

Dear Sir/Madam

This is to inform that the Interactive radio counseling session can be accessed through radio at frequency 105.6 Mhz and through web at the link www.ignouonline.ac.in/gyandhara (through mobile by downloading the puffin browser and then using the same webaddress).

Gyan Darshan TV, DTH, CABLE TV can be accessed on channel numbers -- AIRTEL- 442, TATA SKY-755, SUN DIRECT- 596, DISH TV - 991, INDEPENDENT TV- 566, DD FREE DISH- MHRD CHANNEL NO. 25, HATHWAY- 473, IN DIGITAL- 297, DEN- 526, and Gyan Darshan can also be accessed through web link at <http://www.ignouonline.ac.in/gyandarshan/>.

The sessions for 19th September 2020 are:

1	10am—11 am	(GV+GD)	Topic: Aao Baat Karen	Dr K Nilofer, SSC
2	11am— 11.30am	(GV)	Topic: Dealing With Examination Stress	Expert: Dr Smita Gupta, SOSS
3	12pm—1pm	(GV)	Topic: MEG -02 Block 6, Bernard Shaw : Pygmalion	Expert: Prof Parmod Kumar, SOH