

INDIRA GANDHI NATIONAL OPEN UNIVERSITY
REGIONAL CENTRE, BHUBANESWAR

Practical counseling cum examination schedule for CPY
(TEE June, 2026)

Practical counseling cum examination of CPY for TEE June, 2026 has been scheduled by RC. Practical counselling classes will be held through online and offline mode as per the below schedule. The practical exam/viva will be held in offline mode at RC. **Only the learners who have submitted their exam form and paid practical fees for TEE June 2026 are eligible to attend this counseling cum exam as per the schedule.** Learners should prepare the course wise practical records and **bring the practical records with Identity Card and hall ticket** for TEE June, 2026 on the scheduled date of examination. **Counselling class attendance is mandatory for appearing the practical exam/viva.**

Venue for offline practical counselling and practical Exam/Viva:

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

Date & time for practical Exam/Viva: 31.08.2026 (10.00AM)

Online practical counselling class Link-<https://meet.google.com/iea-eeft-cjh>

Online Practical Counselling Schedule - Course code: BYGL-01

S/No.	Date	Time	Topics	Experts
1.	26.08.2026	6:00- 8.00 PM	- Loosening Exercises for all postures & Yogic Kriyas - Meditation: Breath awareness	Mr. Ajaya Ku Sahoo
2.	27.08.2026	6:00- 8.00 PM	- Suryanamaskar - Sitting Asanas - Standing Asana - Prone Asana - Supine Asana	Dr. Satyanarayan Mishra

Offline Practical Counselling Schedule - Course code: BYGL-01

S/No.	Date	Time	Topics	Experts
1.	28.08.2026	10:00-0200 PM	- Pranayam (Regulation for Breath) - Mudra (Locks) - Bandha (Gestures)	Mr. Ajaya Ku Sahoo
2.	29.03.2026	10:00-0200 PM	- Meditation (Dhyana) - Shat Karma (Cleansing Techniques)	Dr. Satyanarayan Mishra

CPY Practical Exam Student list (TEE June, 2026)

SL	E/NO.	NAME	Course code
1.	2601003925	SONALI PRIYADARSHINI	BYGL-01
2.	2602468824	BISWAJITA MAHAPATRA	BYGL-01
3.	2501020528	AJAYA KUMAR SAHOO	BYGL-01
4.	2551085398	SUGYANI DAS	BYGL-01
5.	2551082212	SANGHAMITRA DAS	BYGL-01
6.	2601570580	PABITRA DONGARAJ	BYGL-01
7.	2550630409	MILI MALIK	BYGL-01
8.	2602122195	CHINMAYEE DIXIT	BYGL-01
9.	2451812425	SONALI SUVADARSINEE JENA	BYGL-01
10.	2601371167	JITENDRA KUMAR DAKUA	BYGL-01

Sr. Regional Director