

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

REGIONAL CENTRE: CHANDIGARH

ONLINE PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME

S No.	Subject/Topic	Date & Time	Google Meet Link	Assist
1st Spell				
1.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 1	01/09/2023 6.00 to 8.00 AM	https://meet.google.com/efp-xoom-frf	Tejpal Singhal
2.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 2	02/09/2023 6.00 to 8.00 AM		
3.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 3	03/09/2023 6.00 to 8.00 AM		
4.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 4	04/09/2023 6.00 to 8.00 AM		
5.	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 5	05/09/2023 6.00 to 8.00 AM		
6.	Shat Karma - DAY 6	06/09/2023 6.00 to 8.00 AM		
2nd Spell				
1.	Prayer <i>Recap of the first spell Sandhichalana series, Suryanamaskara</i> Standing Asana, Sitting Asana Prone Asana, Supine Asana	07/09/2023 6.00 to 8.00 AM	https://meet.google.com/efp-xoom-frf	Tejpal Singhal
2.	Prayer Pranayama (Regulation of Breath) Mudras (Locks) Bandhas (Gestures) Meditation: Breath awareness	08/09/2023 6.00 to 8.00 AM		
3.	Prayer Pranayama (Regulation of Breath) Mudras (Locks) Bandhas (Gestures) Meditation: Soham	09/09/2023 6.00 to 8.00 AM		
4.	<i>Prayer</i> Revision/Revisiting the activity	10/09/2023 6.00 to 8.00 AM		
5.	<i>Prayer</i> Revision/Revisiting the activity	11/09/2023 6.00 to 8.00 AM		
6.	Internal assessment	12/09/2023 6.00 to 8.00 AM		

Note:

Learners are informed to follow the below given instructions for attending the counseling sessions. To join the online counselling sessions through the above given link 10 minutes before the commencement of the session.

1. To join the meeting with their enrolment no. and mention their name and enrolment no. in the chat box.
2. To keep their IGNOU I-Cards with their possession during the online classes and produce it, once asked for during the session.
3. To keep their audio muted during the counselling sessions. If any learner has to ask any question or seek any clarification he/she should raise the hand option available in the Google meet.
4. Attend all the **two practical spells** (12 days practical training in two episode is mandatory) and complete all the activities (related to the courses you want to appear). The **completion certificate** signed by respective counsellors is to be submitted as a proof.
5. **Fill up** the practical term-end form in time and submit to the programme in-charge
6. **Pass** in the practical internal assessment.

Sd/-
Sr. Regional Director