

Regional Institute of Education (NCERT), Bhubaneswar
Outreach programmes and celebration of national priority programmes

Every year the Institute celebrates a number of programmes of national importance signifying the importance and relevance of all these programmes. Similarly, the Institute celebrates various national priority programmes such as Swachh Bharat, Aids awareness, Gender Sensitivity, Yoga, Digital India, National Water Mission etc. Even during celebration of days of national importance, programmes such as Swachh Bharat etc are organized.

Outreach activities undertaken by the Institute during 2017 to 2022 are the following.

- Gender Sensitization workshop at RIE, BBSR on 07.12.2022.
- Violence against Women seminar at RIE, BBSR on 06.12.2022.
- 75 crore Surya Namaskaram RIE, BBSR on 05.01.2022 to 26.02.2022.
- Teacher's Day Celebration at new auditorium RIE, BBSR on 05-09-2022.
- Orientation Programme on Health Awareness under NSS Unit at RIE, BBSR on 23.01.2023.
- Vigilance Awareness Week at RIE, BBSR from 31.10.2022 to 06.11.2022.
- Impact of Covid-19 pandemic on mental health of school going adolescents by NCERT (2022-23) which is a National Population Education Programme (NPEP).
- Content analysis of teacher training curricula at secondary level with reference to school health and wellness (NCERT, 2022-23) under National Population Education Programme (NPEP).
- Adolescent and substance misuse' A review of policies, programmes, and research studies (NCERT, 2022) under National Population Education Programme (NPEP).
- Capacity building programme of state resource persons (NPEP, New Delhi) from 10.09.2022 to 14.09.2022 under National Population Education Programme (NPEP).
- Project progress review meeting (NPEP, New Delhi) from 22.03.2022 to 24.03.2022 under National Population Education Programme (NPEP).
- Capacity Building on E-Content Development at RIE, BBSR from 12.12.2022 to 16.12.2022 under Digital India program.
- Swachh Bharat Abhiyan was organised under Community Work at Chilika Govt. high School, Chilika by RIE, BBSR on 06.03.2022 under NSS.
- Orientation Programme for NSS Volunteers by RIE, BBSR on 08.12.2022 under NSS Unit.
- Bicycling Rally was held (Azadi Ka Amrit Mahotsav) by RIE, BBSR on 12.10.2022
- Azadi Ka Amrit Mahotsav (Har Ghar Tiranga) at RIE, BBSR on 15.08.2022.
- Azadi Ka Amrit Mahotsav (Har Ghar Tiranga) at RIE, BBSR on 16.09.2022.
- FIT India Quiz 2022 at RIE, BBSR on 11.10.2022.
- Har Ghar Tiranga Stamp Celebration at RIE, BBSR on 20.10.2022.
- Vigilance Awareness Week at RIE, BBSR from 26.10.2022 to 01.11.2022.
- World Bicycle Day at RIE, BBSR on 09.06.2022.
- Har Ghar Tiranga at RIE, BBSR from 11.08.2022 to 17.08.2022.
- Pravat Pheri (Har Ghar Tiranga) at RIE, BBSR on 15.08.2022.


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2022 for the students of DCGC in which 40 participants and two resource persons were included. The lecture topic was Effects of Yoga on Mental and Physical Health and basic yoga practices such as relative content of physical postures and exercises (*asanas*), breathing techniques (*pranayama*), deep relaxation, and meditation practices.

A Paricharcha/ Pannel discussion (**activity- 2**) entitled '**Yoga the tool for balancing body and mind**' an initiative of PM e-Vidya through CIET, NCERT and Regional Institute of Education, Bhubaneswar was held on 13th May, 2022. The deliberation by panelists on yoga was clubbed under the activities of 'International Day of Yoga- 2022' wherein the Experts/ Panelists elaborated concept, benefits and implementation of Yoga practices for the benefits of students, teachers, school authorities and other stakeholders. The **training programme on Common Yoga Protocol (CYP) through trained Yoga Expert (Activity-3)** was conducted in the Institute from 17th May 2022 to 31st May 2022. On each day there were around 45 to 50 participants in the training programme. During training programme yoga charts and Standees were displayed around the yoga practice site. **ractionLive online inte on yoga (Activity- 4)** was organized through Sahyog programme by RIE, Bhubaneswar from 30th May to 3rd June, 2022. The topics of discussion were on "Yoga for self care", "Stress Free with Yoga", how yoga can make children feel relaxed in moments of tiredness or commotion, improving memory, academic performance and raising awareness of their own emotions, habit of "positive thoughts through yoga" and on "Yoga and physical wellbeing". Practice on Common Yoga Ptotocol on 21st June 2022. Finally, **International Day of Yoga (IDY) 2022 was celebrated on 21st June, 2022** at 7am. The programme was inaugurated with the introductory remark by Prof P.C. Agarwal and more than 200 students and staff of the Institute have participated in the event. This programme was coordinated by Dr. (Mrs.) P.L. Negi.

The Sahyog programme on Yoga was organized by RIE, Bhubaneswar from 30th May 2022 to 3rd June 2022. The 1st day commenced with the session on Yoga for self care by Ms. Sibani Dora (JPF, DCGC) and Ms. Shivangi Singh(practicing Councillor). In this session, the panelists explained yoga and its significant role in physical and mental health. The 2nd day commenced with the session on "Stress Free Yoga" by Dr Pramod Kumar Gupta (Assistant Professor) and Ms. Chandrima Dey(Practicing Counselor. In this session, the discussions was Yoga reducing stress and anxiety. The 3rd day commenced with Dr Dhanya Krishnan (Assistant Professor) and Mr Sibaprasad Patel(Practicing Counselor). In this session the panelists highlighted that contribution of Yoga day can make children feel relaxed in moments of tiredness or commotion, improving memory, academic performance and raising awareness of their own emotions. The 4th day started with the session on "habit of positive thoughts through Yoga". In this session the panelists elaborated hiring a positive yogic lifestyle. The 5th day focus was "Yoga and physical wellbeing" by the panelists. In this stressful era yoga and physical well- being both are interrelated in such a way that we cannot make good health unless and until we have learnt real meaning of Yoga. In this way the programme was a success in promoting the importance of Yoga in Physical and Mental well- being of learners.



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The event started with the welcome of the Principal and the Administrative Officer by offering flower bouquet and cap by Dr. (Mrs.) P.L. Negi, Nodal Officer of the event. White caps were distributed to all the participants gathered in front of the Institute Main Building. The Mass run started with the flagging off by the Principal at 6.30 a.m. The theme of the run "Jan Bhagidari se Jan Andolan" was achieved through the mass run with great enthusiasm and zeal to complete the 2 Km run on the earmarked path inside the R.I.E. campus.



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Ictstudio Bbsr is with Pradeep Behera Papu.

9 h · 🌐



"Azadi ka Amrit Mahotsav" FIT India Freedom Run 2.0 at Regional Institute of Education, NCERT, Bhubaneswar. #AzadikaAmritMahotsav #Run4India #Riebbsr #ictstudlobbsr #NCERT

Fit India Freedom Run 2.0 to Commemorate "Azadi Ka Amrit Mahotsav" With reference to the letter No. 12-1/2020-IS.4 dated 10/08/2021 of the Under Secretary, Govt. of India, Department of School Education & Literacy, Ministry of Education, New Delhi and the Council's letter no. 1-3/2021-E.C.(Khand 1)/4562-4... **See more**



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Satya Mamun
Great work

Like · Reply · 5 h

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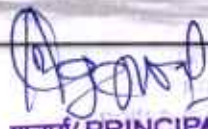
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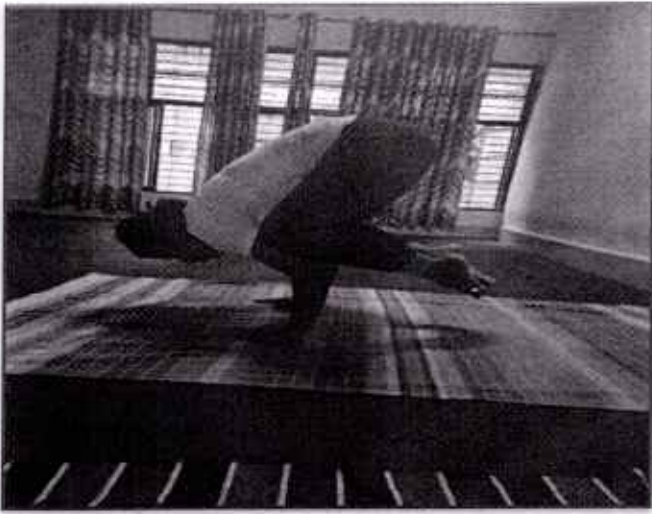
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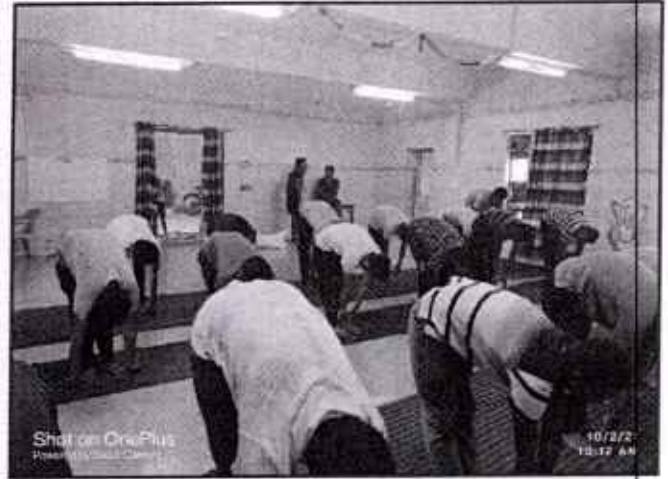
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Fit India Freedom Run 2.0 to Commemorate "Azadi Ka Amrit Mahotsav"

On the occasion of 61st NCERT Foundation Day on 1st September, 2021, Regional Institute of Education, Bhubaneswar organized a mass run and Cycle rally at 6.30 a.m. in the Institute campus to commemorate "Azadi Ka Amrit Mahotsav" under the banner FIT India Freedom Run 2.0. The mass run and cycling began from the entrance point of the Institute covered around 4km to end the rally.

The event was inaugurated with the inspirational and motivational words by the honourable Principal, R.I.E. Bhubaneswar, Prof. P.C. Agarwal. The Mass run started with the flagging off by


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 Regional Institute of Education, Bhubaneswar

भुवनेश्वर
 10/12/21
 10:01 AM




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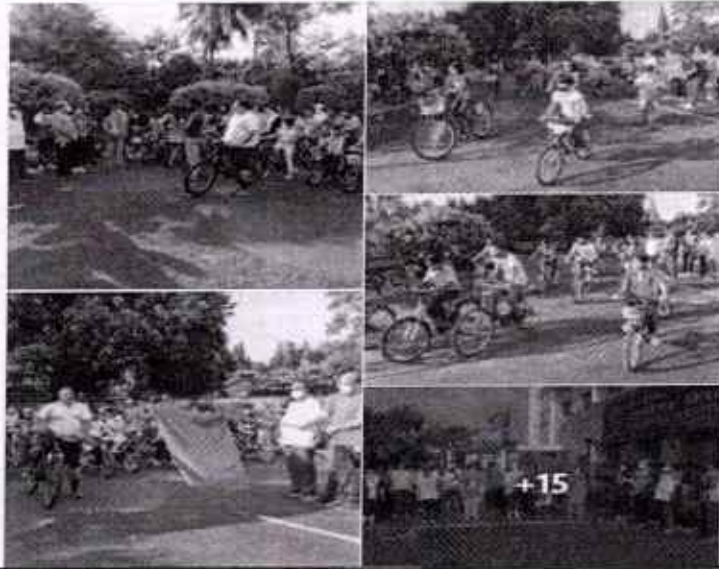

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Acstudio Bbsr is with Anup Saha and Ram Chandra
1 September at 10:22 AM

"Azadi Ka Amrit Mahotsav" FIT India Freedom Run 2.0 at Regional Institute of Education, NCERT, Bhubaneswar. #AzadiKaAmritMahotsav #FitIndia #Freedom #Rocccubbsr #NCERT

On the occasion of 75th NCERT Foundation Day on 1st September, 2021, Regional Institute of Education, Bhubaneswar organized a mass run and cycle rally at 6:30 a.m. in the institute campus to commemorate "Azadi Ka Amrit Mahotsav" under the banner FIT India Freedom Run 2.0. The mass run and cycling began from...

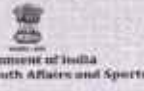






**Azadi Ka
Amrit Mahotsav**

FIT INDIA Freedom Run 2.0



Congratulations

REGIONAL INSTITUTE OF EDUCATION (NCERT), BHUBANESWAR

FOR SUCCESSFULLY ORGANIZING THE FIT INDIA FREEDOM RUN 2.0

13th Aug - 2nd Oct 2021

#Run4India

<https://fitindia.gov.in>

#AzadiKaAmritMahotsav

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Questions and answers of swachhata quiz conducted on 21.06.2018

1. "Bai Swachhta Week" will be celebrated every year on

- 26-31 January
- 15-20 August
- 2-7 October
- 14-20 November

2. ODF is one of the major aspects of Swachh Bharat Mission. What does it stand for?

- Open Defecation Free
- Open Defecation Fee
- Open Dumping Free
- Office Dust Free

3. World Toilet Day (WTD) is a campaign to motivate and mobilize millions around the world on issues of sanitation. When is it observed?

- 14 November
- 19 November
- 19 August
- 2 October

4. The Swachh Sarvekshani-2016 ranks 73 cities on cleanliness and sanitation. Which city ranked top?

- Varanasi
- Mysore
- Chandigarh
- Tiruchirappalli

8. Name the Indian activist who was honoured with the Ramon Magsaysay Award in 2016 for his work for the eradication of manual scavenging.

- Sunderlal Bahuguna
- Paul Divakar
- Bezwada Wilson
- S. R. Sankaran

9. Which Indian city has emerged as the first town in the country to become free from manual scavenging?

- Awar
- Trichy
- Bangalore
- Chennai

10. Name the Governor of Nagaland who was nominated as Brand Ambassador of SBM by Prime Minister

- E. S. L. Narasimhan
- Om Prakash Kohli
- Padmanabha Acharya
- Nirbhay Sharma

5. Inspired by the Prime Minister of India, which country launched a similar event as the SBM on 3rd January 2015 in his own country?

- Pakistan
- Bhutan
- Sri Lanka
- Nepal

6. Which one of the following IT companies had committed Rs 100 crore to construct toilets for girls under Prime Minister's flagship 'Swachh Bharat' mission?

- Infosys
- Wipro
- TCS
- Microsoft

7. Which period was designated by the United Nations as the International Drinking Water Decade?

- 1981-1990
- 1991-2000
- 2001-2010
- 1971-1980

ANSWERS

1. 14-20 November
2. Open Defecation Free
3. 19th November
4. Indore
5. Bhutan
6. TCS
7. 1981-1990
8. Bezwada Wilson
9. Trichy
10. Padmanabha Acharya

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National Science Day Celebration

The National Science Day was celebrated on 28th February, 2018 in the Conference Hall of the Institute. For this occasion various competitions like Essay, Debate, Quiz and Painting were organised under the supervision of the advisor for Math and Science activities, Prof. Madhuri Mahapatra; Dr. Anup Kumar Parida and Mr. P. K. Das. The topics for various competitions were

1. Essay : Global Warming
2. Drawing and Paining : India 2050
3. Debate : Can artificial intelligence replace human intelligence ?


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contribution of women in the society and removing all gender stereotypes was the objective of this programme.

Annual Athletic Meet: 57th Annual Athletic Meet of the Institute was held on dt.16.02.2022 and dt.17.02.2022 in the Institute Playground. Olympian Athlete from Odisha Anuradha Biswal had been invited as the Chief Guest. Competitions in individual category as well as in group category was held. Winners were given away medals by the Chief Guest and other dignitaries present there. The jubilation and enthusiasm among students led to the successful completion of the 57th Annual Athletic Meet. In the Athletic meet both men and women take part in various activities and it teaches everyone that stereotypes are no good for the society and a progressive society is one which is gender neutral.

Cultural Days: The Cultural Days are colorful programmes of the Institute where students get the opportunity to participate in various cultural activities like Rangoli, Flower Decoration, Art Exhibition, Music, Dance, Instruments etc. Competitions and group category was made and these were evaluated by the faculty members of the Institutes.

Working with the Community: This program focuses on community participation and development. Student-teachers engaged in activities such as conducting surveys, awareness programs, promoting social campaigns, and contributing to community development projects. The Working with Community (WWC) Programme is an integral part of the 4-year Integrated B.A. B.Ed. and BSc BEd and BEd programmes offered by the Regional Institute of Education, Bhubaneswar. The 4-year Integrated B.A. B.Ed. course provides pre-service teacher training and aims to acquaint trainees with the social realities of the community.

The activities covers a wide range of topics, including gender equity, environment pollution, HIV-AIDS, population education, hygiene of the community, primary education and remedial teaching, utilization of community resources for school education, educational awareness, RTE Act 2009, yoga, physical exercise, games, and sports, shrama dana (cleaning drive), rallies on social issues, and cultural programs based on social issues and problems.

Bhasha Sangam Programme- 2021

'Ek Bharat Shrestha Bharat' national campaign launched by the Ministry of Education, Government of India.

The basic objectives of Bhasha Sangam are as follows: -

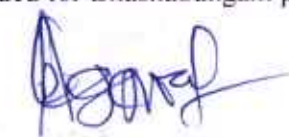
- To introduce our students with all the 22 Indian languages mentioned in 8th schedule of Indian Constitution.
- To bring students close to the unique cultural hues and diversity of our country through these languages.
- To increase honour and respect for languages.

RIE, Bhubaneswar was selected for Bengali and Odia languages 100 sentences in each of these two languages were audio recorded for Bhasha Sangam programme. I was the overall coordinator of this programme.



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निदेशिका

17/02/2022

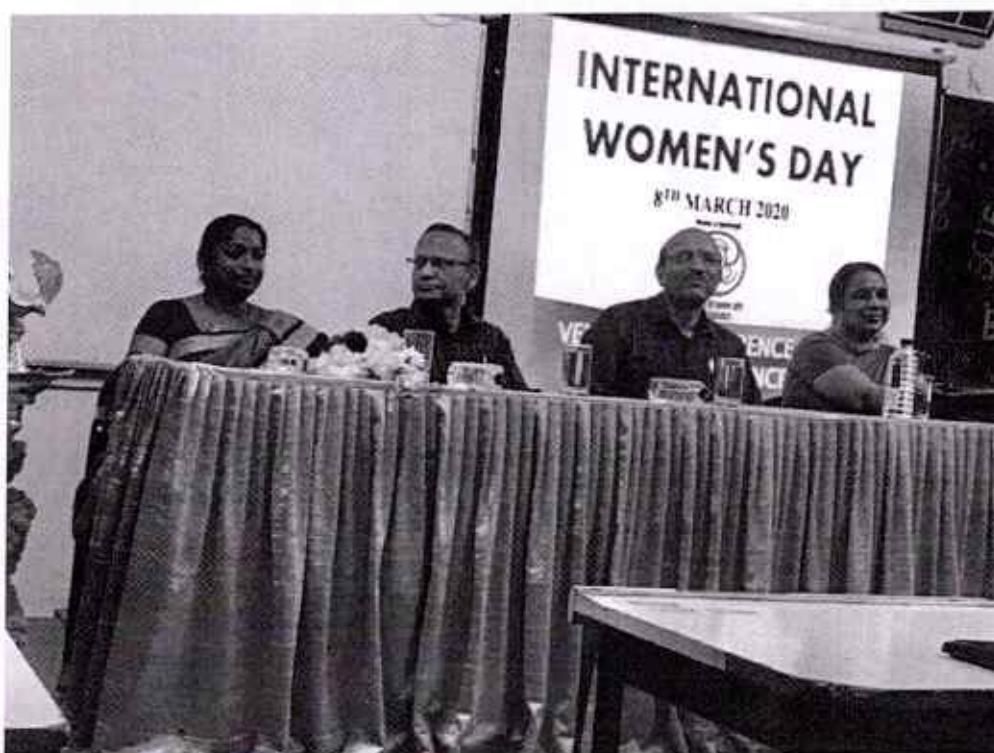
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facilitate more women to come forward to increase substantially the number of such legends. He emphasized that RIE students can do marvellous work by mass awakening in their areas. Teachers are good social-reformers or transformers. Even in working with community and other field outreach programmes prospective teachers work out various community activities for supporting girl education, elimination of gender disparity and women empowerment. Families are run in better way only when both men & women are treated equally.



Further, Prof. Agarwal said this is not an issue at the National Level but it is an International level also. The role of women in each and every field is appreciable. At the end, the formal vote of thanks was given by Dr. Debabrata Bagui, Assistant Professor in English who acted as Co-coordinator.

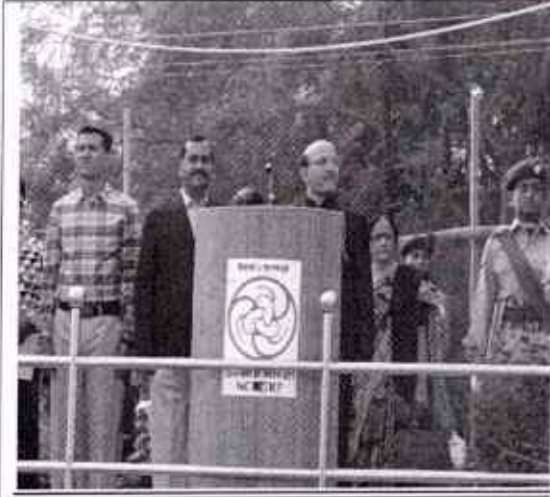
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Republic Day Celebration



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