

INDIRA GANDHI NATIONAL OPEN UNIVERSITY (IGNOU)

REGIONAL CENTRE MUMBAI, NAGPUR and PUNE

Combined Counselling Schedule for July 2020 Session

PROGRAMME NAME: DNHE PROGRAMME

STUDY CENTRE (1601): K. J. SOMAIYA COLLEGE OF EDUCATION, MUMBAI

Dear Learner,

Find herewith enclosed online counselling schedule for DNHE Programme. You are requested to attend the counselling session online as per your course.

Sr No	Day & Dates	Time (One Hour)	Course Code	COURSE CODE & TOPIC	Name of Counselor	Link
1.	06-03-2021 Saturday	05:00 pm to 06:00 pm	DNHE - 1	DNHE - 1 Block 1, Unit 1 - Food, Nutrition, Health	Dr. Shruthi Shridhar	Zoom App https://us04web.zoom.us/j/2935426946?pwd=Lzl2S3JkTV83VXEyZFRweFJ6Zy5tYdz09 Meeting ID: 293 542 6946 Passcode: 8d4KXXK
2.	06-03-2021 Saturday	6:15 pm to 7:15 pm	DNHE - 1	DNHE - 1 Block 1, Unit 2 - Macronutrients - I: Carbohydrates and Water		
3.	06-03-2021 Saturday	7:30 pm to 8:30 pm	DNHE - 1	DNHE - 1 Block 1, Unit 3 - Macronutrients - II: Proteins and Lipids		
4.	07-03-2021 Sunday	10:00 am to 11:00 am	DNHE - 1	DNHE - 1 Block 2, Unit 4 - Micronutrients - I: Vitamins	Dr. Shruthi Shridhar	Zoom App https://us04web.zoom.us/j/2935426946?pwd=Lzl2S3JkTV83VXEyZFRweFJ6Zy5tYdz09 Meeting ID: 293 542 6946 Passcode: 8d4KXXK
5.	07-03-2021 Sunday	11:15 am to 12:15 pm	DNHE - 1	DNHE - 1 Block 2, Unit 5 - Micronutrients - II: Minerals		
6.	07-03-2021 Sunday	12:30 pm to 1:30 pm	DNHE - 1	DNHE - 1 Block 2, Unit 6 - Planning Balanced Diets		

Instructions to students:

- Students of RC-Mumbai; RC-Nagpur & RC-Pune are combined for Online Counselling class only.
- While attending the counseling keep your mic-off.
- During Counselling Sessions, avoid asking question.
- Students shall submit assignments to respective RCs as per Guidelines given by the respective RCs.
- Link for downloading Assignment:- <https://webservices.ignou.ac.in/assignments/>

Regional Director
RC Mumbai (49)

Regional Director
RC Nagpur (36)

Regional Director
RC Pune (16)