



# INDIRA GANDHI NATIONAL OPEN UNIVERSITY

REGIONAL CENTRE: CHANDIGARH

## ONLINE PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME

JUNE-2024 TEPE

S No.	Subject/Topic	Date & Time	Google Meet Link	Assist
<b>1st Spell</b>				
1.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 1	17/07/2024 5.30 to 7.30 AM	<a href="https://meet.google.com/pvh-amdc-pac">https://meet.google.com/pvh-amdc-pac</a>	Tejpal Singhal
2.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 2	18/07/2024 5.30 to 7.30 AM		
3.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 3	19/07/2024 5.30 to 7.30 AM		
4.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 4	20/07/2024 5.30 to 7.30 AM		
5.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 5	21/07/2024 5.30 to 7.30 AM		
6.	Shat Karma - DAY 6	22/07/2024 5.30 to 7.30 AM		
<b>2<sup>nd</sup> Spell</b>				
1.	Prayer <i>Recap of the first spell Sandhichalana series, Suryanamaskara</i> Standing Asana, Sitting Asana Prone Asana, Supine Asana	23/07/2024 5.30 to 7.30 AM	<a href="https://meet.google.com/pvh-amdc-pac">https://meet.google.com/pvh-amdc-pac</a>	Tejpal Singhal
2.	Prayer <b>Pranayama (Regulation of Breath)</b> <b>Mudras (Locks)</b> <b>Bandhas (Gestures)</b> Meditation: Breath awareness	24/07/2024 5.30 to 7.30 AM		
3.	Prayer <b>Pranayama (Regulation of Breath)</b> <b>Mudras (Locks)</b> <b>Bandhas (Gestures)</b> Meditation: Soham	25/07/2024 5.30 to 7.30 AM		
4.	<i>Prayer Revision/Revisiting the activity</i>	26/07/2024 5.30 to 7.30 AM		
5.	<i>Prayer Revision/Revisiting the activity</i>	27/07/2024 5.30 to 7.30 AM		
6.	<b>Internal assessment</b>	28/07/2024 5.30 to 7.30 AM		



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## Note:

Learners are informed to follow the below given instructions for attending the counseling sessions. To join the online counselling sessions through the above given link 10 minutes before the commencement of the session.

1. To join the meeting with their enrolment no. and mention their name and enrolment no. in the chat box.
2. To keep their IGNOU I-Cards with their possession during the online classes and produce it, once asked for during the session.
3. To keep their audio muted during the counselling sessions. If any learner has to ask any question or seek any clarification he/she should raise the hand option available in the Google meet.
4. Attend all the **two practical spells** (12 days practical training in two episode is mandatory) and complete all the activities (related to the courses you want to appear). The **completion certificate** signed by respective counsellors is to be submitted as a proof.
5. **Fill up** the practical term-end form in time and submit to the programme in-charge
6. **Pass** in the practical internal assessment.

Sd/-  
Sr. Regional Director