

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

REGIONAL CENTRE : CHANDIGARH

STUDY CENTRE - 06033 Govt. PG College, Sector - 1, Panchkula

PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME for the session 2025-26

Sr. No.	Subject/Topic	Date	Time
1	Sandhichalana Series, Suryanamaskara, Standing/Sitting/Prone/Supine Asana	1/2/2026	6.00am to 8.00 AM
2	Shat Karma (Day 6)	8/2/2026	6.00am to 8.00 AM
3	Prayer Recap of the first spell Sandhichalana series, Suryanamaskara Standing Asana, Sitting Asana Prone Asana, Supine Asana	15/02/2026	6.00am to 8.00 AM
4	Prayer Pranayama (Regulation of Breath) Mudras (Locks) Bandhas (Gestures) Meditation: Breath awareness	22/2/2026	6.00am to 8.00 AM
5	Prayer Pranayama (Regulation of Breath) Mudras (Locks) Bandhas (Gestures) Meditation: Soham	1/3/2026	6.00am to 8.00 AM
6	Prayer Revision/Revisiting the activity	8/3/2026	6.00am to 8.00 AM
7	Prayer Revision/Revisiting the activity	15/3/2026	6.00am to 8.00 AM
8	Internal assessment	22/3/2026	6.00am to 8.00 AM



Coordinator : 06033