

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY**  
**REGIONAL CENTRE, BHUBANESWAR**

**Practical counseling cum examination schedule for CPY**  
**(TEE June 2025)**

**Online Google Meet Link- <https://meet.google.com/qcg-uyds-nfd>**

Practical counseling cum examination of CPY for TEE June 2025 has been scheduled by RC. Practical counselling classes will be held through online mode (Google meet) and the practical exam/viva will be held in offline mode (at RC) as per the below schedule. **Only the learners who have submitted their exam form and paid practical fees for TEE June 2025 are eligible to attend this counseling cum exam as per the schedule.** RC has prepared **Class Group/Exam Group** for learners and only the listed learners should join the activities as per the scheduled Group.

Learners may check **News & Events/Notice board** of RC website for the schedule/latest updates- <http://rcbhubaneshwar.ignou.ac.in/> . Please prepare the course wise practical records and **bring the practical records with Identity Card and hall ticket on scheduled date of examination.**

**Venue for Practical Exam/Viva:**

**IGNOU, Regional Centre, C-1, Institutional Area, Bhubaneswar-13**

**Date & time for practical Exam/Viva : 29.09.2025 (10am)**

**Practical Counselling Schedule - Course code: BYGL-01**

S/No.	Date	Time	Topics	Experts
1.	20.09.2025	6:00- 8.00 PM	<ul style="list-style-type: none"><li>Loosening Exercises for all postures &amp; Yogic Kriyas</li><li>Meditation: Breath awareness</li></ul>	Mr. Ajaya Ku Sahoo
2.	21.09.2025	6:00- 8.00 PM	<ul style="list-style-type: none"><li>Suryanamaskar</li><li>Sitting Asanas</li><li>Standing Asana</li><li>Prone Asana</li><li>Supine Asana</li></ul>	Dr. Satyanarayan Mishra
3.	22.09.2025	6:00- 8.00 PM	<ul style="list-style-type: none"><li>Pranayam (Regulation for Breath)</li><li>Mudra (Locks)</li><li>Bandha (Gestures)</li></ul>	Mr. Ajaya Ku Sahoo
4.	23.09.2025	6:00- 8.00 PM	<ul style="list-style-type: none"><li>Meditation (Dhyana)</li><li>Shat Karma (Cleansing Techniques)</li></ul>	Dr. Satyanarayan Mishra

**CPY Practical Exam Student list (TEE June 2025)**

SL	E/NO.	NAME	Course code
1.	2401757240	ASHISH KUMAR SARKAR	BYGL-01
2.	2500126515	DURLABHA BEHERA	BYGL-01
3.	2452321920	SURENDRA RANA	BYGL-01
4.	2501309552	SUNIL KUMAR SAHOO	BYGL-01
5.	2451812488	NARENDRA MANHIRA	BYGL-01
6.	2500317445	SNEHA MOHANTY	BYGL-01
7.	2500057857	SANJUKTA MISHRA	BYGL-01
8.	2500584919	CHINMAYEE MISHRA	BYGL-01
9.	2501309228	BIKASH KUMAR SAHOO	BYGL-01
10.	2500579846	BIRENDRA KUMAR SAHOO	BYGL-01
11.	2501020493	PHULANDEBI PATRA	BYGL-01
12.	2500395849	BULI KARMI	BYGL-01
13.	2500194211	SITAKANTA PRADHAN	BYGL-01
14.	2500586399	GITANJALI BEHERA	BYGL-01
15.	2451812425	SONALI SUVADARSINEE JENA	BYGL-01
16.	2500240364	RAJLAXMI SINGH	BYGL-01
17.	2501020528	AJAYA KUMAR SAHOO	BYGL-01

**Sr. Regional Director**