

**CPY COUNSELING SCHEDULE**  
**PRACTICAL TRAINING (BYGL-001)**

IGNOU SC-88012

**Aravali P. G. Mahavidhyalay**

Tripura Colony, Near Aakashwani,  
 Thikariya, Banswara (RAJ.)-327001

**Session :- JULY 2021, JAN 2022 , JULY 2022, JAN 2023**

**MODE- OFFLINE**

BATCH	COUNSELOR's NAME
BATCH-1	MR. RAJESH TRIPATHI Counselor Code- 881166640 Mob-8890403363 PAN- BKXPT7745K

DAY		7-9 am Demonstration	10 am-12 pm Theory Discussion and Practice under supervision
	<b>First Contact Session</b>		
<b>Day 1 (22-04-2023)</b>	<i>Sandhichalana series,</i> <i>Suryanamaskara</i> <b>Standing Asana</b> Tāāsana, Ardhakamicakrāsana, Trikoo Gāsansa, <b>V[kcāsana Sitting Asana</b> DaGāsana, Sukhāsana, ŚāśāEkāsana, Vajrāsana, Kakasana, Mandukasana <b>Prone Asana</b> Makarāsana, BhujāEgāsana, Śalabhbāsana, Markatasana (option) <b>Supine Asana</b> Śavāsanam,	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics
<b>Day 2 (23-04-2023)</b>	<i>Sandhichalana series,</i> <i>Suryanamaskara</i> <b>Standing Asana</b> Tāāsana, Ardhakamicakrāsana, Trik oGāsansa, <b>V[kcāsana, PārvakoGāsana Siting Asana</b> DaGāsana, , Padmāsana, Gomukhasana, Vīrāsana, , Paścimottānāsana, Ucmrāsana, Vakrāsana, <b>Prone Asana</b> Makarāsana, BhujāEgāsana, Śalabhbāsana Dhanurāsana, VipritNaukasana <b>Supine Asana</b> Śavāsanam, ViparītakariGī, Ardhaśīrcāsana, Uttanpadasana	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics
<b>Day 3 (24-04-2023)</b>	<i>Sandhichalana series,</i> <i>Suryanamaskara</i> <b>Standing Asana</b> Ardhakamicakrāsana, TrikooGāsansa, PārvakoGāsana, Pariv[tatrikoGāsana <b>Sitting Asana</b> Siddhāsana, Padmāsana, Yogamudrāsana, ŚāśāEkāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana,	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics

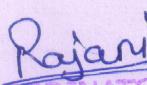
	Ardhamatsyendrāsana, Uttanmandukasana <b>Prone Asana</b> Śalabhbhāsana, Dhanurāsana, <b>Supine Asana</b> Śavāsanam, SarvāEgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrcāsana, Pawanmuktasana, Setubandhanasana		
<b>Day 4</b> <b>(25-04-2023)</b>	<i>Sandhichalana series,</i> <i>Suryanamaskara</i> <b>Standing Asana</b> Ardhakamicakrāsana, TrikooGāsansa, PārvakoGāsana, Pariv[tatrikoGāsana, Garudasana, Ardhadakrāsana <b>Sitting Asana</b> Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, Mayūrāsana <b>Prone Asana</b> Śalabhbhāsana, Dhanurāsana, <b>Supine asana</b> Śavāsanam SarvāEgāsanam, Matsyāsanam, Halāsanam, Chakrāsanam, Śīrcāsana, Dhanurasana	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics
<b>Day 5</b> <b>(26-04-2023)</b>	<i>Sandhichalana series,</i> <i>Suryanamaskara</i> <b>Standing Asana</b> Tāāsana, Ardhakamicakrāsana, Ardhadakrāsana, TrikooGāsansa, Pariv[tatrikoGāsana, PārvakoGāsana, V[kcāsana, Garudasana <b>Sitting Asana</b> Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Ucmrāsana, Ardhamatsyendrāsana, HaAsāsana, Mayūrāsana DaGāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, ŚāsāEkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, Supta-Vīrāsana, Paścimottānāsana, Ucmrāsana, Vakrāsana, Ardhamatsyendrāsana, HaAsāsana, (optional) <b>Prone asana</b> Śalabhbhāsana, Dhanurāsana, <b>Supine Asana</b> Śavāsanam, SarvāEgāsanam, Matsyāsanam, Halāsanam, ViparītakariGī, Chakrāsanam Kakasana, Ardhaśīrcāsana	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics
<b>Day 6</b> <b>(27-04-2023)</b>	<b>Shat Karma (Cleansing techniques)</b> <i>Kapalabhati (according to hatha pradipika)</i> <i>Neti-Nasal passage cleansing</i> <i>Dhauti (Vamana)- Gastro-Esophageal Track cleansing</i> <i>Trataka</i>	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics

Rajani  
CO-ORDINATOR  
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**2<sup>nd</sup> Spell**

<p><b>Day 1 (04-05-2023)</b></p>	<p>Prayer <i>Recap of the first spell Sandhichalana series, Suryanamaskara</i></p> <p><b>Standing Asana</b> Tsana, Ardhakamicakrsana, Trikoo Gsansa, V[kcsana]</p> <p><b>Sitting Asana</b> DaGsana, Sukhsana, Za[Eksana, Vajrsana, Kakasana, Mandukasana]</p> <p><b>Prone Asana</b> Makarsana, BhujaEgsana, Zalabhsana, Markatasana (option)</p> <p><b>Supine Asana</b> Zavsanam, Meditation: Breath awareness</p>	<p>Demonstration</p>	<p>Theory Discussion on related topics and Practice under supervision on the practical related topics</p>
<p><b>Day 2 (05-05-2023)</b></p>	<p>Prayer</p> <p><b>Pranayama (Regulation of Breath)</b></p> <ul style="list-style-type: none"> <li>● <i>Puraka (Inhalation), Rechaka (Exhalation) and Kumbhaka</i> (Retention)</li> <li>● <i>Nadishodhana,</i></li> <li>● <i>Bhrmar+</i></li> <li>● <i>Sithali,</i></li> </ul> <p><b>Mudras (Locks)</b></p> <ul style="list-style-type: none"> <li>● Chin Mudra</li> <li>● Jnana Mudra</li> </ul> <p><b>Bandhas (Gestures)</b></p> <ul style="list-style-type: none"> <li>● Jalandha Bandha</li> <li>● Uddiyana Bandha</li> <li>● Moola Bandha</li> </ul> <p><b>Bandhas (Gestures)</b></p> <ul style="list-style-type: none"> <li>● Jalandha Bandha</li> <li>● Uddiyana Bandha</li> <li>● Moola Bandha</li> <li>● Maha Bandha</li> </ul> <p><b>Bandhas (Gestures)</b></p> <ul style="list-style-type: none"> <li>● Jalandha Bandha</li> <li>● Uddiyana Bandha</li> <li>● Moola Bandha</li> </ul> <p>Meditation: Breath awareness</p>	<p>Demonstration</p>	<p>Theory Discussion on related topics and Practice under supervision on the practical related topics</p>
<p><b>Day 3 (06-05-2023)</b></p>	<p>Prayer</p> <p><b>Pranayama (Regulation of Breath)</b></p> <ul style="list-style-type: none"> <li>● <i>Nadishodhana,</i></li> <li>● <i>Surya Bhedhana,</i></li> <li>● <i>Bhrmar+,</i></li> <li>● <i>Sitkari</i></li> </ul> <p><b>Mudras (Locks)</b></p> <ul style="list-style-type: none"> <li>● Chin Mudra</li> <li>● Jnana Mudra</li> </ul> <p><b>Brahma Mudra</b></p> <p><b>Bandhas (Gestures)</b></p> <ul style="list-style-type: none"> <li>● Jalandha Bandha</li> <li>● Uddiyana Bandha</li> <li>● Moola Bandha</li> </ul>	<p>Demonstration</p>	<p>Theory Discussion on related topics and Practice under supervision on the practical related topics</p>

	Meditation: Soham		
<b>Day 4 (07-05-2023)</b>	Prayer <b>Pranayama (Regulation of Breath)</b> <ul style="list-style-type: none"> <li>● <i>Surya Bhedhana,</i></li> <li>● <i>Ujjy+,</i></li> <li>● <i>Bhastrika</i></li> </ul> <b>Mudras (Locks)</b> <ul style="list-style-type: none"> <li>● Chin Mudra</li> <li>● Jnana Mudra</li> <li>● Brahma Mudra</li> </ul> <b>Bandhas (Gestures)</b> <ul style="list-style-type: none"> <li>● Jalandha Bandha</li> <li>● Uddiyana Bandha</li> <li>● Moola Bandha</li> <li>● Maha Bandha (optional)</li> </ul> Meditation: Soham	Demonstration	Theory Discussion on related topics and Practice under supervision on the practical related topics
<b>Day 5 (08-05-2023)</b>	Prayer <b>Revision/Revisiting the activity</b>		
<b>Day 6 (09-05-2023)</b>	<i>Internal assessment</i>		

  
Rajani  
 CO-ORDINATOR  
 IGNOU SC-880.12