

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

**TIME TABLE**

(W.E.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>	RS (LH) Dr. Teena Jain	KS (LH) Dr. Lalit Nagar	SA1 (LH) Dr. Priyanka Dhakar	Meditation	<b>Lunch Break</b>	SN& AI (NL) Mr. Hariom	KS- Batch A (NLP) Dr. Birajdar Laxman	
							RS- Batch B (NLP) Dr. Teena Jain	
<b>TUE</b>	PV (LH) Dr. Ravi Sen	RS(LH) Dr. Sonu Verma	SA1 (NL) Dr. Deepak Sharma	Deep breathing practices		SN& AI (NL) Mr. Hariom	KS- Batch B (NLP) Dr. Lalit Nagar	
							RS- Batch A (NLP) Dr. Teena Jain	
<b>WED</b>	KS (LH) Dr. Lalit Nagar	SN&AI (LH) Mr. Hariom	PV (LH) Dr. Ravi Sen	Asana practices		SA1 (NL) Dr. Priyanka Dhakad	KS- Batch A (NLP) Dr. Birajdar Laxman	
							RS- Batch B (NLP) Dr. Sonu Verma	
<b>THU</b>	SA1 (LH) Dr. Priyanka Dhakar	RS (LH) Dr. Sonu Verma	PV (NL) Dr. Deepak Sharma	Asana practices		SN& AI (NL) Mr. Hariom	KS- Batch B (NLP) Dr. Shankar Lal	
						RS- Batch A (NLP) Dr. Sonu Verma		
<b>FRI</b>	RS (NLH) Dr. Sonu Verma	SA1 (NL) Dr. Priyanka Dhakad	SN& AI (LH) Mr. Hariom	Positive affirmations	KS (NLH) Dr. Shankar Lal/ Dr. Lalit	PE	PV (NL) Dr. Deepak Sharma	
<b>SAT</b>	SA1 (LH) Dr. Ravi Sen	KS (LH) Dr. Shankar Lal	RS (NL) Dr. Teena Jain	Laughter Club	SA1 (NL) Dr. Priyanka Dhakad	Library	SN& AI (LH) Mr. Hariom	

SN& AI - Sankrit & Ayurveda Itihas 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)

  
Principal