

IGNOU Study Centre - 38039
IGNOU REGIONAL CENTRE DELHI-3
Practical Sessions – January 2024
Certificate Programme in YOGA (CPY) (Fresh Registrations)



Programme	Course Code	Date	Time	Counsellor	No of Sessions	Meeting Link/ Venue	Total Students
CPY	BYGL-001 (Practical Sessions in Physical Mode)	May: 19, 21, 23, 25, 26, 28, 30 June 1, 2, 4, 6.	9:00- 11:00 AM	Mr. Shishir Pokhriyal	24 Hours	RC Delhi-3 (Ranganathan Bhawan, C Block, near CGHS Dispensary, Naraina, New Delhi- 110028)	34
	BYGL-001 (Practical Exam in Physical Mode)	June 8	9:00- 11:00 AM				

- **Mr. Shishir Pokhriyal:** Shishirpokhriyal@gmail.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