

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

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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)

Oct- Dec 2021

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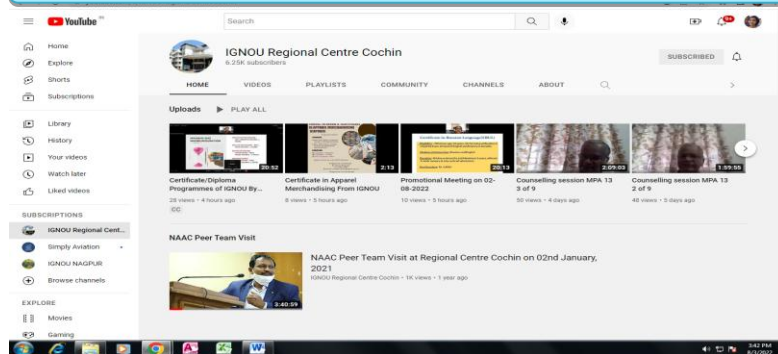
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## YouTube Channel of Regional Centre Cochin



The Official Youtube Channel of Regional Centre Cochin was established on 20<sup>th</sup> March, 2020 during the COVID 19 pandemic period for sustenance of support services to reach out to the students enrolled in IGNOU. As on date it has 25 playlists and have become a digital resource to all concerned who have an aspiration for Higher education.

Through the Regional Centre Cochin YouTube Channel, the recorded videos of the Online Counseling sessions of various programmes like MAPC, MSCCFT, MEG, MCA, BCA, MPA, BAPCH, BSC, MSW/MSWC/PGDCOUN and PGDFSQM have been uploaded and shared amongst students for their study purposes. It is likely to be used till the policy decision for Face-to-Face counseling is made. Repetition of counseling session for the same course code was encouraged using a different Academic Counselor so that expertise of more than one empanelled Academic Counselor is available for the learner depending upon their choice.

Further Innovation Club sessions on various topics which may be of interest to students like 'Interactive Interview Inputs', Strategies for Personality Development, National Education Policy, 2020 and other related topics videos have also been uploaded which will be of benefit to all who view such videos.

For strengthening Student Support, Facebook live Induction Meetings /Online Promotional Meeting Videos starting from July, 2020 onwards have been shared on the Channel and the link shared amongst all students enrolled so that in case any student misses out, can also view it later.

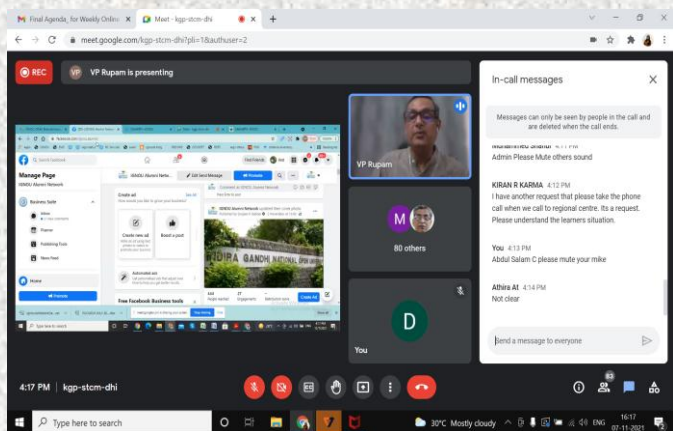
In addition, National level events like Republic Day Celebrations, Yoga Day Celebrations and other events of National Importance have been shared as video on the Channel for further dissemination of information amongst all.

IGNOU Regional Centre Cochin YouTube Channel can be accessed through the link <https://www.youtube.com/c/IGNOURegionalCentreCochin>. The channel presently has 6252 subscribers and 85,221 views

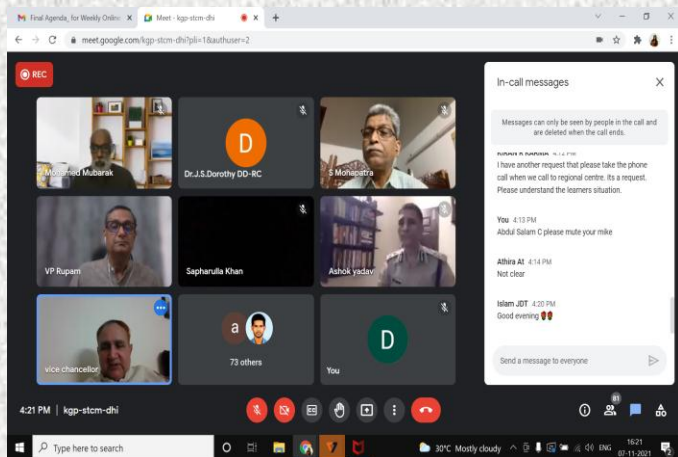
## Online Alumni Meet

An Online Alumni Meet in collaboration with IGNOU, Head Quarters, Delhi, RC Trivandrum and RC Vatakara was organized on 07<sup>th</sup> November, 2021 to connect with the Alumni learners of RC Cochin. The meeting was compeered by Dr. J.S. Dorothy, Regional Director, Regional Centre Cochin. The technical assistance for the programme was provided by Sh. Muhammad Ansar T.A., AEDP. The Online Alumni meeting began with a Welcome Address by Dr. B. Sukumar, Regional Director, Regional Centre, Trivandrum. In his welcome address, Dr. B.Sukumar, Regional Director, Regional Centre, Trivandrum shared his views on importance of Alumni meeting and the vital role of Alumni in the process of expansion and development of Educational Institutions. The welcome address was followed by the 'University Kulgeet'.

Dr. Srikant Mohapatra, Director, Regional Service Division, in his Opening remark gave special emphasis on the need of frequent conduct of Alumni meet for eliciting the valuable feedback and experiences of the IGNOU Alumni.

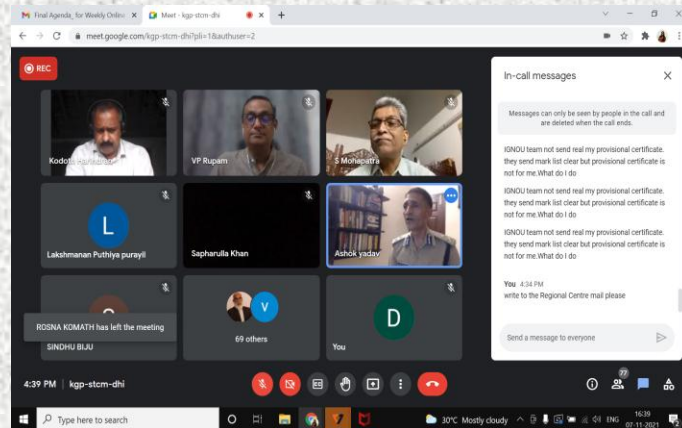


*Introductory session by Dr. V.P. Rupam, Director, Campus Placement Cell, IGNOU, Delhi during the Online Alumni meeting on 07.11.2021*

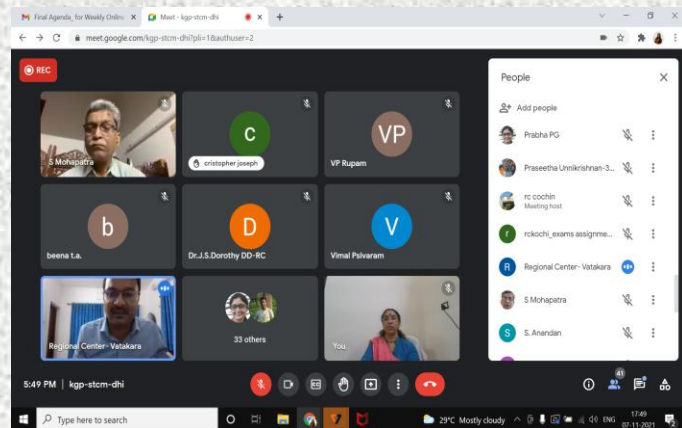


*Inaugural session by Prof. Nageswar Rao, Hon'ble Vice Chancellor of IGNOU during the Online Alumni meeting on 07.11.2021*

Dr. V.P. Rupam, Director, Campus Placement Cell (CPC) documented on the efforts of the University to reconnect with the Alumni in his introductory remarks. The Facebook page <https://www.facebook.com/ignou.alumni>, E-mail ID [alumni@ignou.ac.in](mailto:alumni@ignou.ac.in) to send videos of the Alumni and the Alumni registration portal <https://ignoualumni.samarth.edu.in/index.php/site/login> were shared to the participants for creating the national database of Alumni during the introductory remarks by Dr. V.P. Rupam.



*Sh. Asok Yadav, IG, Alumnus of IGNOU during the Online Alumni meeting on 07.11.2021*



*Dr. M. Rajesh, Regional Director, Vatakara delivering vote of thanks during the Online Alumni meeting on 07.11.2021*

The Inaugural address was delivered by the Hon'ble Vice Chancellor, Prof. Nageswar Rao. During the Inaugural address, Prof. Nageswar Rao shared the efforts of the University to reach new heights of education and the special achievements attained by the University in various sectors of Distance Education for the last few years. The Hon'ble Vice Chancellor also motivated the Alumni to register themselves in the Alumni portal of IGNOU so that they can share their feedback, experience, innovative ideas and suggestions to make them a part of the University in its all endeavors.

Alumni of Regional Centre Cochin, Regional Centre Trivandrum and Regional Centre Vatakara have shared their



learning experience at IGNOU and how it helped them to accomplish their ambitions in life. The valuable feedback shared by some alumnus on the utilitarian aspects of the certificates issued by IGNOU in the job market was really helpful to validate the policies and norms of the academic initiatives on some professional programmes like B.Ed. The doubts of the alumni in various aspects like placement, equivalency of the certificates, increase in seats etc. were also clarified by the competent authority. The Online Alumni meeting came to an end with the Vote of thanks by Dr. M. Rajesh, Regional Director, Vatakara followed by National Anthem. Dr. V.T. Jalajakumari, ARD coordinated the conduct of the meeting, as Dr. S. Vijayaragavan, ARD was on leave. Dr. Praseetha Unnikrishnan, AD also participated in the meeting.

### Induction Meeting (July 2021)

A Live Facebook Online/Virtual Induction Meeting hosted by IGNOU Regional Centre, Cochin for students of July, 2021 session was conducted through Webex platform on 16th December, 2021 from 3.00 pm to 5.15 pm and the session was live streamed through the Official Facebook page of IGNOU. The Coordinators/staff of various LSC alongwith the staff of Regional Centre, Cochin attended the meeting and the meeting was live streamed on the Facebook page of IGNOU on 16.12.2021 and has received 4.8k views as on 31st December, 2021.

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 alongwith the importance of life skills for a Distance Learner. It was emphasized that Honesty, Taking one day at a time, Persistence, Expression of Interest, Stead fastness 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.



*Screenshot of the Live Facebook Online/Virtual Induction Meeting through Webex platform live streamed through the Official Facebook page of IGNOU on 16.12.2021*

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 then 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. The IGNOU website and Regional Centre, Cochin website was elaborated upon so that learners can avail of the support services by checking the same on a regular basis.

Dr. V.T. Jalajakumari, ARD further explained about the importance of Study Materials, its structure and how one can download the same from the IGNOU website. The importance of Online Counseling session to the learners was highlighted in which it was mentioned that Online/Virtual platform would be used due to the COVID 19 pandemic situation. The process of intimation of the schedule to Learners by uploading in the Regional centre website and intimation through SMS/email was highlighted. The Learner etiquette needed was also informed to learners.



*Screenshot of the Live Facebook Online/Virtual Induction Meeting through Webex platform live streamed through the Official Facebook page of IGNOU on 16.12.2021*

Dr. S. Vijayaragavan, Asst. Regional Director, Regional Centre, Cochin 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. In the session on 'Examination and Convocation to the students' the aspects related to online submission of Examination form was highlighted. The Convocation being held once in a year was also informed to the Learners.

Dr. Praseetha Unnikrishnan, Asst. Director, Regional Centre, Cochin explained about the pre-requisites of Scholarship for special clientele and how one can apply for the same.



Dr. Praseetha also 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 July, 2021 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 Sh. Muhammad Ansar, AEDP. The recorded video has been uploaded in the Regional Centre Official YouTube Channel (accessible at the link [https://www.youtube.com/c/ignou\\_regionalcentrecochin](https://www.youtube.com/c/ignou_regionalcentrecochin) to facilitate/ revisit the session and to enable the learners who missed the live session to access the deliberations.

### Extended Contact Programme (ECP) for PGDHE Programme

The Virtual Ten day Extended Contact Programme (ECP) for PGDHE programme (November 2021: Session June 2021) was held from 21st to 30th November 2021 from 10.00 AM to 05.00 PM through virtual mode using Webex platform from the Regional Centre Cochin. The Webex platform was provided by Dr. B. Sukumar, Regional Director Trivandrum for use to conduct the ECP of PGDHE by Regional Centre Cochin.

The Regional Centre Cochin was the nodal Regional Centre to conduct the ECP for PGDHE for the learners of six Regional Centres namely Trivandrum, Madurai, Chennai, Cochin, Hyderabad and Vatakara.

Out of the 254 Learners, 22 learners had registered for the Extended Contact Programme (ECP) of PGDHE programme and 8 learners attended the same virtually. Dr. C.K. Sankaran Nair, Senior Faculty of Education was the ECP Programme Director. The sessions were handled by 18 Resource Persons.

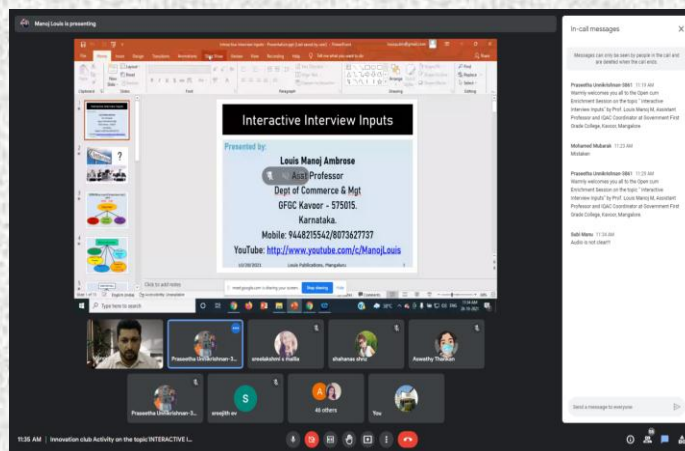
### Innovation Club Activity

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 Interactive Interview Inputs to Life Skills for Successful Living 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.

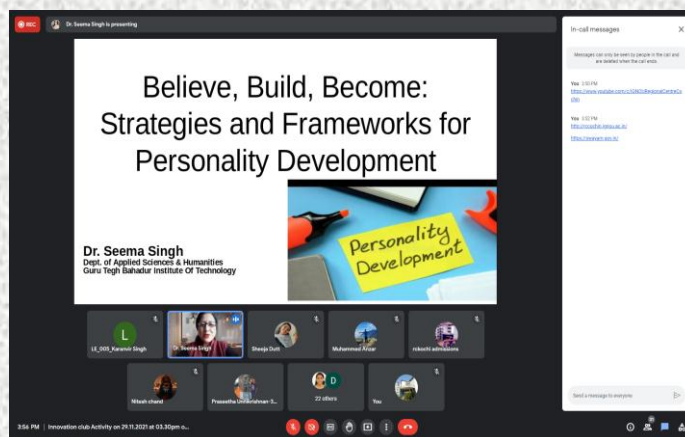
Three Online/Virtual monthly lecture identified as Open cum Enrichment Session were held at the Regional Centre, Cochin during this period. The three meetings were

coordinated/administered by Dr. Praseetha Unnikrishnan, AD who is also the Nodal Officer for the Innovation club activities at Regional Centre, Cochin.

S . No	Date	Resource Person	Topic of Presentation
1	28.10.2021	Dr. Louis Manoj Ambrose, Assistant Professor, Government First Grade College, Kavoov, Mangalore	Interactive Interview Inputs
2	29.11.2021	Dr. Seema Singh, Assistant Professor Guru Tegh Bahadur Institute of Technology, Delhi	Believe, Build, Become: Strategies and Frameworks for Personality Development
3	09.12.2021	Dr. Laxmi Assistant Professor Department of Social Work Central University of Kerala	Life Skills for Successful Living

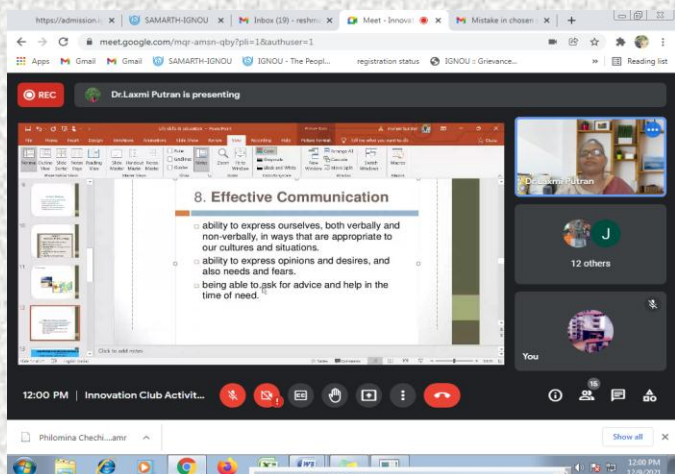


Screenshot of the Virtual/Online Open Session cum Enrichment Session addressed by Dr. Louis Manoj Ambrose, Assistant Professor, Government First Grade College, Kavoov, Mangalore on 28.10.2021



Screenshot of the Virtual/Online Open Session cum Enrichment Session by Dr. Seema Singh, Assistant Professor Guru Tegh Bahadur Institute of Technology, Delhi on 29.11.2021





*Screenshot of the Virtual/Online Open Session cum Enrichment Session by Dr. Laxmi, Assistant Professor, Department of Social Work Central University of Kerala on 09.12.2021*

The recorded video has been uploaded in the Regional Centre Official You Tube Channel under the playlist ‘The Innovation Club- monthly lecture identified as ‘Open Session cum Enrichment Session’

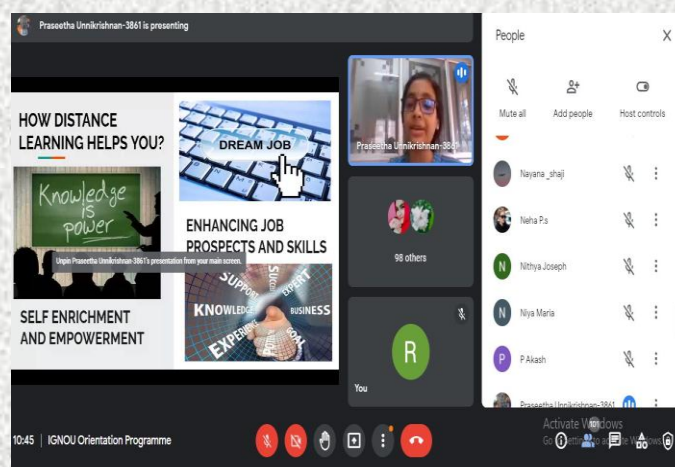
### Promotional initiatives

Online/Virtual Promotional Meetings, Campaigns and Events with a view to enhance the enrolment for July 2021 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 July 2021. The recorded videos of the promotional meetings has been uploaded in the IGNOU Regional Centre Cochin YouTube Channel under the Playlist: “Promotional Meeting”

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	Participants	Purpose
1.	06.10.2021	Dr. Praseetha Unnikrishnan, AD	UG students of Cochin College, Cochin	An Online/ Virtual Promotional meeting on ‘pursuing Education through IGNOU

S. No	Date & Time	Meeting organized/ administered by	Participants	Purpose
2.	19.11.2021	Dr. Praseetha Unnikrishnan, AD	Post-Graduate students (MSW I year) students studying at Bharat Mata College	Face-to-Face Admission and Promotional campaign on the topic ‘Opportunities in Higher Education with IGNOU’ as a part of their Induction and Orientation schedule
3.	24.11.2021	Dr. V.T. Jalajakumari ARD	Students and Staff of Al-Ameen College, Edathala	An Online/Virtual Promotional meeting for the Students and Staff of Al-Ameen College, Edathala



*Screenshot of Presentation presented by Dr. Praseetha Unnikrishnan, AD during the Online/Virtual Promotional Meeting for the students of Cochin College, Cochin on 06.10.2021*



*Face-to-Face Promotional Meeting by Dr. Praseetha Unnikrishnan, AD during for the students of Bharata Mata College, Thrikkakkara on 19.11.2021*





*Participants of Face-to-Face Promotional Meeting by Dr. Praseetha Unnikrishnan, AD at Bharata Mata College, Thrikkakkara on 19.11.2021*



*Online/Virtual Promotional Meeting by Dr. V.T. Jalajakumari, ARD to reach out Minority students of Rural Areas of Edathala at LSC 14184 Al-Ameen College, Edathala on 24.11.2021*

## Other Activities at Regional Centre, Cochin

### Foundation Day Celebrations

The 36th Foundation day of the University was celebrated on 19th November 2021 at IGNOU Head Quarters, New Delhi and live streamed through the YouTube link: <https://www.youtube.com/watch?v=O8Rvr6kLvo8> and the staff of Regional Centre, Cochin watched the programme online.



*36th Foundation day celebration at IGNOU Head Quarters, New Delhi on 19.11.2021*

## Other ICT Enabled Initiatives/Activities

### Participation in Online/Virtual Workshops/Conference/ Webinars/FDP

- All the four Academics on rolls of IGNOU Regional Centre Cochin (Dr. J.S. Dorothy, RD, Dr. V.T. Jalajakumari ARD, Dr. S. Vijayaragavan, ARD and Dr. Praseetha Unnikrishnan, AD) attended Faculty Development Programme on research in Distance and Online Learning” from October 07-13, 2021

## Study Centre Corner

### St. Thomas College, Pala, Kottayam Dist (LSC 14177)



St. Thomas College, Pala, Kottayam Dist. was founded in 1950 by the Catholic Diocese of Pala. It has seventy-one years of distinguished service in the field of higher education in the State of Kerala. This college is located in a semi-urban area catering to the needs of the students mainly coming from the rural background. Its vision is to create a centre of excellence through the formation of young people empowered to create a bright future for themselves and others, irrespective of caste, creed, religion or language through dissemination of knowledge, skill and noble values.

The College was initially affiliated to the University of Kerala. Since 1982, it has been affiliated to Mahatma Gandhi University, Kottayam as a Special Grade college. The College is re-accredited by NAAC with A++ Grade (CGPA 3.56) in 2021. UGC identified it as a College with Potential for Excellence in 2010 and was chosen for the CPE Phase II in 2017. It is a RUSA funded and DST-FIST supported institution. Recently the college has been selected as a mentor college under the PARAMARSH scheme of UGC in 2019.

The College offers 18 UG Courses, 15 PG Courses and 10 Doctoral Programmes under affiliation to Mahatma Gandhi University. Moreover, it offers 41 Diploma/Certificate programmes to its UG and PG students. The college has 140 faculty members and 42 non-teaching staff. Currently 3009 students are pursuing their UG / PG / Doctoral programmes.



IGNOU Study Centre of the College (SC 14177 is situated inside the Campus of St. Thomas College Pala.



*IGNOU Study Centre LSC 14177 St. Thomas College, Pala*

The Study Center was established by IGNOU in 2016 with 67 students and has presently grown to 545 students as on July, 2021. There are 15 programmes of Masters/Bachelors/Diploma/Certificate level, activated at this Study Centre.



*Dr. Tejil Thomas, Coordinator of IGNOU Programme Study Centre LSC 14177 St. Thomas College, Pala*

In the past, the centre has achieved remarkable academic achievements. Three B. Com students from the centre won first rank with gold medals for the university examinations in 2015, 2017 and 2018.

IGNOU Regional Centre Cochin thanks Dr. Tejil Thomas, the Coordinator of IGNOU Programme Study Centre 14177 St. Thomas College, Pala, Kottayam Dist. for providing inputs on behalf of the Management of Host Institution of LSC 14177 for this issue of Newsletter.

## **Meet an IGNOU Learner**



This 'Meet an IGNOU Learner' is about Ms. Jaseela D'Couth, an alumni student of Bachelor of Arts (BA) at IGNOU. Ms. Jaseela D'Couth is working at Infopark, Kakkanad for a multinational company. Her profile was shared to Sh. Sebastian D'Cruz, EDP for use in the Newsletter of IGNOU Regional Centre, Cochin.

In the words of Ms. Jaseela D'Couth:

*"I joined IGNOU in 2009 to take a degree as I was having only 3 Yr Diploma certificate. During my career I faced lots of issues as I did not have a Degree. So I enrolled for B A from IGNOU and after that I joined for Masters at IGNOU. It helped me to be in a right track for acquiring the right cadre position in my career. IGNOU as an Institution has great reputation in India as well as abroad. I enjoyed the flexible academic structure in built in IGNOU. The "flexibility in education " concept was experienced by me while studying with IGNOU. Flexibility enjoyed at IGNOU encompasses to course selection, non-compulsory nature of classroom attendance, variety in optional subject, assignment response writing, which can be clubbed with the experience learnt on the job. The study materials issued by IGNOU for courses are sufficient for studying that particular course and are teacher in built. Most of the self check questions and the unit end questions helped me to prepare for the Term End Examinations. Thanks to IGNOU!"*

IGNOU Regional Centre, Cochin appreciates her efforts and wishes Ms. Jaseela D'Couth the best in life and in all her future endeavors!

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