

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**
PeriyarThidal
84/1, EVK SampathSalai
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**

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