

**Indira Gandhi National Open University (IGNOU)**  
**Regional Centre, Jaipur**

**SC 23196, Central Sanskrit University, Jaipur Campus, Triveni Nagar, Jaipur**

**Offline Practical Counseling Schedule for (CPY) Programme for January 2026 Session**

<b>S.N.</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Date</b>	<b>Time</b>	<b>Academic Counsellor Name</b>
<b>1</b>	<b>BYGL1</b>	Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa	<b>18-5-26</b>	<b>7.00 to 11.00 A.M</b>	<b>Dr. Navneet Kumar</b>
<b>2</b>			<b>19-5-26</b>		
<b>3</b>			<b>20-5-26</b>		
<b>4</b>			<b>21-5-26</b>		
<b>5</b>			<b>22-5-26</b>		
<b>6</b>			<b>25-5-26</b>		
<b>7</b>			<b>26-5-26</b>		
<b>8</b>			<b>27-5-26</b>		
<b>9</b>			<b>01-06-26</b>		
<b>10</b>			<b>2-06-26</b>		
<b>11</b>			<b>03-06-26</b>		
<b>12</b>		<b>Internal Assessment</b>	<b>04-06-26</b>		