

**Indira Gandhi National Open University, Regional Centre Bangalore**

**IGNOU LSC-13139(P), SPANDANA HEALTH CARE**

**Online Theory Counseling Schedule for 1<sup>st</sup> year MSCCFT & PGDCFT Programme**  
**July 2025 admission cycle**

<b>Day/Date/Time</b>	<b>09 to11 am</b>	<b>11.00 -1:00 pm</b>	<b>1.00 to 3.00 pm</b>	<b>3.00-5.00 pm</b>
<b>Saturday 21-02-2026</b>	<b>Session 1 INDUCTION INTERACTION MCFT-001 Block -1</b>	<b>Session 2 MCFT-001 Block -2</b>	<b>Session 3 MCFT -001 Block-3</b>	<b>Session 4 MCFT -001 Block-4</b>
<b>Sunday 22-02-2026</b>	<b>Session 5 MCFT-001 Review -1 Block -1</b>	<b>Session 6 MCFT-001 Review -2 Block- 2</b>	<b>Session 7 MCFT-001 Review -3 Block-3</b>	<b>Session 8 MCFT-001 Review -4 Block- 4</b>
<b>Saturday 28-02-2026</b>	<b>Session 9 MCFT-002 Block 1</b>	<b>Session 10 MCFT-002 Block 2</b>	<b>Session 11 MCFT-002 Block-3</b>	<b>Session-12 MCFT-002 Block-4</b>
<b>Sunday 01-03-2026</b>	<b>Session 13 MCFT-002 Review -1 Block 1</b>	<b>Session 14 MCFT-002 Review -2 Block-2</b>	<b>Session 15 MCFT-002 Review -3 Block-3</b>	<b>Session 16 MCFT-002 Review -4 Block-4</b>
<b>Saturday 7-03-2026</b>	<b>Session 17 MCFT-003 Block-1</b>	<b>Session 18 MCFT-003 Block 2</b>	<b>Session 19 MCFT-003 Block 3</b>	<b>Session 20 MCFT-003 Block-4</b>
<b>Sunday 8-03-2026</b>	<b>Session 21 MCFT-003 Review -1 Block 1</b>	<b>Session 22 MCFT-003 Review -2 Block 2</b>	<b>Session 23 MCFT-003 Review -3 Block-3</b>	<b>Session 24 MCFT-003 Review -4 Block-4</b>
<b>Saturday 14-03-2026</b>	<b>Session 25 MCFT-004 Block 1</b>	<b>Session 26 MCFT-004 Block 2</b>	<b>Session 27 MCFT-004 Block-3</b>	<b>Session 28 MCFT-004 Block-4</b>
<b>Sunday 15-03-2026</b>	<b>Session 29 MCFT-004 Review -1 Block 1</b>	<b>Session 30 MCFT-004 Review -2 Block 2</b>	<b>Session 31 MCFT-004 Review -3 Block-3</b>	<b>Session 32 MCFT-004 Review -4 Block-4</b>
<b>Saturday 21-03-2026</b>	<b>Session 33 MCFT-005 Block 1</b>	<b>Session 34 MCFT-005 Block 2</b>	<b>Session 35 MCFT-005 Block-3</b>	<b>Session 36 MCFT-005 Block-4</b>
<b>Sunday 22-03-2026</b>	<b>Session 37 MCFT-005 Review -1 Block 1</b>	<b>Session 38 MCFT-005 Review -2 Block 2</b>	<b>Session 39 MCFT-005 Review -3 Block-3</b>	<b>Session 40 MCFT-05 Review -4 Block-4</b>

**Note:**

**Total Number of Intensive Counseling Sessions for I Year MSCCFT and PGDCFT Theory -40 Sessions. (All Weekend Sessions).**

**Family & Friends are not allowed to attend the Online Theory Sessions.**

**Avoid interference by others during the Sessions.**

**Be seated comfortably well focused to camera & Light**

**Avoid Audio disturbances.**

**Be presentable as if you are in face to face session.**

**BEST WISHES**

**Dr. MAHESH R GOWDA**

**DIRECTOR & HOI**

**Dr. Mohana A M**

**Coordinator**

**IGNOU LSC13139 (P)**

**MSCCFT & PGDCFT**

**Spandana Health Care, Nandini**

**Layout Bangalore 560096**