

IGNOU Study Centre - 38039
IGNOU REGIONAL CENTRE DELHI-3
Online Counselling Sessions – January 2022
Certificate Programme in YOGA (CPY) (Fresh Registration)



Programme	Course Code	Theory/ Practical	Date (2022)	Time	Counsellor	No of Sessions	Meeting Link	Total Students
CPY	BYG-001	Theory (Online)	May 22, 28, 29	11.30 AM – 1.30 PM	Mr. Shishir Pokhriyal	3	https://meet.google.com/hdd-uddk-dzo	73
	BYG-002	Theory (Online)	June 4, 5, 11	11.30 AM – 1.30 PM		3		
	BGYL-001	Practical (Physical Mode)	May 22, 28, 29, June 4, 5, 11, 12, 18, 19, 25, 26	9 – 11 AM		11	--	
	BGYL-001	Internal Practical Exam	July 2			1	--	

- Mr. Shishir Pokhriyal: Shishirpokhriyal@gmail.com

NOTE FOR LEARNERS:

1. 100 percent attendance is mandatory in this programme and passing in internal practical examination (to be held on 12th day of training) is mandatory to appear in the term end practical examination.
2. 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.
3. Practical Sessions will be held at **IGNOU Regional Center Delhi-3, Ranganathan Bhawan, C Block, near CGHS Dispensary, Block C, Naraina Vihar, Naraina, New Delhi- 110028**

Dr. Rachna Mohan
Coordinator RCSC-38039