

MONTHLY UG TEACHING SCHEDULE									
NAME OF THE DEPARTMENT : PSYCHIATRY									
MONTH : Sep' 2025									
S.No	NAME OF FACULTY	DESIGNATION	BATCH	DATE	DAY	TIMING	PRACTICAL TOPIC	DEMONSTRATION TOPIC	LECTURE TOPIC
1	Dr. Raman Baliyan	Assistant Professor	2021	20.09.2025	Saturday	8 to 9 am	-	-	PS2.1 Define stress and describe its components and causes
2	Dr. Ambar Tiwari	Associate Professor	2021	27.09.2025	Saturday	8 to 9 am	-	-	PS2.2 Describe the role of time management, study skills, balanced diet and sleep wake cycle habits in stress avoidance