



IGNOU LSC-2299

Nirman Campus of Education Research & Training

(Under the Management of NASO & Kansal Foundation)

Jakhepal -Ghasiwal Road, Sunam-148028

www.nirmancampus.co.in

PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME-JAN-2026 (FACE TO FACE MODE)

S.No.	Subject/Topic	Date (Duration 2 hours each session)
1st Spell		TIME-11:00-1:00
1	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 1	4-5-2026
2	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 2	5-5-2026
3	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 3	6-5-2026
4	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 4	7-5-2026
5	Sandhichalana Series, Suryanamaskara- Standing Asana, Sitting Asana, Prone Asana, Supine Asana DAY 5	8-5-2026
6	Shat Karma - DAY 6	9-5-2026
2nd Spell		TIME-02:00-04:00
1	Prayer Recap of the first spell Sandhichalana series, Suryanamaskara Standing Asana, Sitting Asana Prone Asana, Supine Asana	4-5-2026
2	Prayer Pranayama (Regulation of Breath) Mudras (Locks) Bandhas (Gestures) Meditation: Breath awareness	5-5-2026
3	Prayer Pranayama (Regulation of Breath) Mudras (Locks), Bandhas (Gestures) Meditation: Soham	6-5-2026
4	Prayer Revision/Revisiting the activity	7-5-2026
5	Prayer Revision/Revisiting the activity	8-5-2026
6	Internal assessment	9-5-2026

COORDINATOR

Coordinator
IGNOU LSC (R)-2299
Nirman Campus of Education,
Research & Training, Sunam