

Shriram Shikshan Sanstha's

Shamrao Patil Institute of Ayurved Research Centre & Hospital, Paniv

Tal-Malshiras, Dist - Solapur

Time-Table 2025-2026

JUNIOR

CLASS : FIRST YEAR B.A.M.S (DIVISION B)

TIME	MON	TUE	WED	THUR	FRI	SAT
05:30 TO 09:30 AM	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation
09:30 TO 10:30 AM	A1: Rachana Sharir (P)	A1: Kriya Sharir (P)	^{SL} Kriya Sharir (L)	^B A1: Kriya Sharir (P)	^A A1: Rachana Sharir (P)	^{SK} Kriya Sharir (NL)
10:30 TO 11:30 AM	^B A2: Kriya Sharir (P)	A2: Rachana Sharir (P)	Group Discussion	A2: Rachana Sharir (P)	A2: Kriya Sharir (P)	Recitation of Vedas Online Test
11:30 TO 12:30 PM	LUNCH TIME					
12:30 TO 01:30 PM	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Samhita Adhyayan (L)	^{SK} Kriya Sharir (L)	^{SK} Kriya Sharir (L)	Samhita Adhyayan (L)
01:30 TO 02:30 PM	Rachana Sharir (L)	Rachana Sharir (NL)	Rachana Sharir (L)	Rachana Sharir (NL)	Rachana Sharir (L)	Samhita Adhyayan (L)
02:30 TO 03:30 PM	Padarth Vijnanam (L)	Padarth Vijnanam (L)	Padarth Vijnanam (L)	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Padarth Vijnanam (L)
03:30 TO 04:30 PM	Sanskrit Evem Ayurved Itihas (L)	Sanskrit Evem Ayurved Itihas (NL)	Sanskrit Evem Ayurved Itihas (L)	Sanskrit Evem Ayurved Itihas (L)	Sanskrit Evem Ayurved Itihas (NL)	Library
=> Lecture	NL => Non-Lecture		P => Practical			