NANGELIL AYURVEDA MEDICAL COLLEGE, KOTHAMANGALAM

FIRST PROF BAMS JUNIOR (2026 ADMISSION)

TIME TABLE

w.e.f 20/11/2026

DAY/HOUR	9 AM-10 AM	10AM-11AM	11AM-12PM	12PM-01PM	01PM-02PM	02PM-03PM	03PM-04PM
MONDAY	PADARTHA VIGYAN (NL) DR. BENOY BHASKARAN (PROFESSOR & VICE PRINCIPAL)	SANSKRIT (L) DR SHARMILA N S (SENIOR LECTURER)	SAMHITHA ADHYAYANA (L) DR SMITHA MOHANKUMAR (PROFESSOR & HOD)	RACHANA SHARIRA (L) DR ARUN NP (PROFESSOR)	L U N C H B R E A K	KRIYA SHARIRA (NLP) DR NIVED ARJUN (PROFESSOR & HOD)	KRIYA SHARIRA (NLP) DR NIVED ARJUN (PROFESSOR & HOD)
TUESDAY	SANSKRIT (L) SMT. SREELAKSHMI C S (JUNIOR LECTURER)	PADARTHA VIGYAN (L) DR SMITHA MOHANKUMAR (PROFESSOR & HOD)	SAMHITHA ADHYAYANA (NL) DR ALVIN VARGHESE (ASSOCIATE PROFESSOR)	KRIYA SHARIRA (L) DR NIVED ARJUN (PROFESSOR & HOD)		RACHANA SHARIRA (NLP) DR ARUN NP (PROFESSOR)	RACHANA SHARIRA (NLP) DR ARUN N P (PROFESSOR)
WEDNESDAY	SANSKRIT (NL) SMT. SREELAKSHMI C S (JUNIOR LECTURER)	KRIYA SHARIRA (L) DR MANJU NADESAN (PROFESSOR)	PADARTHA VIGYAN (NL) DR ALVIN VARGHESE (ASSOCIATE PROFESSOR)	SAMHITHA ADHYAYANA (L) DR ALVIN VARGHESE (ASSOCIATE PROFESSOR)		RACHANA SHARIRA (NLP) DR MINI K V (PROFESSOR & HOD)	RACHANA SHARIRA (NLP) DR MINI K V (PROFESSOR & HOD)
THURSDAY	PADARTHA VIGYAN (L) DR BENOY BHASKARAN (PROFESSOR & VICE PRINCIPAL)	SAMHITHA ADHYAYANA (NL) DR SMITHA MOHANKUMAR (PROFESSOR & HOD)	RACHANA SHARIRA (L) DR ARUN N P (PROFESSOR)	SANSKRIT (NL) SMT. SREELAKSHMI C S (JUNIOR LECTURER)		KRIYA SHARIRA (NLP) DR MANJU NADESAN (PROFESSOR)	KRIYA SHARIRA (NLP) DR MANJU NADESAN (PROFESSOR)
FRIDAY	RACHANA SHARIRA (L) DR MINI K V (PROFESSOR & HOD)	KRIYA SHARIRA (L) DR NIVED ARJUN (PROFESSOR & HOD)	RACHANA SHARIRA (NL) DR ARUN N P (PROFESSOR)	SANSKRIT (NL) SMT. SREELAKSHMI C S (JUNIOR LECTURER)		SAMHITHA ADHYAYANA (NL) DR ALVIN VARGHESE (ASSOCIATE PROFESSOR)	SAMHITHA ADHYAYANA (NL) DR BENOY BHASKARAN (PROFESSOR & VICE PRINCIPAL)
SATURDAY	RACHANA SHARIRA (L) DR MINI K V (PROFESSOR & HOD)	SANSKRIT (L) SMT. SREELAKSHMI C S (JUNIOR LECTURER)	KRIYA SHARIRA (NL) DR MANJU NADESAN (PROFESSOR)	SAMHITHA ADHYAYANA (NL) DR SMITHA MOHANKUMAR (PROFESSOR & HOD)		LIBRARY	PHYSICAL EDUCATION

CLASS TEACHER

VICE PRINCIPAL

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Nangelil Ayurveda Medical College
Kothamangalam - 686 691

13/11/26

PRINCIPAL
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