

IGNOU Study Centre - 38039
IGNOU REGIONAL CENTRE DELHI-3
Online Counselling Sessions - July 2023
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)	Oct 8, 14, 15	12 – 2 PM	Mr. Shishir Pokhriyal	3	https://meet.google.com/vza-uwky-syx	94
	BYG-002 (Theory Online)	Oct 21, 22, 28	12 – 2 PM		3		
	BYGL-001 (Practical Sessions in Physical Mode)	Oct 8, 14, 15, 21, 22, 28	8.30 – 11.30 AM		24 Hours	RC Delhi-3 (Ranganathan Bhawan, C Block, near CGHS Dispensary, Naraina, New Delhi- 110028)	
		Oct 29; Nov 4	9 – 11 AM				
BYGL-001 (Practical Exam in Physical Mode)	Nov 5	9 – 11 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 (to be held on November 11, 2023) 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. Rachna Mohan
Coordinator RCSC-38039