

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



Programme	Course Code	Date (2023)	Time	Counsellor	No of Sessions	Meeting Link/ Venue	Total Students
CPY	BYG-001 (Theory Online)	May: 11, 12, 18	11.30-1.30 PM	Mr. Shishir Pokhriyal	3	https://meet.google.com/rqv-ihxg-kny	249
	BYG-002 (Theory Online)	May: 19, 25, 26	11.30 –1.30 PM		3		

❖ Mr. Shishir Pokhriyal: Shishirpokhriyal@gmail.com

NOTE FOR LEARNERS:

1. Please try to attend the online counselling sessions regularly.
2. Study relevant blocks before the counselling session. Identify the points you may like to discuss/clarify.
3. Please keep your course material with you during the counselling sessions for ready reference.
4. Please keep your mic muted and video off and join the meeting 10 minutes before the session.

Dr. Ashok Sharma
Coordinator RCSC-38039