


TIME TABLE B.A.M.S. 1ST PROF. (BATCH - 2025-26)

W. E. F. 02ND MARCH 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURSDAY
9:00AM TO 10:00AM	SANSKRIT & AYURVEDA KA ITIHAS (LH) (DR. GOVIND NARAYAN) (ASSIST. PROF.)	SANSKRIT & AYURVEDA KA ITIHAS (LH) (DR. GOVIND NARAYAN) (ASSIST. PROF.)	SANSKRIT & AYURVEDA KA ITIHAS (NLH) (DR. GOVIND NARAYAN) (ASSIST. PROF.)	SANSKRIT & AYURVEDA KA ITIHAS (NLH) (DR. GOVIND NARAYAN) (ASSIST. PROF.)	SAMHITA ADHYAYAN-1 (NLH) (DR. GOPIKA C.) (ASSIST. PROF.) / (DR. ARVIND NIRANJAN) (ASSIST. PROF.) (GROUP A) & LIBRARY & PHYSICAL EDUCATION (GROUP-B)	SAMHITA ADHYAYAN-1 (LH) (DR. SONI VERMA) (PROFESSOR/HOD)
10:00AM TO 11:00AM	RACHANA SHARIR (PRACTICAL) GROUP -B (DR. RUPALI S. BENADE) (PROFESSOR) & KRIYA SHARIR (PRACTICAL) GROUP -A (DR. DEEPAK RAJA K) (ASSO. PROF)	RACHANA SHARIR (PRACTICAL) GROUP -A (DR. RUPALI S. BENADE) (PROFESSOR) & KRIYA SHARIR (PRACTICAL) GROUP -B (DR. DEEPAK RAJA K) (ASSO. PROF)	RACHANA SHARIR (PRACTICAL) GROUP -B (DR. KARTIKEYA SINGH) (ASSIST. PROF.) & KRIYA SHARIR (PRACTICAL) GROUP -A (DR. RANJNA VYAS) (ASSIST. PROF.)	RACHANA SHARIR (PRACTICAL) GROUP -A (DR. KARTIKEYA SINGH) (ASSIST. PROF.) & KRIYA SHARIR (PRACTICAL) GROUP -B (DR. RANJNA VYAS) (ASSIST. PROF.)	SANSKRIT & AYURVEDA KA ITIHAS (NLH-P) (DR. GOVIND NARAYAN) (ASSIST. PROF.)	PADARTH VIGYAN (NLH) (DR. GOPIKA C.) (ASSIST. PROF.)
11:00AM TO 12:00PM						SANSKRIT & AYURVEDA KA ITIHAS (NLH) (DR. GOVIND NARAYAN) (ASSIST. PROF.)
12:00PM TO 01:00PM	SAMHITA ADHYAYAN-1 (NLH) (DR. GOPIKA C.) (ASSIST. PROF.)	SAMHITA ADHYAYAN-1 (LH) (DR. SONI VERMA) (PROFESSOR/HOD)	SAMHITA ADHYAYAN-1 (LH) (DR. ARVIND NIRANJAN) (ASSIST. PROF.)	PADARTH VIGYAN (NLH) (DR. SANGITA J. B.) (PROFESSOR)	PADARTH VIGYAN (LH) (DR. ARVIND NIRANJAN) (ASSIST. PROF.)	PADARTH VIGYAN (LH) (DR. ARVIND NIRANJAN) (ASSIST. PROF.)
01:00PM TO 02:00PM	LUNCH					
02:00PM TO 03:00PM	RACHANA SHARIR (LH) (DR. KARTIKEYA SINGH) (ASSIST. PROF.)	RACHANA SHARIR (LH) (DR. KARTIKEYA SINGH) (ASSIST. PROF.)	RACHANA SHARIR (LH) (DR. T.P. NAIDU) (PROFESSOR/HOD)	RACHANA SHARIR (LH) (DR. T.P. NAIDU) (PROFESSOR/HOD)	RACHANA SHARIR (NLH) (DR. KARTIKEYA SINGH) (ASSIST. PROF.)	SAMHITA ADHYAYAN-1 (NLH) (DR. GOPIKA C.) (ASSIST. PROF.) / (DR. ARVIND NIRANJAN) (ASSIST. PROF.) (GROUP B) & LIBRARY & PHYSICAL EDUCATION (GROUP-A)
03:00PM TO 04:00PM	KRIYA SHARIR (NLH) (DR. PRAVIN NAIK) (PROFESSOR/HOD)	KRIYA SHARIR (LH) (DR. RANJNA VYAS) (ASSIST. PROF.)	KRIYA SHARIR (LH) (DR. DEEPAK RAJA K) (ASSO. PROF)	KRIYA SHARIR (LH) (DR. DEEPAK RAJA K) (ASSO. PROF)	KRIYA SHARIR (LH) (DR. RANJNA VYAS) (ASSIST. PROF.)	

**NOTE: - 1. 1ST & 3RD SATURDAY ALL CLASSES ARE CLOSED AFTER LUNCH.
2. THE CHANGES IN THE TIMETABLE WILL BE INFORMED IN ADVANCE.**


Principal
 प्रमुख अधीक्षक
 रामा आयुर्वेदिक मेडिकल कॉलेज
 एवं हॉस्पिटल
 मन्गना, कन्नपुर (उ०प्र०)-209217