

IGNOU
REGIONAL CENTRE DELHI-3

Sub: Report of the activities undertaken during the Ek Bharat Shreshtha Bharat Week under Azadi Ka Amrit Mahotsav.

As per email communication dated February 17, 2022 received from Director, RSD, the Regional Centres of Delhi-3, Delhi-2, Delhi-1 and Gangtok organized the event of Ek Bharat Shreshtha Bharat under Azadi Ka Amrit Mahotsava on Thursday, the 03rd March 2022 through virtual mode. In accordance with the guidelines, select learners were identified from all the 04 participating RCs who made presentations on various aspects such as virtual visits of important tourist attractions/monuments, local cuisine, North Indian handicraft, local festivals, community costumes and virtual meeting with important sportsperson etc.

The programme was initiated by Dr. Sanjeev Pandey, Senior Regional Director, RC Delhi-3 who welcomed all Regional Directors, Assistant Regional Directors and all the participants. He gave a brief account of the programme and the activities which are being undertaken during the programme. This was followed by brief address by Dr. Kanan Sharma, Dr. Ashok Sharma, Dr. Yonah Bhutia, the Regional Directors of Delhi-2, Delhi-1 and Gangtok respectively.

The presentations were made by the following identified learners from the participating RCs :-

- 1) Priya Sharma, MSCDFSM, RC Delhi-1 made a presentation about a famous North Indian food i.e. Choley Bhature covering the methods of its preparation, ingredients, its nutritional composition, health advantages and disadvantages and how to make it a healthier food etc.
- 2) Dr. Charan Jeet Kaur, a teacher and a learner of RC Delhi-2, delivered a talk and made a presentation on traditional games of India (local sports). She was the National Level Player for Volleyball Game and had earlier represented India with two Gold Medals. Currently she is working as Asstt. Professor in Physical Education in Mata Sundri College, University of Delhi.
- 3) Rashi Jain, MSCDFSM, RC Delhi-1, talked and made a detailed presentation about another famous North Indian cuisine i.e. Dal Makhani and Naan covering its origin, the methods of its preparation, ingredients, its nutritional composition, health benefits and disadvantages of its consumption etc.
- 4) Tania Sharma, MAAN, RC Delhi-1, made a presentation with virtual tour of Union Territory of Jammu and Kashmir giving a brief information about its history, habitat, tourist places, handicraft, culture, cuisines and habitat etc.
- 5) Punam Pradhan, MTTM, RC Gangtok, gave a brief presentation and talk about the costume of Lepcha Community of Sikkim, tourist places in various parts of the state of Sikkim etc.
- 6) Srijana Tamang, another MTTM programme learner of RC Gangtok, gave a detailed presentation about the geography of Sikkim state and famous tourist places.
- 7) Poonam, MSCDFSM programme learner of RC Delhi-3 gave a talk about various cuisines and food habits of people of Delhi.
- 8) D. Dilip Kumar, learner and an Academic Counsellor from RC Gangtok gave a talk and presentation about the ethnic Nepali community of Sikkim, its culture, traditional costume and attire etc.
- 9) Dr. Nim Tshering Lepcha, SCERT, Sikkim and earlier also a learner from RC Gangtok, gave a presentation about the various tourist places of Sikkim, different type of attire /costumes and the fabric used by the indigenous tribe of Lepcha (men and women) of Sikkim.

10) Sanya Pal, MEG programme learner of RC Delhi-2 briefly talked about Indian Festivals, its cultural diversity, heritage etc. Thereafter she gave a presentation about lesser known Raja Parba festival also known as Mithuna Sankranti, a three-day-long festival of womanhood celebrated in Odisha. The second day of the festival signifies beginning of the solar month of Mithuna from, which the season of rains starts.

11) Ishika Agarwal, BScG programme learner of RC Delhi-2 gave a detailed talk about the various cuisines of state of Gujarat.

12) Purva Madan, MCA programmes learner of RC Delhi-2 gave a talk and presentation about Hola Mohalla, also called Hola, famous Punjabi festival. It is a three-day long festival which normally falls in March and takes place on the second day of the lunar month of Chett, a day after the Hindu spring festival Holi but sometimes coincides with Holi.

13) Shruti Selwal, MEG programme learner of RC Delhi-2 gave a talk about the local festival Egaas of Uttarakhand which is celebrated by the people of Uttarakhand 11 days after Diwali by cooking various local delicacies, performing folk dances and lighting of their homes, spinning of a rope called Bhailo with fire lit at one end, etc.

14) Rashmi Tomar, MAAN progamme learner of RC Delhi-1 gave a detailed talk about the various North Indian states Handicraft.

15) Sangeeta Jaiswar, MAPC programme learner of RC Delhi-3 gave a detailed talk about the famous Bihar food, Litti Chokha which is home to Eastern UP and state of Rajasthan also.

This was followed by an interactive session between the learners and also the Academics of the four RCs wherein different clarifications were sought and provided. The event ended with vote of thanks to all for their active participation.

Select photographs of the programme are given below.





















