

## **IGNOU Regional Centre – Chennai**

### **Certificate in Yoga (CPY) Program Practical counselling & TEPE Dec 2025**

#### **Practical counselling**

Date	Demonstration & Practice	Demonstration & Practice	Demonstration & Practice
03/02/2026	9:00 to 11:00 am	11:15 am to 1: 15am	2:00 to 4:00 pm
04/02/2026	9:00 to 11:00 am	11:15 am to 1: 15pm	2:00 to 4:00 pm
05/02/2026	9:00 to 11:00 am	11:15 am to 1: 15pm	2:00 to 4:00 pm

#### **Term End practical examination Dec 2025**

Date	BYGL-001 Practical Exam
06/02/2026	10:00 am to 1:00 pm

**Venue: IGNOU Regional Centre Chennai**

**Address: IGNOU Regional Centre Chennai**

Periyar Thidal  
84/1, EVK Sampath Salai  
Vepery, Chennai - 600 007

#### **Instructions:**

- i. Attend with IGNOU ID Card and TEE DEE 2025 Hallticket
- ii. Submit the completed practical manuals for examination
- iii. Report the sessions 15 min before commencement with Yoga Matts