Indira Gandhi National Open University
REGIONAL CENTRE BHOPAL
(Practical Counselling Schedule for Certificate Programme in Yoga (CPY)

Google Meet Link: https://meet.google.com/hzb-piye-ade

1st Spell						
Practical Counseling	**Date**	**Day**	**Timing**			**Academic Counselor**
			07.00AM to 09.00 AM Demonstraction	**10.00 AM to 12.00 PM Theory Discussion**	**04.00 PM to 06.00 PM Practice under supervision (Video view with discussion)**	
BYGL-001 Practical Manual on Yoga (CPY)	**05/10/2026**	Day 1	Sandhichalana series, Suryanamaskara **Standing Asana** T asana, Ardhakamicakr asana, Trikoo G sansa, V[kc asana **Sitting Asana** DaGasana, Sukh asana, asasa Ek asana, Vajrasana, Kakasana, Mandukasana **Prone Asana** Makar asana, BhujaEg asana, alabh asana, Markatasana (option) **Supine Asana** Sav asanam,	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
	06/10/2026	Day-02	*Sandhichalana series, Suryanamaskara* **StandingAsana** Tāāsana, Ardhakamicakrāsana, Trik oGāsansa, V[kcāsana, PārśvakoGāsana **SitingAsana** DaGāsana, , Padmāsana, Gomukhasana, Vīrāsana,, Paścimottānāsana, Ucmrāsana, Vakrāsana, **Prone Asana** Makarāsana, BhujaEgāsana, Śalabhāsana, Dhanurāsana, VipritNaukasana **Supine Asana** Śavāsanam, ViparītakariGī, Ardhaśīrcāsana, Uttanpadasana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
	07/10/2026	Day-03	*Sandhichalana series, Suryanamaskara* **StandingAsana** Ardhakamicakrāsana, rikooGāsansa, PārśvakoGāsana, Pariv[tatrikoGāsana **Sitting Asana** Siddhāsana, admāsana, Yogamudrāsana, ŚaśāEkāsana, Practice under supervision (Video view with discussion) on the practical related topics Practice under supervision (Video view with discussion) on the practical related topics Practice under supervision (Video view with discussion) on the practical related topics 35 Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, Uttanmandukasana **Prone Asana** Śalabhāsana, Dhanurāsana, **Supine Asana** Śavāsanam, SarvāEgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrcāsana, Pawanmuktasana, Setubandhanasana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
	08/10/2026	Day-04	*Sandhichalana series, Suryanamaskara* **StandingAsana** Ardhakamicakrāsana, rikooGāsansa, PārśvakoGāsana, Pariv[tatrikoGāsana, Garudasana, Ardhacakrāsana **Sitting Asana** Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, Mayūrāsana **Prone Asana** Śalabhāsana, Dhanurāsana, **Supine asana** Śavāsanam SarvāEgāsanam, Matsyāsanam, Halāsanam, Chakrāsanam, Śīrcāsana, Dhanurasana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat

	09/10/2026	Day-05	*Sandhichalana series. Suryanamaskara* **StandingAsana** *Tāāsana, Ardhakamicakrāsana, Ardhacakrāsana, TrikooGāsansa, `Pariv[tatrikoGāsana, PārśvakoGāsana,* *V[kcāsana, Garudasana* **Sitting Asana** Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, MayūrāsanaDaGāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, ŚaśāEkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, ` Supta-Vīrāsana, Paścimottānāsana, Ucmrāsana, Vakrāsana, Ardhamatsyendrāsana, HaAsāsana, (optional) **Prone asana** Śalabhāsana, Dhanurāsana, **Supine Asana** Śavāsanam, SarvāEgāsanam, Matsyāsanam, Halāsanam, ViparītakariGī, Chakrāsanam Kakasana, Ardhaśīrcāsana	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
	12/10/2026	Day-06	**Shat Karma (Cleansing techniques)** *pradipika)Neti*-Nasal passage cleansing *Dhauti* (*Vamana*)- Gastro-Esophageal Track cleansing*Trataka*	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat

Note:

1. The 1st spell is for six days, all students will be in a group and they will be instructed for practical training. The 2nd spell is also for six days again and all activities will be done in group. The details are given below.
2. (The Yoga practical training will be divided in two contact spells. The 1st spell will be of 12 days having 12 theory sessions of 2 hrs each and 24 practical sessions of 2 hrs each (The 2 hr could be divided into 1 hrs of demo and 1 hrs of practice).

Dr. Subash Ranjan Nayak
(Regional Director)
IGNOU Regional Centre Bhopal

Dr. U. C. Pandey
(Senior Regional Director)
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2nd Spell Practical Counseling	Date	Day	Timing			Academic Counselor
			07.00AM to 09.00 AM Demonstraction	10.00 AM to 12.00 PM Theory Discussion	04.00 PM to 06.00 PM Practice under supervision (Video view with discussion)	
BYGL-001 Practical Manual on Yoga (CPY)	13/10/2026	Day- 01	PrayerRecap of the first spell Sandhichalana series, Suryanamaskara **Standing Asana** Tsana, Ardhakamicakrsana, Trikoo Gsansa, V[kcsana **Sitting Asana** DaGsana, Sukhsana, , Za[Eksana, Vajrsana, Kakasana, Mandukasana **Prone Asana** Makarsana, BhujaEgsana, Zalabhsana, Markatasana (option) **Supine Asana** Zavsanam, Meditation: Breath awreness	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
	14/10/2026	Day-02	*Prayer* **Pranayama (Regulation of Breath)** • Puraka (Inhalation), Rechaka • (Exhalation)and Kumbhaka (Retention) • Nadishodhana, • Bhrmar+ • Sithali, **Mudras (Locks)** • Chin Mudra • Jnana Mudra **Bandhas (Gestures)** • Jalandha Bandha • Uddiyana Bandha • Moola Bandha **Bandhas (Gestures)** • Jalandha Bandha • Uddiyana Bandha • Moola Bandha • Maha Bandha **Bandhas (Gestures)** • Jalandha Bandha • Uddiyana Bandha • Moola Bandha • Meditation: Breath awareness	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat

15/10/2026	Day-03	*Prayer* ***Pranayama (Regulation of Breath) on related topics*** • *Nadishodhana,* • *Surya Bhedhana,* • *Bhrmar+ ,* • *Sitkari* ***Mudras (Locks)*** • *Chin Mudra* • *Jnana Mudra* ***Brahma Mudra*** ***Bandhas (Gestures)*** • *Jalandha Bandha* • *Uddiyana Bandha* • *Moola Bandha* *Meditation: Soham*	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
16/10/2026	Day-04	Prayer **Pranayama (Regulation of Breath) on related topics** • Surya Bhedhana, • Ujjy+, • Bhastrika, **Mudras (Locks)** • Chin Mudra • Jnana Mudra • Brahma Mudra **Bandhas (Gestures)** • Jalandha Bandha • Uddiyana Bandha • Moola Bandha • Maha Bandha (optional) Meditation: Soham	Theory Discussion on related topics	Practice under supervision (Video view with discussion) on the practical related topics	Dr. Tikhe Sham Ganpat
17/10/2026	Day-05	Prayer Revision/Revisiting the activity			
18/10/2026	Day-06	**Internal assessment**			

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