

**K.D.M.G.S. Ayurved Medical College Chalisgaon , Dist- Jalgaon.**  
**1<sup>st</sup> Year B.A.M.S 2021-22**  
**Time Table**  
**Classes ( Practical & Lectures)**



| Day →<br>Time                             | Monday                          | Tuesday                          | Wednesday                         | Thursday                       | Friday                            | Saturday                               |
|---|---------------------------------|----------------------------------|-----------------------------------|--------------------------------|-----------------------------------|--|
| 09.30 am to<br>11.30 am<br>(Practical)    | Sharir Rachana<br>Batch A       | Sharir Rachana<br>Batch B        | Sharir Rachana<br>Batch A         | Sharir Rachana<br>Batch B      | Sharir Rachana<br>Batch A         | Sharir Rachana<br>Batch B              |
|   | Kriya Sharir<br>Batch B         | Kriya Sharir<br>Batch A          | Kriya Sharir<br>Batch B           | Kriya Sharir<br>Batch A        | Kriya Sharir<br>Batch B           | Kriya Sharir<br>Batch A                |
| 11.30 am to<br>12.30 pm                   | Sanskrit & AI<br>L.H.           | Sanskrit & AI<br>N.L.H.          | Sanskrit & AI<br>N.L.H.           | Sanskrit & AI<br>L.H.          | Sanskrit & AI<br>N.L.H.           | Sanskrit & AI<br>N.L.H.<br>(Practical) |
| <b>Lunch Break (12.30 pm to 01.00 pm)</b> |                                 |                                  |                                   |                                |                                   |  |
| 01.00 pm to<br>02.00 pm                   | Sharir Rachana<br>L.H           | Sharir Rachana<br>N.L.H          | Sharir Rachana<br>L.H             | Sharir Rachana<br>N.L.H        | Sharir Rachana<br>L.H             | Sharir Rachana<br>N.L.H                |
| 02.00 pm to<br>03.00 pm                   | Kriya Sharir<br>L.H             | Kriya Sharir<br>N.L.H            | Kriya Sharir<br>L.H               | Kriya Sharir<br>N.L.H          | Kriya Sharir<br>L.H               | Kriya Sharir<br>N.L.H                  |
| <b>03.00 pm to 03.20 pm (Short Break)</b> |                                 |                                  |                                   |                                |                                   |  |
| 03.20 pm to<br>04.20 pm                   | Padarth Vidnyan<br>L.H          | Padarth Vidnyan<br>N.L.H         | Padarth Vidnyan<br>L.H            | Padarth Vidnyan<br>N.L.H       | Sharir Rachana<br>L.H             | Kriya Sharir<br>L.H.                   |
| 04.20 pm to<br>05.20 pm                   | Samhita Adhyayan<br>(1)<br>L.H. | Samhita Adhyayan<br>(1)<br>N.L.H | Samhita Adhyayan<br>(1)<br>N.L.H. | Samhita Adhyayan<br>(1)<br>L.H | Samhita Adhyayan<br>(1)<br>N.L.H. | Samhita Adhyayan<br>(1)<br>N.L.H.      |

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| Day →                                | Monday                    | Tuesday                   | Wednesday                 | Thursday                  | Friday                    | Saturday                  |
|--------------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Time ↓                               |                           |                           |                           |                           |                           |                           |
| 9.30 am to 11.30 am<br>[ Practical ] | Sharir Rachana<br>Batch A | Sharir Rachana<br>Batch B | Sharir Rachana<br>Batch A | Sharir Rachana<br>Batch B | Sharir Rachana<br>Batch A | Sharir Rachana<br>Batch B |
|                                      | Kriya Sharir<br>Batch B   | Kriya Sharir<br>Batch A   | Kriya Sharir<br>Batch B   | Kriya Sharir<br>Batch A   | Kriya Sharir<br>Batch B   | Kriya Sharir<br>Batch A   |
| 11.30 am to 12.30 pm<br>( Theory )   | Sanskrit                  | Sanskrit                  | Sanskrit                  | Sanskrit                  | Sanskrit                  | Sanskrit                  |

**Lunch Break [ 12.30 pm to 1.00 pm ]**

|                    |                |                |                |                |                |                |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1.00 pm to 2.00 pm | Sharir Rachana | Sharir Rachana | Sharir Rachana | Sharir Rachana | Sharir Rachana | Sharir Rachana |
| 2.00 pm to 3.00 pm | Kriya Sharir   | Kriya Sharir   | Kriya Sharir   | Kriya Sharir   | Kriya Sharir   | Kriya Sharir   |

**3.00 to 3.20 [Short Break ]**

|                    |                          |                          |                       |                          |                    |                    |
|--------------------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------|--------------------|
| 3.20 pm to 4.20 pm | Padarth<br>Vidnyan & A.I | Padarth<br>Vidnyan & A.I | Padarth Vidnyan & A.I | Padarth Vidnyan &<br>A.I | Sharir Rachana     | Sharir Rachana     |
| 4.20 pm to 5.20 pm | Astang<br>Hridayam       | Astang<br>Hridayam       | Astang Hridayam       | Astang Hridayam          | Astang<br>Hridayam | Astang<br>Hridayam |