


**TIME TABLE BAMS: 1<sup>st</sup> Prof.(batch-2025 -2026)**

TIME/DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30-10:30	Rachana Sharir (NLH) Dr Kuldeep Sharma Assistant Professor	Rachana Sharir (LH) Dr Kuldeep Sharma Assistant Professor	Sanskrit (NLH) Dr. Mridula Mishra Assistant Professor	Sanskrit (NLH) Dr. Mridula Mishra Assistant Professor	Padarth Vigyan (NLH) Dr. Nutan Chaudhary Associate Professor	Padarth Vigyan (NLH) Dr. D.B Upadhayay Professor
10:30-11:30	Samhita Adhyan I (LH) Dr. Rohit Pandey Assistant Professor	Samhita Adhyan I (LH) Dr. Nutan Chaudhary Associate Professor	Kriya Sharir(LH) Dr. Shikha Yadav Assistant Professor	Shloka Recitation	Kriya Sharir(LH) Dr. Annapurna Professor	Kriya Sharir(LH) Dr. Shailendra Naithani Professor
11:30-12:30	Rachana Sharir (LH) Dr. Hemant Rai Professor	Rachana Sharir (LH) Dr Dharmendra P. Singh Associate Professor	Rachana Sharir (LH) Dr Kuldeep Sharma Assistant Professor	Rachana Sharir (LH) Dr. Hemant Rai Professor	Sanskrit (NLH) Dr. Mridula Mishra Assistant Professor	Sanskrit (NLH) Dr. Mridula Mishra Assistant Professor
12:30-01:30	LUNCH					
01:30-02:30	Kriya Sharir(NLH) Dr. Shikha Yadav Assistant Professor	Kriya Sharir(NLH) Dr. Shailendra Naithani Professor	Kriya Sharir (NLH) Dr. Shikha Yadav Assistant Professor	Kriya Sharir(NLH) Dr. Annapuran Professor	Padarth Vigyan Dr. Rohit Pandey Assistant Professor	Samhita Adhyan I (NLH) Dr.D.B. Upadhayay Professor
02:30-03:30	Padarth Vigyan (NLH) Dr. D.B. Upadhayay Professor	Sanskrit (LH) Dr. Mridula Mishra Assistant Professor	Samhita Adhyan I (NLH) Dr. Rohit Pandey Assistant Professor	Samhita Adhyan I (NLH) Dr. Dharmesh Pandey Assistant Professor	Rachana Sharir (NLH) Dr Dharmendra P. Singh Associate Professor	Padarth Vigyan (LH) Dr. Nutan Chaudhary Associate Professor
03:30-04:30	Sanskrit(LH) Dr. Mridula Mishra Assistant Professor	Shloka Recitation	Rachana Sharir (NLH) Dr Dharmendra P. Singh Associate Professor	Rachana Sharir (LH) Dr. Kuldeep Sharma Assistant Professor	Samhita Adhyan I (NLH) Dr. Dharmesh Pandey Assistant Professor	Rachana Sharir (NLH) Dr Kuldeep Sharma Assistant Professor

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