



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](http://www.nirmancampus.co.in)

### PRACTICAL COUNSELING SESSION FOR CPY PROGRAMME-JULY-2025 (FACE TO FACE MODE)

| S.No.                       | Subject/Topic                                                                                                                         | Date<br>(Duration 2 hours each session) |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| <b>1<sup>st</sup> Spell</b> |                                                                                                                                       | <b>TIME-12:00-2:00</b>                  |
| 1                           | Sandhichalana Series, Suryanamaskara-<br>Standing Asana, Sitting Asana, Prone Asana,<br>Supine Asana <b>DAY 1</b>                     | 8-1-2026                                |
| 2                           | Sandhichalana Series, Suryanamaskara-<br>Standing Asana, Sitting Asana, Prone Asana,<br>Supine Asana <b>DAY 2</b>                     | 9-1-2026                                |
| 3                           | Sandhichalana Series, Suryanamaskara-<br>Standing Asana, Sitting Asana, Prone Asana,<br>Supine Asana <b>DAY 3</b>                     | 10-1-2026                               |
| 4                           | Sandhichalana Series, Suryanamaskara-<br>Standing Asana, Sitting Asana, Prone Asana,<br>Supine Asana <b>DAY 4</b>                     | 12-1-2026                               |
| 5                           | Sandhichalana Series, Suryanamaskara-<br>Standing Asana, Sitting Asana, Prone Asana,<br>Supine Asana <b>DAY 5</b>                     | 13-1-2026                               |
| 6                           | Shat Karma - <b>DAY 6</b>                                                                                                             | 15-1-2026                               |
| <b>2<sup>nd</sup> Spell</b> |                                                                                                                                       | <b>TIME-03:00-05:00</b>                 |
| 1                           | Prayer Recap of the first spell Sandhichalana<br>series, Suryanamaskara<br>Standing Asana, Sitting Asana<br>Prone Asana, Supine Asana | 8-1-2026                                |
| 2                           | Prayer Pranayama (Regulation of Breath)<br>Mudras (Locks)<br>Bandhas (Gestures)<br>Meditation: Breath awareness                       | 9-1-2026                                |
| 3                           | Prayer Pranayama (Regulation of Breath)<br>Mudras (Locks), Bandhas (Gestures)<br>Meditation: Soham                                    | 10-1-2026                               |
| 4                           | Prayer Revision/Revisiting the activity                                                                                               | 12-1-2026                               |
| 5                           | Prayer Revision/Revisiting the activity                                                                                               | 13-1-2026                               |
| 6                           | Internal assessment                                                                                                                   | 15-1-2026                               |

COORDINATOR

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