

**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/-

Dr K Ramesh
RD,IGNOU,RC,Hyderabad