

**INDIRA GANDHI NATIONAL OPEN UNIVERSITY
REGIONAL CENTRE: HYDERABAD
ONLINE PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME**

S No.	Subject/Topic	Date & Time	Google Meet Link
1	Sandhichalana Series,Suryanamaskara- DAY 1	12.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/hai-ktnw-efi
2	Sandhichalana Series,Suryanamaskara-DAY 2	13.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/hai-ktnw-efi
3	Sandhichalana Series,Suryanamaskara- DAY 3	14.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/hai-ktnw-efi
4	Sandhichalana Series,Suryanamaskara- DAY 4	15.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/hai-ktnw-efi
5	Sandhichalana Series,Suryanamaskara- DAY 5	16.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/hai-ktnw-efi
6	Shat Karma - DAY 6	17.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/bjy-wfzt-hur
7	Pranayama, Mudras, Bandhas, Meditation - DAY 7	18.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/vmj-jqbh-oew
8	Pranayama, Mudras, Bandhas, Meditation - DAY 8	19.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/vmj-jqbh-oew
9	Pranayama, Mudras, Bandhas, Meditation - DAY 9	20.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/vmj-jqbh-oew
10	Pranayama, Mudras, Bandhas, Meditation - DAY 10	21.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/vmj-jqbh-oew
11	Pranayama, Mudras, Bandhas, Meditation - DAY 11	22.07.2023 , 6:00 PM TO 7:00 PM	meet.google.com/vmj-jqbh-oew
12	Practical Exam for BYGL 001- DAY 12	23.07.2023	Link and time will be shared on 21.07.2023 for those who have successfully attended for above 11 days practical sessions.

Sd/-

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