

**SRI SAI INSTITUTE OF AYURVEDIC RESEARCH AND MEDICINE,**  
Bhopal (M.P.)

**B.A.M.S. First Prof. Time Table (Batch 2025-26)**

Day	09:00 AM-10:00 AM	10:00 AM-11:00 AM	11:00 AM-12:00 PM	12:00 Noon 12:30 PM	12:30 PM- 01:30 PM	1:30 PM- 02:30 PM	02:30 PM-03:30 PM	03:30 PM-04:00 PM
		Practical 10:00AM- 12:00 Noon						
Mon	Sanskrit & AI Mr. Murari	Rachana Sharir Batch- A Dr. Runjhun J	Kriya Sharir Batch- B Dr. Pooja	<b>L U N C H</b>	Kriya Sharir Dr. Pooja	Rachana Sharir (NLH/NDL) Dr. Arif	Samhita Adhyayan-1 (NLH/NDL) Dr. Sameeksha B	Recreational Activity
Tue	Samhita Adhyayan -1 Dr. Sameeksha B	Rachana Sharir Batch- A Dr. Kishor K	Kriya Sharir Batch- B Dr. Vikas		Kriya Sharir (NLH/NDL) Dr. Vikas	Rachana Sharir Dr. Runjhun J	Padartha Vigyan (NLH/NDL) Dr. Akanksha O	Recreational Activity
Wed	Samhita Adhyayan -1 (NLH/NDL) Dr. Preeti	Rachana Sharir Batch- B Dr. Runjhun J	Kriya Sharir Batch- A Dr. Pooja		Kriya Sharir Dr. Pooja	Rachana Sharir (NLH/NDL) Dr. Arif	Padartha Vigyan-1 (NLH/NDL) Dr. Sameeksha B	Library
Thu	Samhita Adhyayan -1 (NLH/NDL) Dr. Sameeksha B	Rachana Sharir Batch- B Dr. Kishor K	Kriya Sharir Batch- A Dr. Vikas		Kriya Sharir Dr. Vikas	Rachana Sharir Dr. Runjhun J	Padartha Vigyan (NLH/NDL) Dr. Dhruv	Library
Fri	Sanskrit & AI (NLH/NDL) Mr. Murari	Rachana Sharir Batch-A (Dr. Arif) Sanskrit&AI (MR) Batch- B	Sanskrit & AI Batch-A (MR) Rachana Sharir Batch- B (Dr. Arif)		Samhita Adhyayan-1 (NLH/NDL) Dr. Akanksha O	Rachana Sharir Dr. Runjhun J	PBL/IT/Seminar/other NDL	
Sat	Sanskrit & AI Mr. Murari	I, III, V Padartha Vigyan II, IV Kriya Sharir (Dr. Pooja)	Samhita Adhyayan -1 Dr. Dhruv		Kriya Sharir (NLH/NDL) Dr. Vikas	Rachana Sharir Dr. Kishor K	Padartha Vigyan Dr. Dhruv	Sports

PBL/IT/Seminar/other NDL	
Samhita Adhyayan-1	Mar June Sep 26
Rachana Sharir	Jan, April, Aug, Nov. 26
Kriya Sharir	Feb July 26, Jan 27
Padartha Vigyan	Oct Dec 26, Feb 27

- N.B. :-**
- 1) This time table will be applicable from 19.01.2026 (Monday)
  - 2) To be displayed on notice boards of departments and class room
  - 3) Batch – A= 1 to 50, B= 51 to 100

**Abbreviations:**

**NLH**-Non Lecture hour, **NDL**- Non didactic Lecture

Principal  
Sri Sai Institute of Ayurvedic  
Research & Medicine  
Bhopal (M.P.)-462042

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15/1/26