



इग्नू
जन-जन का
विश्वविद्यालय

IGNOU DIGI NEWS

21st June 2022

HQ

IGNOU Celebrates #InternationalYogaDay2022



IGNOU observed International Day of Yoga 2022 at the Headquarters and at various Regional Centers across the country. Prof. Nageshwar Rao VC IGNOU along with Pro Vice-Chancellors and other key officials of the University participated and performed Yoga Asanas. The Regional Centers of the university organized Yoga awareness programmes at their centers adhering to the COVID protocol.



— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



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Prof. Nageshwar Rao, VC IGNOU in his message urged the IGNOU employees, and students of the University to practice Yoga regularly for a better and brighter start of the day. He said Practising Yoga helps in balance of mind and body leading to better work-life balance with positive vibes with-in and others around you.

Various activities were organized by the Regional Centers to the run-up to the today's main event across India. Special Programmes on usefulness of Yoga by Electronic Media Production Center of the University were also broadcast through GyanDarshan (TV Channel) and GyanVani (FM Channels).

The 8th International Yoga Day celebrations are being held under the theme "Yoga for Humanity" and around 25 crore people across the world are expected to take part in various events, doing yoga in unison towards better health and wellness for all.



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Awareness of School of Health Sciences programmes of IGNOU

Teleconferencing session was held on 14th June from 3 to 4 pm highlighting the programmes of School of Health Sciences IGNOU. Prof. Ruchika Kuba, Director SOHS shared the list of programmes which included PhD nursing, post basic BSc nursing, PG Diploma programmes for doctors, diploma programmes for nurses and many certificate programmes. She explained the innovative models that have been developed for implementing these programmes. She also apprised the audience about the details of the certificate programmes which are not only targeted at improving the health awareness but also build competencies in the health care workers to provide primary care at the grassroots level. Director RSD explained how the admissions in the programme could be taken and where more information regarding these programmes could be obtained. He encouraged the students to contact the various Regional Centres of the university or availing all facilities of the programme. He also explained that the IGNOU website must be visited often to download assignments, previous question papers and to get the latest updates related to their programme. The teleconferencing session was live streamed and can be accessed using the following link

<https://youtu.be/n-AkfUfYew>



Teaching Learning Strategy for Practical Courses

Self Study
Anytime Anywhere

Practical Manuals

In Teaching Hospital / Medical College

- Demonstration
- Return demonstration

In District Level Hospital

- Practice under supervision
- Learn in resource constraints

In his own clinic/
work place

- Practice independently to gain proficiency

Programmes on Offer

<ul style="list-style-type: none"> • PhD Nursing • BSCIE • Post Basic BSc Nursing • PG DIPLOMA • Material and Child Health • General Medicine • Hospital and Health Development • JKP Medicine • DIPLOMA • Child Care Nursing • Nursing Administration 	<ul style="list-style-type: none"> • PG CERTIFICATE • Health Care Management • General Para Assistant • Certificate in Home Science Assistant • Physiotherapy Assistant • Health Care Assistant • Health & Child Care Nursing • Nutrition and Dietetics • Health Record Keeping • Community Health • PHD
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International Yoga Day



— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



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IGNOU DIGI NEWS

21st June 2022

RC- Shimla

International Yoga Day



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IGNOU DIGI NEWS

21st June 2022

RC- Mumbai

International Yoga Day



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IGNOU DIGI NEWS

21st June 2022

RC- Bangalore

International Yoga Day



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RC- Portblair

International Yoga Day



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