

**IGNOU Study Centre - 38039**  
**IGNOU REGIONAL CENTRE DELHI-3**  
**Practical Sessions –TEE December 2025**  
**Certificate Programme in YOGA (CPY)**



Programme	Course Code	Date	Time	Counsellor	No of Sessions	Meeting Link/ Venue	Total Students
CPY	<b>BYGL-001</b> (Practical Sessions in <b>Physical Mode</b> )	<b>APRIL 5, 19, 26,</b> <b>3, 10</b>	9:00-1:00 PM	<b>Mr. Tarun Negi</b>	24 Hours	<b>RC Delhi-3</b> (Ranganathan Bhawan, C Block, near CGHS Dispensary, Naraina, New Delhi- 110028)	34
	<b>BYGL-001</b> (Practical Exam in <b>Physical Mode</b> )	<b>MAY: 17</b>	9:00-1:00 PM				

- **Mr. Tarun Negi:** [tarunnegiyog@gamil.com](mailto:tarunnegiyog@gamil.com)

**NOTE FOR LEARNERS:**

- ❖ 100 percent attendance is mandatory in the PRACTICAL SESSIONS and passing in internal practical examination is mandatory to appear in term end practical examination.
- ❖ The log-books should be carried by the learners, whenever they participate in practical training and the learners should get it countersigned by the Counsellor.

**Dr. Ashok Sharma**  
**Coordinator RCSC-38039**