

Master's Degree Programme in Psychology (MAPC)

PROGRAMME GUIDE

**THE PEOPLE'S
UNIVERSITY**



**School of Social Sciences
Indira Gandhi National Open University
Maidan Garhi
New Delhi-110 068**

Programme Coordinator(s)

Prof. Swati Patra
Professor
Discipline of Psychology
SOSS,IGNOU
New Delhi-110068

Dr. Smita Gupta
Assistant Professor (Sr. Scale)
Discipline of Psychology
SOSS,IGNOU
New Delhi-110068

Dr. Mitoo Das
Assistant Professor
SOSS,IGNOU
New Delhi-110068

Print Production

Shri Manjit Singh
Section Officer (Pub.)
SOSS,IGNOU, New Delhi-110068

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Further information on the Indira Gandhi National Open University courses may be obtained from the University's Office at Maidan Garhi, New Delhi-110068, India.

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Dear Learner,

The Discipline of Psychology, SOSS, IGNOU welcomes you to MAPC (MA Psychology) programme. The programme is offered in Open and Distance Learning (ODL) mode. It is possible that this may be your first experience as an ODL learner. Unlike the conventional system of education, where teaching and learning takes place in face to face manner, IGNOU adopts a multi-media approach to facilitate teaching-learning process.

The course material (Self-Learning Material) is the primary medium of instruction. It will also be supplemented with audio-video programmes. Further, teleconference sessions and interactive radio counselling sessions will also be organised from time to time which you can take benefit from. You can get information regarding this from your Regional Centre. You will also get support and guidance from the counselling sessions organised at the Study Centres. Counselling sessions will be conducted for both theory and practicum courses. Attendance in counselling sessions of theory courses is not mandatory; **however it is compulsory to attend the counselling sessions for practicum courses.**

Please ensure that you keep in touch with your Study Centre with regard to the schedule of counselling sessions.

This programme guide will help you understand the programme in a better way with regard to its features, structure, courses, assignments, evaluation and so on. It will also help you to organise your study related to various components of the programme.

We wish you all the best.

Faculty of Psychology

SOSS, IGNOU



IMPORTANT INFORMATION

- 1) The course material that will be provided to you is written in such a manner that promotes self learning. Further, you may also refer to textbooks and reference books given at the end of each Unit under References and Suggested Readings. You may also visit libraries attached to the Study Centres, Regional Centres and IGNOU Headquarter. There is no need to refer to cheap and abridged guides available in the market for the programme. It is advised that the learners do not take resort to such type of guides.
- 2) The University reserves the right to change the rules and procedures described in this programme guide.
- 3) The University sends study material and assignment, wherever prescribed, to the learners by registered post and if a learner does not receive the same for any reason whatsoever, the University shall not be held responsible for that. These are also uploaded on the website.
- 4) Admission, examination form and re-registration are done online on the IGNOU website.



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THE PEOPLE'S
UNIVERSITY

1. THE UNIVERSITY

The Indira Gandhi National Open University established in 1985 through an Act of Parliament, ranks as one of the premier educational institutions in the world. In the brief span of around two decades of its existence, it has contributed significantly to the development of higher education in India through the distance mode.

In the face of an ever increasing demand for higher education, upgradation of skills and need for continuous training of the workforce, IGNOU is fast developing into a sustainable system for enhancing seamless access to education in the country. At present it caters to around 2.5 million students through its vast network of 67 Regional Centers and around 3000 Study Centres spread all over the country and its headquarters located in New Delhi. Its mission is to advance the frontiers of knowledge and provide sustainable and learner-centric quality education, skill upgradation and training to all by using innovative technologies and methodologies.

The University is committed to quality in all its activities – teaching, research, training and extension. IGNOU also acts as a national resource centre for expertise and infrastructure in the ODL system. It is an apex body responsible for ensuring the sharing of professional capabilities and resources as well as for improving the standards of distance education in the country.

Objectives

In order to fulfill its mission of providing access to quality education to all citizens of this country, the University is mandated to:

- impart education and knowledge through various means suited to the open and distance education mode;
- provide higher education to large sections of the population, particularly to the disadvantaged segments of society;
- encourage, coordinate and assist open universities and distance education institutions to raise standards of education in the country; and
- promote national integration and strengthen the natural and human resources of the country through the medium of education.

Functions

IGNOU serves two main functions:

- 1) It offers various academic programmes that lead to Certificates, Diplomas and Degrees. It develops and produces courses for delivery through open learning and distance education mode. It is actively involved in research, training and extension education activities.
- 2) In its capacity as an apex body, it coordinates and monitors the open learning and distance education systems in the country through the Distance Education Council and provides expertise and financial assistance to such institutions.

Features

IGNOU has certain unique features such as:

- National jurisdiction
- Flexible admission rules
- Individualised study
- Flexibility in terms of place, pace and duration of study
- Use of latest information and communication technologies

- An effective student support services network
 - Cost-effective programmes
 - Modular programmes, and
 - Resource sharing, collaboration and networking with Open Universities and other institutions.
-

2. SCHOOL OF SOCIAL SCIENCES

School of Social Sciences is the biggest in terms of disciplines, courses offered and the faculty strength. The school enfolds eight disciplines: Anthropology, Economics, History, Library and Information Science, Political Science, Psychology, Public Administration, Sociology.

The school offers the following programmes:

Research Degree

- Doctor of Philosophy in Economics (PhD in Economics)
- Doctor of Philosophy in Psychology (PhD in Psychology)
- Doctor of Philosophy in Public Administration (PhD in Public Administration)
- Doctor of Philosophy in History (PhD in History)
- Doctor of Philosophy in Political Science (PhD in Political Science)
- Doctor of Philosophy in Sociology (PhD in Sociology)
- Doctor of Philosophy in Library and Information Science (PhD in Library and Information Science)
- Doctor of Philosophy in Anthropology (PhD in Anthropology)

Master's Degree

- Master of Arts (Gandhi and Peace Studies) (MGPS)
- Master of Arts (Economics) (MEC)
- Master of Arts (Psychology) (MAPC)
- Master of Arts (Public Administration) (MPA)
- Master of Arts (History) (MAH)
- Master of Arts (Political Science) (MPS)
- Master of Arts Sociology (MSO)
- Master of Library and Information Science (MLIS)
- Master of Arts Anthropology (MAAN)

PG and Advance Diploma

- Post Graduate Diploma in Gandhi and Peace Studies (PGDGPS)
- Post Graduate Diploma in Disaster Management (PGDDM)
- Post Graduate Diploma in Library Automation and Networking (PGDLAN)
- Post Graduate Diploma in Mental Health (PGDMH)

PG and Advance Certificate

- Post Graduate Certificate in Gandhi and Peace Studies (PGCGPS)

Bachelor's Degree

- Bachelor in Arts (BA)

- Bachelor in Library and Information Science (BLIS)
- Bachelor Preparatory Programme (BPP)
- BA Honours Economics (BAECH)
- BA Honours History (BAHIH)
- BA Honours Political Science (BAPSH)
- BA Honours Psychology (BAPCH)
- BA Honours Public Administration (BAPAH)
- BA Honours Sociology (BASOH)
- Bachelor of Science Honours Anthropology

Certificate

- Certificate in Disaster Management (CDM)
- Certificate in Peace Studies and Conflict Management (CPSCM)
- Certificate in Library and Information Science (CLIS)
- Certificate on Life and Thought of B.R. Ambedkar (CLTA)
- Certificate in Environmental Studies (CES)

3. UNIVERSITY RULES

3.1 Open Access

Access to the programme is open to all subject to fulfillment of minimum eligibility criteria.

3.2 Scholarships and Reimbursement of Fee

Reserved categories, viz, Scheduled Castes, Scheduled Tribes, Other Backward Classes and Physically Handicapped students have to pay the fee at the time of admission to the University along with other students.

Physically Handicapped students admitted to IGNOU are eligible for Government of India scholarships. They are advised to collect scholarship forms from the respective State Governments Directorate of Social Welfare or the office of the Social Welfare Officer and submit the filled-in forms to them through the Regional Director concerned.

Similarly, SC/ST and other Backward Class students have to submit their scholarship forms to the respective State Directorates of Social Welfare or to the Office of the Social Welfare Officer, through the concerned Regional Director of IGNOU for reimbursement of programme fee.

3.3 Validity of Admission Lists

Candidates who are offered admissions have to join on or before the due dates specified by the University. In case they want to seek admission for the next session, they have to apply afresh and go through the admission process again.

3.4 Incomplete and Late Applications

Incomplete and late application forms/re-registration forms and forms furnishing false information can be rejected without any intimation to the candidates. The candidates are, therefore, advised to fill the relevant columns carefully and enclose attested copies of all the necessary certificates asked for, and submit the form to the Regional Director concerned on or before the due date.

3.5 Simultaneous Registration

A student is permitted to register for only one programme in a given academic session. Violation of this rule results in the cancellation of admission to the programmes and forfeiture of the programme fee.

This, however, does not apply in the case of Certificate in Computing.

Note: Registration fee once paid will not be refunded under any circumstances. Programme fee may, however, be refunded if admission is not given for any reason.

3.6 IGNOU Website

You may also access all relevant information and assignments from the University Website at www.ignou.ac.in



4. MASTER'S DEGREE PROGRAMME IN PSYCHOLOGY (MAPC)

4.1 Introduction

The M. A. (Psychology), degree programme is offered by the School of Social Sciences (SOSS), IGNOU. In the recent past Master's Degree in Psychology has been in great demand with many schools, hospitals, (both private and public), voluntary welfare agencies and correctional institutions as well as industrial and corporate sectors. Psychology has a broad scope ranging from clinical, educational, organisational fields to sports, military, criminal, forensic and so on. After completing Masters in Psychology, one can also get into teaching and research. Further, the degree will also help an individual in various application oriented fields as well.

Fee Structure and Schedule of Payment:

Rs. 18,600/- for full programme to be paid year-wise @ Rs. 9300/- per year

Admission and re-registration forms are to be submitted online. Please visit www.ignou.ac.in for regular updates. The university can revise the programme fee and the revised fee shall be payable by the learner as per the schedule of payment notified by the university.

To identify your Regional Centre, please see the list attached at the end of the programme guide.

Keeping in mind the commitment of IGNOU to provide quality education at low costs to those who have for some reason or the other missed opportunities for further studies, the present programme caters to varied clientele, such as fresh graduate learners as well as those who want to enter the employment arena and those already employed but do not possess the Master's Degree in Psychology.

The aim of this programme is to give the learners a sound base in psychology and human behaviour through an in-depth investigation into a broad range of psychological techniques and skills as applied to diverse settings.

4.2 Eligibility

In accordance with the university's general policy of 'openness', 'flexibility' vis-a-vis eligibility criteria, all those who have completed graduation degree in any field, are eligible for admission to M.A. programme in Psychology. There is no admission test.

4.3 Duration

The programme can be completed in a minimum period of 2 years and a maximum period of 4 years. It is offered in both January and July cycle of admission.

4.4 Medium of Instruction

The M.A. Psychology Course is available in English Medium at present.

4.5 Credit System

IGNOU follows the credit system. For obtaining the degree of M.A. Psychology a learner has to successfully complete course work of 64 credits. These credits are spread over 2 years. Each year the learner has to opt for 32 credits. One credit is equivalent to 30 hours of study by the learner. For example, a learner will have to devote approximately 240 hours of study to complete an 8 credit course.

Electronic version of the prospectus is available at <http://www.ignou.ac.in>

For further information you may contact any IGNOU Regional Centre or write to the Programme Coordinator.

Prof. Swati Patra

Professor
Discipline of Psychology
SOSS, IGNOU, New Delhi-110068
Ph. : 011-29572731
E-mail : swatipatra@ignou.ac.in

Dr. Smita Gupta

Assistant Professor (Sr. Scale)
Discipline of Psychology
SOSS, IGNOU, New Delhi-110068
Ph. : 011-29572761
E-mail : smitagupta@ignou.ac.in

4.6 Programme Structure and Details of the Syllabus of MA (Psychology)

Structure of MAPC

Duration: 2 years

First Year

Course Code	Course Name	Credits
MPC 001	Cognitive Psychology, Learning and Memory	4 credits
MPC 002	Life Span Psychology	4 credits
MPC 003	Personality: Theories and Assessment	4 credits
MPC 004	Advanced Social Psychology.	4 credits
MPC 005	Research Methods	4 credits
MPC 006	Statistics in Psychology	4 credits
MPCL 007	Practicum in Experimental Psychology and Psychological Testing	8 credits
Total Credits		32

Second Year (choose any one Group only)

Group A: Clinical Psychology

MPCE 011	Psychopathology	4 credits
MPCE 012	Psychodiagnostics	4 credits
MPCE 013	Psychotherapeutic methods	4 credits

MPCE 014	Practicum in Clinical Psychology	6 credits
MPCE 015	Internship	8 credits
MPCE 016/046	Project/Applied Positive Psychology	6 credits
	Total Credits	32

OR

Group B: Counselling Psychology

MPCE 021	Counseling Psychology	4 credits
MPCE 022	Assessment in Counselling and Guidance	4 credits
MPCE 023	Interventions in Counselling	4 credits
MPCE 024	Practicum in Counselling Psychology	6 credits
MPCE 025	Internship	8 credits
MPCE 026/046	Project/ Applied Positive Psychology	6 credits
	Total Credits	32

OR

Group C: Industrial and Organisational Psychology

MPCE 031	Organisational Behaviour	4 credits
MPCE 032	Human Resource Development (HRD)	4 credits
MPCE 033	Organisational Development (OD)	4 credits
MPCE 034	Practicum in Organisational Behaviour	6 credits
MPCE 035	Internship	8 credits
MPCE 036/046	Project/ Applied Positive Psychology	6 credits
	Total Credits	32

Note: The learner can choose either Project (MPCE 016/026/036) OR Applied Positive Psychology (MPCE 046). This is applicable for learners who have taken admission in July 2021 cycle and onwards.

4.7 Details of the Syllabus

Detailed Course in the Format of Blocks and Units

FIRST YEAR

MPC 001 Cognitive Psychology, Learning and Memory

Block 1 Information Processing

- Unit 1 Cognitive Psychology
- Unit 2 Information Processing in Learning and Memory
- Unit 3 Neuropsychological Basis of Learning and Memory
- Unit 4 Models of Information Processing (All the Models)

Block 2 Intelligence and Creativity

- Unit 1 Theories of Intelligence (G and S Factor and the Model of JP Das)
- Unit 2 Theories of Multiple Intelligence (Guilford, Gardner and Steinberg)
- Unit 3 Measurement of Intelligence
- Unit 4 Creativity and Problem Solving



Block 3	Language
Unit 1	Language Acquisition (Cognitive Theory)
Unit 2	Language Processing (Comprehension and Language Expression)
Unit 3	Multilingualism and Cognition
Unit 4	Language and Speech Disorders

Block 4	Problem Solving
Unit 1	Nature of Problem Solving and Processes
Unit 2	Stages and Strategies of Problem Solving
Unit 3	Theoretical Approaches to Problem Solving
Unit 4	Impediments in Problem Solving

MPC 002 Lifespan Psychology

Block 1 Prenatal, Infancy and Early Childhood

Unit 1	Concept of Development, Growth and Development, Life Span Perspective, Methods of Studying Development and Characteristics of Development
Unit 2	Prenatal Development (Genetics, Environment Influence and Hazards of Development)
Unit 3	Development During Infancy (Physical, Psychosocial, Cognitive and Linguistic)
Unit 4	Early Childhood (Physical, Psychosocial, Cognitive and Linguistic)

Block 2 Development During Early School Years (6-11)

Unit 1	Physical Development
Unit 2	Cognitive, Social, Emotional and Moral Development
Unit 3	Schooling and Development
Unit 4	Identification of Problems in School Children and Remedial Measures

Block 3 Development During Adolescence

Unit 1	Physical Changes
Unit 2	Cognitive Changes
Unit 3	Identity, Self Concept, Self Esteem, Peer Group Relationship
Unit 4	Challenges and Issues in Adolescent Development

Block 4 Adulthood and Aging

Unit 1	Physical Changes (Early Adulthood Middle Age, Old Age)
Unit 2	Cognitive Changes (Early Adulthood Middle Age, Old Age)
Unit 3	Psycho-social Changes (Early Adulthood Middle Age, Old Age)
Unit 4	Challenges and Issues in Aging Process

MPC 003 Personality: Theories and Assessment

Block 1 Personality : Theories and Assessment

Unit 1	Definition and Concept of Personality and Personality Development
Unit 2	State/Trait Approaches to Personality
Unit 3	Assessment of Personality
Unit 4	Key Issues in Personality

Block 2	Theories of Personality I
Unit 1	Psychodynamic Theory (Including Horney and Sullivan)
Unit 2	Social Cognitive Theory of Personality (Bandura)
Unit 3	Learning Theory of Personality (Pavlov and Skinner)
Unit 4	Humanistic and Self Theory (Maslow, Rogers)

Block 3	Theories of Personality II
Unit 1	Allport
Unit 2	Cattell
Unit 3	Eysenck
Unit 4	The Big 5 Factor Model

Block 4	Assessment of Personality
Unit 1	Introduction to Assessment and Testing
Unit 2	Approaches to Personality Assessment (Self Report, Problems of Response in Projective and Behavioural Assessment)
Unit 3	Behavioural Assessment
Unit 4	Other Measures of Personality

MPC 004 Advanced Social Psychology

Block 1	Introduction to Social Psychology
Unit 1	Nature and Concept of Social Psychology and Social Psychology Related to other Disciplines
Unit 2	Social Cognition (Attribution Theory)
Unit 3	Methods of Social Psychology (Observation, Ethnography, Correlational, Experimental Social Psychology)
Unit 4	Current Trend in Social Psychology and Ethical Issues

Block 2	Process of Social Influence
Unit 1	The Concept of Social Influence
Unit 2	Pro Social Behaviour and Factors Contributing to Prosocial Behaviour
Unit 3	Inter Personal Attraction
Unit 4	Aggression and Violence

Block 3	Attitude, Stereotypes, Prejudice and Discrimination
Unit 1	Introduction to Attitude and Stereotypes
Unit 2	Formation of Attitude and Attitude Change
Unit 3	Prejudice and Discrimination
Unit 4	Social Conflicts and Resolution

Block 4	Group Dynamics
Unit 1	Introduction to Group, Formation, Types of Group
Unit 2	Group Dynamics
Unit 3	Social Identity, Crowding and Crowd Behaviour
Unit 4	Cooperation, Competition and Conflicts

MPC 005 Research Methods

Block 1 Introduction to Research Methods in Psychology

- Unit 1 Basic Process/Concept in Research
- Unit 2 Reliability and Validity (External and Internal)
- Unit 3 Variables and Constructs
- Unit 4 Hypothesis Formulation and Sampling

Block 2 Types of Research

- Unit 1 Survey Research
- Unit 2 Ex-post Facto Research
- Unit 3 Experimental Research (including Field Experiment)
- Unit 4 Case Study

Block 3 Research Design

- Unit 1 Experimental Design: Single Factor
- Unit 2 Experimental Design: Factorial Design
- Unit 3 Quasi Experimental Design
- Unit 4 Other Designs (Correlational Design and Comparative Design)

Block 4 Qualitative Research in Psychology

- Unit 1 Introduction Including Ethnography
- Unit 2 Grounded Theory
- Unit 3 Discourse Analysis (Content Narrative)
- Unit 4 Reporting and Evaluating Quality Research

MPC 006 Statistics in Psychology

Block 1 Introduction to Statistics

- Unit 1 Parametric and Nonparametric Statistics
- Unit 2 Descriptive and Inferential Statistics
- Unit 3 Type I and Type II Errors
- Unit 4 Setting Up The Level of Significance

Block 2 Correlation and Regression

- Unit 1 Product Moment Coefficient of Correlation
- Unit 2 Other Types of Correlation (including Phi-coefficient)
- Unit 3 Partial and Multiple Correlation
- Unit 4 Bivariate and Multiple Regression

Block 3 Normal Distribution

- Unit 1 Characteristics of Normal Distribution
- Unit 2 Significance of Mean Differences, Standard Error of the Mean
- Unit 3 Anova (One-Way)
- Unit 4 Two-Way Anova

Block 4	Nonparametric Statistics
Unit 1	Rationale
Unit 2	Mann Whitney 'U' Test For Two Sample Test
Unit 3	Kruskal Wallis Analysis of Variance
Unit 4	Chi Square and Kendall Rank Correlation

MPCL 007 Practicum: Experimental Psychology and Psychological Testing

Practical 1	Span of Attention
Practical 2	Memory Experiments
Practical 3	Intelligence Testing (Bhatia Battery)
Practical 4	Personality Testing (16 PF)
Practical 5	Test For Social Behaviour (Vineland Social Maturity Scale)
Practical 6	Sociometry
Practical 7	Family Pathology Scale
Practical 8	Problem Behaviour Checklist (PBCL)

Note: All eight practicals are to be conducted by the learner in the psychology laboratory. Out of the above eight practicals, five practicals are to be written in proper format (as given in the Handbook on Practicum) in the practical record/notebook. The practical record is to be assessed by the concerned academic counselor. Actual conduction of practicals and reporting it in practical record (internal assessment) carries 50% weightage and the term end practical examination including viva- voce (external assessment) carries 50% weightage. You may keep a photocopy of your Practicum Record before submitting it at your Study Centre.

SECOND YEAR

GROUP A: CLINICAL PSYCHOLOGY (OPTIONAL 1)

MPCE 011 Psychopathology

Block 1	Foundations of Psychopathology
Unit 1	A Brief History of Psychopathology
Unit 2	Classification of Psychopathology DSM IV TR
Unit 3	Developmental Pathogenesis
Unit 4	Childhood Mental Disorder
Block 2	Generalised Anxiety Disorder and Other Mild Mental Disorders
Unit 1	Anxiety Disorders, Panic Disorder and Phobias
Unit 2	Generalised Anxiety Disorder and Obsessive Compulsive Disorder
Unit 3	Post-traumatic Stress Disorder (PTSD)
Unit 4	Somatoform Disorder and Dissociative Disorder
Block 3	Mood Disorders
Unit 1	Mild, Moderate and Major Depressive Disorder
Unit 2	Bipolar Disorder
Unit 3	Other Mood Disorders: Mood Disorder Due to General Medical Condition
Unit 4	Substance Induced Mood Disorder

Block 4	Schizophrenia and Other Psychotic Disorders
Unit 1	Schizophrenia: Etiology, Neurocognitive Functioning and Interpersonal Aspects
Unit 2	Paranoid and Delusional Disorders
Unit 3	Psychotic Disorder Due to General Medical Condition
Unit 4	Substance Induced Psychotic Disorders

Block 5	Personality Disorders
Unit 1	Borderline Personality Disorder
Unit 2	Narcissistic Personality Disorder
Unit 3	Dependent and Histrionic Personality Disorder
Unit 4	Schizoid and Paranoid Personality Disorder

MPCE 012 Psychodiagnostics

Block 1	Introduction to Psychodiagnostics
Unit 1	Introduction to Psychodiagnostics, Definition, Concept and Description
Unit 2	Methods of Behavioural Assesment
Unit 3	Assesment in Clinical Psychology
Unit 4	Ethical Issues in Assessment

Block 2	Psychodiagnostics in Psychology
Unit 1	Objectives of Psychodiagnostics
Unit 2	Different Stages in Psychodiagnostics
Unit 3	Batteries of Test and Assesment Interview
Unit 4	Report Writing

Block 3	Tests of Cognitive Functions
Unit 1	Measures of Intelligence and Conceptual Thinking
Unit 2	The Measurement of Conceptual Thinking (The Binet Simon Intelligence Scale and Wechsler's Intelligence Scales)
Unit 3	Measurement of Memory and Creativity
Unit 4	Utility of Data from the Test of Cognitive Functions

Block 4	Projective Techniques in Psychodiagnostics
Unit 1	Introduction to Projective Techniques and Neuropsychological Test
Unit 2	Principles of Measurement and Projective Techniques, Current Status with Special Reference to the Rorschach Test
Unit 3	The Thematic Apperception Test, Children's Apperception Test
Unit 4	Personality Inventories

MPCE 013 Psychotherapeutic Methods

Block 1	Psychological Treatment of Mental Disorders: Major Modalities
Unit 1	Psychoanalysis, Psychoanalytic/ Psychodynamic Therapy
Unit 2	Insight Psychotherapy, Interpersonal Psychotherapy
Unit 3	Short Term Psychotherapies
Unit 4	Methods of Child Psychotherapy

Block 2	Cognitive and Behaviour Therapies
Unit 1	Behaviour Modification Techniques
Unit 2	Cognitive Behaviour Therapies (Including Rational Emotive Therapy)
Unit 3	Solution Focussed Therapies
Unit 4.	Integrative and Multimodal Therapies
Block 3	Other Therapies for Psychological Interventions
Unit 1	Roger's Client Centered Therapy
Unit 2	Family and Group Psychotherapy
Unit 3	Psychodynamic Couple Therapy
Unit 4.	Psychotherapy Integration
Block 4	Psychotherapy Across Life Cycle
Unit 1	Psychotherapy with Children and Adolescents
Unit 2	Psychotherapy with Adults and Middle Aged Persons
Unit 3	Psychotherapy with Older Adults
Unit 4	Psychotherapy in Terminal Illnesses (AIDS, Cancer)

MPCE 014 Practicum in Clinical Psychology

The following practicals are to be conducted by the learners:

- 1) Sentence Completion Test
- 2) TAT
- 3) Rorschach Test
- 4) Neuropsychological Test (AIIMS Neuropsychological Battery)
- 5) Interviewing Practice in laboratory (Case Study, Mental Status Examination)
- 6) Draw a Person Test
- 7) Beck Depression Inventory
- 8) State – Trait Anxiety Scale

The practicum should be conducted in the psychology laboratory in the Study Centre. All eight practicals are to be conducted by the learner in the psychology laboratory and are to be written in proper format (as given in the Handbook on Practicum) in practical record. The practical record is to be assessed by the concerned academic counselor. Actual conduction of practicals and reporting it in practical record (**internal assessment**) carries 50% weightage and the term end practical examination including viva- voce (**external assessment**) carries 50% weightage. You may keep a photocopy of your Practicum Record before submitting it at your Study Centre.

MPCE 015 Internship

Internship provides learner with an opportunity to integrate theoretical knowledge, research, and clinical skills. The internship experience includes a minimum of 240 training hours in one year. Some of the places the learners could do their internship are given below:

- 1) Children's Centre/NGO serving children and adolescents.
- 2) Agencies catering to population with severe emotional disturbances requiring psychiatric treatment.
- 3) Community mental health centers serving children, adolescents, adults, and geriatric populations, primarily from low economic category should be taken up. Client problems may include moderate to severe family and individual dysfunctions. Services provided include individual assessment, individual, family, and group therapy. Some agencies focus on specific populations, such as patients with life-threatening illnesses or sexual problems like HIV/AIDS/STD.
- 4) Institutions like, State hospital, that caters to patients from every age group, including forensic populations. Trainees may be involved in providing individual and group psychotherapy, behavioural treatment, assessment, and working with an interdisciplinary treatment team.
- 5) Trainees may also work the counselling centres, where clients, range in age from late adolescence upto 80's, suffering from problems such as adjustment disorders, mood disorders, psychotic disorders, alcohol/drug problems, career decision making and learning disabilities. Trainees may participate in individual psychotherapy, group psychotherapy, outreach consultation, vocational testing and counseling, psychological assessment, and learning disability assessment.
- 6) Another institution for training is the correctional institution, wherein the inmates with problems ranging from adjustment issues to severe persistent mental disorders, to facing crises could be attended to by the learners during the training. For example, learners may do assessment, consultation, and group and individual psychological interventions.
- 7) Children's Home, Home for women, special homes for the handicapped, home for beggars, mental hospitals, nursing homes dealing with mentally ill persons, where assessment consultation and group and individual therapies are carried on.

The selection of agency can be done by the learner as well as the academic counselors/study centres. The training goal is to help learners acquire skills in clinical psychology. The learners, thus, will learn and acquire skills and professional acumen under trained practitioners in the concerned setting. There will be one to one supervision and the learners will be closely supervised by the supervisor who will give them the feedback about their performance.

Note: 10 cases with case history, Mental Status Examination and Psychological testing are to be handled by the learner in a year. Out of these 10 cases, for any 2 cases intervention needs to be carried out by the learner. A report in proper format (as given in Handbook on Internship) has to be submitted by the learner to the Academic Counsellor. Assessment by academic counselor carries 30% weightage, assessment by agency supervisor carries 30% weightage and assessment by the external examiner (viva – voce) carries 40% weightage. Keep a photocopy of Internship Report before submitting it at your Study Centre.

MPCE 016 Project

Any topic of interest to learners while doing the course could be taken up as a project. The Research Project in the form of a dissertation, can be quantitative as well as qualitative. The learner needs to ensure that the topic has research significance and follows a proper research methodology. In consultation with the guide (guide can be either academic counselor or any other supervisor, subject to the approval by the Discipline of Psychology, SOSS, IGNOU, New Delhi) the learner needs to select a topic and work on it.

Project proposal or synopsis has to be prepared by the learner in consultation with the supervisor/guide and the same has to be submitted to the concerned regional centre. The final project report/dissertation is to be submitted in proper format (given in the Handbook on Project) to the concerned regional centre only.

Note : The Term-End Examination (TEE) for Practicum Courses will be held at the respective Study Centres. The TEE (viva-voce) for Internship and Project will be held at the

concerned Regional Centre. Completion of MPC-005 and MPC-006 (MAPC Part I) is pre-requisite before starting MPCE-016.



GROUP B: COUNSELLING PSYCHOLOGY (OPTIONAL 2)

MPCE 021 Counselling Psychology

Block 1 Introduction

Unit 1 Introduction to Counselling and Characteristics of a Counsellor

Unit 2 Process of Counselling

Unit 3 Theoretical Approaches to Counselling

Unit 4 Ethics in Counselling

Block 2 Counselling: Models and Approaches

Unit 1 Psychoanalysis, Psychodynamic Psychotherapy

Unit 2 Behavioural Therapy and Cognitive Behaviour Therapy Approaches to Counselling

Unit 3 Drama and Art Therapy in Counselling

Unit 4 Other Therapies (Person Centered Counselling, Solution Focused Counselling)

Block 3 Types of Counselling

Unit 1 HIV/AIDS Counselling

Unit 2 Educational and Vocational Counselling

Unit 3 Child Protection and Child Rights Counselling

Unit 4 Addiction/Anxiety Counselling

Block 4 Counselling for Mental Disorders

Unit 1 Depression

Unit 2 Personality Disorder

Unit 3 Gender Identity Disorder

Unit 4 Eating Disorder

MPCE 022 Assessment in Counselling and Guidance

Block 1 Introduction

Unit 1 Introduction to Assessment: Definition, Description and Differentiating between Testing and Assessment

Unit 2 Assessment Complexities

Unit 3 The Ambience and Climate Needed for Assessment and Counseling

Unit 4 Determination of aspects to be covered in counseling

Block 2 Approaches to Assessment in Counseling

Unit 1 Interview, Case History, Testing

Unit 2 Approaches to Counselling: Psychodynamic Approach and Cognitive Approaches

Unit 3 The Person Centered Approach to Assessment and Counseling

Unit 4 The Narrative Approach to Assessment and Counseling

Block 3 Assessment in Counselling and Guidance

Unit 1 The Counselling Setting, and the Role of Counselors in Guidance and Counselling

Unit 2 Individual and Group Techniques in Counseling and Guidance

Unit 3	Counselling and Guidance for Career Planning and Decision Making
Unit 4	Multicultural Counselling and Guidance: Role of Counselors In Preventing Illness and Promoting Positive Health

Block 4 Organising and Planning Counselling and Guidance

Unit 1	Introduction to Developing Guidance and Counselling Programme
Unit 2	Rationale and Purpose of Guidance and Counselling Programme
Unit 3	Organising and Evaluation of Guidance and Counselling Programme
Unit 4	Methods of Evaluation

MPCE 023 Interventions in Counselling

Block 1 Psychological Intervention: Major Modalities

Unit 1	Psychoanalysis/Psychodynamic Counselling
Unit 2	Insight and Short Term Counselling
Unit 3	Interpersonal Counselling
Unit 4	Counselling Children

Block 2 Cognitive Behavioural Counselling

Unit 1	Introduction to Behaviour Modification and Cognitive Approach in Counselling
Unit 2	Application of Cognitive Therapies in Counselling
Unit 3	Cognitive Behaviour Modification (Stress Inoculation, Self-instructional, Self-management, Problem Solving)
Unit 4	Solution Focussed Counselling and Integrative Counselling

Block 3 Other Counselling Interventions

Unit 1	Roger's Client Centered Counselling
Unit 2	Psychodynamic Couple's Counselling
Unit 3	Family and Group Counselling
Unit 4	Eclectic Counselling

Block 4 Counselling: Future Directions

Unit 1	Teaching and Training for Counselling
Unit 2	Current Status of Counselling with Special Reference to India
Unit 3	Future Direction
Unit 4	Research Findings

MPCE 024 Practicum in Counselling Psychology

The following practicals are to be conducted by the learners:

- 1) Interviewing Skill Practice
- 2) Intelligence Testing (WAIS/ Standard Progressive Matrices)
- 3) Sentence Completion Test
- 4) Bender Gestalt Test
- 5) Differential Aptitude Test (DAT)
- 6) Interest Inventory

- 7) Career Preference Record
- 8) Adjustment Inventory

The practicals should be conducted in the psychology laboratory in or the Study Centre. Psychological tests and other assessments, including interviewing techniques, will be taught during contact classes in the laboratory. All eight practicals are to be conducted by the learner in the psychology laboratory and are to be written in proper format (as given in the Handbook on Practicum) in the practical record. The practical record is to be assessed by the concerned academic counselor. Actual conduction of practicals and reporting it in practical record (internal assessment) carries 50% weightage and the term end practical examination including viva- voce (external assessment) carries 50% weightage. You may keep a photocopy of your Practicum Record before submitting it at your Study Centre.

MPCE 025 Internship

Internship provides learner with an opportunity to integrate theoretical knowledge, research, and clinical skills. The internship experience includes a minimum of 240 training hours in one year. Some of the places the learners could do their internship are given below:

- 1) Schools
- 2) Hospitals
- 3) Private clinics
- 4) NGO's providing service for women and children and other deprived population.
- 5) Correctional institutions
- 6) Child Guidance Clinics

The selection of agency can be done by the learner as well as the academic counselors/study centres. The training goal is to help learners acquire skills in counselling. The learners thus will learn and acquire skills and professional acumen under trained counsellors in the concerned setting. There will be one to one supervision and the learners will be closely supervised by the supervisor who will give them the feedback about their performance.

Note: 10 cases with case history and Psychological testing are to be handled by the learner in a year. Out of these 10 cases, for any 2 cases counselling needs to be carried out by the learner. A report in proper format (as given in Handbook on internship) has to be submitted by the learner to the Academic Counsellor. Assessment by academic counselor carries 30% weightage, assessment by agency supervisor carries 30% weightage and assessment by the external examiner (viva – voce) carries 40% weightage. Keep a photocopy of your Internship Report before submitting it at your Study Centre.

MPCE 026 Project

Any topic of interest to learners while doing the course, could be taken up as a project. The Research Project in the form of a dissertation, can be quantitative as well as qualitative. The learner needs to ensure that the topic has research significance and follows a proper research methodology. In consultation with the guide (guide can be either academic counselor or any other supervisor, subject to the approval by the Discipline of Psychology, SOSS, IGNOU, New Delhi) the learner needs to select a topic and work on it.

Project proposal has to be prepared by the learner in consultation with the supervisor/guide and the same has to be submitted to the concerned regional centre. The final Project report/dissertation is to be submitted in proper format (given in the Handbook on Project) to the concerned regional centre only.

Note : The Term-End Examination (TEE) for Practicum Courses will be held at the respective Study Centres. The TEE (viva-voce) for Internship and Project will be held at the concerned Regional Centre. Completion of MPC-005 and MPC-006 (MAPC Part I) is pre-requisite before starting MPCE-026.

GROUP C: INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY (OPTIONAL 3)

MPCE 031 Organisational Behaviour

Block 1 Organisational Psychology

- Unit 1 Introduction to Organisational Psychology
- Unit 2 Organisational Behaviour, Definition and Importance
- Unit 3 Fundamental Concepts of Organisational Behaviour
- Unit 4 Different Models of OB. (Autocratic, Custodial, Supportive, Collegial, etc.)

Block 2 Personality and Attitudes in OB

- Unit 1 Job Satisfaction
- Unit 2 Work Motivation
- Unit 3 Content Theory, Process Theory and Schedule of Reinforcement
- Unit 4 Organisational Commitment

Block 3 Leadership and Team Building

- Unit 1 Definition of Leadership and Importance of Team Building
- Unit 2 Change Management
- Unit 3 Team Management
- Unit 4 Resolving Conflicts

Block 4 Learning Process and Motivation in Organisational Behaviour

- Unit 1 Principles and Process of Learning
- Unit 2 Behavioural Management
- Unit 3 Motivation in Organisation
- Unit 4 The Process of Motivation for Higher Moral and Productivity

MPCE 032 Human Resource Development

Block 1 Human Resource Planning

- Unit 1 Assessment of Human Resource in Organisation and Human resource Planning
- Unit 2 Human Resource Management
- Unit 3 People Dimension in Human Resource Management and Short Term Human Resource Planning
- Unit 4 Short-term Programmes in HR and Evaluation

Block 2 Steps in HRM (Human Resource Management)

- Unit 1 Introduction to HRM, Planning and Management

Unit 2	Training and Development
Unit 3	Workforce Diversity and Multicultural Factors
Unit 4	Globalisation and Changing Economy and their Effects on HRM
Block 3	Human Resource Laws
Unit 1	Intellectual Property Rights
Unit 2	Labour Laws (Indian and International)
Unit 3	Laws Related to Workplace Violence and Harassment
Unit 4	Laws Related to Human Rights Violation
Block 4	Importance of HR Planning
Unit 1	Goals and Objectives of Human Resource Planning, Corporate Social Responsibility
Unit 2	Business Strategy and Operational Strategies (Technology and Innovation in HR)
Unit 3	Retention of Qualified and Technical Personnel (Competency Mapping and Performance Appraisal)
Unit 4	Planning Investment in Development (Including Corporate Counselling)

MPCE 033 Organisational Development

Block 1	Introduction
Unit 1	Definition and Introduction to Organisational Development
Unit 2	Foundations of Organisational Development
Unit 3	Conceptual Frame Work of OD
Unit 4	First Order and Second Order Change
Block 2	Assumptions, Beliefs and Values in OD
Unit 1	Participation and Empowerment
Unit 2	Teams and Teamwork
Unit 3	Parallel Learning Structures
Unit 4	A Normative Re-educative Strategy of Change
Block 3	Analysing and Managing the OD Process
Unit 1	Components of OD Process,
Unit 2	Diagnosing the System, Sub Units and Processes
Unit 3	Models for Managing Change (Including Six-box Organisational Model)
Unit 4	The Programme Evaluation Process in OD (Including Third Wave Consulting)
Block 4	OD Interventions
Unit 1	Definition, Factors to be Considered, Nature and Classification of OD Interventions.
Unit 2	Selection and Organising of Intervention Activities
Unit 3	Typology of Interventions Based on Target Groups.
Unit 4	Human Process Interventions: Individual, Group and Inter-group, Coaching, Counseling, Training, Behavioural Modeling, Mentoring, Motivating etc.

MPCE 034 Practicum in Organisational Behaviour

The following practicals are to be conducted by the learners:

- 1) MBTI (Myers Briggs Typology Indicator)
- 2) Achievement Orientation Test (Dev Mohan Achievement Test)
- 3) Value System Test (Personal Value Scale)
- 4) Personality Test (Multidimensional Personality Assessment Test)
- 5) Sentence Completion Test
- 6) Conflict Resolution Technique
- 7) Competition Entrepreneurship Scale
- 8) Job Stress Scale

The practicals should be conducted in the psychology laboratory in the Study Centre. Psychological tests and other assessments, including interviewing techniques, will be taught during contact classes in the laboratory. All eight practicals are to be conducted by the learner in the psychology laboratory and are to be written in proper format (as given in the Handbook on Practicum) in practical record. The practical record is to be assessed by the concerned academic counselor. Actual conduction of practicals and reporting it in practical record (internal assessment) carries 50% weightage and the term end practical examination including viva- voce (external assessment) carries 50% weightage. You may keep a photocopy of your Practicum Record before submitting it at your Study Centre.

MPCE 035 Internship

Internship provides learner with an opportunity to integrate theoretical knowledge and research. The internship experience includes a minimum of 240 training hours in one year. The learners opting for industrial psychology would be required to work in the HR department of any corporate / company, and do their field work under the HR manager.

The selection of agency can be done by the learner as well as the academic counselors/study centres. The training goal is to help learners acquire skills in counselling. The learners thus will learn and acquire skills and professional acumen under trained counsellors in the concerned setting. There will be one to one supervision and the learners will be closely supervised by the supervisor who will give them the feedback about their performance.

Note: 10 case studies with Psychological testing or any human resource activity are to be handled by the learner in a year. Out of these 10 cases, for any 2 cases counselling needs to be carried out by the learner. A report in proper format (as given in Hand book on Internship) has to be submitted by the learner to the Academic Counsellor. Assessment by academic counselor carries 30% weightage, assessment by agency supervisor carries 30% weightage and assessment by the external examiner (viva – voce) carries 40% weightage. Keep a photocopy of Internship Report before submitting it at your Study Centre.

MPCE 036 Project

Any topic of interest to learners while doing the course, could be taken up as a project. The Research Project in the form of a dissertation, can be quantitative as well as qualitative. The learner needs to ensure that the topic has research significance and follows a proper research methodology. In consultation with the guide (guide can be either academic counselor or any other supervisor,

subject to the approval by the Discipline of Psychology, SOSS, IGNOU, New Delhi) the learner needs to select a topic and work on it.

Project proposal has to be prepared by the learner in consultation with the Supervisor/guide and the same has to be submitted to the concerned regional centre. The final project report/dissertation is to be submitted in proper format (given in the Handbook on Project) to the concerned regional centre only.

Note : The Term-End Examination (TEE) for Practicum Courses will be held at the respective Study Centres. The TEE (viva-voce) for Internship and Project will be held at the concerned Regional Centre. Completion of MPC-005 and MPC-006 (MAPC Part I) is pre-requisite before starting MPCE-036.

MPCE 046 APPLIED POSITIVE PSYCHOLOGY

Block I Foundations of Positive Psychology

- Unit 1 Introduction to Positive Psychology
- Unit 2 Research Methods and Assessment in Positive Psychology
- Unit 3 Eastern and Western Perspectives on Positive Psychology
- Unit 4 Character Strengths and Virtues: Interpersonal Strengths and Well-being
- Unit 5 Character Strengths and Virtues: Intrapersonal Strengths and Well-being

Block 2 Positive Emotional States and Processes

- Unit 6 Positive Affect and Positive Emotions
- Unit 7 Happiness

Block 3 Positive Cognitive States and Processes

- Unit 8 Self and related Concepts
- Unit 9 Resilience
- Unit 10 Hope and Optimism
- Unit 11 Flow and Mindfulness

Block 4 Applications of Positive Psychology

- Unit 12 Positive Schooling and Positive Parenting
- Unit 13 Applying Positive Psychology in Relationship, Family and Aging
- Unit 14 Positive Psychology in Workplace, Health and Well-being

Block 5 Positive Psychology Interventions

- Unit 15 Stress Management and Post Traumatic Growth
- Unit 16 Yoga and Meditation
- Unit 17 Current Trends and Future Directions in Positive Psychology

4.7 STUDY CENTRES

Each learner admitted to this programme will be attached to a **Study Centre**. At present, there are 197 study centres located in different places of the country. Learners may opt for enrolment in the nearest study centre. Every study centre is managed by a Coordinator. The learners are advised to be in regular contact with their respective study centres and interact with the Coordinator as frequently as possible.

The facilities provided at the study centres, normally, include the following:

- Counselling sessions in different courses relating to M.A. (Psychology)
- Library facility with basic reading materials related to various aspects of the discipline
- Audio-Video programmes specially designed for M.A. (Psychology)
- Teleconferencing and Radio Counselling (at the Regional Centres)

4.8 INSTRUCTIONAL SYSTEM

The Master's Degree Programme adopts a multimedia approach, viz. self-instructional print materials, audio-video programmes, assignments, counselling sessions and teleconferencing.

i) Print Materials

These comprise mainly self-instructional material. Other study materials required for a particular course such as the original texts of political thinkers or essays from secondary sources will be made available at the study centre libraries.

The units in the course material have been carefully designed and written by specialists engaged in study and research in the discipline of Psychology. The names of the authors are listed in the course material. It may, however, be added that the units are by no means comprehensive in discussing different themes. It is, therefore, advised that you read as much of the books and research articles as possible, suggested at the end of the book. The University will make some of these books and articles available at the Study Centre libraries.

ii) Audio-video Programmes

The Audio and Video programmes are supplementary, meant for clarification and enhancement of understanding. These are used during counselling sessions at the Study Centres. Video programmes are also telecast on the national network of *Doordarshan/GyanDarshan*. Besides, live counseling is provided on radio. These sessions are conducted for an hour and telecast from All India Radio Stations spread throughout the country. You can ask questions right from your home on telephone.

iii) Counselling Sessions

Generally, counselling sessions are held at the Study Centres during weekends (Saturdays and Sundays) and holidays. The Study Centre Coordinators will provide the counselling schedule.

SCHEME OF STUDY

The counselling schedule for theory and practicum courses in **MA 1st year** will be as under:

Number of counselling sessions allocated for theory courses (4 credits each): 06 sessions, (each of 02 hours duration) for each theory course.

Total = 36 sessions for 6 theory courses.

Number of counselling sessions allocated for practicum course (8 credits): 08 sessions, each of 03 hours duration.

The counselling schedule for theory and practicum courses in **MA IIInd year** will be as under:

Number of counselling sessions allocated for theory courses (4 credits each): 06 sessions, (each of 02 hours) for each theory course.

Total = 18 sessions for 3 theory courses.

Number of counselling sessions allocated for practicum course (6 credits): 06 sessions of 03 hours (6 credits).

The MAPC programme has three important courses of practical, internship and project (according to learner's specialisation). Detailed guidelines for these courses are given in respective handbooks. Courses of Practical and Internship are compulsory. Project is an optional course where the learner can take project or opt for an alternative theory course on Applied Positive Psychology.

iv) Teleconferencing

The Teleconferencing Sessions are organised by the School of Social Sciences with the help of the Electronic Media Production Centre (EMPC) staff. The technical part comprises one way video and two way audio components. The subject experts counsel learners on various aspects of the courses in these sessions. You will be informed of the schedule of these sessions in advance through the IGNOU Newsletter. The learner can watch these sessions on television through the Gyandarshan channel.

5. EVALUATION

The evaluation consists of two parts: 1) continuous evaluation through assignment and, ii) Term End Examination. In the final result all the assignments of a course carry 30% weightage, while 70% weightage is given for Term End Examination.

The following is the scheme of awarding divisions:

1st Division	-	60% and above
IIInd Division	-	50% but below 59.9%
IIIrd Division	-	40% but below 49.9 %
Unsuccessful	-	Below 40%

You are required to score at least 40% marks in both continuous evaluation (assignments) as well as Term End Examination of each course separately. In the overall computation also you must get at least 40% marks in each course to claim the M.A. degree. The scores of continuous evaluation and Term End Examination are not complementary to each other for qualifying a course.

It may be noted here that learners need to pass separately in the Internal and External components in Practical and Internship courses (***this is applicable for learners who have taken admission in July 2021 cycle and onwards***).

Learners who do not qualify in the Term End Examination are again allowed to take up the next Term End Examination by filling up the exam form and paying the exam fee. It means that you can take the Term End Examination of the First year courses in the Second year of study. But you cannot appear in examination for more than 48 credits in one examination. You have to successfully complete all the courses within 4 years of your registration.

5.1 Assignments

Assignments constitute a part of continuous evaluation. The submission of assignments is compulsory. The marks that you get in your assignments will be counted in your final result. Assignment of a course carries 30% weightage, while 70% weightage is given to the term-end examinations. Therefore, you are advised to take your assignments seriously.

You have to complete the assignments within the deadline specified in the assignments booklet or within one month of the date of receipt of assignments whichever is later. You will not be allowed to appear for the term-end examination for any course if you do not submit the specified number of assignments in time for that course. If you appear in term-end examination, without submitting the assignments the result of term-end examination would be liable to be cancelled.

The main purpose of assignment is to test your comprehension of the learning materials you receive from us and also to help you get through the courses. The evaluators/counsellors will send back the marked and corrected assignments with their comments. The comments will surely guide you in your study and help in improving your comprehension. The content provided in the printed course materials should be sufficient for answering the assignments. At Postgraduate level it is expected that you will consult other prescribed books also. You need not however worry too much about the non-availability of extra reading materials for working on the assignments. The assignments are designed in such a way as to help you concentrate mainly on the printed course materials and your analytical capabilities.

All the assignments are Tutor Marked Assignment (TMA) which shall be evaluated by the counselor. There will be one assignment for each course. The assignments carry 30 percent weightage in evaluation as mentioned earlier.

The assignment responses should be complete in all respects. Before submission you should ensure that you have answered all the questions in all assignments. Incomplete assignments bring you poor grades.

You have to submit your assignments to the Coordinator of the Study Centre assigned to you. After evaluation these TMAs will be sent back to you with comments and marks.

The University/Coordinator of the Study Centre has the right to reject the assignments submitted after the due date. You are, therefore, advised to submit the assignments before the due date.

Do not forget to get back your duly evaluated tutor marked assignments alongwith a copy of the assessment sheet containing comments of the evaluator on your performance. This may help you to improve future assignments.

For your own record, retain a copy of all the assignment responses which you submit to the Coordinator. If you do not get back your duly evaluated tutor marked assignments along with a

copy of assessment sheet containing comments of evaluator on your assignment within a month



after submission, please try to get it personally from your study centre. This may help you to improve upon future assignments. Also maintain an account of the corrected assignment responses received by you after evaluation. This will help you to represent your case to the University in case any problem arises.

If you do not get pass grade in any assignment, you have to submit it again. To get fresh assignments you should write to Regional Director of your Region. However, once you get the pass grade in an assignment, you cannot re-submit it for improvement of grade. Assignments are not subject to re-evaluation except for factual errors, if any, committed by the evaluator. The discrepancy noticed by you in the evaluated assignments should be brought to the notice of the Coordinator of the Study Centre, so that the correct score is forwarded by him to the Student Evaluation Division at Headquarters. Score communicated by the study centre through any mode other than the award list will not be acceptable to the university for taking your score of assignments on your record.

In case you find that the score indicated in the assignment sheet of your Tutor Marked Assignment has not been correctly reflected or is not entered in your grade card, you are advised to contact the coordinator of your study centre with a request to forward correct award list to the SE Division at the Headquarters.

Do not enclose or express doubts for clarification if any about study material or assignment alongwith the assignment. Send your doubts in a separate cover to the Director of the concerned School at IGNOU, MaidanGarhi, New Delhi-110068. Give your complete enrolment number, name, address, phone/mobile number, title of the course, and the number of the Unit or the assignment, etc. on top of your letter.

SPECIFIC INSTRUCTIONS FOR TUTOR MARKED ASSIGNMENTS (TMAs)

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right hand corner of the first page of your response sheet. 2) Write the Programme Title, Course Code, Course Title, Assignment Code and Name of your Study Centre on the left hand corner of the first page of your response sheet.

Course Code and Assignment Code may be reproduced from the assignment: The top of the first page of your response sheet should look like this:

ENROLMENT NO.:

PROGRAMME TITLE:.....

NAME:

COURSE CODE:

ADDRESS:

.....

.....

COURSE TITLE:

.....

ASSIGNMENT CODE:

SIGNATURE:.....

STUDY CENTRE:

DATE:

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any given on the assignment itself about the subject matter or its presentation.

- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. While answering an essay type question give adequate attention to introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarise your response to the question. Make sure that the answer is logical and coherent, and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasise.
- 5) Use only foolscap size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
- 6) Write the responses in your own hand. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero mark for the respective question.
- 7) Do not copy from the response sheets of other learners. If copying is noticed, the assignments of such learners will be rejected.
- 8) Write each assignment separately. All the assignments should not be written in continuity.
- 9) Write the question number with each answer.
- 10) The completed assignment should be sent to the Coordinator of the Study Centre allotted to you. Under any circumstances do not send the tutor marked response sheets to the Learner Evaluation Division at Head Quarters for evaluation.
- 11) After submitting the assignment at the Study Centre get the acknowledgement from the Coordinator on the prescribed assignment remittance-cum-acknowledgement card.
- 12) In case you have requested for a change of Study Centre, you should submit your Tutor Marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
- 13) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.
- 14) Assignments are also available on IGNOU Website: www.ignou.ac.in, under Student Zone.

5.2 Term-End Examinations

As stated earlier, the term-end examination is the major component of the evaluation system and it carries 70% weightage in the final result. You must fill and send your term-end examination form before the last dates i.e. 31st March for June and 30th September for the December exam.

In case you fail to secure a pass score (40% marks) in the term-end examination, you will be eligible to reappear at the next Term-end Examination for that course as and when it is held, within the total span of the programme.

Eligibility for Examination

To be eligible to appear at the Term-end Examination in any course, you are required to fulfill the following conditions:

- 1) You should have paid the course fee.
- 2) You should have opted and pursued the prescribed course.
- 3) A student is eligible for appearing in TEE only after one year of registration.
- 4) You should have submitted the assignments for the respective course.
- 5) You should have completed the psychology practicals and submitted the record and got it evaluated for appearing in practical term-end examination.
- 6) You should have submitted the examination form and fees in time.

Examination Date Sheet

Examination date sheets (Schedule which indicates the date and time of examination for each course) are sent to all the Study Centres approximately five months in advance. The same is also notified through the IGNOU News Letter from time to time. Thus, normally, the date sheet for the June examination is released in January and for the December examination in July. It may be accessed from the website as well.

Information regarding the Term-end examination of Practical, Internship and Project can be obtained from the Study centre in case of Practical and from Regional Centre in case of Internship and Project.

Online Submission of Examination Form

It is an essential pre-requisite for you to submit the Examination Form for taking examination in any course. Examination Form is available online at IGNOU website. Only one form is to be submitted for all the courses in one term-end examination. **You need to pay separate fee for the examinations.**

A fee of 150/- per course is charged as examination fee. The detailed guidelines are available at IGNOU website www.ignou.ac.in. There is a separate late fee if forms are submitted after due date.

Keeping the interest of the students, University has approved the acceptance of the examination forms from the students through **online mode only**. The details are given below.

Description	June TEE	December TEE	Online submission
Without late fee	Upto 30 th April	Upto 31 st October	Online submission For Latest information see website: www.ignou.ac.in
Late fee of Rs. 1000/-	1 ^{sr} May to 10 th May	1 ^{sr} November to 10 th November	Online submission

For update and recent notification kindly visit University's website: www.ignou.ac.in

The examination forms with the requisite late fee shall be submitted by the students from **1st May to 10th May** for June TEE and **1st November to 10th November** for December Term End Examination (TEE) through **online mode only**. The examination fee should be paid by students through Debit/Credit Card only.

Please write your correct enrolment number, programme code and name at the back of the Demand Draft/IPO drawn in favour of IGNOU, New Delhi or the city where your Regional Centre is located representing the examination fee and late fee and properly tag with your examination form to avoid its misplacement.

The examination form received after the due dates or without examination and late fee, wherever applicable, shall be rejected.

It is your duty to check whether you are registered for a course and whether you are eligible to appear for that examination or not. If you neglect this and take the examination without being eligible for it, your result will be cancelled.

No learner is allowed to reappear in an examination or submit assignments after successfully passing it for improving the marks/grade.

Study Centre is the contact point for you. The University cannot send communication to all the learners individually. All the important communications are sent to the Coordinators of the Study Centres and Regional Directors. The Coordinators would display a copy of such important circular/notification on the notice board of the Study Centre for the benefit of all the learners. You are, therefore, advised to get in touch with your Coordinator for day-to-day information about assignments, submission of examination forms, date-sheet, list of learners admitted to a particular examination, declaration of result, etc.

While communicating with the University regarding the examination, please clearly write your enrolment number and complete address. In the absence of such details, we will not be able to attend to your problems.

Examination Intimation Slip

After receiving the examination forms from you, the University will send an intimation slip to you before the commencement of the exams. If you do not receive the intimation slip 15 days before the commencement of the examinations, you may contact your Study Centre or Regional Centre or Student Registration and Evaluation Division at the Headquarters. If your name is registered for examinations in the list sent to the Study Centre, even if you have not received it or misplaced the intimation slip, you can take the examination by showing your Identity Card (Learner Card) to the Superintendent of the Examination Centre.

The date sheet for the June/December Term-end examination is available on the University website, www.ignou.ac.in January/July.

Examination Centre

Your Study Centre is normally your examination centre. However, the University at its discretion may allow you any examination centre other than your study centre. Change of the examination centre is not generally permitted. In exceptional cases only change of centre may be considered. For this you should apply one month in advance to the Registrar, SRD at IGNOU.

Your enrolment number is your Roll Number for the examination. Be very careful in writing it. Any mistake in writing the Roll Number will result in the non-declaration of your result.

Declaration of Result

Although all efforts are made to declare the result in time, there will be no compulsion on the University to declare the results of the last examination before the commencement of the next examination. You are therefore, advised to fill up the form without necessarily waiting for the result and get it cancelled at a later date if so required.

Improvement of Division/Marks

Improvement of marks/grades is permissible for those learners of M.A. who fall short by 2% marks in securing a 1st or 2nd Division. It is also permissible for those learners of M.A. who fall short by 2% marks in securing 55% overall marks. The prescribed form for the purpose is given in this Programme Guide. Please read the conditions governing this provision given on the back of the form.

While communicating with the University regarding the examination, please clearly write your enrolment number and complete address. In the absence of such details, we will not be able to attend to your problems.

6. OTHER USEFUL INFORMATION

IGNOU Newsletter

The University publishes a newsletter in English as well as in Hindi. It is mailed to the learners free of cost. All the important information relevant to the learners is published in the newsletter.

Reservation of Seats

The University provides reservation of seats for scheduled castes, scheduled tribes and physically handicapped learners as per the Government of India rules. The details regarding scholarship and reimbursement of fee are given in section 3.

Change of Study Centre

The candidates are required to opt for only such study centres which are activated for the programme. As far as possible the university will allot the study centre opted by the candidate. However, the university may change the study centre at its convenience without concurrence of the learner at any time.

For the purpose of change of the Study Centre you have to send a request to the Director of your regional Centre. A copy of the same may be sent to the Learner Registration and Evaluation Division at the headquarters.

Counselling facilities for a programme may not be available at all the Centres. As such you are advised to make sure that counselling facilities are available for the programme you have chosen, at the new Centre opted for. As far as possible the request for a change of the Study Centre is considered favourably.

Change of Region

When you want transfer from one region to another, you have to write to that effect to the Regional Centre from where you seek a transfer marking copies to the Regional Centre where you would like to be transferred to and also to the Registrar, Student Registration & Evaluation Division, IGNOU New Delhi. Further, you have to obtain a certificate from the Coordinator of the Study Centre from where you are seeking transfer regarding the number of assignments submitted. The Regional Director from where you are seeking the transfer will transfer all records to the Regional Centre where you seek transfer under intimation to you and the Registrar, Student Registration & Evaluation Division. The records are normally sent by Registered Post to guard against loss in the postal transit. For change of Region in practical oriented Programme NO OBJECTION CERTIFICATE is to be obtained from the concerned Regional Centre/Studycentre where the learner seeks his/her transfer.

For change of Region in Practical oriented programme ‘NO OBJECTION CERTIFICATE’ is to be obtained from the concerned Regional Centre/Study Centre where the learner needs his/her transfer.

Re-evaluation

In IGNOU there is a provision for re-evaluation. Re-evaluation is done with reference to the grade/marks given in the Answer Book and Award list. The request should be made on the prescribed form along with a draft of Rs. 750/- per course payable at IGNOU, New Delhi. The request for reevaluation by the learners must be made before 31st March for December TEE and 30th September for June TEE or within one month of declaration of results whichever is later. The date of declaration of results will be calculated from the date on which the results are placed on the IGNOU website.

After re-evaluation, the better of the two scores of original marks/grade and re-evaluated marks will be considered.

The revised marks after the re-evaluation shall be incorporated in the learner record and the revised Grade card/Marks sheet shall be sent to the learners within one month from the receipt of the application.

Re-evaluation is not permissible for Projects, Practicals, Assignments, Seminar etc. Prescribed form for the purpose is given in this Programme Guide.

Issue of Duplicate Grade Card/Mark sheet/Degree/Diploma/Certificate

A duplicate Grade Card is issued after a request is made on the prescribed form along with a draft of Rs. 200/- to be paid in favour of IGNOU, New Delhi. In case of loss of Degree. A duplicate can be obtained after paying a fee of Rs. 750/- and filling the prescribed form. The forms for the purpose are given in this Programme Guide.

Migration Certificate

For Migration Certificate, requisition may be sent to the Regional Director concerned along with the following documents:

- 1) Application (can be obtained from the Head office or photocopy of the one given in the Programme Guide could be used.)
- 2) Attested copy of the mark sheet.
- 3) Fee of Rs. 500/- in the form of a Demand Draft drawn in favour of IGNOU payable at the city where the Regional Centre is located.

Credit Transfer Definition

“Credit transfer” means allowing a learner of another university to get admitted to IGNOU for completing any equivalent degree/diploma programme on the basis of credits obtained by him/her from that University. A learner thus admitted does not need to write IGNOU examinations for such courses which are found equivalent to and for which appropriate credits would be deemed to have been acquired for fulfilling the IGNOU requirements for the award of a degree/diploma.

Eligibility

The credit transfer scheme is applicable to only those candidates who have not completed their degree from any other recognized University and yet are willing to complete it through IGNOU as per the rules provided.

Modalities

- 1) Normally credit transfer will be applicable only from a diploma, bachelor’s degree, master’s

degree to an equivalent diploma, bachelor's degree and a master's degree.

- 2) Credit transfer will be permissible only in the case of learners coming from institutions established by an Act of Parliament or by an Act of State Legislature; or an institution "deemed to be university" or an "institution of national importance" or institutions recognized by statutory bodies like AICTE, ICMR, ICAR, CSIR etc.
- 3) Credit transfer can be done only on the basis of individual courses and not on the basis of year to year courses as in conventional institutions.
- 4) In order to get a diploma/degree from IGNOU a learner will be required to earn at least 50% credit from IGNOU. For example, a M.A. Learner should earn at least 32 credits from IGNOU for an IGNOU degree.
- 5) The degree, certificate or the marks list thus given to the learners will specifically indicate the credits earned in IGNOU and those obtained from the other institution.

Rules and Regulations for Credit Transfer

- 1) Learners who want to avail credit transfer shall get registered with IGNOU for the programmes they want to study. All the applications for credit transfer should be addressed to Dy. Registrar, SR&E, IGNOU, Maidan Garhi, New Delhi-110068.
- 2) The learners have the choice to opt for the electives of second year in the 1st year of their study.
- 3) The learner by opting for the courses in such a way so as to complete the balance credits can reduce the period of study prescribed for the completion of the degree programme and thereby, avail no payment of fees for the period not covered. The learners availing credit transfer would be allowed to complete the programme early provided they do not offer more than 32 credits in a year.
- 4) IGNOU "programmes" and "Courses" means "subjects" or "papers" respectively of conventional universities.
- 5) Learners seeking credit transfer should apply directly to the Registrar (SR&E) IGNOU, Maidan Garhi, New Delhi – 110068 enclosing a Demand Draft for Rs. 500/- per course drawn in the name of IGNOU and payable at New Delhi, attested copies of Marks sheet and attested copies of syllabus of such courses, covered by them. Such cases will be examined separately by the Equivalence Committee at the Headquarters of the university. **This process will take a minimum period of three months from the date of receipt of such requests with all the relevant documents by the above concerned officer.**

Refund of Fee

Fee once paid will not be refunded under any circumstances. It is also not adjustable against any other programme of this University. However, in cases where University denies admission, the programme fee will be refunded after deduction of registration fee **through A/c Payee Cheque only by concerned Regional Centre.**

Study Material and Assignments

The University sends study materials and assignments wherever prescribed to the students by registered post and if a learner does not receive the same for any reason whatsoever, the University shall not be held responsible for that. **In case a student wants to have assignments, s/he can obtain a copy of the same from the Study Centre or Regional Centre or may download it, from the IGNOU website: www.ignou.ac.in.** In case of non-receipt of study material, learners are required to write to the concerned Regional Centre, IGNOU.

Counselling and Examination Centre

All Study Centres, Programme Study Centres, Special Study Centres may not Examination Centres. Regular counselling sessions will be conducted at the Study Centres.

Term End Examination (TEE) for Practicum will be held at the Study Centre. TEE (Viva-Voce) for Project and Internship will be held at respect the Regional Centres.

Change of Elective/Course

Change in Elective/Course is permitted within 30 days form the receipt of first set of course material on payment of Rs. 400/- for 2/4 credits and Rs.800/- for 6/8 credits course (check the website for latest fees). Payment should be made by way of a Demand Draft drawn in favour of “IGNOU” payable at the place of concerned Regional Centre. All such requests for change of Elective/Course should be addressed to the concerned Regional Centre only as per schedule.

Change/Correction of Address and Study Centres

There is a printed card for change/correction of address and change of Study Centre which is dispatched along with the study material. In case there is any correction/change in the address, the learners are advised to make use of Performa provided in the Programme Guide and send it to the Regional Director concerned, who will forward the request after verifying the learners signature to SRD Division, Maidan Garhi, New Delhi-110068. **Requests received directly at SRD, New Delhi will not be entertained. The form of change of address can also be downloaded from IGNOU**

Website www.ignou.ac.in. Learners are advised not to write letters to any other officers in the University in this regard. Normally, it takes 4-6 weeks to effect the change. Therefore, the learners are advised to make their own arrangements to redirect the mail to the changed address during this period. In case a change of Study Centre is desired, the learners are advised to fill the performa and address it to the Regional Centre concerned. Since counselling facilities are not available for all Programmes at all the centres, learners are advised to make sure that counselling facilities are available, for the subject he/she has chosen, at the new centre opted for. Request for change of Study Centre is normally accepted subject to availability of seat for the programme at the new centre asked for.

Change of Address and Study Centre are not permitted until admissions are finalized. Similarly, change of Study Centre is not permissible in programmes where practical components are involved.

Foreign Students

Foreign students residing in India are eligible to seek admission in IGNOU programmes who have valid student visa for the minimum duration of the programme. Such students are required to remit the fee at par with foreign students (fee structure of foreign students could be downloaded from the website ignou.ac.in). Admission of foreign students residing in India will be processed by the International Division of the University after ensuring their antecedents from the Ministry of External Affairs/Ministry of Human Resource Development. Programme with limited number of seats are not offered for foreign students.

Official Transcripts

The University provides the facility of official transcripts on request made by the learners on plain paper addressed to the Registrar (SED), IGNOU, Maidan Garhi, New Delhi-110068. A fee of Rs. 200/- per transcript payable through DD in favour of IGNOU is charged for this purpose. The students are required to pay . 400/- in case of request for sending transcript outside India.

Disputes on Admission and other University matters

The place of jurisdiction of filing of suit, if necessary, will be only New Delhi.

Recognition

IGNOU Degrees/Diplomas/Certificates are recognized by all member University of Association of Indian University (AIU) and are at par with Degrees/Diplomas/Certificates of all Indian University/ Institutions, as per UGC Circular letter no. F.1-S2/2000(CPP-II)dated 5th May, 2004, AIU Circular No. EV/11 (449/94/176915-177115 dated January 14, 1994 & AICTE Circular No. AICTE/Academic/ MOU-DEC/2005 dated May 13, 2005.

Early Declaration of Result

Sometimes students are offered admission in other institutions and/or are selected for employment etc. and they are supposed to submit mark-sheet/grade card within a specified time period. Such students may apply for an early evaluation of their answer scripts and declaration of the result. For this purpose, the students are required to apply in the specified format available on the University website on payment of the prescribed fee through Bank Draft in favour of IGNOU, Delhi along with the attested photocopy of the offer of admission/employment etc. The students can submit their requests for early declaration of result before the commencement of the Term-End Examination, i.e., 1st June and 1st December, respectively. In such a situation; the University will make arrangements for the processing of the answer scripts and declaration of the result (as a special case). The result will be declared in a period of about one month beginning from the date of examination.

Re-evaluation of Answer Scripts

The students who are not satisfied with the marks/grade secured by them in Term-End Examination may apply for re-evaluation within one month from the date of declaration of result, i.e., the date on which the result is made available on the University website, on payment of the prescribed fee per course in the prescribed application form available on the University website.

Provisional Certificate

On request from the student a provisional certificate will be issued on completion of 64 credits/ 32 credits course prescribed and opted by the student. For provisional certificate you have to write to the Registrar SED, IGNOU, New Delhi 110068, in prescribed form as contained in this Programme Guide.

Re- Registration

Learners are advised to **submit the Re-Registration forms only to the respective Regional Centre and nowhere else**. If any student sends the Registration/ Re-registration forms at wrong places and thereby misses the scheduled date and consequently a semester/year, he/she will have no claim on the University for regularization.

Issue of Duplicate Grade Card/Mark sheet

A duplicate Grade Card is issued after a request is made on the prescribed form along with a draft of Rs. 200/- to be paid in favour of IGNOU, New Delhi.

Issue of Duplicate Degree Certificate

A duplicate degree certificate can be issued after a request is made on the prescribed form along with a demand draft of Rs. 750 in favour of IGNOU, New Delhi. The following documents are required to be attached with the requests for issue of duplicate degree certificate:

- 1) Affidavit on non-judicial stamp paper of Rs. 10/- .
- 2) Copy of FIR lodged with the police station regarding loss of Degree, Certificate.
- 3) Demand Draft/IPO for requisite fee.

Samples of various forms currently used in the University are provided in this programme Guide. Whenever you need any of these please take a photocopy, fill it and send it to us.

7. TIPS FOR EFFECTIVE LEARNING IN OPEN UNIVERSITY

How to approach your studies: It would be good for you to go through the Programme Guides as well as the Handbooks provided by the University. This will help you to know exactly about the facilities being extended and how you can make best use of these in your learning. That is, you should have an idea of what to expect from the system and how best to use the support being provided.

Quasi-permanent separation: To bridge your semi-permanent separation from your counsellor and to enable you to take advantage of the flexibilities provided in the Open Distance Learning (ODL) system, provision for Face to Face interaction has been made. Moreover, you can contact your teachers at the Headquarters through phone and e-mail. However, the onus of learning is on you. You must make full use of the flexibility, facilities and innovativeness provided by the system.

Adhere to the schedule of operations: Various activities in the ODL system are time bound and the details are given in the programme guides and the handbooks sent to you. Adherence to the Schedule of Operations shall help you enormously in completion of the courses. As a thumb rule, if you study three hours a day regularly, you should be successful in the minimum stipulated time.

Studying at your pace and place: You can learn at your pace and place, but it would help if you periodically revise what you have learnt. This would also enable you to assess as to how much remains to be done. The DE system provides for an in-built teacher in the Self Instructional Materials (SIMs). Your pace of learning could be faster and effective if you abide by the instructions given to you in the SIMs and follow the sequence and steps suggested therein, as the objective of these access devices is to regulate your pace of learning.

Taking notes: In SIMs, some space has been provided to take important notes. You should identify keywords/terms, and put remarks while going through it. This facilitates cross-referencing. You must answer/solve problems in the Self-assessment Questions (SAQs) and Terminal Questions (TQs) yourself rather than looking for solutions at the end.

Using media effectively: The audio-visual learning is faster and can be more effective. That is why multi-media is one of the integral components of our multiple media instructional package. For complementing your learning with the help of multi-media effectively, you should visit your study centre/counselling and insist that your counsellor shows A/V programmes. Such visits will also help you obtain the latest information on broadcast, and telecast of programmes and tele-conferences being held. Now, IGNOU has a 24 hr TV Channel *GyanDarshan* and a countrywide network of FM radio stations. You should contact your cable operators to beam *GyanDarshan*. In case it is not possible for you to visit your SCs for some reason, you can procure these cassettes/CDs from the University for convenient viewing.

Preparing Assignment Responses: The separation between the teacher and the taught in the ODL system is bridged through dialogue established by continuous assessment. Your assignment responses provide an opportunity to your counsellor to guide you and pace your learning depending on your progress. Therefore, you must write your assignment yourself, in your words depending on the scope of every question. In some questions, you might be required to give a brief outline while in others you may be asked to give your justifications/demonstrate your skills and knowledge/give detailed description etc. It is also possible that you may be required to refer to a particular source of information or data and present your analysis. If possible, discuss implications and suggest application and/or give illustrations.

When you have answered the assignments, pause for a while and recheck your response to make sure that:

- the language is your own, simple and comprehensible
- it covers all the relevant aspects and with expected details the content is accurate and relevant
- the presentation is logical and clear
- the main points are well supported by examples/arguments/illustrations and
- the response has been neatly typed or legibly written.

You must keep a copy of each of your assignments and file them in order, separately, for each course. While submitting your assignment at your Study Centre / Programme Centre, you must insist on obtaining acknowledgement. In case you send your assignment by post, keep the registration slip as evidence. In case of any difficulty or unconvincing response at the Study Centre, please contact your Regional Centre or the Headquarter. Normally, you should obtain your Tutor Marked Assignment within 45 days. In case you do not receive your evaluated TMAs with tutor comments in the stipulated period, you should check with the Study Centre Coordinator. Once you receive the evaluated assignment responses, go through tutor comments.. A careful reading of the comments should give you an idea as to how you can improve your responses in future.

Learning from Counselling and Peer Group: In order to make the best use of the counselling sessions, you should have read the relevant units before going for the counselling session. This will enable you to have useful interactions with your counsellor and peer group. Participate in the discussion with an open mind. Take note of important points identified by other peer group members and the counsellor. Do not hesitate to clarify doubts, even if they are trivial.

Taking the Term-end Examination: In our system of education, career prospects are influenced by the performance in examinations. So we should approach examinations with some caution. However, this should not cause anxiety. Another important point to be kept in mind is that you must submit your assignments as per schedule before the examination.

Preparing for the Examinations: The surest way to success in any examination is to conscientiously employ effective study techniques over a period of time. For example, if you follow the tips provided here, your chances of success will improve. If you follow them, you will certainly remember more, have a better understanding, and be able to organise your ideas quickly and effectively.

Even solving previous examination question papers and getting your answers checked by your counselors should help improve your performance. You can download these from the IGNOU website www.ignou.ac.in. Revision of text materials plays a vital role in your preparation for the examinations. The following are two good reasons for doing regular revisions right from the start:

You may not have enough time to revise everything you have studied in a course/programme at the last minute.

You will find the latter materials easier to study if you have sound understanding of what has been studied earlier.

On the Examination Day: When you receive the question paper:

Read the instructions and the question paper right through very carefully paying attention to each question.

Be objective and assess what precisely the questions demand of you.

Budget your time; that is, you should carefully allocate your time according to the weightage given to each question.

Plan your answer and form a sense of priority.

8. SOME USEFUL ADDRESSES

- | | |
|--|--|
| 1) Non-receipt of study material | Registrar, MPDD, IGNOU, New Delhi-110068 |
| 2) Counsellors and other problems related to study centres | 1. Regional Director of your region
2. Assistant Director (Student Affairs)
Regional Services Division
IGNOU
Maidan Garhi, New Delhi-110 068 |
| 3) Change of address and all other related problems | Registrar (SR&E)
IGNOU
Maidan Garhi, New Delhi-110 068 |
| 4) Purchasing of Audio/Video Tapes | Marketing Unit, EMPC
IGNOU
Maidan Garhi, New Delhi-110 068 |
| 5) Academic Matters | Prof. Swati Patra
Professor
Discipline of Psychology
Academic Complex, Block-F
SOSS, IGNOU,
Maidan Garhi, New Delhi-110068
Telephone : 011-29572731 |
| 6) Grievances | Dr. Smita Gupta
Assistant Professor
Discipline of Psychology,
Academic Complex,
SOSS, IGNOU,
Maidan Garhi, New Delhi-110068
Telephone : 011-29572761

igram.ignou.ac.in |

You are also advised to contact Co-ordinator of your Study Centre for timely information.

9. LIST OF REGIONAL CENTRES

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
1	AGARTALA RC CODE : 26	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE M.B.B. COLLEGE COMPOUND P.O. AGARTALA COLLEGE AGARTALA – 799 004 TRIPURA 0381-2519391, 0381-2516266 EMAIL : rcaagartala@ignou.ac.in	STATE OF TRIPURA (DISTRICT: DHALAI, NORTH TRIPURA, SOUTH TRIPURA, WEST TRIPURA)
2	AHMEDABAD RC CODE: 09	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE OPP. NIRMA INSTT OF TECHNOLOGY SARKHEJ-GANDHINAGAR HIGHWAY AHMEDABAD-382 481, CHHARODI, GUJARAT 02717-242975, 242976 02717-241579 02717-256458, 02717-241580 rcahmedbad@ignou.ac.in	STATE OF GUJARAT (DISTRICT: AHMEDABAD, ANAND, BANASKANTHA, BHARUCH, DAHOD, GANDHINAGAR, MEHSANA, PATAN, SABARKANTHA, SURAT, VADODARA, VALSAD, DANG, KHEDA, NARMADA, NAVSARI, PANCHMAHAL, TAPI)
3	AIZWAL RC CODE: 19	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE LAL BULAIYA BUILDING M.G. ROAD KHATLA (NEAR CENTRAL YMCA OFF), MIZORAM AIZWAL – 796 001 0389-2311693 / 2311692 0389-2311789 rcaizwal@ignou.ac.in	STATE OF MIZORAM (DISTRICT: AIZWAL, LUNGLEI, KOLASIB, MAMIT, SERCHHIP, SAIHA, CHAMPHAI, LAWNGTLAI)
4	ALIGARH RC CODE: 47	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 3/310 MARRIS ROAD ALIGARH – 202 001 UTTAR PRADESH 0571-2700120 / 2701365 0571-2402147 rcaligarah@ignou.ac.in	STATE OF UTTAR PRADESH(DISTRICT: ALIGARH, AGRA, BUDAUN, ETAH, ETAWAH, FIROZABAD, J.P. NAGAR, KASHIRAM NAGAR/KASGANJ, MAHAMAYA NAGAR/HATHRAS, MAINPURI, MATHURA, MORADABAD AND RAMPUR)
5	BANGALORE RC CODE: 13	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NSS KALYANA KENDRA 293, 39TH CROSS, 8TH BLOCK BANGALORE - 560 070 JAYANAGAR, KARNATAKA 080-26654747 / 26657376 080-26644848 rcbangalore@ignou.ac.in	STATE OF KARNATAKA (DISTRICT: BANGALORE, BANGALORE RURAL, CHIKBALLAPUR, CHITRADURGA, DAVANAGERE, KOLAR, RAMANAGARA, SHIMOGA, TUMKUR, RAMANAGARA, CHAMARAJANAGAR & CHIKMAGALUR DAKSHINA KANNADA, HASSAN, KODAGU, MANDYA, MYSORE, UDUPI)
6	BHAGALPUR RC CODE: 82	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE CAMP OFFICE MARWARI COLLEGE PREMISES BHAGALPUR, BIHAR 812007 0641-2905028/2905029 rcbhagalpur@ignou.ac.in	STATE OF BIHAR (DISTRICT: BHAGALPUR, BANKA & MUNGER)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
7	BHOPAL RC CODE: 15	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SANCHI COMPLEX, 3RD FLOOR OPP. BOARD OF SECONDARY EDN. SHIVAJI NAGAR BHOPAL - 462 016 MADHYA PRADESH 0755-2578455 / 2578452 0755-2762524 rcbhopal@ignou.ac.in	STATE OF MADHYA PRADESH (DISTRICT: ALIRAJPUR, BALAGHAT, BHIND, CHHATARPUR, DATIA, HARDA, KHANDWA, MANDSAUR, NEEMUCH, RAJGARH, SAGAR, SHAJAPUR, BAWANI, BHOPAL, DEWAS, GUNA, HOSHANGABAD JHABUA, KHARGONE, MORENA, PANNA, RATLAM, SATNA, SHEOPUR, TIKAMGARH, VIDISHA, ASHOK NAGAR, BETUL, BURHANPUR, DAMOH, DHAR, GWALIOR, INDORE, RAISEN, REWA, SEHORE, SHIVPURI, UJJAIN)
8	BHUBANESHWAR RC CODE: 21	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C - 1, INSTITUTIONAL AREA BHUBANESHWAR - 751 013 ODISHA 0674-2301348 / 2301250 0674-2301352 0674-2371457, 0674-2300349 rcbhuaneswar@ignou.ac.in	STATE OF ORISSA (DISTRICT: ANGUL, BHADRAK, BARAGARH, BALASORE, CUTTACK, DEOGARH, DHENKANAL, GANJAM, GAJAPATI, JHARSUGUDA, JAJPUR, JAGATSINGHPUR, KHORDHA, KEONJHAR, KANDHAMAL, KENDRAPARA, MAYURBHAND, NAYAGARH, PURI, SAMBALPUR, SUNDERGARH)
9	BIJAPUR RC CODE: 85	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C/O BLDEA'S JSS COLLEGE OF EDU. SS JUNIOR COLLEGE CAMPUS BIJAPUR- 586101 KARNATAKA 08352-258417 09901498384 rcbijapur@ignou.ac.in	STATE OF KARNATAKA COVERING (DISTRICTS BAGALKOTE, BIJAPUR, BIDAR, GULBARGA, KOPPAL, RAICHUR & YADGIR), HAVERI, GADAG, BELLARY) STATE OF MAHARASHTRA (DISTRICTS SOLAPUR, LATUR)
10	CHANDIGARH RC CODE: 06	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SCO 208 SECTOR 14 PANCHKULA - 134 109 HAYRANA 0172-2590277, 2590278 0172-2590279 rcchandigarh@ignou.ac.in	STATE OF PUNJAB(DISTRICT: PATIALA, MOHALI, RUP NAGAR, FATEHGARH SAHEB) STATE OF HARYANA (DISTRICT:AMBALA, PANCHKULA), CHANDIGARH (U.T.)
11	CHENNAI RC CODE: 25	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 3rd FLOOR G R COMPLEX 407-408 ANNA SALAI, CHENNAI - 600 035 NANDANAM TAMILNADU 044-24312766, 24312979 044-24312799, 0044-24312799 rcchennai@ignou.ac.in	STATE OF TAMILNADU (DISTRICT: CHENNAI, THIRUVALLUR, KANCHIPURAM, VELLORE, THIRUVANNAMALAI, KRISHNAGIRI, DHARMAPURI, SALEM, NAMAKKAL, VILLUPURAM, CUDDalore, PERAMBALUR, NAGAPATTINAM, THIRUVARUR, ARIYALUR), PONDICHERRY (U.T.)
12	COCHIN RC CODE: 14	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE KALOOR, COCHIN - 682 017 KERALA 0484-2340203 /2348189/2330891 0484-2340204 rccochin@ignou.ac.in	STATE OF KERALA (DISTRICT: ALAPPUZHA, ERNAKULAM, IDUKKI, KOTTAYAM, KOZHIKODE, MALAPPURAM, PALAKKAD, THIRUSSUR, LAKSHADWEEP (U.T.)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
13	DARBHANAGA RC CODE: 46	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE LALIT NARAYAN MITHLA UNIV.CMPS KAMESHWARANAGAR, NEAR CENTRAL BANK DARBHANGA - 846 004 BIHAR 06272-251833 06272-251318, 06272-253719 rcdarbhanga@ignou.ac.in	STATE OF BIHAR (DISTRICT: BEGUSARAI, DARBHANGA, EAST CHAMPARAN, GOPALGANJ, SARAN, SHEOHAR,SITAMARHI, SAMISTIPUR, MADHUBANI, MUZAFFARPUR & WEST CHAMPARAN)
14	DEHRADUN RC CODE: 31	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NANOOR KHERA, TAPOVAN RAIPUR ROAD, DEHRADUN - 248 001 UTTARANCHAL 0135-2789205 0135-2789200 0135-2665317 0135-2789190 rcdehradun@ignou.ac.in	STATE OF UTTARANCHAL (DISTRICT: DEHRADUN, PAURI, CHAMOLI, TEHRI, UTTAKASHI, RUDRAPRAYAG, HARIDWAR, NAINITAL, ALMORA, PITHORAGARH, US NAGAR, CHAMPAWAT, BAGESHWAR) STATE OF UTTAR PRADESH (DISTRICT: SAHARANPUR, MUZAFFAR NAGAR, BIJNORE)
15	DELHI 1 RC CODE: 07	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE PLOT NO J-2/1 BLOCK- B 1 MOHAN COOPERATIVE INDUSTRIAL ESTATE MATHURA ROAD NEW DELHI – 110 044 DELHI 011-26990091/ 26990082-83 011-26058354 011-26990084 rcdelhi1@ignou.ac.in	STATE OF DELHI (COVERING AREAS OF MEHRAULI, CHANAKYAPURI, LODHI COLONY, SOUTH EXTENSION, R.K. PURAM, VASANT KUNJ, SAKET, GREEN PARK, LAJPAT NAGAR, G.K., MALVIYA NAGAR, BHOGAL, ASHRAM, HAUZ KHAS,MUNIRIKA, OKHLA, SANGAM VIHAR, FRIENDS COLONY, BADARPUR), STATE OF HARYANA (DISTRICT: FARIDABAD)
16	DELHI 2 RC CODE: 29	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GANDHI SMRITI & DARSHAN SAMITI RAJGHAT, NEW DELHI - 110 002 011-23392374 / 23392376 / 23392377 011-26493257 011-23392375 rcdelhi2@ignou.ac.in	STATE OF DELHI (COVERING AREAS OF KARALA, PRAHLADPUR, BANAGAR, LIBASPUR, RAMA VIHAR, RANI BAGH, SULTAN PURI, BUD VIHAR, MANGOLPURI, PITAMPURA, JAHANGIR PURI, JHARODA MAJA, BURAI, DR. MUKHERJEE NAGAR, MODEL TOWN, SHAKURPUR, COLONY, GTB NAGAR, ASHOK VIHAR, SHAstri NAGAR, CIVIL LINES, YAMUNA VIHAR, NAND NAGRI, BHR)
17	DELHI 3 RC CODE: 38	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE F-634-636 PALAM EXTNSION RAM PHAL CHOWK (NEAR SECTOR 7), DWARKA NEW DELHI - 110 045 011- 25088964 011-25088983 rcdelhi3@ignou.ac.in	STATE OF DELHI (COVERING ARAS OF MUNDKA, NANGLOI JAT, PEERAGARHI, PUNJABI BAGH, BAKARWALA, MEERA BAGH, MOTI NAGAR, TILAK NAGAR, TILANGPUR, KOTLA, VIKASPURI, SUBHASH NAGAR, UTTAM NAGAR, JANAKPURI, NAZAFGARH, MAHAVIR ENC., SAGARPUR, DWARKA, PALAM, PALAM FARMS, KAPASERA, DHAWLA KUAN, NARAINA), STATE OF HARYANA (DISTRICT: GURGAON, MEWAT)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
18	DEOGHAR RC CODE 87	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE A S COLLEGE, DEOGHAR, JHARKHAND-814142 06432-34448 rcdeoghar@ignou.ac.in	STATE OF JHARKHAND COVERING (DISTRICTS KODAGU, MANDYA MYSORE, UDUPI), DEOGHAR, GODDA SAHIBGANJ, PAKUR, DUMKA JAMTARA & GIRIDIH)
19	GANGTOK RC CODE: 24	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GAIRIGAON TADONG PO SHUMBUK HOUSE GANTOK – 737 102, SIKKIM 0359-2270923 0359-2212501 rcgangtok@ignou.ac.in	STATE OF SIKKIM (DISTRICT: EAST SIKKIM, WEST SIKKIM, NORTH SIKKIM, SOUTH SIKKIM)
20	GUWAHATI RC CODE: 04	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE HOUSE NO 71,GMC ROAD, GUWAHATI CHRISTIAN BASTI, ASSAM 781003 0361-2343786 / 2343783 0361-2343784 rcguwahati@ignou.ac.in	STATE OF ASSAM (DISTRICT: TINSUKIA, DIBRUGARH, SIBSAGAR, DHEMAJI, JORHAT, LAKHIMPUR GOLAGHAT, SONITPUR, KARBI, ANGLONG, NAGAON, MARIGAON, DARRANG, KAMRUP, NALBARI, BARPETA, BONGAIGAON, GOALPARA, KOKRAJHAR, DHUBRI, NORTH CACHAR HILLS, CACHAR, HAILAKANDI, KARIMGANJ, KAMRUP, METROPOLITAN, BAKSA, UDALGURI, CHIRANG)
21	HYDERABAD RC CODE: 01	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE PLOT NO 207 KAVURI HILLS PHASE II, NEAR MADHAPUR PS, JUBILEE HILLS (P.O.) HYDERABAD - 500 033 ANDHRA PRADESH 040-23117550-53 rchyderabad@ignou.ac.in	STATE OF ANDHRA PRADESH (DISTRICT: ADILABAD, ANANTAPUR, HYDERABAD, KADAPA, KARIM NAGAR, KURNOOL, MEDAK, MAHABOOB NAGAR, NALGONDA, NIZAMABAD, RANGA REDDY, WARANGAL)
22	IMPHAL RC CODE: 17	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE ASHA JINA COMPLEX NORTH AOC IMPHAL – 795 001 MANIPUR 0385-2421190 / 2421191 0385-2421192 rcimphal@ignou.ac.in	STATE OF MANIPUR (DISTRICT: BISHNUPUR, CHURACHANDPUR, CHANDEL, IMPHAL EAST, IMPHAL WEST, SENAPATI, TAMENGLONG, THOUBAL, UKHRUL)
23	ITANAGAR RC CODE: 03	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE 'HORNHILL COMPLEX' C' SECTOR (NEAR CENTRAL SCH.) ITANAGAR - 791 110 NAHARLAGUN ARUNACHAL PRADESH 0360-2247536 / 2247538 0360-2247537 rcitanagar@ignou.ac.in	STATE OF ARUNACHAL PRADESH (DISTRICT: ANJAW, CHANGLANG, EAST KAMENG, EAST SIANG, KURUNG KUMEY, LOHIT, LOWER DIBANG VALLEY, LOWER SUBANSIRI, PAPUM PARE, TAWANG, TIRAP, UPPER DIBANG, UPPER SUBANSIRI UPPER SIANG, WEST KAMENG, WEST SIANG)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
24	JABALPUR RC CODE: 41	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 2ND FLOOR, RAJSHEKHAR BHAVAN RANI DURGAVATI VISHVAVIDYALAYA JABALPUR - 482 001 CAMPUS, PACHPEDHI, MADHYA PRADESH 0761-2600411 / 2609896, 2609902 0761-2609919 rcjabalpur@ignou.ac.in	STATE OF MADHYA PRADESH (DISTRICT: ANNUPUR, BALAGHAT, CHHINDWARA, DINDORI, JABALPUR, KATNI, MANDLA, NARSHINGAPUR, SEONI, SHAHDOL, SIDDHI, SINGRAULI, UMARIA, DAMOH, PANNA, SAGAR, CHHATTARPUR, REWA, SATNA, TIKAMGARH)
25	JAIPUR RC CODE: 23	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 70/79, SECTOR - 7 PATEL MARG MANSAROVAR JAIPUR - 302 020 RAJASTHAN 0141-2785730 / 2785750 0141-2274292 0141-2785763 0141-2784043 rcjaipur@ignou.ac.in	STATE OF RAJASTHAN (DISTRICT: AJMER, ALWAR, BARAN, BHARATPUR, BHILWARA, BUNDI, CHITTORGARH, CHURU, DAUSA, DHOLPUR, HANUMUNGARH, JAIPUR, JHALAWAR, JHUNJHUNU, KARAUTI, KOTA, SAWAI, SIKAR, SRI GANGANAGAR TONK, TONK MADHOPUR, BANSWARA & PRATAPGARH)
26	JAMMU RC CODE: 12	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SPMR COLLEGE OF COMMERCE AUROBINDO BLOCK 1ST FLOOR CANAL ROAD JAMMU-180 001 JAMMU & KASHMIR 0191-2579572/2546529 0191-2502921 0191-2561154 rcjammu@ignou.ac.in	STATE OF JAMMU & KASHMIR (JAMMU REGION - DISTRICT: DODA, JAMMU, KATHUA, KISHTWAR, POONCH, RAJOURI, RAMBAN, REASI, SAMBA, UDHAMPUR)
27	JODHPUR RC CODE 88	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C/O. ONKAR MALL SUNMANI COLLEGE OF COMMERCE JODHPUR-342008 RAJASTHAN 0291-2753989 rcjodhpur@ignou.ac.in	STATE OF RAJASTHAN COVERING DISTRICTS JODHPUR, BARMER, JAISALMER, RAJASMAND, UDAIPUR, BIKANER, JALORE, SIROHI, NAGOOR, DUNGARPUR, PALI, pratapgarh, BANSWARA).
28	JORHAT RC CODE: 37	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE CKB COMMERCE COLLEGE NEAR CIRCUIT HOUSE JORHAT-785001, ASSAM 9435733728 rcjorhat@ignou.ac.in	STATE OF ASSAM (DISTRICT: NAGAON, GOLAGHAT, JORHAT, SHIVASAGAR, DIBRUGARH, TINSUKIA, LAKHIMPUR, DHEMAJI, SONITPUR) Note: Currently under Guwahati RC
29	KARNAL RC CODE: 10	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 06, SUBHASH MARG SUBHASH COLONY NEAR HOME GUARD OFFICE KARNAL - 132 001 HARYANA 0184-2271514 / 2260075 0184-2254621 0184-2255738 rckarnal@ignou.ac.in	STATE OF HARYANA (DISTRICT: BHIWANI, FATEHABAD, HISAR, JHAJJAR, JIND, KAITHAL, KARNAL, KURUKSHETRA, MAHENDRAGARH, PANIPAT, REWARI, ROHTAK, SIRSA, SONIPAT, YAMUNANAGAR)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
30	KHANNA RC CODE: 22	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE I.T.I. BUILDING BULEPUR (DISTRICT LUDHIANA) KHANNA – 141 401 PUNJAB 01628-229993 / 237361 01628-238632 01628-238284 rckhanna@ignou.ac.in	STATE OF PUNJAB (DISTRICT: GURDASPUR, AMRITSAR, TARN TARAN, KAPURTHALA, JALANDHAR, HOSHIARPUR, SBS NAGAR/ NAWANSHAHR, BARNALA, SANGRUR, BATHINDA, MANSA, MUKTSAR, LUDHIANA, FEROZEPUR, FARIDKOT, MOGA)
31	KOHIMA RC CODE: 20	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE NEAR MOUNT HERMON SCHOOL DON BOSCO HR.SEC SCHOOL ROAD KENUOZOU KOHIMA – 797 001 NAGALAND 0370-2260366 / 2260167 0370-2241968 0370-2260216 rckohima@ignou.ac.in	STATE OF NAGALAND (DISTRICT: KOHIMA, DIMAPUR, WOKHA, MOKOKCHUNG, ZUNHEBOTO, TUENSANG, LONGLENG, KIPHIKE, MON, PEREN, PHEK)
32	KOLKATA RC CODE: 28	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BIKASH BHAWAN, 4TH FLOOR NORTH BLOCK SALT LAKE, BIDHAN NAGAR KOLKATA – 700 091 WEST BENGAL 033-23349850 033-23592719 / 23589323 (RCL) 033-24739393 033-23347576 rckolkata@ignou.ac.in	STATE OF WEST BENGAL (DISTRICT: KOLKATA, NORTH 24 PARAGANAS, SOUTH 24 PARAGANAS, PURBA PASCHIM MEDINIPUR, BANKURA, HOWRAH, HOOGHLY, PURULIA, BURDWAN, NADIA)
33	KORAPUT RC CODE: 44	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE DISTRICT AGRICULTURE OFFICE RD BEHIND PANCHAYAT BHAVAN KORAPUT – 764 020 ORISSA (BOUDH) 06852-252982 06852-251535, 06852-252503 EMAIL : rckoraput@ignou.ac.in	STATE OF ORISSA (DISTRICT: KORAPUT, MALKANGIRI, RAYAGADA, NABARANGPUR, KALAHANDI NUAPADA, BOLANGIR, SONEPUR, BOUDH), STATE OF CHHATTISGARH (DISTRICT: BASTAR, NARAYANPUR, DANTEWADA, BIJAPUR)
34	LUCKNOW RC CODE: 27	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE B-1/33, SECTOR - H ALIGANJ LUCKNOW - 226 024 UTTAR PRADESH 0522-2746120 / 2745114 0522-2326793 0522-2746145 rclucknow@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: ALLAHABAD, AURAIYA, BAHRAICH, BALRAMPUR, BANDA, BARABANKI, BAREILLY, BASTI, CHITRAKUT, FAIZABAD, FARUKHABAD, FATEHPUR, GONDA, HAMIRPUR ko, HARDOI, JALAU, JHANSI, KANNAUJ, KANPUR RURAL, KANPUR URBAN, KAUSHAMBI, LAKHIMPUR, LALITPUR, LUCKNOW, MAHOBIA, PILIBHIT, PRATAPGARH, RAEBAREILY, SHAHJANANPUR, SHRAVASTI, SIDHARTHNAGAR, SITAPUR, SULTANPUR, UNNAO)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
35	MADURAI RC CODE: 43	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE SIKKANDAR CHAVADI ALANGANALLUR ROAD MADURAI - 625 018 TAMIL NADU 0452-2380387 / 2380733 0452-2370588 rcmadurai@ignou.ac.in	STATE OF TAMIL NADU (DISTRICT: COIMBATORE, DINDIGUL, ERODE, KARUR, MADURAI, NILGIRIS, PUDUKKOTTAI, RAMANATHAPURAM, SIVAGANGA, THANJAVUR, THENI, THIRUVAROOR, TIRUCHIRAPPALLI, TIRUPUR, VIRUDHUNAGAR)
36	MUMBAI RC CODE: 49	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE OM LEVA VIKAS NIKETAN NANEPADA ROAD, MULUND (E) MUMBAI – 400 081 022-25633159 022-25635540 rcmumbai@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: MUMBAI, THANE, RAIGARH, RATNAGIRI)
37	NAGPUR RC CODE: 36	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GYAN VATIKA 14 HINDUSTAN COLONY AMARAVATI ROAD, NAGPUR 440 033 0712-2536999 0712-2537999 0712-2538999 rcnagpur@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: AMRAVATI, BULDHANA, AKOLA, WASHIM, HINGOLI, PARBHANI, NANDED, YAVATMAL, WARDHA, CHANDRAPUR, NAGPUR, BHANDARA, GONDIA, GADCHIROLI)
38	NOIDA RC CODE: 39	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C - 53 SECTOR 62 INSTITUTIONAL AREA NOIDA - 201 305 UTTAR PRADESH 0120-2405012 0120-2405014 0120-2405013 rcnoida@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: GAUTAM BUDH NAGAR, GHAZIABAD, MEERUT BAGHPAT, BARAUT, GHZIPUR, BULANDSHAHAR) STATE OF DELHI (MAYUR VIHAR PH-I & II, MAYUR VIHAR EXTN, VASUNDHARA ENCLAVE
39	PANAJI RC CODE: 08	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BEHIND CHODANKAR HOSPITAL NEAR P&T STAFF QUARTERS ALTO PORVORIM POVORIM – 403 521 GOA 0832-2462315 0832-2414552 rcpanaji@ignou.ac.in	STATE OF GOA (DISTRICT: NORTH GOA, SOUTH GOA), STATE OF KARNATAKA (DISTRICT: BELGAUM, DHARWAD, UTTARA KANNAD) STATE OF MAHARASHTRA (DISTRICT: SINGDHURG)
40	PATNA RC CODE: 05	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 2ND FLOOR, BISCOMAUN TOWER WEST GANDHI MAIDAN, PATNA - 800 001 BIHAR 0612-2219539 / 2219541 0612-2687042 0612-2219538 rcpatna@ignou.ac.in	STATE OF BIHAR (DISTRICT: ARWAL, AURANGABAD, BHOJPUR, BUVAR, GAYA, JAMUI, JEHANABAD, KAIMUR, LAKHSARAI, NALANDA, NAWADA, PATNA, ROHTAS, SHEIKHPURA & VAISHALI, SIWAN, CHAPPRA)

SI. NO.	REGIONAL CENTRE, and CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
41	PORT BLAIR RC CODE: 02	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE JNRM CAMPUS PORT BLAIR – 744 104 ANDAMAN & NICOBAR ISLANDS 03192-242888 03192-230111 rcportblair@ignou.ac.in	ANDAMAN & NICOBAR ISLANDS (U.T.) (DISTRICT: NORTH & MIDDLE ANDAMAN, SOUTH ANDAMAN, NICOBAR)
42	PUNE RC CODE: 16	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE MSFC BUILDING, 1ST FLOOR 270, SENAPATI BAPAT ROAD PUNE - 411 016 MAHARASHTRA 020-25671867/25651321 020-25671864 rcpune@ignou.ac.in	STATE OF MAHARASHTRA (DISTRICT: NANDURBAR, DHULE, JALGAON, AURANGABAD, NASIK, JALNA, AHMADNAGAR, BID, PUNE, OSMANABAD, SANGLI, SATARA, KOLHAPUR)
43	RAGHUNATHGANJ RC CODE: 50	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE BAGAN BARI NEAR DENA BANK FULTALA RAGHUNATHGANJ DT.MURSHIDABAD - 742 225 WEST BENGAL 03483-271555 03483-271666 rcraghunathganj@ignou.ac.in	STATE OF WEST BENGAL (DISTRICT: MURSHIDABAD, BIRBHUM, MALDA)
44	RAIPUR RC CODE: 35	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE IGNOU COMPLEX KACHNA, RAIPUR - 492 014 POST: SADDU, CHATTISGARH 0771-2428285 0771-5056508 0771-2445839 0771-2583578 rcraipur@ignou.ac.in	STATE OF CHHATTISGARH (DISTRICT: BILASPUR, DHAMTARI, DURG, JANJGIR- CHAMPA, JASHPUR, KANKER, KAWARDHA, KORBA, KORIYA, MAHASAMUND, RAJGARH, RAIPUR, RAJNANDGAON, SURAJPUR, SARGUJA, NARAYANPUR, BIZAPUR)
45	RAJKOT RC CODE: 42	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE SAURASHTRA UNIVERSITY CAMPUS RAJKOT – 360 005 GUJARAT 0281-2572988 0281-2561449 0281-2571603 rcrajkot@ignou.ac.in	STATE OF GUJARAT (DISTRICT: RAJKOT, KACHCHH, JAMNAGAR, PORBANDER, JUNAGADH, AMRELI, BHAVNAGAR SURENDRANAGAR) DIU (U.T.)
46	RANCHI RC CODE: 32	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE 457/A, ASHOK NAGAR RANCHI – 834 022 JHARKHAND 0651-2244688 / 2244699 0651-2244677 0651-2244400 rcranchi@ignou.ac.in	STATE OF JHARKHAND (DISTRICT: RANCHI, LOHARDAGA, GUMLA, SIMDEGA, PALAMU, LATEHAR, GARHWA, WEST SINGHBHUM, SARAIKELA KHARSawan, EAST SINGHBHUM, HAZARIBAGH, CHATRA & KODERMA, KHUNTI, RAMGARH)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
47	SAHARSA RC CODE: 86	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE C/O MLC COLLEGE SAHARSA BIHAR 852201 06478-219014,219015 06478-219018 rcsaharsa@ignou.ac.in	STATE OF BIHAR COVERING (DISTRICTS KHAGARIYA, SAHARSA, SUPAUL, MADHEPURA, KATIHAR, ARARIYA, KISHANGANJ & PURNIA)
48	SHILLONG RC CODE: 18	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE SUNNY LODGE NONGTHYMMI NONGSHILLANG SHILLONG - 793 014 MEGHALAYA 0364-2521117, 0364-2521271 0364-2252252 rcshillong@ignou.ac.in	STATE OF MEGHALAYA (DISTRICT: EAST KHASI HILLS, EAST GARO HILLS, JAITIA HILLS, RI-BHOI, SOUTH GARO HILLS, WEST KHASI HILLS, WEST GARO HILLS)
49	SHIMLA RC CODE: 11	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE CHAUHAN NIWAS BUILDING, KHALINI SHIMLA - 171 002 HIMACHAL PRADESH 0177-2624612 / 2624613 0177-2620125, 2624611 rcshimla@ignou.ac.in	STATE OF HIMACHAL PRADESH (DISTRICT: BILASPUR, CHAMBA, HAMIRPUR, KANGRA, KINNAUR, KULLU, LAHUL & SPITI, MANDI, SHIMLA, SIRMAUR, SOLAN, UNA)
50	SILIGURI RC CODE: 45	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE 17/12 J C BOSE ROAD SUBHAS PALLY SILIGURI – 734 001 WEST BENGAL 0353-2526818, 0353-2526829 0353-2526819 rcsiliguri@ignou.ac.in	STATE OF WEST BENGAL (DISTRICT: COOCHBEHAR, JALPAIGURI, DARJEELING, UTTAR DINAJPUR, DAKSHIN DINAJPUR)
51	SRINAGAR RC CODE: 30	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE NEAR LAWRENCE VIDHYA BHAWAN KURSU RAJ BAGH SRINAGAR - 190 008 JAMMU & KASHMIR 0194-2311251, 0194-2311258 0194-2421506, 0194-2311259 rcsrinagar@ignou.ac.in	STATE OF JAMMU & KASHMIR (SRINAGAR REGION – DISTRICT: ANANTNAG, BANDIPORE, BARAMULLA, BUDGAM, GANDERBAL, KARGIL, KULGAM, KUPWARA, LEH, PULWAMA, SHOPIAN, SRINAGAR)
52	TRIVANDRUM RC CODE: 40	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE RAJADHANI SHOPPING COMPLEX, OPP PRS HOSPITAL, KILLIPALAM KARAMANA PO TRIVANDRUM - 695 002 0471-2344113, 0471-2344115 0471-2590700 rctrivandrum@ignou.ac.in	STATE OF KERALA (DISTRICT: KOLLAM, PATHANAMTHITTA, THIRUVANANTHAPURAM) STATE OF TAMIL NADU (DISTRICT: KANYAKUMARI, TUTICORIN, TIRUNELVELI)
53	VARANASI RC CODE: 48	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE GANDHI BHAWAN B.H.U. CAMPUS VARANASI – 221 005 UTTAR PRADESH 0542-2368022 / 2368622 0542-2364893 0542-2369629 rcvaranasi@ignou.ac.in	STATE OF UTTAR PRADESH (DISTRICT: AMBEDKAR NAGAR, AZAMGARH, BALLIA, CHANDAULI, DEORIA, GHAZIPUR, GORAKHPUR, JAUNPUR, KUSHINAGAR, MAHARAJGANJ, MAU, MIRZAPUR, SANT KABIR NAGAR, SANT RAVIDAS NAGAR, SONEBHADRA, VARANASI ALLAHABAD, AMETHI, PRATAGARH, SULTANPUR)

SI. NO.	REGIONAL CENTRE, AND CODE	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
54	VATAKARA RC CODE: 83	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE MADHAVI BUILDING NUT STREET (PC) VATAKARA 673101 KERALA 0496-2525281 rcvatakara@ignou.ac.in	STATE OF KERALA (DISTRICT: CALICUT, KANNUR, KASARAGOD WAYANAND) KOZHIKODE Note: Currently under Cochin RC
55	VIJAYAWADA RC CODE: 33	REGIONAL DIRECTOR IGNOU REGIONAL CENTRE #9-76-18, 1ST FLOOR, S.K.P.V. HINDU HIGH SCHOOL VIJAYWADA - 520 001 KOTHAPET, ANDHRA PRADESH 0866-2565253 / 2565959 rcvijayawada@ignou.ac.in	STATE OF ANDHRA PRADESH (DISTRICTS: KRISHNA, GUNTUR, PRAKASHAM, NELLORE CHITTOOR KHAMMAM)
56	VISAKHAPATNAM RCCODE:84	REGIONAL DIRECTOR (I/C) IGNOU REGIONAL CENTRE 2 nd FLOOR MVP, SECTOR 12 COMPLEX USHODAYA JUNCTION VISAKHAPATNAM-530017 ANDHRA PRADESH 0891-2511200, 0891-2511300 rcvisakhapatnam@ignou.ac.in	STATE OF ANDHRA PRADESH COVERING (DISTRICTS EAST GODAVARI, WEST GODAVARI, R. VISAKHAPATNAM, VIZIANAGARAM & SRIKAKULAM)

IGNOU-ARMY RECOGNIZED REGIONAL CENTRES (FOR ARMY Personnel Only)

SI. NO.	REGIONAL CENTRE, CODE AND NO. OF LEARNER SUPPORT CENTRES	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
1	CHANDIMANDIR RC CODE: 52 NO OF LSC:5	REGIONAL DIRECTOR IGNOU ARMY RECOG. REG. CENTRE COL. EDUCATION, G S (EDUCATION) BRANCH HQ WESTERN COMMAND CHANDIMANDIR – 134107 HARYANA PH.OFF : 0172-2589355 (CIVIL) 2670 (MILITARY) FAX : 0712-2589355 EMAIL : iaeprc52@rediffmail.com	WESTERN COMMAND AREA
2	JAIPUR RC CODE: 56 NO OF LSC:3	REGIONAL DIRECTOR IGNOU ARMY RECOG REG.CENTRE EDUCATION BRANCH C/O 56 APO - 908 546 JAIPUR, RAJASTHAN PH.OFF : 0141-6640 (MILITARY) EMAIL : swciaep@gmail.com	SOUTH WESTERN COMMAND
3	KOLKATA RC CODE: 51 NO OF LSC:4	REGIONAL DIRECTOR IGNOU ARMY RECOG. REG. CENTRE COL. EDUCATION FORT WILLIAM HQ EASTERN COMMAND C/O. 99 APO KOLKATA – 908 542, WEST BENGAL PH.OFF : 033-22222668 (CIVIL) 2670 (MILITARY) FAX : 033-22222668 EMAIL : rc51army_ec@yahoo.co.in	EASTERN COMMAND AREA

SI. NO.	REGIONAL CENTRE, CODE AND NO. OF LEARNER SUPPORT CENTRES	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
4	LUCKNOW RC CODE: 53 NO OF LSC:5	REGIONAL DIRECTOR (I/C) IGNOU ARMY RECOG.REG. CENTRE IAEP HQ.CENTRAL COMMAND- GS (EDN) LUCKNOW – 908 554, UTTAR PRADESH PH.OFF : 0522-2482968 (CIVIL) 2670 (MILITARY) EMAIL : iaepcc53@yahoo.co.in	CENTRAL COMMAND AREA
5	PUNE RC CODE: 54 NO OF LSC:6	REGIONAL DIRECTOR IGNOU ARMY RECOG. REG. CENTRE COL. EDUCATION H Q SOUTHERN COMMAND HRDC-1 BEG & CENTRE C/O 56 APO - 908 795 PH.OFF : 020-26616592 (CIVIL) 3019 (MILITARY) FAX : 020-26102670 EMAIL : armpunerc54@yahoo.com	SOUTHERN COMMAND AREA
6	UDHAMPUR RC CODE: 55 NO OF LSC:5	REGIONAL DIRECTOR IGNOU ARMY RECOG. REG. CENTRE COL. EDUCATION C/O 56APO, HQ NORTHERN COMMAND UDHAMPUR, JAMMU & KASHMIR PH.OFF : 01992-242486 EMAIL : iaeparmy55@rediffmail.com	NORTHERN COMMAND AREA

IGNOU-NAVY RECOGNIZED REGIONAL CENTRES (For Navy Personnel Only)

SI. NO.	REGIONAL CENTRE, CODE AND NO. OF LEARNER SUPPORT CENTRES	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
1	KOCHI RC CODE: 74 NO OF LSC:1	REGIONAL DIRECTOR IGNOU NAVY RECOG. REG. CENTRE NAVAL BASE HQ SOUTHERN NAVAL COMMAND KOCHE – 682 004 KERALA PH.OFF : 0484-266210,2662515 FAX : 0484-2666194 EMAIL : inepk@rediffmail.com	HQ, SOUTHERN NAVAL COMMAND
2	MUMBAI RC CODE: 72 NO OF LSC:1	REGIONAL DIRECTOR IGNOU NAVY RECOG. REG. CENTRE HQ. WESTERN NAVAL COMMAND SHAHID BHAGAT SINGH MARG MUMBAI – 400 023 MAHARASHTRA PH.OFF : 022-22752245 FAX : 022-22665458 EMAIL : inepm@rediffmail.com	HQ, WESTERN NAVAL COMMAND

SI. NO.	REGIONAL CENTRE, CODE AND NO. OF LEARNER SUPPORT CENTRES	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
3	NEW DELHI RC CODE: 71 NO OF LSC:1	REGIONAL DIRECTOR IGNOU NAVY RECOG. REG. CENTRE DIRECTORATE OF NAVAL EDUCATION INTEGRATED HQS. MINISTRY OF DEF(NAVY WEST BLOCK.5,IIND FLR,WING-II RK PURAM, NEW DELHI – 110 066 DELHI PH.OFF : 011-26194685 26185299 FAX : 011-26105067 EMAIL : inepdelhi@rediffmail.com	NAVAL HQS
4	VISAKHAPATNAM RC CODE: 73 NO OF LSC:1	REGIONAL DIRECTOR IGNOU NAVY RECOG. REG. CENTRE HQ EASTERN NAVAL COMMAND VISAKHAPATNAM – 530 014 ANDHRA PRADESH PH.OFF : 0891-2812284 FAX : 0891-2515834 EMAIL : rc73@ignou.ac.in inepv@hotmail.com	HQ, EASTERN NAVAL COMMAND

IGNOU-ASSAM RIFLES RECOGNIZED REGIONAL CENTRES (For ASSAM RIFLES Personnel Only)

SI. NO.	REGIONAL CENTRE, CODE AND NO. OF LEARNER SUPPORT CENTRES	ADDRESS OF THE REGIONAL CENTRE TEL., FAX & E-MAIL	JURISDICTION
1	SHILLONG RC CODE: 81 NO OF LSC:30	REGIONAL DIRECTOR IGNOU ASSAM-RIFLES RECOG. R.C. DIRECTORATE GENERAL ASSAM RIFLES (DGAR) LAITUMUKHRAH SHILLONG - 793 011 MEGHALAYA PH.OFF : 0364-2705181 FAX : 0364-2705184 EMAIL : iarrc_81@yahoo.com	COMMAND AREA

List of Study Centres (MAPC Programme)

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
1.	Agartala	26	2608	Agartala	Coordinator, IGNOU Study Centre, M.B.B. College, College Tilla, PO : Agartala, Colagartala West Tripura, Tripura - 799004 Ph. No. : 226728
2.	Ahmedabad	09	0901	Ahmedabad	Coordinator, IGNOU Study Centre, L.D. Arts College, Navrangpur Ahmedabad, Gujarat-380009 Ph. No. : 079-26302260
3.	Ahmedabad	09	0902	Baroda	Coordinator, IGNOU Study Centre, MS University Baroda
4.	Ahmedabad	09	0905	Surat	Coordinator, IGNOU Study Centre, MTB ARTS College Surat
5	Aligarh	47	2702	Agra	Coordinator, IGNOU Study Centre, St. John's College Agra Fort, Agra Uttar Pradesh-282002 Ph.No. 0562-2523366 0562-350788
6	Bangalore	13	5695	Bangalore	Coordinator, IGNOU Study Centre, Jyoti Niwas College Koramangala Bangalore
7	Bhopal	15	1506	Indor	Coordinator, IGNOU Study Centre, Holkar Science College Indore Madhya Pradesh-452001 Ph.No. 0731-464074, 0731-461416
8	Bhubaneswar	21	2106	Balasore	Coordinator, IGNOU Study Centre Fakir Mohan College, Balasore, Orissa-756001 Ph.No. 06782-67681 06782-62018
9	Chandigarh	06	0600	Chandigarh	Coordinator, IGNOU Study Centre, IGNOU Regional Centre SCO-208 Sector-14 Panchkula, Chandigarh Ph.No.0172-2590277 0172-2590278

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
10	Chennai	25	2566	Chennai	Programme I/C IGNOU Programme Study Centre, NKT College of Education 21, Dr. Besant Road Triplicane Chennai Tamilnadu- 600005 Ph.No.044-28447511,044-8548671
11	Cochin	14	1400	Cochin	Coordinator, IGNOU Regional Centre, Kaloor Cochin, Kerala-682017 Ph. No. 0484- 2340203,0484-2348189
12	Cochin	14	14100	Melmuri (Malappuram)	Coordinator, IGNOU, Spl. Study Centre (EEBB) MCT Training College, Melemuri, Malappuram, Kerala- 676514 Ph.No.0483-2735212
13	Cochin	14	1412	Ernakulam	Coordinator, IGNOU Study Centre, St. Alberts College, Ernakulam, Kerala-682018 Ph. No. 0484-2390033, 0484-394147
14	Cochin	14	14169	Punnappa Alapuzzaha	Coordinator, IGNOU, Study Centre Danahalaya Inst. of Formation, and Counselling Centre, District : Alapuzzha, Dahanalaya Punnappa, PO : Kerala-688004 Ph.No. 0477-2287808
15	Cochin	14	14171	Aroor	Coordinator, IGNOU, Study Centre, Soft Mind Lakshmi Hospital, Bye Pass Junction, Alapuzzha, Aroor, Kerala-688534 Ph.No. 0478-2672467
16	Darbhanga	46	0551	Samastipur	Coordinator, IGNOU, Study Centre Samastipur College Samastipur Bihar-848101
17	Darbhanga	46	046021	Muzaffarpur	Coordinator, IGNOU Study Centre, MSKB College, Banaras Bank Chowk Muzaffarpur, Bihar-842001
18	Dehradun	31	2705	Dehradun	Coordinator, IGNOU Study Centre, D.A.V. PG College, D.A.V. College Road, Dehradun, Uttranchal-248001 Ph. No. 0135-744019, 0135-742828

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
19	Dehradun	31	2711	Haldwani	Coordinator, IGNOU Study Centre, MB Government PG College, Haldwani, Uttranchal-263141 Ph.No. 05946-24300, 05946-21900
20	Dehradun	31	2717	Almora	Coordinator, IGNOU Study Centre, Kumaon University, Almora, Uttranchal -263601 Ph.No. 05962-33771
21	Dehradun	31	2752	Garhwal	Coordinator, IGNOU Study Centre, HNB Garhwal University, Department of Economics, Ph.No. 01388-52292, 01388-52167, 01388-52147
22	Delhi 1	07	0707	Delhi	Coordinator, IGNOU Study Centre, Department of Psychology, Jamia Millia Islamia, Jamia Nagar, New Delhi-110025
23	Delhi 1	07	0713	Delhi	IGNOU Study Centre, Jesus & Mary College, Chanakya Puri, New Delhi-110021
24	Delhi 1	07	1007	Faridabad	Coordinator, IGNOU Study Centre, PT. J.L. Nehru Govt. College, Sector-16A, Faridabad, Haryana-121001 Ph. No. 0129-2288147
25	Delhi 1	07	07179	Palwal Haryana	Coordinator, IGNOU Study Centre, Ramanujam College of Education Palwal, Haryana Ph. No.
26	Delhi 2	29	29034	Rohini	Coordinator, IGNOU Study Centre, Vision Institute of Advanced Studies, Plot No.4, Pocket- A-1, Sector-8, Rohini, New Delhi-110085 Ph. No. 011-27945852
27	Delhi 2	29	0734	Delhi	Coordinator, IGNOU Study Centre, Ph Amar Jyoti Rehbn. & Res Centre Amar Jyoti Charitable Trust, Vikas Marg, Karkardooma, New Delhi- 110092 Ph. No. 011-2151286, 011-2154936, 011-6221244, 011-6412346, E-mail: Amarjyoti@Dei2.vsnl.net.in

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
28	Delhi 3	38	1006	Gurgaon	Coordinator, IGNOU Study Centre, Dronacharya Government College Gurgaon, Haryana-122001 Ph.No. 0916-336197, 0916-320322
29	Delhi 3	38	38013	Delhi	Coordinator, IGNOU Study Centre, URIVI Vikram National Centre Adolescents (UVNAC) PSP-1, HAF-1, Opp. Plot-17, Sec-22, Dwarka, Delhi- 110077 Ph. No. 011-42807900
30	Deoghar	87	0503	Dhanbad	Coordinator, IGNOU Study Centre, P.K. Roy Memorial College, Seraidhela, Dhanbad-826001 Ph. No. 0326-208886
31	Deoghar	87	3605	Sahibganj	Coordinator, IGNOU Study Centre, Sahibganj College, Sahibganj, Jharkhand-816109 Ph. No. 06436-22056
32	Deoghar	87	3607	Giridih	Coordinator, IGNOU Study Centre, Giridih College, Giridih, Jharkhand - 815301 Ph. No. 22219
33	Deoghar	87	3627	Pakur	Coordinator, IGNOU Study Centre, KKM College, PO & Disn. Pakur, Pakur, Jharkhand-816106 Ph. No. 064435-22214
34	Hyderabad	01	0105	Warangal	Programme I/C IGNOU Programme Lal Bahadur College, Muluga X Road Warangal-506007.
35	Hyderabad	01	01130	Hyderabad	Programme I/C IGNOU Programme Study Centre, Nizam College, (Autonomous) Osmania University, Basheerbagh, Hyderabad, Andhra Pradesh-500001 Ph. No. 040-23234231
36	Hyderabad	01	01149P	Hyderabad	Programme I/C IGNOU Programme Study Centre, Asha Hospital, Institute of Medical Psychology Banjara Hills, Hyderabad Andhra Pradesh-500034
37	Jaipur	23	2320	Jaipur	Coordinator, IGNOU Special Study Centre, RA, India Int. Insn. of Mgt., Sec-12, Mahaveer Marg, Mansarovar, Jaipur, Rajasthan-302020 Ph. No. 0141-395309, 0141-398118 0141-399036

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
38	Jabalpur	41	1599	Jabalpur	Coordinator, IGNOU Special Study Centre, Mata Gujri Mahila Mahavidyalaya, Jabalpur-482002
39	Jammu	12	1201	Jammu	Coordinator, IGNOU Study Centre, University of Jammu, Jammu Tawi, J&K-180001 Ph.No. 0191-2454351, 94692-34789, 09419105902, E-mail: Ignou1201@gmail.com
40	Jammu	12	12105	Jammu	Programme I/C IGNOU Programme Study Centre, University of Jammu, Department of Psychology, Distt. Jammu, J&K-180006 Ph. No. 0191-2453996
41	Karnal	10	1000	Karnal	Coordinator, IGNOU Study Centre, Regional Centre, 06 Subhash Marg, Subhash Colony, Near Home Guard Office, Karnal, Haryana- 132001 Ph. No. 0184-2271514, 0184-2260075 E-mail: Rckarnal@ignou.ac.in
42	Karnal	10	1014	Sirsa	Coordinator, IGNOU Study Centre, Government P.G. National College Sirsa, Haryana
43	Karnal	10	1031	Fatehabad	Coordinator, IGNOU Study Centre, Government College for Women Bodia Khera, Fatehabad
44	Khanna	22	2206	Ludhiana	Coordinator, IGNOU Study Centre, Guru Nanak College, Model Town Ludhiana-141008 Ph. : 0161-427872
45	Kolkata	28	2801	Kolkata	Coordinator, IGNOU Study Centre, Ishwar Chandra Pathabhanav, 299 Acharya Prafulla Chandra Rd, Kolkata West Bengal-700009 Ph. No. 033-3542326, 033-4409326
46	Kolkata	28	2804	Kolkata	Coordinator, IGNOU Study Centre, Aswini Datta Memorial College, 94/2, Park Circus, Kolkata, West Bengal-700017 Ph. No. 033-2812278, 033-5349945
47	Kolkata	33	28140	Kolkata	Coordinator, IGNOU Study Centre, Muralidhar Girls College, P-411/14 Garihar Road, Ballygunj, Kolkata West Bengal-700029 Ph. No. 033-24641312/4371

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
48	Lucknow	27	2706	Kanpur	Coordinator, IGNOU Study Centre, P.P.N. College, 96/12, MG Marg, Kanpur, Uttar Pradesh-208001 Ph. No. : 0512-361924, 0512-582150
49	Lucknow	27	27195	Lucknow	Coordinator, IGNOU Study Centre, National PG College, 2, Rana Pratap Marg, Dist.-Lucknow, Uttar Pradesh Ph. No : 0522-2618312
50	Madurai	43	43015	Madurai	Coordinator IGNOU Model Study Centre, IGNOU Regional Centre, C S I Institutional Campus Pasumalai, Madurai, Tamilnadu-625004 Ph. No. : 0452-230387
51	Mumbai	49	1601	Mumbai	Coordinator IGNOU Model Study KJ Somaiyya College of Education T & R, Vidyanagar, Vidhya Vihar, Ghatkopar (E) Mumbai-400077 Ph. No. : 022-5132139
52	Nagpur	36	1639	Beed	Programme I/C IGNOU Programme Balbhim Arts, Science and Commerce College Beed-431122
53	Nagpur	36	36027	Nagpur	Programme I/C IGNOU Programme Study Centre, VNG Institutes of Arts & School N Institutes of Art & School, Sciences Adjacent To Zero Mile Nagpur, Maharashtra-440001 Ph. No. 0712-2565658, 0712-2523288
54	Noida	39	2741	Ghaziabad	Coordinator, IGNOU Study Centre, S.D. Post Graduate College, G.t. Road Ghaziabad, Utrar Pradesh201001 Ph. No. 91-4738210
55	Noida	39	39014	Meerut	Coordinator, IGNOU Study Centre, (W), Raghunath Girls (P.g) College, Western Kutchery Road Meerut, Uttar Pradesh-250001 Ph. No. 0121-2662824, 0121-2642901
56	Patna	05	0529	Patna	Coordinator, IGNOU Study Centre, Anugrah Narayan College, Boring Road Patna, Bihar-800013

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
57	Panaji	08	0802	Panjim	Coordinator, IGNOU Study Centre, Dhampe College of Arts & Science, Panjim
58	Pune	16	1602	Pune	Coordinator, IGNOU Study Centre, Symbiosis Internatl. Cul & Cen, Senapati Bapat Road, Pune, Maharashtra-411004 Ph. No. 020-5679466
59	Pune	16	1610	Aurangabad	Coordinator, IGNOU Study Centre, VivekAnand Arts & SDS Com. Col, Sam Rat Nagar, Aurangabad, Maharashtra-431001 Ph. No, 0240-348153
60	Pune	16	1639	Beed	Coordinator, IGNOU Study Centre, Marthwda Shkshn Prsrk Manda B, Balbhim Arts, Sci. & Comm. College, Disti. Beed, Beed Maharashtra- 431122 Ph. No. : 02442-224739 02442-222470, 02442-231616
61	Rajkot	42	0962D	Junagarh	Coordinator, IGNOU Study Centre, Sardar Patel Vocational Institute Joshipura Junagarh
62	Ranchi	32	0503	Dhanbad	Coordinator, IGNOU Study Centre, P.K. Memorial College, Seraidherla, Dhanbad Jharkhand-834001 Ph.No. 0326-208886
63	Ranchi	32	32024	Jamshedpur	Coordinator, IGNOU Study Centre, Kariar City P.O. Sakchi Seraidhera Jamshedpur
64	Ranchi	32	3635	Ranchi	Coordinator, IGNOU Study Centre, Marwari College, Women's Wing; Ranchi Jharkhand-834001
65	Ranchi	32	3648	Ramgarh	Coordinator, IGNOU Study Centre, Ramgarh College, Ramgrah Cantt-829122 Ph.. no. 06553-222166

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
66	Saharsa	86	0560	Madhepura	Coordinator, IGNOU Study Centre, T.P. College, Madhepura Bihar Ph. No. 06476-22697
67	Shillong	18	1801	Shillong	Coordinator, IGNOU Study Centre, North Eastern Hill University, Buni, Complex Laitumkhrah Shillong, Meghalaya-793003 Ph. No. 226822, 210624
68	Shillong	18	1863D	Shillong	Coordinator, IGNOU Study Centre, San-Ker Academic Research Centre, Marwroh, Shillong Meghalaya-793008 Ph. No. 0364-2591714
69	Shimla	11	1101	Shimla	Coordinator, IGNOU Study Centre, Government Degree College, Sanjauli, Shimla, Himachal Pradesh-171006 Ph. No. 0177-241843, 0177-252791
70	Srinagar	30	1202	Srinagar	Coordinator, IGNOU Study Centre, Amar Singh College, Sri Nagar, J&K
71	Srinagar	30	1209	Srinagar	Coordinator, IGNOU Study Centre, Shri Pratap Singh College, Maulana Azad Road Sri Nagar, J&K-190001 Ph. No. 0194-2476820
72	Srinagar	30	1210	Sopore	Coordinator, IGNOU Study Centre, Government Degree College, Sopore, J&K-193201 Ph. No. 01954-22262, 01954-22595
73	Srinagar	30	1234	Srinagar	Coordinator, IGNOU Study Centre, Government College For Women, Maulana Azad Road, Sri Nagar, J&K-190001 Ph. No. 0194-479432
74	Srinagar	30	1236	Baramulla	Coordinator, IGNOU Study Centre, Government Degree College (Boys), Khojabagh Tehsil Baramulla, Baramulla J&K-193101 Ph. No. 01952-34214
75	Srinagar	30	30007	Kulgam	Coordinator, IGNOU Study Centre, Government Degree College, Kulgam Distt, Kulgam J&K-192231

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
76	Srinagar	30	30010	Anantnag	Coordinator, IGNOU Study Centre, Centre (W), Govt. Degree College For Women, KP Road, Anantnag J&K-192101
77	Trivandrum	40	1441	Nalanchira	Programme I/C IGNOU Programme Study Centre, M.S. Institute of Advance Studies Marivanios College, Campus Nalanchira District, Trivandrum, Kerala-695015 Ph. No. 0471-2543849, 0471-2543838 E-mail: info@Mic.ac.in
78	Trivandrum	40	1464	Trivandrum	Coordinator, IGNOU Study Centre, Achyutha Menon Study Centre & Library Poojappur, Thiruvananthapuram, Kerala-695012 Ph. No. 0471-2345850 E-mail: drpsukunair@Gmail.com
79	Trivandrum	40	02511	Nagercoil	Coordinator, IGNOU Study Centre, S.T. Hindu College, Nagercoil Tamilnadu-629002 Ph. No. 04652-237377 E-mail: vkumar-sthc@Yahoo.com
80	Trivandrum	40	40021	Kollam	Coordinator, IGNOU Study Centre, Centre for Career Research and Training Centre (CCRD,) Velayuda Mansion No. 11, College JN., Kollam-691001, Ph. No. 0747-2766554 E-mail: ccrdkerala@Yahoo.co.in
81	Varanasi	48	2709	Gorakhpur	Coordinator, IGNOU Study Centre, Gorakhpur University Department of Physics, Gorakhpur, Uttar Pradesh-273009 Ph. No. 0551-202313, 0551-201254
82	Varanasi	48	27101	Ghazipur	Coordinator, IGNOU Study Centre, PG College, Ravindrapuri Ghazipur, Distt. Ghazipur, Uttar Pradesh-233002 Ph. No. 0548-2220252, 0548-2220270, 0548-2220270
83	Varanasi	48	2745	Jaunpur	Coordinator, IGNOU Study Centre, Dept. of Applied Psychology VBS Purvanchal University Shahganj Road, Jaunpur Uttar Pradesh-222002 Ph. No. 05452-63465, 05452-65544, 05452-65574

Sl. No.	Name of the Regional Centre (RC)	Code of the RC	Code of the Study Centre (SC)	Place of SC	Address of Study Centre (SC)
84	Varanasi	27	2703	Allahabad	Coordinator, IGNOU Study Centre, Allahabad Degree College, 15, Kyadganj, Allahabad, Uttar Pradesh Ph. No. 0532-606650, 0532-64982
85	Varanasi	48	48017	Jaunpur	Coordinator, IGNOU Study Centre, Tilak Dhari College, Jaunpur, Uttar Pradesh-222002 Ph. No. 05452-260939
86	Varanasi	48	48022	Varanasi	Coordinator, IGNOU Study Centre, Arya Mahlla PG College, Chetganj, Varanasi, Uttar Pradesh-221001 Ph. No. 0542-2411893
87	Varanasi	48	48028	Gorakhpur	Coordinator, IGNOU Study Centre, St. Andrew's College Civil Court Road, Gorakhpur Uttar Pradesh-273001 Ph. No. 2332172, 2333917
88	Varanasi	48	48033	Varanasi	Coordinator, IGNOU Study Centre, Shri Agrasen Kanya PG College Parmanandpur Shivpur, Varanasi Uttar Pradesh-273001 Ph. No. 273304, 9454875333
89	Varanasi	48	48034	Azamgarh	Coordinator, IGNOU Study Centre, DAV PG College, Azamgarh Uttar Pradesh-276001 Ph. No. 05462-246059
90	Vatakara	83	1403	Calicut	Coordinator, IGNOU Study Centre, JDT Islam Mari Kunnu, P.O. Calicut Kerala-673012 Ph. No. : 0495-2730289, 0495-298344
91	Vijayawada	33	3300	Vijayawada	Prog/In. IGNOU Programme Study Centre 1st Floor, S.K.P.V.V., Hindu High School, Kothapet, Vijayawada, Andhra Pradesh-520001 Ph. No. 0866-255359, 0866-590866
92	Vijayawada	33	33024	Vijayawada	Prog/In. IGNOU Programme Study Centre SRR & CVR Govt. Degree & PG College, Machavaram, Krishna District, Vijayawada Andhra Pradesh-520004

9. SOME FORMS FOR YOUR USE

In this section we are enclosing the samples of some forms, which are useful to you. Whenever you have to correspond with the University, please get the photocopy of the relevant form, fill it carefully and send as per instructions therein. The detailed instructions for all these-forms are provided in this programme guide in different sections. The following forms are enclosed.

- 1) Assignment remittance-cum-acknowledgement form
- 2) Change of Medium/Courses
- 3) Application for credit transfer
- 4) Intimation of non-receipt of study material
- 5) Form for provisional certificate
- 6) Form for re-evaluation of answer scripts
- 7) Form for duplicate grade card/narjsgeet
- 8) Migration certificate form
- 9) Form for Issue of Duplicate Degree/Diploma/Certificate
- 10) Form for improvement in Division/Class
- 11) Form for early declaration of Result
- 12) Form for obtaining photocopy of the Answer Script
- 13) Form for use of Official Transcript.

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