



Maharashtra Education Society, Pune's
MES Ayurved Mahavidyalaya
 Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri - 415722
 Ph. No: (02356) 661551 Fax: (02356)272550
 Email: mesayurved@mespune.in Website: ayurved.mespune.in

1st BAMS (Batch 2023-2024) FIRST TERM TIME-TABLE (w.e.f. from 11/12/2023)

Day Time	MON	TUE	WED	THU	FRI	SAT
09:00-10:00am	Library	Padartha Vidnyayn Dr. Ingle P. A.	Rachana Sharir Dr. Shanwade V. S.	Sanskrit Dr. Dongre A. S.	Samhita Adhyayan -I Dr. Chiplunkar P. V.	Kriya Sharir Dr. Ghadge A. G.
10:00am-11:00am	Padartha Vidnyayn Dr. Ingle P. A.	Rachana Sharir Dr. Shanwade Shaila	Samhita Adhyayan - I Dr. Chiplunkar P.V.	Rachana Sharir Dr. Shanwade Shaila	Kriya Sharir Dr. Howal M. A.	Samhita Adhyayan -I Dr..Chiplunkar P. V.
11:00 am -12:00 pm	Kriya Sharir Dr. Ghadage A. G.	Kriya Sharir Dr. Howal M. A.	Rachana Sharir Dr. Bhakare S. D.	Kriya Sharir Dr. Phule S. P.	Padartha Vidnyan Dr. Ingle P. A.	Padartha Vidnyan Dr. Ingle P. A.
12:00 pm 1:00 pm	Samhita Adhyayan - I Dr. Chiplunkar P. V.	Samhita Adhyayan -I Dr. Chiplunkar P.	Samhita Adhyayan - I Dr. Chiplunkar P. V.	Sanskrit Dr. Dongre A. S.	Rachana Sharir Dr. Shanwade V.S.	Rachana Shrir Vd. Shanwade Shaila 1 st , 2 nd , 3 rd & 5 th Saturday Recreational Activity 4 th Saturday
1:00 to 1:30 pm	LUNCH BREAK					
1:30 pm to 2:00 pm	Slow learners/Advance learners/ Mentor - Mentee System/ Other student centric activities etc.					
2:00 to 4:00 pm	Rachna Sharir Batch A & B Dr. Shanwade V. S. & Dr. Shanwade Shaila	Rachana Sharir Batch A Dr. Shanwade V. S. Kriya Sharir Batch B Dr. Ghadge A.G.	Kriya Sharir Batch A Dr. Howal M. A. Rachana Sharir Batch B Dr. Shanwade Shaila	Rachana Sharir Batch A Dr. Shanwade V. S. Kriya Sharir Batch B Dr. Ghadge A. G.	Kriya Sharir Batch A Dr. Phule S. P. Rachana Sharir Batch B Dr. Shanwade Shaila	Sanskrit Dr. Dongre A. S.
4:00 pm -5:00 pm	Sanskrit Dr. Dongre A. S.	Samhita Adhyayan-I Dr. Chiplunkar P. V.	Padartha Vidnyan Dr. Ingle P. A.	Sanskrit Dr. Dongre A. S.	Sanskrit Dr. Dongre A. S.	Physical Education

Coordinator H.O.D. Rachana Shrivastava - *me*
 1st BAMS
 Batch 2023-24 H.O.D. Samhita Siddhant - *me*



Coordinators of committees -
 Library - *me*
 Sports - *me*
 Cultural - *me*

Principal
 MES Ayurved Mahavidyalaya
 Ghanekhunt- Lote



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

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



PRINCIPAL
M.E.S. Ayurved Mahavidyalaya,
Ghanekhunt, Lote Tal-Khed, Dist-Ratnagiri

Copy to:

- ① Sports committee coordinator
- ② Cultural Committee coordinator
- ③ Library Committee coordinator

- Copy to
- ① Rachana Sharir - dept HOD
 - ② Kriya Sharir dept. HOD
 - ③ Samhita dept. HOD