

## IRC Schedule for 19th September, 2020

The Interactive radio counselling session which can be accessed through radio at frequency 105.6 Mhz and through web at the link [www.ignouonline.ac.in/gyandhara](http://www.ignouonline.ac.in/gyandhara) (through mobile by downloading the puffin browser and then using the same web address) for 19th September are:

1) 10am —11 am (GV+GD)

Topic: Aao Baat Karen

Expert: Dr K Nilofer, SSC

2) 11am—11.30 am (GV)

Topic: Dealing With Examination Stress

Expert: Dr Smita Gupta, SOSS

3) 12pm—1pm (GV)

Topic: MEG -02 Block 6, Bernard Shaw : Pygmalion

Expert: Prof Parmod Kumar, SOH

Gyan Darshan TV, DTH, CABLE TV can be accessed on channel numbers -- AIRTEL- 442, TATA SKY-755, SUN DIRECT- 596, DISH TV - 2423, INDEPENDENT TV- 566, DD FREE DISH- MHRD CHANNEL NO. 25, HATHWAY- 473, IN DIGITAL- 297, DEN- 526, and Gyan Darshan can also be accessed through web link at <http://www.ignouonline.ac.in/gyandarshan/>