

29th July 2025**RC– Varanasi**

Report on “Integrating Creativity and Well-Being for Fostering Innovation among students”

Name of the Regional Centre	Varanasi
Code of the Regional Centre	48

Background: In an attempt to inculcate the habit of Innovation among its students, IGNOU Regional Centre Varanasi has established an Innovation Club and regularly organizes seminars and lectures from innovators. In that series Innovation club @RCVaranasi organized a webinar entitled as above on 25th July 2025 through Google meet. The programme was designed to sensitize the participants on the burning issues of enhancing creativity and wellbeing for the development of innovation skill. Prof Sandeep Kumar, Department of Psychology BHU and Dr. UpendraNabhTripathi Regional Director RC Varanasi were the resource persons to talk students for learning the skill of well-being for the fostering of innovation skill.

Programme Objectives (Mention 2-3 objectives of the programme)

To aware the participating students for enhancing innovation skill through integrating creativity and well-being.

Participants (mention the target group and number of participants): Students from Department of Psychology, BHU Varanasi and IGNOU students

Resource Persons : Prof Sandeep Kumar, Department of Psychology BH, Varanasi.

Resource materials (if any): PPT Presentation

Duration and dates: 25 July 2025 from 4.00 to 5.30 PM

Funding (if any): Nil

Coordinators : DrUpendraNabhTripathi, Regional Director IGNOU RC Varanasi
 DrShravan Kumar Pandey, ARD, Nodal officer Innovation Club@RC Varanasi,

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About the Programme (A brief about the programme organized about 500 words – mentioning the daywise/session-wise details).

Prof Sandeep Kumar, Department of Psychology, BHU Varanasi presented his talk as resource person through PPT presentation and sensitized the participating students on the burning issues of enhancing creativity and wellbeing for the development of innovation skill. Dr. UpendraNabhTripathi Regional Director RC Varanasi convened the programme and elaborated about IGNOU programmes and opportunity in the field of Psychology and promoted the students to learn the skill of well-being for the fostering of innovation skill. Queries raised by the students were answered by Regional Director Dr. UpendraNabhTripathi and Prof. Sandeep Kumar. Dr SK Pandey, ARD coordinated the meeting and Mr Banmali Singh, Deputy Registrar paid the vote of thanks to all participants and dignitaries. Among the participants Dr. Sanjay Kumar and Dr. D N Pathak, ARDs along with Mr Yogesh Kumar AR and more than 50 students from BHU and IGNOU participated in the programme and interacted with the resource person.

Outcomes of the programme (2-3 lines)

Students got overviews on the development of innovation skill through integrating creativity and well-being and interacted with resource person for their queries and eagerness on the topic.



(Signature of the Coordinator)



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Please upload the Geotagged photographs in the table only (Only 04 Photographs with captions)

The image displays two screenshots of a Google Meet session. The top screenshot shows a presentation slide from the Indira Gandhi National Open University (IGNOU) Regional Centre Varanasi. The slide is titled "Webinar on Integrating Creativity and Well-Being for Fostering Innovation Among Students" and is organized by the Innovation Club@Varanasi. It features a resource person, Ankit Chauhan, and a meeting link: <https://meet.google.com/qqu-axrm-hsu>. The bottom screenshot shows the same session with a different slide titled "Integrating Creativity and Well-Being for fostering Innovation" by Prof. Sandeep Kumar. The slide includes an illustration of a brain with colorful neural connections. Both screenshots show a grid of participants on the right and a meeting control bar at the bottom.



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The screenshot displays a Zoom meeting interface. The top section shows a presentation slide titled "Techniques that stimulate Creativity at Workplace" with a bulleted list: Challenge, Freedom, Resources, Work Group Features, Supervisory Encouragement, and Organizational Support. The slide also features a background image of a group of people in a meeting. Below the slide, a grid of participant thumbnails is visible, including Prof. Sandeep Kumar, Banmali Singh, rc varanasi, Shankar..., and 21 others. The bottom section shows a grid of participant thumbnails, including Banmali Singh, Shravan Kum..., Prof. Sandeep..., Yogesh Kumar, rc varanasi, Dr. Dev Nara..., Shankar..., Jaimangal Si..., Charitha Kariappa (who has left the meeting), Dr. Sanjay K..., Assignment..., Shyam Jais..., 5 others, and rc varanasi. The meeting title "Integrating Creativity and..." is visible at the bottom of the interface.