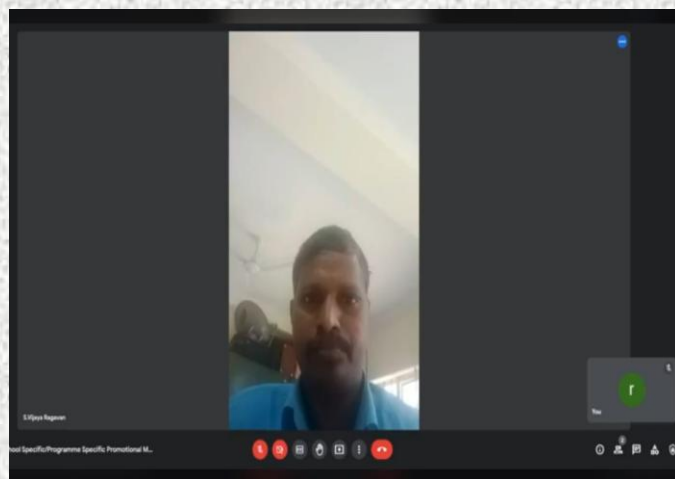
The Live Programme using Regional Centre Cochin Official Facebook Page was Administered/ Coordinated/interacted by the Academics of Regional Centre, Cochin. The Technical support for the Face Book Session Programme was provided by Sh. Muhammad Ansar, AEDP, Regional Centre Cochin.

S. No	Date & Time	Meeting organized/ administered by	Participant	Purpose
1	18.01.2022	Dr. Praseetha Unnikrishnan, AD	Jail Inmates/ Staff of Central Prison, Viyyur	An Online/ Virtual Promotional meeting on Awareness of IGNOU programmes
2	01.02.2022	Dr. J.S. Dorothy, RD	The Facebook session was viewed by many and has 423 views	Facebook Live Promotional Session on 'Add-on Programmes as an asset in Job Market (Certificate Programmes of IGNOU)' in English
3	02.02.2022	Dr. J.S. Dorothy, RD	The Facebook session was viewed by many and has 407 views	Facebook Live Promotional Session on 'Add-on Programmes as an asset in Job Market (Certificate Programmes of IGNOU)' in Tamil
4	03.02.2022	Dr. J.S. Dorothy, RD	The Facebook session was viewed by many and has 440 views	Facebook Live Promotional Session on 'IGNOU Programmes overview with special focus on Prospects for Education Qualification through Bachelor Degree Programmes' in Tamil
5	04.02.2022	Dr. Praseetha Unnikrishnan, AD	The Facebook session was viewed by many and has 630 views	Facebook Live Promotional Session on 'Overview of IGNOU programmes with special focus on Social welfare related programmes at IGNOU' in Malayalam

S. No	Date & Time	Meeting organized/ administered by	Participants	Purpose
6	07.02.2022	Dr. Praseetha Unnikrishnan, AD	The Facebook session was viewed by many and has 852 views	Facebook Live Promotional Session on 'Nutrition and Child Services opportunity through DNHE, DECE' in English
7	10.02.2022	Dr. Praseetha Unnikrishnan, AD	The Facebook session was viewed by many and has 1.3k views	Facebook Live Promotional Session on 'Prospects of add-on qualification in Agriculture related field' in English
8	23.02.2022	Dr. J.S. Dorothy, RD	The Facebook session was viewed by many and has 426 views	Facebook Live Promotional Session on 'IGNOU Programmes overview with special focus on Prospects for Education Qualification through Masters Degree Programmes' in Tamil
9	25.02.2022	Dr. S. Vijayaragavan, ARD	The Facebook session was viewed by many and has 1.3k views	Facebook Live Promotional Session on 'IGNOU Programmes overview with special focus on Prospects for Education Qualification through Masters Diploma Programmes' in English
10	23.03.2022	Dr. Praseetha Unnikrishnan, AD	The Facebook session was viewed by many and has 657 views	Facebook Live Promotional Session on 'Prospects for acquiring Qualification in Public Administration, Peace Studies, Disaster Management' in English



S. No	Date & Time	Meeting organized/ administered by	Participants	Purpose
11	24.03.2022	Dr. V.T. Jalajakumari, ARD	The Facebook session was viewed by many and has 508 views	Facebook Live Promotional Session on 'An Overview of IGNOU Bachelors Degree Programmes' in English



Screenshot of Facebook Live Promotional Meeting by Dr. S. Vijayaragavan, ARD on 25.02.2022

**Certificate in Arabic Language (CAL)**

The programme aims to acquaint the learner with essential rudiments of Arabic language and enable them read, write and speak the language with accuracy and confidence

Eligibility: 10+2 or 18 years of age  
Medium of Instruction: Arabic  
Duration: Minimum 6 months and Maximum 2 years; offered in both January & July cycle of admissions  
Fee Structure: Rs. 1800

Online/Virtual Promotional Meeting by Dr. Praseetha Unnikrishnan, AD for Jail-inmates and Staff of Central Prison, Viyyur, Thrissur on 18.01.2022

IGNOU REGIONAL CENTRE COCHIN

**PGDFSQM - PROSPECTS ON ADD-ON QUALIFICATION IN AGRICULTURE RELATED FIELD**

By  
 Dr. Praseetha Unnikrishnan  
 Assistant Director, IGNOU Regional Centre Cochin  
 On

Very warm welcome to one and two, this a live session on the top IC [...]

Screenshot of Presentation presented by Dr. Praseetha Unnikrishnan, AD during the Facebook Live Promotional Meeting on 10.02.2022

**Prospects of acquiring Educational Qualification through Post Graduate Programme of IGNOU**

IGNOU இன் முதுகலை திட்டத்தின் கீழ் கல்வித் தகுதியைப் பெறுவதற்கான வாய்ப்புகள்

By  
 Dr. J.S. Dorothy  
 Regional Director, IGNOU Regional Centre Cochin  
 On  
 Date: 23<sup>rd</sup> Feb 2022 Time: 01.00 pm

Screenshot of Presentation presented by Dr. J.S. Dorothy, RD during the Facebook Live Promotional Meeting on 23.02.2022

IGNOU PROGRAMS ON OFFER

RTIFICATE/  
 PG CERTIFICATE  
 DIPLOMA/ PG DIPLOMA  
 DEGREE  
 POST GRADUATE

For further details - refer 'Common Prospectus Jan 21 available at <http://www.ignou.ac.in>

Screenshot of Presentation presented by Dr. V.T. Jalajakumari, ARD during the Facebook Live Promotional Meeting on 24.03.2022



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=PL-du1gIra7HK5K37AdAJ0j61aQRo93F0m>

## Other Activities

### Republic Day Celebrations

The Republic Day celebrations was collectively celebrated at RC Cochin by the staff of Regional Centre, Regional Evaluation Centre, and Study Centre 14000 on 26th January 2022 at 8.30 AM.

The brief about the origin of India as a democratic Republic and the importance of freedom Struggle was highlighted to the audience by Dr. J. S .Dorothy Regional Director, Regional Centre Cochin who also welcomed the gathering. Sh. R. Manju, Assistant was the employee present besides the Regional Director during the Republic Day at Regional Centre Cochin.

The Flag was hoisted by the senior most employee Sh. S. Venugopal, Assistant Registrar, Regional Evaluation Centre Cochin.



*Staff of Regional Centre Cochin and Regional Evaluation Centre Cochin during Republic Day Celebrations on 26.01.2022*

The special moments of the Republic Day celebrations is available in IGNOU Regional Centre Cochin official YouTube channel under playlist “Honouring the National Flag” at the link: <https://www.youtube.com/watch?v=2FrynMj2cQE&list=PL-du1gIra7HIJBjyZzZ1UmpXkdUw-eloZ>

## Study Centre Corner

### Central Prison, Viyyur (LSC 14168D)



As per [https://en.wikipedia.org/wiki/Central\\_Prison,\\_Viyyur](https://en.wikipedia.org/wiki/Central_Prison,_Viyyur), “the H.H. Parukutty Nethyaramma Consort Queen of Kochi and Wife of Maharaja Rama Varma donated the family property to establish the new prison at Viyyur. After independence, the Government of Kerala, took over the facility and converted to a Central Prison intended to detain long term prisoners”.



*Library Block of Central Prison Viyyur, Thrissur*

The architecture of Central Prison is unique in that the arial view will appear in circles indicating flower petals with the mid point being clock tower. As per [https://en.wikipedia.org/wiki/Central\\_Prison,\\_Viyyur](https://en.wikipedia.org/wiki/Central_Prison,_Viyyur), “The Central Jail is located in the center of the entire prison property, separated from the rest of the area via a circular perimeter wall almost 6 metres



(20 ft) high, with a central watch tower at its center. There are six blocks for confining prisoners situated as the petals of a flower pointing towards the office block. Besides the prisoners blocks, there are separate buildings such as the kitchen, stores, manufactory section, library, hospital ward, prayer hall (consists of temple, church and mosque) and outside the prison the barrack hall, staff mess, staff canteen and cattle sheds etc. are situated”.



*Library facility for Jail inmates at Central Prison Viyyur, Thrissur*



*Sh. Thomas O.J., Coordinator of IGNOU Study Centre LSC 14168 Central Prison Viyyur, Thrissur*

The IGNOU Special Study Center was established in 2013 in the Library block. The main aim for establishing IGNOU Special Study centre was to give wings to the dreams for higher education amidst the jail inmates. With 27 students in 2013, the Centre has

grown to be a Centre of education including women jail inmates also. The Welfare Officer Sh. TG Santhosh was the first coordinator of the 14168D Special Study Centre. Sh. Thomas O.J., has taken over as Coordinator from the year 2017. There are presently three programmes on offer at Certificate level namely CAL CFN and CFE. Educational Tourism of the prison inmates to various pilgrimage places was also undertaken by providing food and shelter arrangement besides a small pocket money given to be spent at will. It was learnt that most of the prisoners returned the pocket money unspent back to the prison official.

IGNOU Regional Centre Cochin thanks Sh. Thomas O.J., the Coordinator of IGNOU Study Centre 14168 Central Prison, Viyyur for providing inputs for this issue of Newsletter.

### **Meet an IGNOU Learner**



In this edition of "Meet an IGNOU Learner", we introduce you to Ms. Lakshmi Jayaram Sreenath who successfully completed MSCDFSM from 1477. Ms. Lakshmi Jayaram Sreenath is currently the founder partner of Herbal Sutras LLP (Limited Liability



Partnership LLP), a five year old wellness organisation in Kochi, Kerala, through which she practices F.H.U.N- Food .Health. You .Nutrition; Yoga therapy and teaches and sells her niche Artisan Soaps made from Indian herbs. Her profile was shared to Dr. Leena Leon, Coordinator, LSC 1477, St. Theresa's College, Ernakulam for use in the Newsletter of IGNOU Regional Centre, Cochin.

Ms. Sreenath has completed Certification in Nutrition & Child Care (CNCC) and Masters in Dietetics & Food Service Management (MSCDFSM) from IGNOU, which helped her to kick start her career as a Consultant Dietitian & Sports nutritionist. Ms. Sreenath is also a member of AEDAN (Association for Evidence based Dietetics & Nutrition). Ms. Sreenath fondly recalls the pre-admission counseling rendered by Sh. Muhammad Ansar, AEDP, IGNOU RC Cochin, who had suggested these two courses to her. Successful completion of these courses as a prospective for career development paved way for professional career upliftment, which became a life changer at the end. St. Teresa's college, LSC 1477 was her study centre and the time she spent in the classrooms & laboratory for practical sessions were the most memorable moments of her life.

According to her the text books of MSCDFSM are self sufficient, teacher inbuilt and can serve as reference materials for many colleges as it covers exhaustively the syllabi for Dietetics; Food and Nutrition; Physiology; Nutritional Biochemistry; and Food Service Management.

In the words of Ms. Sreenath, *"The course is self sufficient for all the syllabi content and hence it has a class element of its own for the content. The material that I learnt have been put together in meticulous detail for assimilation for use at field level. Once I have studied the self instructional material well, I am equipped to do well in my profession. The IGNOU Study Material have received Award of Excellence for*

*Distance Education Material from Commonwealth of Learning in the year 1999".* Ms. Ms. Sreenath states her experience of acquiring additional qualification from IGNOU as ***"Life just changed! Education can do wonders, you know."***

Ms. Sreenath is also a certified yoga & fitness trainer (M.G. University, Kottayam), a published author (The Sparkle -Eyed Photon, The Missile Man & The Mystic - Me) available worldwide on Amazon, a poet, a podcaster (Kathakaari) & a YouTube Vlogger. She also has a great passion for photography and likes to take historical walks across her hometown Kochi.

Ms. Sreenath is currently working towards bringing together Ayurveda & medical nutrition in her practice, suggesting a holistic approach to both sports persons and other people alike. Ms. Sreenath has started awareness sessions in Sports Academies of Cochin.

Ms. Sreenath is an optimistic and opines that *"there will soon be a time when people understand that food is the best medicine. And there will come a time when good food, great health, a happy & better you and good nutrition would just easily blend together into our lifestyle and you will all soon become physically active & holistically inclined."*

The social entrepreneur/author/dietitian is quite happy of where she is today and thank IGNOU for facilitating continuing education through CNCC and acquiring additional educational qualification (MSCDFSM) which paved way for professional upgradation.

IGNOU Regional Centre, Cochin appreciates her enthusiastic spirit, quest for knowledge and grateful heart in acknowledging the pre-admission counseling rendered by Sh. Muhammad Ansar, AEDP, IGNOU RC Cochin. IGNOU wishes Ms. Sreenath the best in life and in all her future endeavors!

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