

MIHFM

MANTRA INSTITUTE OF HEALTH & FITNESS MANAGEMENT

YCB Yoga Certification Course conducted by MIHFM affiliated to PQMS



YCB Class Schedule Level - I, II, III (Session : July - November, 2021)

Date	Day	Faculty	Subject	Timing
19.07.2021	Monday	S.B	Intro Yoga	8.30 to 9.50
20.07.2021	Tuesday	S.B	Practical	8.30 to 9.50
21.07.2021	Wednesday	S.G	Physiology	8.30 to 9.50
22.07.2021	Thursday	S.G	Physiology	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
26.07.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
27.07.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
28.07.2021	Wednesday	S.G	Physiology	8.30 to 9.50
29.07.2021	Thursday	S.B	Practical	8.30 to 9.50
30.07.2021	Friday	S.G	Physiology	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
02.08.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
03.08.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
04.08.2021	Wednesday	S.G	Physiology	8.30 to 9.50
05.08.2021	Thursday	S.B	Practical	8.30 to 9.50
06.08.2021	Friday	S.G	Physiology	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
09.08.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
10.08.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
11.08.2021	Wednesday	S.G	Physiology	8.30 to 9.50
12.08.2021	Thursday	S.B	Practical	8.30 to 9.50
13.08.2021	Friday	S.G	Physiology	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
16.08.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
17.08.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
18.08.2021	Wednesday	S.G	Physiology	8.30 to 9.50
19.08.2021	Thursday	S.B	Practical	8.30 to 9.50
20.08.2021	Friday	S.G	Physiology	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
23.08.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
24.08.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
25.08.2021	Wednesday	S.G	Intro to Yoga TEX	8.30 to 9.50
26.08.2021	Thursday	S.B	Practical	8.30 to 9.50
27.08.2021	Friday	S.G	Anatomy	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
30.08.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
31.08.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
01.09.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
02.09.2021	Thursday	S.B	Practical	8.30 to 9.50
03.09.2021	Friday	P.K.C	Anatomy	8.30 to 9.50

Faculty : S.B - Subhabrata Bhattacharjee, P.K.C - Dr. Pradip Kumar Chakraborty, S.G - Dr. Soumendranath Ghosh

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Date	Day	Faculty	Subject	Timing
06.09.2021	Monday	P.K.C	Anatomy	8.30 to 9.50
07.09.2021	Tuesday	S.B	Anatomy	8.30 to 9.50
08.09.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
09.09.2021	no class	S.B	Practical	8.30 to 9.50
10.09.2021	Friday	P.K.C	Anatomy	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
13.09.2021	Monday	S.B	Intro Yoga	8.30 to 9.50
07.09.2021	Tuesday	S.B	Intro Yoga	8.30 to 9.50
08.09.2021	Wednesday	S.B	Intro Yoga	8.30 to 9.50
09.09.2021	Thurs day	S.B	Practical	8.30 to 9.50
02.09.2021	Friday	S.B	Intro Yoga	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
13.09.2021	Monday	S.B	Intro to Yoga TEX	8.30 to 9.50
14.09.2021	Tuesday	S.B	Intro to Yoga TEX	8.30 to 9.50
15.09.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
16.09.2021	Thurs day	S.B	Practical	8.30 to 9.50
17.09.2021	Friday	S.B	Intro to Yoga TEX	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
20.09.2021	Monday	S.B	Intro to Yoga TEX	8.30 to 9.50
21.09.2021	Tuesday	S.B	Intro to Yoga TEX	8.30 to 9.50
22.09.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
23.09.2021	Thurs day	S.B	Practical	8.30 to 9.50
24.09.2021	Friday	S.B	Intro to Yoga TEX	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
27.09.2021	Monday	S.B	Intro to Yoga TEX	8.30 to 9.50
28.09.2021	Tuesday	S.B	Intro to Yoga TEX	8.30 to 9.50
29.09.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
30.09.2021	Thurs day	S.B	Practical	8.30 to 9.50
01.10.2020	Friday	S.B	Intro to Yoga TEX	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
04.09.2021	Monday	S.B	Intro to Yoga TEX	8.30 to 9.50
05.10.2021	Tuesday	S.B	Intro to Yoga TEX	8.30 to 9.50
06.10.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
07.10.2021	Thurs day	S.B	Practical	8.30 to 9.50
08.10.2021	Friday	S.B	Intro to Yoga TEX	8.30 to 9.50
Date	Day	Faculty	Subject	Timing
09.10.2021	Monday	S.B	Intro to Yoga TEX	8.30 to 9.50
10.10.2021	Tuesday	S.B	Intro to Yoga TEX	8.30 to 9.50
10.10.2021	Wednesday	S.B	Intro to Yoga TEX	8.30 to 9.50
11.10.2021	Thurs day	S.B	Practical	8.30 to 9.50
12.09.2021	Friday	S.B	Intro to Yoga TEX	8.30 to 9.50

Faculty : S.B - Subhabrata Bhattacharjee, P.K.C - Dr. Pradip Kumar Chakraborty, S.G - Dr. Soumendranath Ghosh