

Dear Student,

CPY Practical Classes are scheduled to be held during 09.06.2022 to 20.06.2022, Time- 7AM-8.30AM (Practical), 9AM – 10.30 AM (Theory) in offline mode at IGNOU Regional Centre, Bhubaneswar. Please attend the classes without fail. The practical classes are not likely to be conducted again in near future. You are hence once again informed to join the practical classes in offline mode at IGNOU Regional Centre, Bhubaneswar definitely. Ignore this message if already completed the program.

IGNOU Regional Centre, Bhubaneswar



DATE	PRACTICAL TIME-07AM-08:30AM	THEORY TIME-09AM-10:30AM	NAME OF THE COUNSELOR
09.06.2022	Sukhma Vyayama	History of Yogic tradition in India	S.Nayak and A.K. sahoo
10.06.2022	Surya Namaskar	Definition of Yoga ,Yoga schools	S.Nayak and A.K. sahoo
11.06.2022	Standing Asanas	Types of Yoga	S.Nayak and S.N. Mishra
12.06.2022	Sitting Asanas	Acharyas of Yoga	S.Nayak and A.K. Sahoo
13.06.2022	Bending Asanas (Forward)	Yogic Texts: Brief Description	A.K.Sahoo and S.N. Mishra
14.06.2022	Bending Asanas(Backward)	Patanjali and His Sutras	A.K. sahoo and S. Nayak
15.06.2022	Shatkarma	Obstacles in Yoga as per PYS	A.k .Sahoo and M. sahoo
16.06.2022	Dhayana	Meditation process as per Yogic texts	S. Nayak and M. sahoo
17.06.2022	Major Pranayam Techniques	Pranayam types as per PYS	S.N. Mishra and M. Sahoo
18.06.2022	Suryanamaskar	Benefits, dos and do nots in yoga	S.Nayak and S.N. Mishra
19.06.2022	Sitting/Standing postures	Bhagabat Gita as a yogic text	S.Nayak and A.K. Sahoo
20.06.2022	Relaxation postures	Role of yoga in modern times	S.Nayak and M.Sahoo