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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.









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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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— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



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SOHS

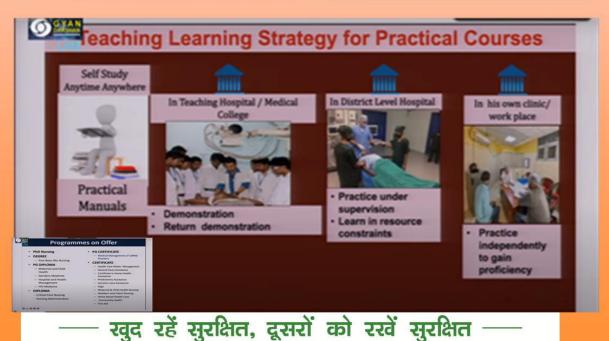
Awareness of School of Health Sciences programmes of IGNOU

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 grassroot 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 top their programme. The teleconferencing session was live streamed and can be accessed using the following link

https://youtu.be/n-AkfUFlyew









RC-Jodhpur

International Yoga Day









— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



RC-Shimla

International Yoga Day





2022/IG/PIU/DiNews/Jun/1158



21st June 2022

RC- Mumbai

International Yoga Day





2022/IG/PIU/DiNews/Jun/1159



21st June 2022

RC-Banglore

International Yoga Day







2022/IG/PIU/DiNews/Jun/1160



21st June 2022

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