

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

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

Practical counseling cum examination of CPY for TEE Dec 2025 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 Dec 2025 are eligible to attend this counseling cum exam as per the schedule.** Learners may check the RC website for the schedule/latest updates- <http://rcbhubaneshwar.ignou.ac.in/>. Learners should prepare the course wise practical records and **bring the practical records with Identity Card and hall ticket** for TEE Dec 2025 on the scheduled date of examination. **70% 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: 01.04.2026 (10.00AM)**

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

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

S/No.	Date	Time	Topics	Experts
1.	27.03.2026	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.	28.03.2026	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

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

S/No.	Date	Time	Topics	Experts
1.	30.03.2026	10:00-0200 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
2.	31.03.2026	10:00-0200 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 Dec 2025)**

<b>SL</b>	<b>E/NO.</b>	<b>NAME</b>	<b>Course code</b>
1.	2500939161	SANGHAMITRA GARNAIK	BYGL-01
2.	2452321920	SURENDRA RANA	BYGL-01
3.	2550396060	SAIKRUSNA MEHER	BYGL-01
4.	2550129275	RASHMITA BEHERA	BYGL-01
5.	2550630625	ASHRULIVA PANDA	BYGL-01
6.	2501020493	PHULANDEBI PATRA	BYGL-01
7.	2401757240	ASHISH KUMAR SARKAR	BYGL-01
8.	2451811563	SUBASINI BISWAL	BYGL-01
9.	2500096771	NIKITA PADHI	BYGL-01
10.	2551086096	SIBO PRASAD MISHRA	BYGL-01
11.	2451812425	SONALI SUVADARSINEE JENA	BYGL-01
12.	2550970219	DHANESWAR DAS	BYGL-01
13.	2550970353	PUNYABATI SAHOO	BYGL-01

**Sr. Regional Director**