

3.6.1 EXTENSION ACTIVITIES

Pandit Sundarlal Sharma (Open) University Chhattisgarh operates in the entire state of Chhattisgarh through its RCs and LSCs. Being an ODL institution, it follows non-conventional methods of carrying out its activities. University has been consistently organizing extension programs related to social responsibility, holistic development, and awareness in the preceding years. The subjects taken up are related to social concerns rather than personal progress. A brief description of these activities is as follows:

1. Adoption of villages:

During the session 2018-19 and 2019-20, five villages within the jurisdiction of the university have been adopted through the Social Responsibility Cell, where programs related to health, education and self-employment are being implemented. The Villages adopted are Nirtu, Koni, Ramtala, Birkona and Turkadih. In these villages, the University carries out various activities like creating awareness about health issues, dietary patterns, nutrition, agriculture, computer literacy, etc. Further, Yoga camps were also organized in these villages to create awareness about Yoga. Other flagship programmes like Govt. Swacchta Abhiyan has also been repeatedly carried out by the University in these villages.

2. Psychological Counselling Center:

The University runs a Psychological Counselling cell within the headquarters in collaboration with the state mental hospital, Sendri, Bilaspur, Under the State Mental Health Programme (SMHP). Counselling sessions are held for students, teachers, employees, and other stakeholders of society.

3. Brahm Rishi YogAarogya Kendra:

The University runs "Brahm Rishi YogAarogya Kendra" within its premises to sensitize all the stakeholders including the society at large. The aim of this Kendra is to facilitate and promote physical health and wellbeing for all. Regular Yoga sessions are conducted (7am-9am) on University Campus. People from nearby area participate in these sessions and are largely benefited by the same. Lecture sessions and health camps are conducted on a regular basis to promote awareness of physical and mental health.

4. Seminars and Workshops:

The University regularly organizes various seminars and conferences on the issues related to women's empowerment, divyang, gender-based issues and equality, environmental protection, water conservation, etc. These activities promote social awareness among all participants and organizers alike.

5. Promotion of Social Harmony:

The institution, through its national-level campaign/seminars, promotes social harmony in the state. The university conducts seminars related to social harmony, national integration, and equity-based culture on a timely basis.

6. Convocation:

University convocations are held every year in December. University gold medals and PhD degrees are distributed to the students of various disciplines. The convocation ceremony involves all other stakeholders, including members of the society. This function creates a sense of awareness among aspirants and encourages students to pursue lifelong learning. It is an indirect medium of communication to the public at large which conveys the message education, growth and prosperity.

Web-link Provided-

Brochure - <https://www.pssou.ac.in/index?page=element&id=BROCHURE>

Report - <https://www.pssou.ac.in/index?page=element&id=ACTIVITIES>