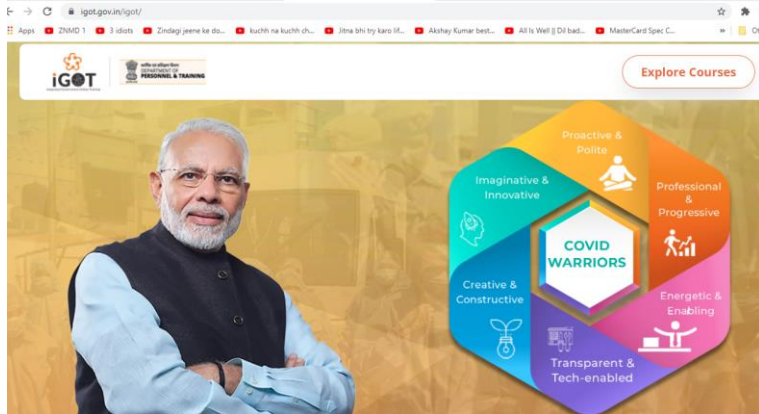
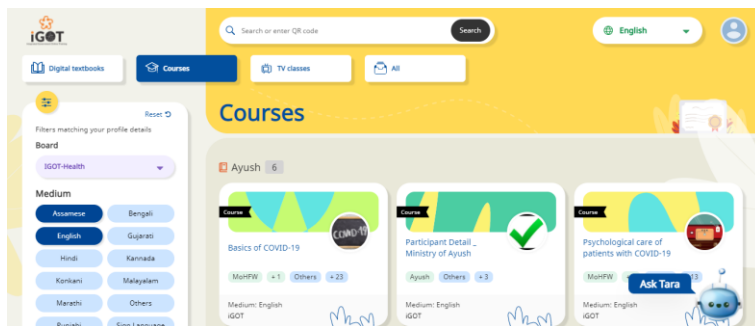


Unit 4: Course Completion Process on igot.gov.in as on May 15th, 2021

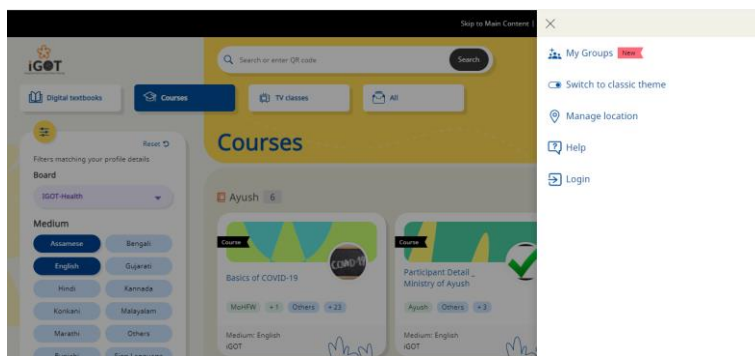
1. Click on the link www.igot.gov.in



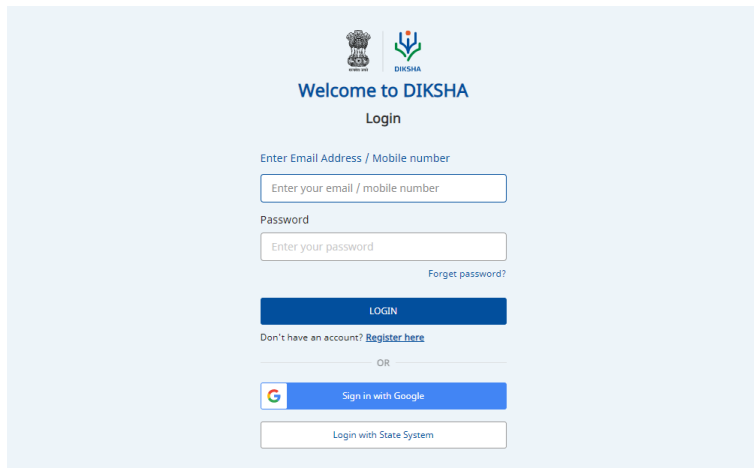
2. Click on Explore courses



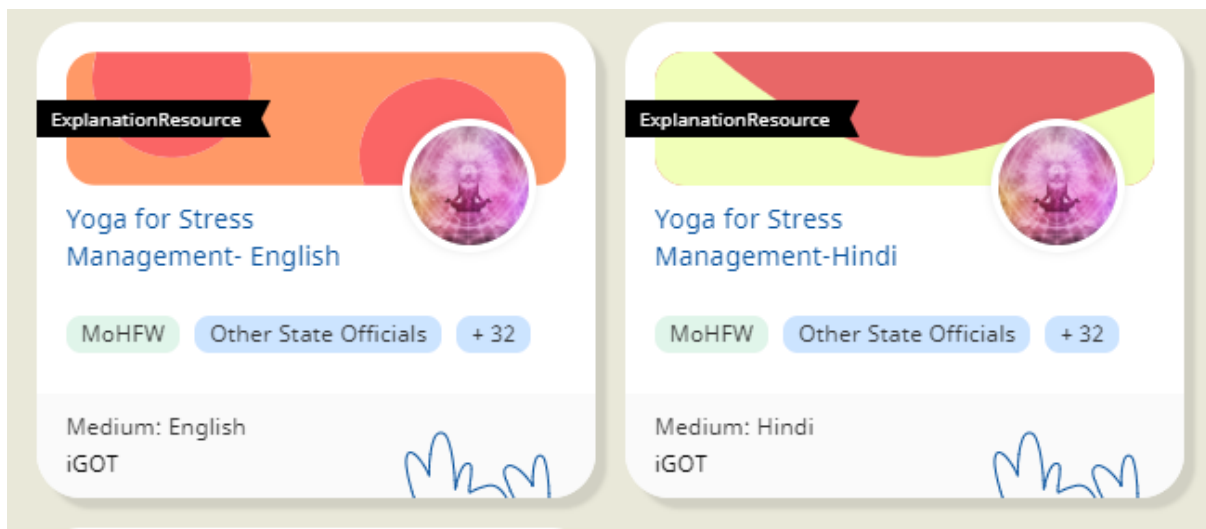
3. Click on login in left side of screen



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



5. Type this link in url
https://igot.gov.in/resources/play/content/do_31303354688362086411419 ,
https://igot.gov.in/resources/play/content/do_31303354258499993611416 or choose the resource **Yoga for stress Management- English/ Hindi**



6. Type this link in url
https://igot.gov.in/resources/play/content/do_3130335488534364161648 ,
https://igot.gov.in/resources/play/content/do_3130335505752391681649 or type and search **Meditation for Stress Management : English/ Hindi**

ExplanationResource

Meditation for stress Management- English

MoHFW Other State Officials + 32

Medium: English
iGOT





ExplanationResource

Meditation for stress management-hindi

MoHFW Other State Officials + 32

Medium: Hindi
iGOT



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