



INDIRA GANDHI NATIONAL OPEN UNIVERSITY
Regional Centre: Bhubaneswar

Online Practical Counseling cum Exam for CPY Programme (TEE Dec 2023)

Practical Course code: **BYGL-01**

Google Meet Link- <https://meet.google.com/afb-dnjp-jmi>

CPY practical counseling/exam class has been scheduled to be held online. So, all eligible learners (from Jan 2022 to July 2023 session) who have not completed the scheduled courses are requested to attend the counseling/exam as per the below schedule. **All are requested to deposit the practical records by 16.05.2024 at RC Bhubaneswar for evaluation and updation of awards.** As per the IGNOU notification, Jan 2023 & July 2023 admission session **learners must attach the practical exam fee receipt (if paid) OR Demand Draft of Rs.500/-** drawn in favour of IGNOU, payable at Bhubaneswar while submitting the practical report for further action.

S/No.	Date	Time	Topics	Experts
1.	06.05.24	5:30 PM to 7:30 PM	<ul style="list-style-type: none">• Meditation (Dhyana)• Shat Karma (Cleansing Techniques)	Mrs. Reetanjali Pradhan
2.	07.05.24	5:30 PM to 7:30 PM	<ul style="list-style-type: none">• Loosening Exercises for all postures & Yogic Kriyas	Sh. Ajaya Ku Sahoo
3.	08.05.24	5:30 PM to 7:30 PM	<ul style="list-style-type: none">• Pranayam (Regulation for Breath)• Mudra & Bandha	Sh. Ajaya Ku Sahoo
4.	09.05.24	5:30 PM to 7:30 PM	<ul style="list-style-type: none">• Suryanamaskar• Sitting Asanas	Mrs. Reetanjali Pradhan

Regional Director