Matoshri Education Society's

Matoshri Ayurved College

Approved By : NCISM, New Delhi (AYU0827) **Affiliated to : MUHS, Nashik (Code-123132)**

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TIME TABLE B.A.M.S. 1ST YEAR BATCH: 2023-2024 (Revised on 01/01/2025)

TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09.30 TO 10.30	**SAMHITA ADHYAYAN-1** (LH)	**PADARTH VIGYAN** (LH)	**SHARIR RACHANA** (LH)	**SANSKRIT** (LH)	**SAMHITA ADHYAYAN-1** (LH)	**YOGA/ SPORTS**
Name Of Teacher	Dr.Ahire Bhushan	Dr.Rutuja Bhagat	Dr.Nitin Jamdade	Mr.Kisan Patil	Dr.Rutuja Bhagat	
10.30 TO 11.30	**SHARIR RACHANA** (LH)	**SAMHITA ADHYAYAN-1** (LH)	**SAMHITA ADHYAYAN-1** (LH)	**SAMHITA ADHYAYAN-1** (LH)	**SHARIR RACHANA** (LH)	**SAMHITA ADHYAYAN-1** (NLH)
Name Of Teacher	Dr.Kirti Khamkar	Dr.Ahire Bhushan	Dr.Nandlal Pawar	Dr.Rutuja Bhagat	Dr.Sunil Kajikar	Dr.Ahire Bhushan
11.30TO 12.30	**SHARIR KRIYA** (LH)	**SHARIR RACHANA** (LH)	**SHARIR KRIYA** (LH)	**SHARIR KRIYA** (LH)	**PADARTH VIGYAN** (LH)	**PADARTH VIGYAN** (NLH)
Name Of Teacher	Dr.Kalyani Thorat	Dr.Kirti Khamkar	Dr.Rupali Chaudhari	Dr.Swati Deshmukh	Dr.Ahire Bhushan	Dr.Rutuja Bhagat
12.30 TO 13.15	**LUNCH BREAK**					
13.15 TO 14.15	**SANSKRIT** (LH)	**SANSKRIT** (LH)	**SANSKRIT** (LH)	**PADARTH VIGYAN** (LH)	**SHARIR KRIYA** (LH)	**SANSKRIT** (NLH)
Name Of Teacher	Mr.Kisan Patil	Mr.Kisan Patil	Mr.Kisan Patil	Dr.Nandlal Pawar	Dr.Swati Deshmukh	Mr.Kisan Patil
14.15 TO 14.45	**LIBRARY**	**LIBRARY**	**LIBRARY**	**LIBRARY**	**LIBRARY**	**LIBRARY**
14.45 TO 16.45	**RACHANA (A-BATCH)**	**RACHANA (A-BATCH)**	**RACHANA (A/B-BATCH)**	**RACHANA (B-BATCH)**	**RACHANA (B-BATCH)**	**SHARIR KRIYA** (NLH)
Name Of Teacher	Dr.Sunil Kajikar	Dr.Sunil Kajikar	Dr.Kirti Khamkar	Dr.Kirti Khamkar	Dr.Kirti Khamkar	Dr.Swati Deshmukh
(PRACTICALS)	**KRIYA (B-BATCH)**	**KRIYA (B-BATCH)**	**SANSKRIT (B/A-BATCH)**	**KRIYA (A-BATCH)**	**KRIYA (A-BATCH)**	**SHARIR RACHANA** (NLH)
Name Of Teacher	Dr.Kalyani Thorat	Dr.Kalyani Thorat	Mr.Kisan Patil	Dr.Swati Deshmukh	Dr.Swati Deshmukh	Dr.Sunil Kajikar
16.45 TO 17.30	**LMS/SDL**	**ONLINE TEST/GROUP DISCUSSION**	**RECITATION OF VERSES**	**YOGA/ SPORTS**	**YOGA/ SPORTS**	**RECITATION OF VERSES**

BATCH A: 01 TO 49 BATCH B : 50 TO 98