



RashtrasantJanardhan Swami Foundation's
RASHTRASANT JANARDHAN SWAMI AYURVED MEDICAL COLLEGE & RESEARCH CENTRE

Tal. Kopergaon, Dist. Ahmednagar, Maharashtra – 423601
Recognized by National Commission for Indian System of Medicine, New Delhi.
Affiliated to Maharashtra University of Health Sciences, Nashik.

FIRST BAMS TIME TABLE A.Y. 2022-2023

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30 am to 10 am		Library	LMS/SDL	Online Test / Group Discussion	Recitation of Verses	Library	Yoga / Sport
10 am to 11 am		Samhita Adhyayan Dr Matkar	Samhita Adhyayan Dr Matkar	Rachana Sharir Dr Ghanghav	Padarth Vidnyan Dr Avhad	Samhita Adhyayan Dr Avhad	Kriya Sharir Dr Pawar
11 am to 12 n		Rachana Sharir A Dr Sukenkar	Kriya Sharir B Dr Pawar	Samhita Adhyayan Dr Matkar	Kriya Sharir A Dr Deshmukh	Rachana Sharir B Dr Ghanghav	Kriya Sharir A/B Dr Deshmukh
12 n to 1 pm		Kriya Sharir B Dr Pawar	Rachana Sharir A Dr Ghanghav	Kriya Sharir Dr Bairagi	Rachana Sharir B Dr Ghanghav	Kriya Sharir A Dr Bairagi	Rachana Sharir A/B Dr Ghanghav
1 pm to 2 pm		===== LUNCH BREAK =====					
2 pm to 3 pm		Rachana Sharir Dr Ghanghav	Kriya Sharir Dr Deshmukh	Rachana Sharir Dr Sukenkar	Kriya Sharir Dr Pawar	Rachana Sharir Dr Ghanghav	Sanskrit & A. I. Mrs Gavhane
3 pm to 4 pm		Padarth Vidnyan Dr Patil	Padarth Vidnyan Dr Matkar	Samhita Adhyayan Dr Avhad	Rachana Sharir Dr Sukenkar	Sanskrit & A. I. Mrs Gavhane	Samhita Adhyayan Dr Patil
4 pm to 5 pm		Sanskrit & A. I. Mrs Gavhane	Sanskrit & A. I. Mrs Gavhane	Sanskrit & A. I. Mrs Gavhane	Sanskrit & A. I. Mrs Gavhane	Padarth Vidnyan Dr Matkar	Samhita Adhyayan Dr Matkar

Batch A: Roll No. 1 to 50. **Batch B:** Roll No. 51 to 100.

Theory

Practical