



Maharashtra Education Society, Pune's
M.E.S. Ayurved Mahavidyalaya
Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri - 415722
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First Professional B.A.M.S. (Batch 2022-2023): Timetable (01/04/2023)

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00	Sanskrit Dr. Dongare A. S	Samhita Adhyayan-1 Dr.Prachi Chiplunkar	Physical Education	Samhita Adhyayana-1 Dr.Sadvilkar N. N	Library	Rachana Sharir Dr. Shaila Shanwade
10:00-11:00	Sanskrit Dr. Dongare A. S	Padarth Vidnyan Dr. Ingle P.A.	Samhita Adhyayana-1 Dr.Sadvilkar N. N	Padarth Vidnyan Dr. Ingle P.A.	Kriya Sharir Dr. Ghadge.A	Rachana Sharir (1,2,3& 5 th Saturday) Recreational activity (Every 4 th Saturday of a Month)
11:00-12:00	Rachana Sharir Dr. Shanwade V. S	Kriya Sharir Dr. Ghadge.A	Rachana Sharir Dr. Shanwade V. S	Samhita Adhyayan-1 Dr.Prachi Chiplunkar	Padarth Vidnyan Dr.Prachi Chiplunkar	Samhita Adhyayan-1 Dr.Prachi Chiplunkar
12:00-01:00	Kriya Sharir Dr.Howal M.A.	Rachana Sharir Dr. Shaila Shanwade	Kriya Sharir Dr.Phule S .P	Rachana Sharir Dr.Bhakare S.D	Sanskrit Dr. Dongare A. S	Kriya Sharir Dr. Ghadge.A
01:00-01:30	LUNCH BREAK					
01:30- 2:00	Slow Learners/Advance Learners/Mentor-Mentee System/Other Student's Centric activities etc.					
02:00-04:00 PM Practicals	Rachana Sharir Batch A Dr. Shanwade Shaila Kriya Sharir Batch B Dr. Ghadge.A	Kriya Sharir Batch A Dr. Howal M. A Rachana Sharir Batch B Dr. Shanwade V. S	Rachana Sharir Batch A Dr. Shanwade Shaila Kriya Sharir Batch B Dr. Ghadge.A	Kriya Sharir Batch A Dr. Howal M. A Rachana Sharir Batch B Dr. Shanwade V. S	Sanskrit Dr. Dongare A.S	Rachana Sharir Batch A&B Dr. Shanwade V.S & Dr. Shaila Shanwade
04:00-05:00	Samhita Adhyayan-1 Dr.Prachi Chiplunkar	Sanskrit Dr. Dongare A. S	Padarth Vidnyan Dr.Prachi Chiplunkar	Padarth Vidnyan Dr.Prachi Chiplunkar	Samhita Adhyayan-1 Dr.Prachi Chiplunkar	Sanskrit Dr. Dongare A. S

P. Gunh
Class Co-ordinator,
First B.A.M.S

- copy to:-
1) Rachana Sharir dept HOD
2) Kriya Sharir dept. HOD
3) Samhita dept. HOD

W. Shil
Shil
Shil



copy to:-

- PRINCIPAL
M.E.S. Ayurved Mahavidyalaya,
Ghanekhunt, Lote Tal-Khed, Dist-Ratnagiri
- 1) sports committee coordinator *(Signature)*
 - 2) Cultural Committee Coordinator *(Signature)*
 - 3) Library Committee Coordinator *(Signature)*