



# ACHARYA DHRUBASHA AYURVED MEDICAL COLLEGE HOSPITAL & RESEARCH CENTER

Add-Dhrub Nagar, Panch Mile, Po-Kamaldah, Sitamarhi-843322

BAMS 1<sup>st</sup> Prof. (Session-2025-26) Sem-1<sup>st</sup>

Dated:- 15.09.2026

## Time Table

Day/Time	10:00AM-12:00PM	12:00PM-01:00PM	01:00PM-01:30PM	01:30PM-02:30PM	02:30PM-03:30PM	03:30PM-04:30PM	04:30PM-05:30PM
	Practical/NLH	LH					
Monday	<b>Kriya Shareera (Practical)</b> Dr. Pallabi Manjari Singha- Lecturer	<b>Rachana Shareera-M</b> Dr. Yogesh Krishnat Jadhav Patil- Associate Prof.	L	<b>Sambhita Adhyayan-I</b> Dr. Alok Kumar- Lecturer	<b>Padarth Vigyan</b> Dr. Tabassum Sheikh- Professor	<b>Sanskrit</b> Dr. Upma Singh Parihar- Lecturer	<b>Kriya Shareera</b> Dr. Pallabi Manjari Singha- Lecturer
Tuesday	<b>Kriya Shareera (Practical)</b> Dr. Pallabi Manjari Singha- Lecturer	<b>Rachana Shareera-M</b> Dr. Yogesh Krishnat Jadhav Patil- Associate Prof.	U	<b>Kriya Shareera</b> Dr. Pallabi Manjari Singha- Lecturer	<b>Padarth Vigyan</b> Dr. Alok Kumar- Lecturer	<b>Sanskrit</b> Dr. Upma Singh Parihar- Lecturer	<b>Rachana Shareera</b> Dr. Saurabh Kumar Nigam- Lecturer
Wednesday	<b>Rachana Shareera (Practical)</b> Dr. Saurabh Kumar Nigam- Lecturer	<b>Kriya Shareera</b> Dr. Binay Kumar Sharma- Professor	N	<b>Sambhita Adhyayan-I</b> Dr. Alok Kumar- Lecturer	<b>Padarth Vigyan</b> Dr. Tabassum Sheikh- Associate Prof.	<b>Sanskrit</b> Dr. Upma Singh Parihar- Lecturer	<b>Rachana Shareera</b> Dr. Saurabh Kumar Nigam- Lecturer
Thursday	<b>Rachana Shareera (Practical)</b> Dr. Saurabh Kumar Nigam- Lecturer	<b>Kriya Shareera</b> Dr. Pallabi Manjari Singha- Lecturer	C	<b>Rachana Shareera</b> Dr. Saurabh Kumar Nigam- Lecturer	<b>Sambhita Adhyayan-I</b> Dr. Tabassum Sheikh- Associate Prof.	<b>Padarth Vigyan (Practical)</b> Dr. Alok Kumar- Lecturer	<b>Play/Seminar (RS/KS/PV/SA)</b> Mr. Ajcet Kumar
Friday	<b>Kriya Shareera (NLH)</b> Dr. Pallabi Manjari Singha- Lecturer	<b>Rachana Shareera-M</b> Dr. Saurabh Kumar Nigam- Lecturer	H	<b>Sanskrit</b> Dr. Upma Singh Parihar- Lecturer	<b>Kriya Shareera</b> Dr. Binay Kumar Sharma- Professor	<b>Sanskrit/Play</b> Dr. Upma Singh Parihar- Lecturer	<b>Library</b>
Saturday	<b>Rachana Shareera (NLH)</b> Dr. Yogesh Krishnat Jadhav Patil- Associate Prof.	<b>Rachana Shareera</b> Dr. Saurabh Kumar Nigam- Lecturer	H	<b>Sambhita Adhyayan-I</b> Dr. Alok Kumar- Lecturer	<b>Kriya Shareera</b> Dr. Pallabi Manjari Singha- Lecturer	<b>Panchatantra</b> Dr. Upma Singh Parihar- Lecturer	<b>Padarth Vigyan</b> Dr. Alok Kumar- Lecturer

### Instruction:-

1. All Students must wear Apron.
2. No misconduct is permissible in the college premises.
3. If any teacher is absent then library classes have to be attended.

### Copy to:-

1. All Department.
2. Notice Board.

Principal

Acharya Dhrubasha Ayurved Medical College  
Hospital & Research Centre  
Panch Mile, Sitamarhi