

SRI SRI COLLEGE OF AYURVEDIC SCIENCE AND RESEARCH

21st KM, KANAKAPURA ROAD, UDAYAPURA P.O, BANGLORE - 560082

TIME -TABLE FOR 1ST Prof. BAMS (Batch 2025-26) with effect from 10-08-2026

Day	9.00 AM - 9.50 AM	9.50 AM - 10.40 AM	10.40 - 10.50	10.50 AM - 11.40 AM	11.40 AM - 12.30 PM	12.30 - 12.50 PM	12.50 - 1.45	1.45 PM - 2.40 PM	2.40 PM - 3.35 PM	3.35 PM - 4.30PM
Mon	Padartha Vignana - II (LH) Dr. P Suganya Devi Asst.Professor	Sanskrit (LH) Mr. Shreyas B S Asst. Professor	S H O R T B R E A K	Library	Padartha Vignana I - (NLH) Dr. Arpan Chowdhury Asst. Professor	Meditation - SS & S	L U N C H B R E A K	Shareera Rachana (NLH) Dr. Sireesha S R Asst. Professor	SR Dissection: Batch - B1 Dr Sindhu & B2- Dr.Santosha Dixit SK Lab : A1 -Dr. Viraktamath Virupaxayya & Batch A2 - Dr. Jairam K V	
Tue	Samhita Adhyayana - I (LH) Dr. P Suganya Devi Asst.Professor	Sanskrit (NLH) Mr. Shreyas B S Asst. Professor		Shareera Kriya - I / II (LH/NLH) Dr. Varuni S J Professor	Samhita Adhyayana - I (LH) Dr. Keskar Kirti Anil Asso. Professor	Meditation - SS & S		Padartha Vignana II (NLH) Dr. P Suganya Devi Asst.Professor	SR Dissection: Batch A1- Dr. Sindhu S N & Batch A2 - Dr. Athira K SK Lab: -Batch B1-Dr. Arpitha A Warri- & Batch B2 - Dr. Arsha Vinayan	
Wed	Shareera Kriya - I (LH/NLH) Dr. Arpitha A Warri- Asst.Professor	Padartha Vignana- I (LH) Dr. Arpan Chowdhury Asst. Professor		Sanskrit (NLH) Mr. Shreyas B S Asst. Professor	Shareera Rachana (LH) Dr. Remitha K K Asso.Professor	Meditation - SR		Samhita Adhyayana - I (NLH) Dr. Arpana P V Asso.Professor	SR Dissection: Batch Batch B1 - Dr. Remitha K K & Batch B2 - Dr. Sireesha S R SK Lab: SK Lab : A1 -Dr. Viraktamath Virupaxayya & Batch A2 - Dr. Jairam K V	
Thu	Shareera Kriya - I / II (LH/NLH) Dr. Jalindar Pramod Dhamale - Professor	Samhita Adhyayana - I (LH) Dr. Arpana P V Asso.Professor		Shareera Rachana (LH) Dr. Athira K - Asst. Professor	Sanskrit (LH) Mr. Shreyas B S Asst. Professor	Meditation - SR		Samhita Adhyayana - I (NLH) Dr. P Suganya Devi Asst.Professor	SR Dissection: Batch A1- Dr. Sindhu S N & Batch A2 - Dr. Athira K SK Lab: SK Lab: -Batch B1-Dr. Arpitha A Warri- & Batch B2 - Dr. Arsha Vinayan	
Fri	Shareera Kriya - I (LH/NLH) Dr. Jalindar Pramod Dhamale - Professor	Samhita Adhyayana - I (NLH) Dr. P Suganya Devi Asst.Professor		Shareera Rachana - II (NLH) Dr Praveen Kumar H Profeesor (1st &3rd WK) Dr. Santosha Dixit- Professor (2nd & 4th WK)	Shareera Kriya - I / II (LH/NLH) Dr. Viraktamath Virupaxayya Asso.Professor	Meditation - SK		Sanskrit (Practical) Mr. Shreyas B S Asst. Professor	SR Dissection: Batch B1 -Dr. Remitha K K & Batch B2 -Dr. Sireesha S R SK Lab: SK Lab : A1 -Dr. Viraktamath Virupaxayya & Batch A2 - Dr. Jairam K V	
Sat	Sanskrit (LH) Mr. Shreyas B S Asst. Professor	Mentoring Session		Shareera Rachana - I (NLH) Dr. Sindhu S N Asst. Professor	Padartha Vignana I - (NLH) Dr. Arpan Chowdhury Asst. Professor	Meditation - SK		Samhita Adhyayana - I (NLH) Dr. P Suganya Devi Asst.Professor	SR Dissection: Batch A1 - Dr. Sireesha S R & Batch A2 - Dr Praveen Kumar H SK Lab: Batch B1-Dr. Dr. Arpitha A Warri- & Batch B2 - Dr. Arsha Vinayan	

****Note: Meditation in charge MON & TUE Samhita, Siddhantha and Samskrita- ,WED & THU Shareera Rachana- and FRI & SAT- Shareera Kriya**

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 complainant and the details of the report will be kept strictly confidential).

VICE PRINCIPAL

Sri Sri College of Ayurvedic Science and Research

21st KM, Kanakapura Road, Udayapura Post

PRINCIPAL

Sri Sri College of Ayurvedic Science and Research

21st KM, Kanakapura Road, Udayapura Post