

Memo No. JBR/537 /2026

Kolkata, the 9<sup>th</sup> April '2026

**Routine for (New) 1<sup>st</sup> Prof. B.A.M.S 2025-26 w.e.f. 25.11.2025.**

Day	9-10 am	10-11 am	11-12 noon	12-1 pm	Recess	2-3pm	3-4pm
	1	2	3	4		5	6
Mon	Sharir Kriya (SD)	Sharir Kriya (SD)	Padartha Vijnan (CB)	Samhita Adhyayan (CB)		Sharir Rachana ( AA)	Sanskrit (AP)
Tues	Sharir Rachana (PN)	Sharir Rachana (PN)	Sanskrit (AP)	Sanskrit (AP)		Padartha Vijnan (CB)	Padartha Vijnan (AP)
Wed	Sharir Rachana (AA)	Sharir Rachana (AA)	Sanskrit (AP)	Padartha vijnan (AP)		Sanskrit (AP)	Samhita Adhyayan (CB)
Thurs	Sharir Kriya (SD)	Sharir Kriya (SD)	Samhita Adhyayan (AP)	Samhita Adhyayan (TG)		Samhita Adhyayan (CB)	Sharir Rachana (PN)
Fri	Sharir Rachana (PN)	Sharir Rachana (PN)	Samhita Adhyayan (AP)			Sharir Kriya (AS)	Sharir Kriya (AS)
Sat	Sharir Rachana (AA)	Padartha Vijnan (AP)	Sanskrit (AP)	Sharir Kriya (AS)	Library activity	Physical Activity	


Deptt. of Kriya Sharir	1. Dr. Soumi Dutta, Professor & HOD (SD) 2. Dr. Arpita Sarkar, Lecturer (AS)
Rachana Sharir	1. Dr. Asraf –Ul-Alam, Professor & HOD (AA) 2. Dr. Papri Nath, Reader (PN).
Sanskrit Samhita Siddhanta	1. Dr. Tapan Ghosh, Professor & HOD (TG) 2. Dr. Chiranjit Biswas, Lecturer (CB) 3. Dr. Atanu Patra, Lecturer (AP) 4. Dr. Avi Pal, Lecturer Sanskrit. (AP)

**If classes are not conducted regularly as per official time table or if a designated faculty member is found consistently absent, students are encouraged to report the matter. Please submit your grievance to [president.marbism@ncismindia.org](mailto:president.marbism@ncismindia.org), including your full name and roll number (Rest assured the identity of the complainant and the details of the report will be kept strictly confidential).**

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1. HOD (Rachana Sharir / Kriya Sharir / Sanskrit Samhita Siddhanta)
2. Dealing Assistant, College.
3. Notice Board, College.
4. Secretary Student Union.
5. Guard File.

  
Principal-Superintendent  
Principal-Superintendent  
Kolkata, the 9<sup>th</sup> April '2026

  
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