

## 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)

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### IGNOU Regional Centre, Cochin Website



The IGNOU Regional Centre, Cochin Website plays a very important and pertinent role in providing Learner Support Services to the students of IGNOU. The website 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 Regional Centre, Cochin website provides information about the history of the Regional Centre, Cochin, Staff profile, Newsletter which depicts about the events and happenings at Regional Centre, Cochin. The Announcements and News and Events section shares the latest happenings at RC Cochin including information about Practical examination schedule, Counseling session (Practical and Theory) schedule, Facebook schedule, Merit List, Procurement of Desktop Computers- Quotations invited and similar administrative activities including Waste Disposal Activity.

For Admission notifications, Assignment submission dates and other important announcements there is a Scroll available through the website for ease of viewing and retention of attention.

The details about Learner Support Centres (active /inactive/abeyance) at RC Cochin, their contact details and name of the Coordinator is available on the website under LSC. The website is of great help to even layman who wants to know more about IGNOU and its activities at Regional Centre, Cochin. The IGNOU Regional Centre, Cochin Website can be accessed through the link <http://rccochoin.ignou.ac.in/>

## Republic Day Celebration

The Republic Day celebration was collectively celebrated at RC Cochin by the staff of Regional Centre, Regional Evaluation Centre, and Study Centre 14000 on 26th January 2023 at 8.30 AM.

Dr. V.T. Jalajakumari, ARD welcomed the gathering. Dr. A.K. Prema, Coordinator, Study Centre, 14000 briefed about the origin of India as a democratic Republic besides the importance of freedom Struggle. Dr. J.S. Dorothy, Regional Director hoisted the National Flag. The Regional Centre was represented by 9 regular staff and 3 outsourced staff; The Regional Evaluation Centre was represented by 2 regular staff and the LSC 14000 was represented by 5 Staff. The participation in the flag hoisting reflected the spirit of Nationalism in one and all presents.



*Staff of Regional Centre Cochin and Regional Evaluation Centre Cochin during Republic Day Celebration on 26.01.2023*



*Republic Day salutation by the security personnel during Republic Day Celebration on 26.01.2023*

The special moments of the Republic Day celebrations are available in IGNOU Regional Centre Cochin official YouTube channel under playlist “Honouring the National Flag” and can be accessed through the link: <https://www.youtube.com/watch?v=Eo2Mv9Zfr cM&list=PL-du1gIra7HIJBjyZzZ1UmpXkdUw-eloZ&index=14>

## Grievance Redressal Session

The Head Quarters vide 11th October 2022 directed Regional Centre to hold Activity based Grievance Redressal at Regional Centre. Keeping in view of the new normal situation and to facilitate the aspirants to redress while on move/on job/ while on other commitments, Virtual Grievance Redressal session was resorted. The information about the redressal programme was disseminated by Email, SMS, Tweet and Facebook.

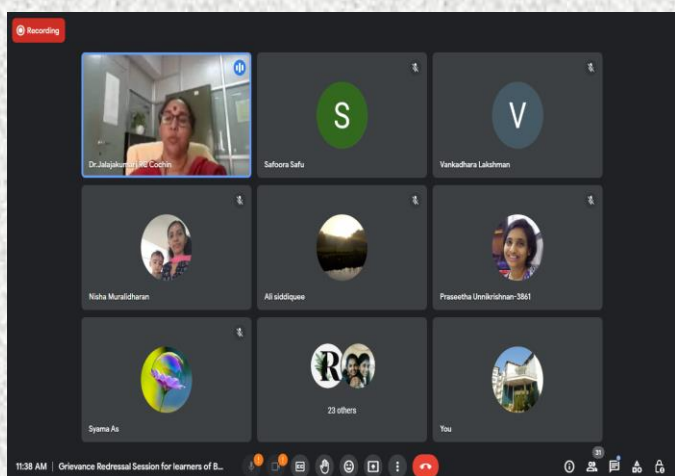
The first of such virtual live Grievance Redressal session was held on 01.11.2022 coordinated by Dr. Praseetha Unnikrishnan, AD on the activity of Admission. The second of such virtual live Grievance Redressal session was held on 11.11.2022 coordinated by Dr. S. Vijayaragavan, ARD on the activity of Internal and External Assessment.

The third Grievance Redressal session for learners (July 2022 cohort) of BLIS & MLIS Programmes was held virtually live session using Google Meet on 08.03.2023, coordinated by Dr. V.T. Jalajakumari, ARD.

Because the session was live virtually, even aspirants of IGNOU programmes belonging to neighboring Regional Centre logged in- and even their queries were redressed. Dr. V.T. Jalajakumari, ARD and Dr. Praseetha Unnikrishnan, AD addressed the student queries during the session.

Life skill education related to adapting to change while resorting to an activity was also highlighted. This is because the BLIS learners were creating unrest as Internship was introduced in the Curriculum of BLIS programme in adherence to the guidelines given in NEP 2020.

The recorded videos of the Grievance Redressal session is available in YouTube channel of Regional Centre Cochin at the link [https://www.youtube.com/watch?v=cSo7hSQz\\_TA](https://www.youtube.com/watch?v=cSo7hSQz_TA)



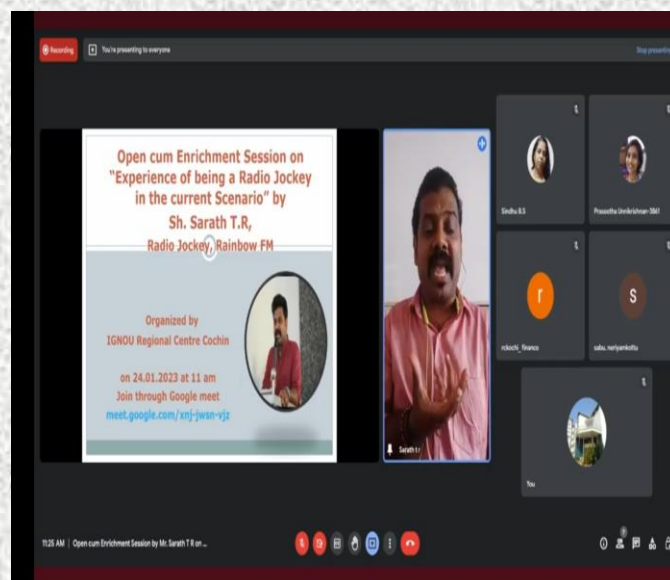
*Screenshot of Virtual Live Grievance Redressal Session by Dr. V.T. Jalajakumari, ARD on 08.03.2023*

### **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.

One virtual live monthly lecture identified as Open cum Enrichment Session was held at the Regional Centre, Cochin during this period. The meeting was 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	24.01.2023	Sh. Sarath T R Radio Jockey Rainbow FM	Experience of being Radio Jockey in the current scenario



*Screenshot of Virtual Live Open Session cum Enrichment Session addressed by Sh. Sarath T R, Radio Jockey, Rainbow FM on 24.01.2023*

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=PLdu1gIra7HJssHwGoeKPnpjZK1YZpMYs>

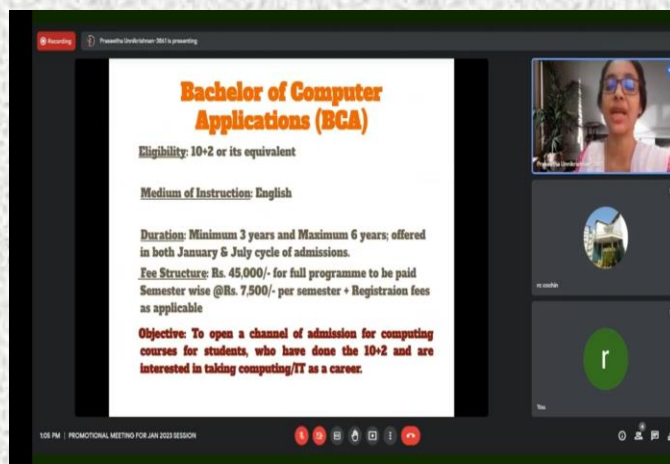
## Promotional initiatives

Online/Virtual Promotional Meetings, Campaigns and Events with a view to enhance the enrolment for January 2023 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 2023.

The Live Programme using Regional Centre Cochin Official Facebook Page was Administered/ Coordinated/interacted by Dr.Praseetha Unnikrishnan, AD, IGNOU Regional Centre, Cochin. The Technical support for the Face Book Session Programme was provided by Sh. Muhammad Ansar, AEDP, Regional Centre Cochin; the back office assistance was rendered by Ms. Reshma Suresh, Outsourced staff.

S. No	Date & Time	Meeting organized/administered by	Participant	Purpose
1	17.01.2023	Dr. Praseetha Unnikrishnan, AD	Students of Host Institution of LSC 1424 IIIT Kottayam	Face-to-face Promotional meeting on 'Awareness session for the programmes under SOCIS" with Students of Host Institution
2	18.01.2023	Dr. Praseetha Unnikrishnan, AD	Students of Host Institution of LSC 14166 Cochin College, Cochin	virtual live Promotional meeting with Students of Host Institution of LSC 14166 Cochin College, Cochin

S. No	Date & Time	Meeting organized/administered by	Participant	Purpose
3	23.01.2023	Dr. Praseetha Unnikrishnan, AD	The Facebook session was viewed by many and has 528 views	Facebook Live Promotional Session on 'Family welfare and social welfare related programmes of IGNOU'
4	01.02.2023	Dr. Praseetha Unnikrishnan, AD and Shri. Muhammad Ansar, AEDP	Jail Inmates of Men Prison, Central Prison, Viyyur	Face-to-face live Promotional meeting IGNOU Programmes at Men Prison, Central Prison, Viyyur
5	01.02.2023	Dr. Praseetha Unnikrishnan, AD and Shri. Muhammad Ansar, AEDP	Jail Inmates of Women Prison, Central Prison, Viyyur	Face-to-face live Promotional meeting IGNOU Programmes at Women Prison, Central Prison, Viyyur
6	22.03.2023	Dr. Praseetha Unnikrishnan, AD	The staff of Adarsh Charitable Trust	Virtual live Promotional meeting with the staff of Adarsh Charitable Trust (An NGO for Persons with Disability)



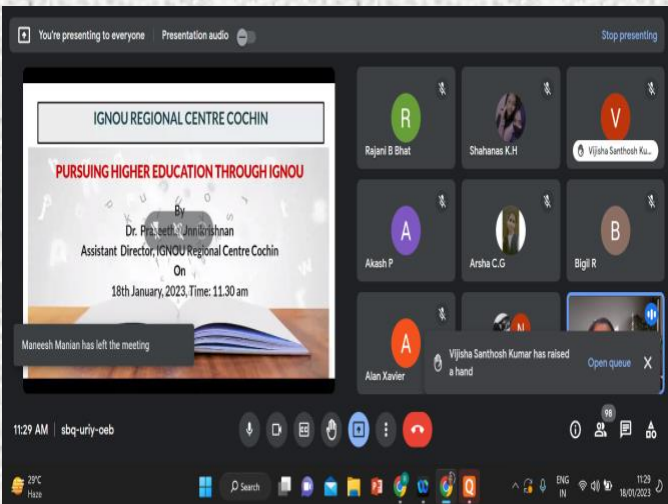
Screenshot of Facebook Live Promotional Meeting by Dr. Praseetha Unnikrishnan, AD on 16.01.2023



*Face-to-face live Promotional Meeting by Dr. Praseetha Unnikrishnan, AD for students of IIIT, Kottayam on 17.01.2023*



*Face-to-face live Promotional Meeting by Dr. Praseetha Unnikrishnan, AD and Sh. Muhammed Ansar TA, AEDP for inmates of Women Jail, Central Prison, Viyyur, Thrissur*



*Screenshot of Virtual Live Promotional Meeting by Dr. Praseetha Unnikrishnan, AD on 18.01.2023*



*Face-to-face live Promotional Meeting by Dr. Praseetha Unnikrishnan, AD and Sh. Muhammed Ansar TA, AEDP for inmates of Men Jail, Central Prison, Viyyur, Thrissur*

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-du1glra7HK5K37AdAJ0j61aQRo93F0m>

## **Other Activities at Regional Centre Cochin**

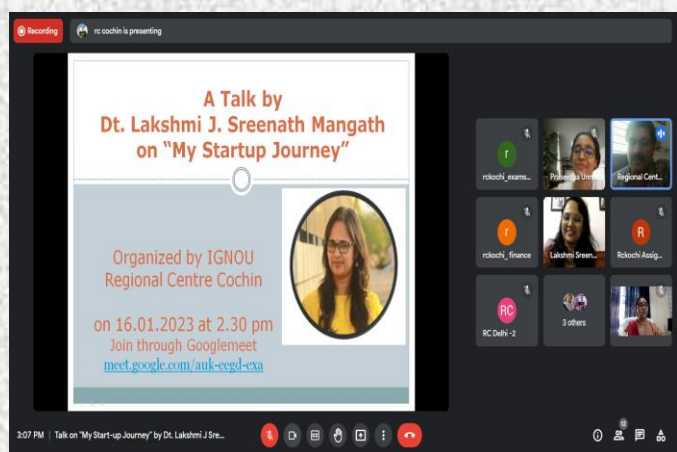
### **National Startup Day celebration**

The National Startup Day was celebrated on 16th January, 2023 at IGNOU Regional Centre, Cochin through Virtual live mode on the topic 'MY STARTUP JOURNEY' from 02.30 am to 3.30 pm as per the directive of RSD communicated through email dated 13th January 2023. The session was conducted under Innovation Club Activity through Google Meet Platform and was coordinated/ administered by Dr. Praseetha Unnikrishnan, AD who is the Nodal Officer for the Innovation Club Activities at Regional Centre, Cochin. The invitation was placed to all Regional Centres for wide participation.

Ms. Lakshmi J. Sreenath Mangath, Founder of Herbal Sutras LLP was the Resource person. The

Virtual live session was attended by around 12 participants and live streamed through the Facebook page of RC Cochin and can be accessed through the link <https://fb.watch/i56x38JJpK/?mibextid=2Rb1fB>

Dr. Praseetha Unnikrishnan, AD introduced the Resource person. The Resource person Ms. Lakshmi J. Sreenath Mangath was an Alumna of IGNOU and has done her CNCC and MSCDFSM from IGNOU.



*Screenshot of Virtual Live Innovation club session by Ms. Lakshmi J. Sreenath Mangath, Resource Person on 16.01.2023*

It was emphasised by the Resource person that all Startups need good strategic planning to lead and patience so as to wait as at least three years of its beginning years have to be considered as a period of incubation to move towards a successful platform; Startup also needs adequate Financial backup and careful financial management for its sustenance.

The session was interactive and came to an end with various inspiring words from Ms. Lakshmi for those who are interested in 'Startups'. The session was then opened for discussions and Dr. M. Rajesh, Senior Regional Director, Regional Centre Vatakara and Dr. Jalajakumari RD in-charge RC Cochin added few points supporting the ideas of the resource person. Dr. M. Rajesh encouraged the presenter by suggesting her to

submit her plans and whereabouts of the startup especially focused on herbal soaps and dietetic support in sports nutrition in the 'Yojana' so that she may get adequate backup for her entrepreneurial journey which is at a budding stage and offered a reference in the platform of NCIDE being the IPR Coordinator of Innovations of IGNOU.

The session ended with the vote of thanks of Shri. Muraleedharan, SO, RC Cochin.

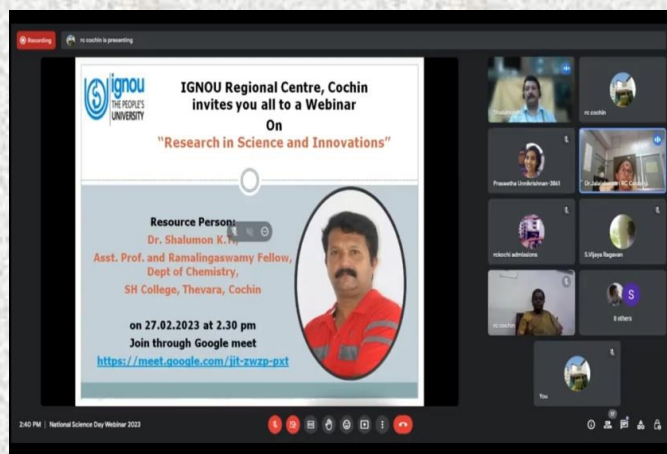
The Live Programme using Regional Centre Cochin Official Facebook Page was Administered/ Coordinated/interacted by Dr. Praseetha Unnikrishnan, AD, IGNOU Regional Centre, Cochin. The Technical support for the Face Book Session Programme was provided by Sh. Muhammad Ansar T.A, AEDP, Regional Centre Cochin; the back office assistance was rendered by Ms. Reshma Suresh, Outsourced staff.

### **Webinar on National Science Day Celebration**

As a part of National Science Day Celebrations at IGNOU Regional Centre, a Webinar on 'Research in Science and Innovations' was conducted on 27.01.2023. The session was conducted under Innovation Club Activity through Google Meet Platform and was coordinated/administered by Dr. Praseetha Unnikrishnan, AD who is the Nodal Officer for the Innovation Club Activities at Regional Centre, Cochin. Dr. V.T. Jalajakumari, ARD identified the Resource Person Dr. Shalumon K.T., Asst Professor, Department of Chemistry, SH College, Thevara who is the Ramalingaswamy Fellow.

Dr. J.S. Dorothy, Regional Director, IGNOU Regional Centre Cochin delivered the welcome address wherein the importance of celebrating Science Day was highlighted. Dr. V.T. Jalajakumari, ARD introduced the Resource person to all the participants in detail

and his academic achievements among the 200 renowned young scientists in India were highlighted. Dr. Shalumon K.T. delivered the keynote speech on the topic "Research in Science and Innovations". The session was attended by around 25 participants and the recording of the session has been uploaded on the RC Cochin YouTube channel and which can be accessed through the link <https://www.youtube.com/c/IGNOURegionalCentreCochin>



*Screenshot of Virtual Live session by Dr. Shalumon K.T., Asst. Professor, SH College, Thevara on 27.02.2023*

Dr. Shalumon K.T., Asst Professor, SH College, Thevara began his session by showing visuals of various innovative inventions in Science which have made our lives easier today. The connection between Science and Technology was explained and it was emphasised that the combination of Science and Technology lead to innovative inventions in IT field, chemical Industries, highly technologised accessories and even in clever toilets.

The session was very interactive and came to an end with the Vote of thanks by Dr. S. Vijayaragavan, ARD. The Technical support for the session was provided by Shri. Muhammed Ansar, AEDP and the back office assistance was rendered by Ms. Reshma Suresh, Outsourced staff.

## Study Centre Corner

### The Cochin College, Cochin (LSC 14166)



The Cochin College, Cochin Kerala is an accredited first grade Arts, Science and Commerce College affiliated to Mahatma Gandhi University, Kerala, India.

The Cochin College is one of the oldest Arts and Science colleges located in Kochi. The Institution was founded on 15 July 1967 as a junior college and has grown into a full-fledged Post Graduate college in 1995. In February 2012, the college was accredited by NAAC with B Grade. The Cochin College is sponsored by the Cochin Education Society which was founded as a result of the joint efforts of Indian Chamber of Commerce and the former Mattancherry Municipal Council. The Cochin College has a very big Football ground which was once used to serve as Helipad for the Helicopter of Haji Yusuff Ali Musaliam Veetil Abdul Kader, Lulu Group owner.

The Study Center was established by IGNOU in 2013 with 31 students and has presently grown to 349 students as on July, 2022. There are 13 programmes of Maters/Bachelors/Diploma/Certificate level activated at this Study Centre.



*Dr. Rajani S Pai, Coordinator of IGNOU Study Centre LSC 14166, The Cochin College, Cochin*

IGNOU Regional Centre Cochin thanks Dr. Rajani S Pai, Coordinator of IGNOU Study Centre LSC 14166, The Cochin College, Cochin 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. Roshini Salil who is an Alumni of IGNOU. Ms. Roshini has pursued various programmes from IGNOU namely Master of Arts in Psychology (MAPC), PG Diploma in Counselling and Family Therapy (PGDCFT), PG Diploma in Disaster Management (PGDDM) and PG Certificate in Adult Education (PGCAE).

In the words of Ms. Salil, *"Enrolling in IGNOU was a transformative decision, as their diverse range of courses and flexible learning options allowed me to pursue my education while managing personal and professional commitments. Completing one PG course in Psychology, two PG*

*Diploma courses in Disaster Management and in Counselling and Family Therapy, and one PG certificate course in Adult Education has greatly improved my skills, knowledge, and overall quality of life.*

*The well-structured curriculum, along with dedicated faculty, has provided me with a strong foundation in my chosen field of study. Moreover, IGNOU courses have not only enhanced my academic profile but also facilitated personal growth, including self-discipline, time management, and critical thinking.*

*The practical skills and theoretical knowledge I gained through these courses have equipped me with the necessary tools to excel in my career and have opened new doors of opportunities. The confidence and competence I developed through the programs have empowered me to take on new challenges and excel in my professional journey".*

IGNOU Regional Centre, Cochin appreciates her enthusiastic zest for education and wishes **Ms. Roshini Salil** the best in life and in all her future endeavors!

**News at News**



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