



I Professional BAMS, (2025 Batch) Timetable

Date : 11.05.2026

Week	08:30 AM To 09:00 AM	09:00:AM To 09:50:AM	09:50 AM To 10:40 AM	10:40 AM To 10:45 AM	11:00 AM To 11:50 AM	11:50 AM To 12:40 PM	12:40 PM To 1:30 PM	01:30 PM To -2:20 PM	2:20 PM TO 3:10 PM TO 3:10 PM TO 4:00 PM	4:30 PM TO 5:00PM
Monday	Samhita Parayanam	LH/NLH Sri Ramadas P V Professor	LH/NLH Padartha Vijnana Dr Devi M Asst.Professor	LH/NLH Samhita Adhyayan I Dr Haritha Chandran Asso.Professor	LH/NLH Sharira Rachana Dr Anjana P Asst.Professor	LH/NLH Sharira Rachana Dr Anjana P Asst.Professor	NLH-P Sareera Kriya Dr Sruthi-Professor Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	LH/NLH Padartha Vijnana Dr Haritha Chandran Asso.Professor	NLH-P Sareera Kriya Dr Sruthi-Professor Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	Remedial Class
Tuesday	Samhita Parayanam	LH/NLH Sanskrit Sri Ramadas P V Professor	LH/NLH Sharira Kriya Dr.Parvathy S Asst.Professor	LH/NLH Samhita Adhyayan I Dr Leena P Nair Professor	LH/NLH Padartha Vijnana Dr Meera E Asso.Professor	LH/NLH Padartha Vijnana Dr Lekshmy M L Asst.Professor	NLH-P Sareera Kriya Dr Sruthi-Professor Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	LH/NLH Padartha Vijnana Dr Lekshmy M L Asst.Professor	NLH-P Sareera Kriya Dr Sruthi-Professor Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	Sports
Wednesday	Samhita Parayanam	LH/NLH Sanskrit Sri Ramadas P V Professor	LH/NLH Samhita Adhyayan I Dr Devi M Asst.Professor	LH/NLH Sharira Kriya . Dr Sruthi S Nambiar Professor	LH/NLH Sharira Rachana Dr Anjana P Asst.Professor	LH/NLH Padartha Vijnana Dr Shyamsundaran K Asst.Professor	LUNCH BREAK	LH/NLH Padartha Vijnana Dr Shyamsundaran K Asst.Professor	NLH-P Sareera Kriya Dr Sruthi-Professor Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	Library
Thursday	Samhita Parayanam	LH/NLH Sanskrit Sri Ramadas P V Professor	LH/NLH Sharira Kriya Dr.Parvathy S Asst.Professor	NLH -T Sharira Rachana Dr Bini Upendran Professor	LH/NLH Samhita Adhyayan I Dr Lekshmy ML Asst.Professor	LH/NLH Sharira Rachana Dr Bini Upendran Professor	LUNCH BREAK	LH/NLH Sharira Kriya Dr. Sruthi S Nambiar Professor	NLH-P Sareera Kriya Dr Parvathy-Asst Professor Sareera Rachana Dr Bini-Professor/ Dr Anjana-Asst Professor	Mentors Meeting
Friday	Samhita Parayanam	LH/NLH Sanskrit Sri Ramadas P V Professor	LH/NLH Sharira Kriya Dr Sruthi S Nambiar Professor	LH/NLH Samhita Adhyayan I Dr Meera E Asso.Professor	LH/NLH Sharira Rachana Dr Bini Upendran Professor	LH/NLH Sharira Rachana Dr Bini Upendran Professor	LUNCH BREAK	LH/NLH Sharira Rachana Dr Anjana P Asst.Professor	NLH/P Sanskrit Sri Ramadas P V Professor	Mentors Meeting
Saturday	Samhita Parayanam	LH/NLH Sharira Kriya Dr.Parvathy S Asst.Professor	Value Education	LH/NLH Samhitaadhyayan Dr Shyamsundaran K Asst Professor	LH/NLH Sharira Rachana Dr Bini Upendran Professor	MA-OM Meditation	LUNCH BREAK	NLH/P Samhita Dr Leena/Dr Meera/Dr Haritha/Dr Shyam/Dr Lekshmy/Dr Devi	NLH/P Samhita Dr Leena/Dr Meera/Dr Haritha/Dr Shyam/Dr Lekshmy/Dr Devi	Arts



Principal in charge