

Shriram Shikshan Sanstha's  
**Shamrao Patil Institute of Ayurved Research Centre & Hospital, Paniv**  
 Tal-Malshiras, Dist – Solapur

Time-Table 2024-2025

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

*Senior*

TIME	MON	TUE	WED	THUR	FRI	SAT
TO 09:30 AM <i>10:30</i>	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation	Yoga / Meditation
<i>9:30</i> TO 10:30 AM <i>10:30</i>	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)	Recitation of Vedas Online Test
<i>10:30</i> TO 11:30 AM <i>11:30</i>	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Samhita Adhyayan (L)	Library
TO 12:30 PM	LUNCH TIME					
<i>12:30</i> TO 01:30 PM	Rachana Sharir (L)	Rachana Sharir (NL)	Rachana Sharir (L)	Rachana Sharir (NL)	Rachana Sharir (L)	<i>SK</i> Kriya Sharir (NL)
<i>01:30</i> TO 02:30 AM	Padarth Vijnanam (L)	Padarth Vijnanam (L)	Padarth Vijnanam (L)	<i>SK</i> Kriya Sharir (L)	<i>SK</i> Kriya Sharir (L)	Padarth Vijnanam (L)
<i>2:30</i> TO 03:30 PM	A1: Rachana Sharir (P)	A1: Kriya Sharir (P)	<i>SK</i> Kriya Sharir (L)	A1: Kriya Sharir (P)	A1: Rachana Sharir (P)	Samhita Adhyayan (L)
<i>03:30</i> TO 04:30 PM	A2: Kriya Sharir (P)	A2: Rachana Sharir (P)	Group Discussion	A2: Rachana Sharir (P)	A2: Kriya Sharir (P)	Samhita Adhyayan (L)