



INDIRA GANDHI NATIONAL OPEN UNIVERSITY  
REGIONAL CENTRE BHOPAL

(Practical Counselling Schedule for Certificate Programme in Yoga (CPY))

**Venue: Library Hall, IGNOU Regional Centre, 12 Arera Hills, Bhopal**

Google Map location: <https://goo.gl/maps/io7sfBQTVLwQkuUa9>

BYGL-001: SHAT KRIYAS, YOGIC KRIYAS, ASNAS, PRANAYAMA, MANTRA JAPA

**Spell-01**

Session	Date	Timing		Session No	Topic to be covered (Block/Unit)	Counselor's Name
		From	To			
Practical Counselling	27/04/23	09:00 AM	11:00 PM	01	Demonstration of Meditation (Dhyana)	Dr. Manisha Dadhore
Theory Counselling	27/04/23	11:15 AM	01:15 PM	02	Theory of Meditation (Dhyana)	Dr. Manisha Dadhore
Practical Counselling	28/04/23	09:00 AM	11:00 PM	03	Demonstration of Loosening Exercises for all postures & Yogic Kriya (Sandhichalna)	Dr. Rekha Agrawal
Theory Counselling	28/04/23	11:15 AM	01:15 PM	04	Theory of Loosening Exercises for all postures & Yogic Kriya (Sandhichalna)	Dr. Rekha Agrawal
Practical Counselling	29/04/23	09:00 AM	11:00 PM	05	Demonstration of Shat-Karma (Cleansing Techniques)	Ms. Ruchi Shukla
Theory Counselling	29/04/23	11:15 AM	01:15 PM	06	Theory of of Shat-Karma (Cleansing Techniques)	Ms. Ruchi Shukla
Practical Counselling	30/04/23	09:00 AM	11:00 PM	07	Demonstration of Asana-1 Suryanamaskara	Dr. Madhavi Chandra
Theory Counselling	30/04/23	11:15 AM	01:15 PM	08	Theory of of Asana-1 Suryanamaskara	Dr. Madhavi Chandra
Practical Counselling	01/05/23	09:00 AM	11:00 PM	09	Demonstration of Asana-2 (Standing, Sitting, Prone, Supine Asanas)	Mr. Bhanu Pratap Bundela
Theory Counselling	01/05/23	11:15 AM	01:15 PM	10	Theory of of Asana-2 (Standing, Sitting, Prone, Supine Asanas)	Mr. Bhanu Pratap Bundela
Practical Counselling	02/05/23	09:00 AM	11:00 PM	11	Demonstration of Pranayama, Mudra & Bandha	Mr. Anurudh Sharma
Theory Counselling	02/05/23	11:15 AM	01:15 PM	12	Theory of Pranayama Mudra & Bandha	Mr. Anurudh Sharma

Dr. Subash Ranjan Nayak  
(Astt. Regional Director)

Dr. Anshuman Upadhaya  
(Deputy Director)

Dr. Bini Toms  
(Sr. Regional Director)