

**MANNAM AYURVEDA CO-OPERATIVE MEDICAL COLLEGE, PANDALAM**  
**TIME TABLE 2023 BATCH**

Day/Time	8am-9am	9am-10am	10 am- 11am	11am-12pm	12pm-1pm	1pm-2pm	2pm -3pm	3pm-4pm
<b>Mon</b>	<b>Yoga Practicals</b> Dr.Athira. A (Yoga Instructor)	<b>RN(NL)</b> Dr.Anumol.S.Peruvellil (Associate Professor)/ Dr.Karthika .R. Nair (Assistant Professor)	<b>AT(NL )</b> Dr.Priya.P (Assistant Professor)	<b>DG(L)</b> Dr.Resmi.R (Associate Professor)	<b>SA(L)</b> Dr.Adarsh K. R (Assistant Professor)	<b>L U N C H  B R E A K</b>	<b>RN(L)</b> Dr.Karthika .R .Nair (Assistant Professor)	<b>SW(NL)</b> Dr.Prasanth.P (Professor)
<b>Tue</b>	<b>Yoga Practicals</b> Dr.Athira .A (Yoga Instructor)	<b>AT(L)</b> Dr.Priya.P (Assistant Professor)	<b>SW(NL)</b> Dr.Amirtha Ram (Assistant Professor)	<b>SA(L)</b> Dr.Revathy K .M (Assistant Professor)	<b>R&amp;B(L)</b> Dr.Seenu.M.G ( Professor)		<b>SW(NL)</b> Dr.Prasanth.P (Professor)	<b>RN(L)</b> Dr.Anumol.S.Peruvellil (Associate Professor)
<b>Wed</b>	<b>Yoga Practicals</b> Dr.Athira. A (Yoga Instructor)	<b>R&amp;B/DG/RN(NL)P</b> Dr.Parthasarathi. P.S(Professor) / Dr.Arya Prabhu(Professor) / Dr.Anumol.S.Peruvellil (Associate Professor)		<b>AT(L)</b> Dr.Ananthakrishnan.C (Professor)	<b>SA(L)</b> Dr.Dhanya Krishnan (Associate Professor)		<b>SW(L)</b> Dr.Prasanth.P (Professor)	<b>SW(L)</b> Dr.Amirtha Ram (Assistant Professor)
<b>Thu</b>	<b>Yoga Practicals</b> Dr.Athira. A (Yoga Instructor)	<b>R&amp;B/DG/RN(NL)P</b> Dr.Dhanesh Kannan. R(Professor) / Dr.Krishnapriya .S(Assistant Professor) / Dr.Karthika. R. Nair(Assistant Professor)		<b>R&amp;B(NL)</b> Dr.Parthasarathi. P.S(Professor) / Dr.Dhanesh Kannan .R(Professor) / Dr.Seenu.M.G(Professor)	<b>SW(L)</b> Dr.Amirtha Ram (Assistant Professor)		<b>DG(L)</b> Dr.Krishnapriya. S (Assistant Professor)	<b>R&amp;B(L)</b> Dr.Parthasarathi.P.S (Professor)
<b>Fri</b>	<b>Yoga Practicals</b> Dr.Athira .A (Yoga Instructor)	<b>R&amp;B/DG/RN(NL)P</b> Dr.Seenu.M.G(Professor) / Dr.Resmi .R(Associate Professor) / Dr.Anumol.S.Peruvellil (Associate Professor)		<b>R&amp;B(L)</b> Dr.Dhanesh Kannan. R (Professor)	<b>SA/AT(NL)</b> Dr.Dhanya Krishnan/ (Associate Professor) Dr.Priya.P (Assistant Professor)		<b>DG(L)</b> Dr.Arya Prabhu (Professor)	<b>RN(L)</b> Dr.Karthika .R. Nair (Assistant Professor)
<b>Sat</b>	<b>Yoga Practicals</b> Dr.Athira .A (Yoga Instructor)	<b>AT(NL)</b> Dr.Ananthakrishnan.C (Professor)	<b>DG(L)</b> Dr.Sooraj.S (Professor)	<b>R&amp;B(NL)</b> Dr.Parthasarathi. P.S(Professor)/ Dr.Dhanesh Kannan. R(Professor)/ Dr.Seenu.M.G(Professor)	<b>RN(NL)</b> Dr.Anumol.S.Peruvellil (Associate Professor)		<b>LIBRARY</b>	<b>PT</b>

RN-Roga Nidan Evam Vikriti Vigyan AT-Agad Tantra Evam Vidhi Vaidyaka DG-Dravya Guna Vigyan

SA-Samhita Adhyayan-2 SW-Swasthavritta Evam Yoga R&B- Rasashastra Evam Bhaishajyakalpana

w.e.f 20.02.2026



  
**PRINCIPAL**

**Principal**  
Mannam Ayurveda  
Co-operative Medical College  
Pandalam, Pathanamthitta-689 501