

JSS AYURVEDA MEDICAL COLLEGE, MYSURU

TIME TABLE for the Academic Year 2025-26

I PROF. BAMS (BATCH 2025-26)


W.E.F- 09/03/2026

Day/Time	9.30am to 10.30 am	10.30am to 11.30am	11.30am to 12.30pm	12.30pm to 1.30pm	1.30pm to 2.30pm	2.30pm to 3.30pm	3.30pm to 4.30pm	4:30pm to 5:00pm
MON	Rachana Shareera - LHT Dr Sruthi S (AP)	Samhita Adhyayana - I - LHT/ Samhita Parayana Dr Pankaj P (P)	Padartha Vignana - LHT Dr Santhosh B U (ASP)	Shareera Kriya - NLHT Dr Savita H (P) / Dr CD Totad (ASP) / Dr Arya VM (AP)	L U N C H B R E A K	Practical / Samhita Parayana (Shareera Kriya / Shareera Rachana) Faculty by rotation		Library
TUE	Shareera Kriya - LHT Dr CD Totad (ASP)	Sanskrit & Ayurveda Ithihasa - LHT Dr Shruti Aiyer (AP)	Rachana Shareera - LHT Dr Chaitra (ASP)	Padartha Vignana - NLHT Dr Pankaj P (P)		Practical / ECE (Shareera Kriya/ Shareera Rachana) Faculty by rotation		Mentor-Mentee Meeting / Recreation
WED	Sanskrit & Ayurveda Ithihasa - LHT Dr Shruti Aiyer (AP)	Samhita Adhyayana - I - LHT Dr Santhosh B U (ASP)	Rachana Shareera - NLHT Dr Alka J K (P) / Dr Chaitra S (ASP) / Dr Sruthi S (AP)	Samhita Adhyayana - I - NLHT Dr Santhosh B U (ASP)		Practical / ECE (Shareera Kriya/ Shareera Rachana) Faculty by rotation		Physical Education / Yoga for fitness
THU	Padartha Vignana - LHT Dr Syamly P (AP)	Shareera Kriya - LHT Dr Savita H (P)	Sanskrit & Ayurveda Ithihasa - NLHP Dr Shruti Aiyer (AP)	Sanskrit & Ayurveda Ithihasa - NLHT/ Samhita Parayana Dr Shruti Aiyer (AP)		Practical/ Samhita Parayana (Shareera Kriya/ Shareera Rachana) Faculty by rotation		Cultural/ Literary
FRI	Samhita Adhyayana - I - LHT Dr Kavya K (AP)	Rachana Shareera - LHT Dr Alka J K (P)	Samhita Adhyayana - I - NLHT Dr Pankaj P (P)	Samhita Adhyayana - I - NLHT Dr Santhosh B U (ASP)		Sanskrit & Ayurveda Ithihasa - NLHT Dr Shruti Aiyer (AP)	Padartha Vignana - NLHT Dr Kavya K (AP)	NSS
SAT	Shareera Kriya - LHT Dr Arya VM (AP)	Padartha Vignana - NLHT/ Samhita Parayana Dr Pankaj Pathak (P)	Rachana Shareera - NLHT Dr Alka J K (P) / Dr Chaitra S (ASP) / Dr Sruthi S (AP)	Samhita Adhyayana - I - NLHT/ Dr Kavya K (AP)				

NOTE: LHT- Lecture Hour Theory, NLHT- Non- Lecture Hour Theory, NLHP - Non-Lecture Hour Practical, ECE - Early Clinical Exposure
Shareera Kriya & Shareera Rachana - Monday & Thursday 4.15-4.30 pm Samhita Parayana Hour; Sanskrit & Ayurveda Ithihasa - Thursday - 01.15-1.30 pm Samhita Parayana Hour
Padartha Vignana - Saturday - 11.15-11.30 am Samhita Parayana; Samhita Adhyayana - I - Monday - 11.15-11.30 am Samhita Parayana
P=Professor, ASP=Associate Professor, AP=Assistant Professor.

Day/ Subject	Time	Practical		NOTE: If classes are not conducted regularly as per the official timetable, or if a designated faculty member is found to be consistently absent, students are encouraged to report the matter. Please submit your grievance to president.marbism@ncismindia.org , including your Full Name and Enrollment/Roll Number. (Rest assured the identity of the complaint and the details of the report will be kept strictly confidential).
		Shareera Rachana	Shareera Kriya	
Monday	02.30 pm - 4.30 pm	A1 (01-25) A2 (26-50)	B1 (51-75) B2 (76-100)	
Tuesday	02.30 pm - 4.30 pm	A1 (01-25) A2 (26-50)	B1 (51-75) B2 (76-100)	
Wednesday	02.30 pm - 4.30 pm	B1 (51-75) B2 (76-100)	A1 (01-25) A2 (26-50)	
Thursday	02.30 pm - 4.30 pm	B1 (51-75) B2 (76-100)	A1 (01-25) A2 (26-50)	
Thursday	11.30 am - 12.30 pm	Sanskrit Practical 01-100		


UG Coordinator


Principal
Principal/Medical Superintendent
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