

#### Dear Learners,

You must be aware of the MHRD's initiative "Bharat Padhe Online" to promote Online Education in the times of lock-down due to Corona-Virus. As students of Open and Distance Learning mode, the university has been receiving your numerous suggestions to improve our pedagogy and delivery and imparting of education. You are the ones who consume our services and are best equipped to give recommendations and out-of-the-box ideas in this hour of need.

I call upon you to share your ideas for the betterment of the system of imparting education online through IGNOUs' social media channel, on Twitter under the initiative of "Bharat Padhe Online" by tagging @HRDMinistry & @DrRPNishank and using #BharatPadheOnline. You can also E-mail directly at bharatpadheonline.mhrd@gmail.com

I am sure together we can overcome this and come out even stronger!

Prof. Nageshwar Rao Vice Chancellor, IGNOU



#### प्रिय शिक्षार्थियों,

कोराना—वायरस के कारण लॉक—डाउन के समय में ऑनलाइन शिक्षा को बढ़ावा देने के लिए मानव संसाधन विकास मंत्रालय की पहल "भारत पढे ऑनलाइन" द्वारा अभियान शुरू किया है। मुक्त और दूरशिक्षा के छात्र के रूप में विश्वविद्यालय अपने कार्यक्रम और शिक्षा प्रदान करने के लिए आपसे अनेक सुझाव प्राप्त कर रहा है। आप हमारी सेवाओं के उपयोगकर्ता हैं और आवश्यकता के समय में लीक से हट कर अपने विचार प्रकट करने के लिए सबसे अच्छे माध्यम हैं।

में आपसे इंग्नू के सोशल मीडिया चैनल फैसबुक(Facebook) और ट्विटर(Twitter) के माध्यम से "भारत पढ़े ऑनलाइन" की पहल के तहत @HRDMinistry & @DrRPNishank को टैंग कर तथा #BharatPadheOnline का उपयोग कर ऑनलाइन शिक्षा प्रदान करने की व्यवस्था को और अधिक बेहतर बनाने के लिए अपने विचारों को साझा करने का आहवान करता हूं। आप ई—मेल सीधे bharatpadheonline.mhrd@gmail-com पर भी भेज सकते हैं।

मुझे यकीन है कि हम मिलकर इससे भी मजबूत बन सकते हैं।

प्रो<mark>0 नागेश्वर राव</mark> कुलपति इग्नू

HQ

## — खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित ——

इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय मैदान गढी, नई दिल्ली — 110068

> आईजी / कुलपति / अपील / 2020 / 23 13 अप्रैल 2020

अपील

प्रिय सहकर्मियों और शिक्षार्थियों.

जैसा कि आप जानते हैं कि इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय ने अध्ययन—अध्यापन प्रक्रिया की ऑनलाइन, डिजिटल और मल्टीमीडिया तरीकों को अपनाते हुए बिना किसी रुकावट के अपने घरों से नामांकित विद्यार्थियों के लिए अध्ययन कार्यक्रमों की निरंतरता सुनिश्चित करने के लिए कई उपाय किए हैं। मुद्रित स्व—शिक्षण सामग्री के अलावा, विश्वविद्यालय अपने समर्पित वेब पोर्टल ई—ज्ञानकोश, ज्ञानवाणी के माध्यम से सीधे आईवीआर सत्रों द्वारा डिजिटलीकृत अध्ययन सामग्री और विश्वविद्यालय में स्थित अपने अत्याधुनिक इलेक्ट्रॉनिक मीडिया निर्माण केंद्र और ऑनलाइन शिक्षा केन्द्र द्वारा ज्ञानदर्शन, ज्ञानधारा और स्वयंप्रभा चैनलों के माध्यम से अकादिमक सामग्री का नियमित प्रसारण उपलब्ध करा रहा है।

माननीय मानव संसाधन विकास मंत्री डॉ रमेश पोखरियाल निशंक जी ने भारत में ई—लर्निंग और ऑनलाइन शिक्षा को बढ़ावा देने के लिए छात्रों और शिक्षकों सिहत शिक्षाविदों से सुझाव आमंत्रित करते हुए और विचारों को साझा करते हुए "भारत पढ़े ऑनलाइन" अभियान शुरू किया है। विचारों और सुझावों को दो तरीकों से दिया जा सकता है: पहला, ट्विटर हैंडल #BharatPadheOnline का उपयोग कर ट्विटर पर लॉग इन कर और @HRDMinistry & @DrRPNishank को टैग कर तथा दूसरा, bharatpadheonline-mhrd@gmail-com पर ई—मेल के माध्यम से भेजकर। सुझाव / विचार प्रस्तुत करने की अंतिम तिथि 16 अप्रैल 2020 है।

विश्वविद्यालय के सभी शिक्षकों, शिक्षाविदों और अन्य स्टाफ सदस्यों, 56 क्षेत्रीय केंद्रों के 60000 भैि क्षक परामर्षदाताओं और विश्वविद्यालय के 30 लाख विद्यार्थियों और देश भर में स्थित 1800 से अधिक शिक्षार्थी सहायता केंद्रों से अनुरोध है कि वे अपने बहुमूल्य इनपुट ट्विटर पर या ऊपर दिए गए विवरण के अनुसार ई—मेल के माध्यम से प्रदान करें।

आपके अच्छे स्वास्थ्य के लिए शुभकामनाओं के साथ।

जय हिन्द !

नागेश्वर राव कुलपति, इग्नू

- 1. इग्नु के मुख्यालय/आरसी/आरईसी में सभी सहकर्मी
- 2. देश और विदेश में इग्नू में पंजीकृत सभी विद्यार्थी
- 3. इग्नू कार्यक्रमों के सभी अकादिमक परामर्शदाता

HQ

## – खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित –

## INDIRA GANDHI NATIONAL OPEN UNIVERSITY MAIDAN GARHI, NEW DELHI- 110068

IG/VC/Appeal/2020/23 13th April 2020

#### APPEAL

Dear Colleagues and Learners,

As you are aware, the Indira Gandhi National Open University has taken several measures to ensure continuity of the study programmes of the learners enrolled with it from their homes without any interruption by adopting online, digital and multimedia methods of teaching-learning process. In addition to printed Self Instructional Material, the University has been providing the digitized learning material on its dedicated web portal e-Gyankosh, live IVR sessions through GyanVani and regular broadcast of academic content through GyanDarsan, GyanDhara and SwayamPrabha channels housed in state of the Art Electronic Media Production Centre and Centre for Online Education of the University.

The Hon'ble Minister of Human Resource Development, Dr Ramesh Pokhriyal Nishank ji has initiated a campaign "Bharat Padhe Online" inviting suggestions and sharing of ideas from the academic fraternity including students and teachers to boost e-learning and intensifying online education in India. The ideas and suggestions can be given in two ways: one by logging on the Twitter using twitter handle #BharatPadheOnline and tagging @HRDMinistry & @DrRPNishank and second, by sending through e-mail at bharatpadheonline.mhrd@gmail.com. The last date for submitting suggestions/ideas is 16th April 2020.

All the Teachers, Academics, and other staff members of the University, more than 60000 Academic Counsellors and 30 Lacs Learners of the University spread across 56 Regional Centres and more than 1800 Learner Support Centres across the Country are requested to provide their valuable inputs on Twitter or via e-mail as per details provided above. With Best Wishes for your Good Health.

Jai Hind!

Nageshwar Rao Vice Chancellor, IGNOU

- 1. All Colleagues at HQRs/RCs/RECs of IGNOU
- 2. All the learners enrolled with IGNOU across Country and abroad
- 3. All the Academic Counselors of IGNOU programmes



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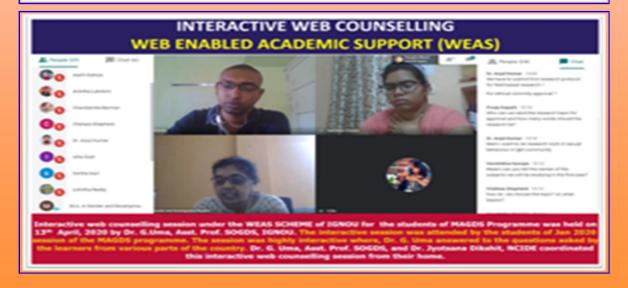
— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

## **Interactive Web Counselling**

## WEB ENABLED ACADEMIC SUPPORT (WEAS) -



On 13h April, 2020, Dr. Praveen Kumar Jain, Associate Prof. SOA took a virtual session on "Management of Agricultural Produce" for the students of PGCAP programme under the Web Enabled Academic Support (WEAS) Scheme of IGNOU. The presentation was followed by discussions.





**EMPC** 

## — खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

# Special Video Programme on Gyan Darshan on 14th April 2020

Gyan Darshan Channel has scheduled the special video programme on the occasion of the Birth Anniversary of Father of the Indian Constitution Dr. B. R. Ambedkar on 14th April 2020

Title
Ambedkar's Vision of Modern India, Part I & II

Experts
Prof. Sushma Yadav, Former PVC, IGNOU &
Dr. Pramod Kumar, SOH

Producer Shri. P. Santosh Kumar

Timings of telecast: 8.30-9.30 am (first telecast) & 8.00-9.00 pm (repeat).









RC-NOIDA

## —— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित ——

E-counselling session of BBA Retailing at IGNOU study centre ACS Ghaziabad 39026 under Regional Centre Noida





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## - खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

R. Subrahmanyam, IAS Secretary



Ministry of Social Justice and Empowerment Department of Social Justice & Empowerment Government of India

D.O. No.Secy(SJE)/SD/2020/214513

Date: 13.4.2020

Subject:

Advisory for protection of senior citizens aged

above 60 years.

Dear Chief Secretary,

The Senior Citizens who are aged above 60 years and especially those with medical conditions are particularly susceptible to infections during the COVID times. MSJE alongwith Ministry of Health & Family Welfare and Department of Geriatric Medicine, AIIMS Delhi has prepared an Advisory to be followed by all the senior citizens and their care givers during these times.

I would request that this Advisory is widely publicised in all the districts, in all institutions working for senior citizens and through NGOs who are working in this area.

With regards,

Yours sincerely,

Encl: As above

(R. Subrahmanyam

Chief Secretary of States/UTs

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## – खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



Ministry of Social Justice and Empowerment, Government of India



Department of Geriatric Medicine AIIMS, New Delhi

#### **Advisory for Senior Citizens during COVID-19**

Based on the Census 2011 age-cohort data, it is projected that there would be approximately 16 Crore Senior citizens (aged above 60 yrs) in the Country.

Sr Citizens between age group 60-69 yrs	8.8cr
Sr Citizens between age group 70-79 yrs	
Assisted elders (above 80 years or people who require medical assistance)	2.8cr
Indigent elders (destitute who are homeless or deserted by the families)	0.18cr

Senior citizens above the age of 60 years face an increased risk in COVID times. This is an advisory for Senior Citizens and their caregivers on how to protect them from increased health risk during this period.

#### For whom is this?

- · Aged 60 and above particularly those with following medical conditions
  - Chronic (long-term) respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD), bronchiectasis, post tuberculous sequelae, interstitial lung disease
  - o Chronic heart disease, such as heart failure
  - o Chronic kidney disease
  - o Chronic liver disease, such as alcoholic, and viral hepatitis
  - o Chronic neurologic conditions, such as Parkinson's disease, stroke
  - o Diabetes
  - o Hypertension
  - Cancer

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## • खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

#### Advisory for Senior Citizens who are mobile:

#### Do's

#### Stay within the house all the time

- Avoid having visitors at home
- If meeting is essential, maintain a distance of 1 meter
- If living alone, one can consider depending on healthy neighbours for acquiring essentials for home
- Avoid small and large gatherings at all cost
- Remain actively mobile within the house
- consider doing light exercise and yoga at home
- Maintain hygiene by washing hands. Especially before having meals and after using the washroom. This can be done by washing hands with soap and water for at least 20 seconds
- Clean frequently touched objects such as spectacles
- Sneeze and cough into tissue paper/handkerchief. After coughing or sneezing dispose of the tissue paper in a closed bin/wash your handkerchief and hands
- Ensure proper nutrition through home cooked fresh hot meals, hydrate frequently and take fresh juices to boost immunity
- Take your daily prescribed medicines regularly.
- Monitor your health. If you develop fever, cough and/or breathing difficulty or any other health issue, immediately contact nearest health care facility and follow the medical advice
- Talk to your family members (not staying with you), relatives, friends via call or video conferencing, take help from family members if needed

#### Don'ts

- Come in close contact with someone who is displaying symptoms of coronavirus disease (fever/cough/breathing difficulty).
- Shake hands or hug your friends and near ones
- Go to crowded places like parks, markets and religious places
- Cough or sneeze into your bare hands
- Touch your eyes, face and nose
- self-medicate
- Go to hospital for routine checkup or follow up. As far as possible make teleconsultation with your healthcare provider
- Invite family members and friends at home

Due to Summer, avoid dehydration. Consume an adequate amount of water.
 (Caution for individuals with pre-existing Heart and Kidney disease)

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## खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित -

#### Advisory for caregivers of dependent senior citizens

#### Do's Don'ts Go near senior citizens if suffering Wash your hands before helping the older individual from fever/cough/breathing difficulty Cover nose and mouth adequately Keep senior citizens completely bed-bound using a tissue or cloth while attending on the senior citizen Touch the Senior Citizen without Clean the surfaces which are washing hands frequently used. These include a walking cane, walker, wheel-chair, bedpan etc Assist the older individual and help her/him in washing hands Ensure proper food and water intake by senior citizens Monitor his/her health

- Contact help-line if the older adult has the following symptoms:
  - Fever, with or without body ache
  - o New-onset, continuous cough, shortness of breath
  - o Unusually poor appetite, inability to feed

#### Advisory for senior citizens on mental well-being

Do's	Don'ts	
<ul> <li>Communicate with relatives at home</li> <li>Communicate with neighbours, provided social distancing is followed, and gathering of people is avoided</li> <li>Provide a peaceful environment</li> <li>Rediscover old hobbies like painting, listening to music, reading</li> <li>Make sure to access and believe only the most reliable sources of information</li> <li>Avoid tobacco, alocohol and other drugs to avoid loneliness or boredom</li> <li>If you have an already existing mental illness, call helpline (08046110007)</li> </ul>	<ul> <li>Isolate yourself</li> <li>Confine oneself in a room</li> <li>Follow any sensational news or social media posts.</li> <li>Spread or share any unverified news or information further</li> </ul>	
Contact helpline in case of     Change in mental status, such as excessively drowsy during the day, not responding, speaking inappropriately     New onset of inability to recognise relative which he/she could do before		

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2020/IG/PIU/DiNews/April/686



13th April 2020

FB LIVE-PIU

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### LIVE

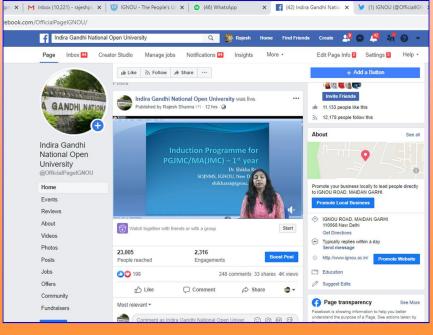
11:00 am 13th April 2020

Induction/Orientation programme for MA (JMC) - Ist year &

Post Graduate Diploma in Journalism & Mass Communication (PGJMC)

Dr. Shikha Rai
School of Journalism and New Media Studies









FB LIVE- PIU

• खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —



11:00 am 14th April 2020

Photovoltaic Effect and Solar Photovoltaic Technologies for Domestic Applications

Course: Renewable Energy Technologies and Their Uses
Course Code: OEY-002, Block -2

Programme: Certificate in Energy Technology and Management (CETM)

Dr. Sanjay Agrawal
School of Engineering and Technology



