

**KESHAV AYURVEDIC MEDICAL COLLEGE AND HOSPITAL- AKLERA, JHALAWAR**  
**FIRST PROFESSIONAL B.A.M.S- (2025-26)**

**TIME TABLE**

(W.F.F: 06.04.2026)

TIME DAY	I 09:00-10:00 AM	II 10:00-11:00 AM	III 11:00-12:00 PM	12:00- 12:10 PM	12:10 - 12:40 PM	IV 12:40-01:40 PM	V 01:40-02:40 PM	VI 02:40-03:30 PM
<b>MON</b>	<b>RS (LH)</b> Dr: Teena Jain	<b>KS (LH)</b> Dr: Lalit Nagar	<b>SA1 (LH)</b> Dr: Ravi Sen	Meditation	<b>Lunch Break</b>	<b>SN&amp; AI (NL)</b> Mr. Hariom	<b>KS- Batch A (NLP)</b> Dr. Birajdar Ambaji	<b>Dr. Teena Jain</b>
<b>TUE</b>	<b>PV (LH)</b> Dr. Priyanka Dhakar	<b>RS(LH)</b> Dr. Sonu Verma	<b>SA1 (NL)</b> Dr. Deepak Sharma	Deep breathing practices		<b>SN&amp; AI (NL)</b> Mr. Hariom	<b>KS- Batch B (NLP)</b> <b>RS- Batch A (NLP)</b>	
<b>WED</b>	<b>KS (LH)</b> Dr: Lalit Nagar	<b>SN&amp;AI (LH)</b> Mr. Hariom	<b>PV (LH)</b> Dr: Priyanka Dhakar	Asana practices	<b>SA1 (NL)</b> Dr. Priyanka Dhakad	<b>KS- Batch A (NLP)</b> Dr: Birajdar Ambaji	<b>Dr. Sonu Verma</b>	
<b>THU</b>	<b>SA1 (LH)</b> Dr: Ravi Sen	<b>RS (LH)</b> Dr: Sonu Verma	<b>PV (NL)</b> Dr: Deepak Sharma	Asana practices		<b>SN&amp; AI (NL)</b> Mr. Hariom		<b>KS- Batch B (NLP)</b> <b>RS- Batch A (NLP)</b>
<b>FRI</b>	<b>RS (NLH)</b> Dr: Sonu Verma	<b>SA1 (NL)</b> Dr: Priyanka Dhakad	<b>SN&amp; AI (LH)</b> Mr: Hariom	Positive affirmations	<b>KS (NLH)</b> Dr: Shankar Lal/ Dr: Lalit	<b>PE</b>	<b>PV (NL)</b> Dr: Deepak Sharma	
<b>SAT</b>	<b>SA1 (LH)</b> Dr: Ravi Sen	<b>KS (LH)</b> Dr: Shankar Lal	<b>RS (NL)</b> Dr: Teena Jain	Laughter Club		<b>SA1 (NL)</b> Dr: Priyanka Dhakad	<b>Library</b>	<b>SN&amp; AI (LH)</b> Mr: Hariom

**SN& AI** - Sankrit & Ayurveda Itihās **PV**- Padartha Vijnanam **SA1**- Samhita Adhyayan1 **KS**- Kriya Sharira **RS**- Rachana Sharira **PE**- Physical Education  
 (Batch A- Roll No: 1 to 30 & Batch B- Roll No: 31 to 60)

  
**Dr. Sonu Verma**  
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