Unit 4: Course Completion Process on igot.gov.in as on May 15th, 2021



1. Click on the link <u>www.igot.gov.in</u>

2. Click on Explore courses



3. Click on login in left side of screen



4. Login with E mail id and phone number or your gmail id.

Welcome to DIKSHA Login		
Enter Email Address / Mobile number		
Enter your email / mobile number		
Password		
Enter your password		
Forget password?		
LOGIN		
Don't have an account? Register here		
OR		
G Sign in with Google		
Login with State System		

5. Type this link in url

<u>https://igot.gov.in/resources/play/content/do_31303354688362086411419</u>, <u>https://igot.gov.in/resources/play/content/do_31303354258499993611416</u> or choose the resource **Yoga for stress Management-English/Hindi**

ExplanationResource	ExplanationResource
Yoga for Stress	Yoga for Stress
Management- English	Management-Hindi
MoHFW Other State Officials + 32	MoHFW Other State Officials + 32
Medium: English	Medium: Hindi
iGOT MAM	iGOT MAM

6. Type this link in url

<u>https://igot.gov.in/resources/play/content/do_3130335488534364161648</u>, <u>https://igot.gov.in/resources/play/content/do_3130335505752391681649</u> or type and search **Meditation for Stress Management : English/Hindi**



7. Get back to Digipaathshala and finish the content and quiz to complete unit 5.