

INDEX AYURVEDIC COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE
(TIME -TABLE)
 Applicable from – 21/01/2026
BAMS 1ST PROFESSIONAL, SESSION 2025-26

Day/Time	9AM-10AM	10AM-11AM	11AM-12PM	12PM-1PM	1PM-2PM	2PM-4PM	
Monday	Samhita Adhyayan (LH) Dr. Pankaj Jamre	Rachana Sharir (NLH-T) Dr. Sachin Patidar	Padarth Vigyan (NLH-T) Dr. Rutuja Khedekar	Sanskrit AI (LH) Mrs. Rashmi Rathore	LUNCH	Batch -A Rachana Sharir (NLH-P) Dr. Priti Desai / Dr. Akhilesh Joshi	Batch -B Kriya Sharir (NLH-P) Dr. Arvind Paikrao / Dr. Tejal R Jaiswal
Tuesday	Samhita Adhyayan (LH) Dr. Nitish Sharma	Rachana Sharir (LH) Dr. Sachin Patidar	Padarth Vigyan (NLH-T) Dr. Pankaj Jamre	Sanskrit AI (NLH-T) Mrs. Rashmi Rathore		Batch -B Rachana Sharir (NLH-P) Dr. Priti Desai / Dr. Akhilesh Joshi	Batch -A Kriya Sharir (NLH-P) Dr. Arvind Paikrao / Dr. Anamika Chouhan
Wednesday	Samhita Adhyayan (NLH-T) Dr. Rutuja Khedekar	Rachana Sharir (LH) Dr. Priti Desai	Kriya Sharir (LH) Dr. Arvind Paikrao	Sanskrit AI (LH) Mrs. Rashmi Rathore	Batch -A Rachana Sharir (NLH-P) Dr. Priti Desai / Dr. Sachin	Batch -B Kriya Sharir (NLH-P) Dr. Tejal R Jaiswal	
Thursday	Samhita Adhyayan (NLH-T) Dr. Preeti V. Salvi	Rachana Sharir (LH) Dr. Akhilesh Joshi	Kriya Sharir (NLH-T) Dr. Tejal R Jaiswal	Sanskrit AI (NLH-T) Mrs. Rashmi Rathore	Batch -B Rachana Sharir (NLH-P) Dr. Priti Desai / Dr. Sachin	Batch -A Kriya Sharir (NLH-P) Dr. Anamika Chouhan	
Friday	Kriya Sharir (LH) Dr. Anamika Chouhan	Rachana Sharir (NLH-T) Dr. Sachin Patidar	Padarth Vigyan (NLH-T) Dr. Nitish Sharma	Sanskrit AI (NLH-P) Mrs. Rashmi Rathore	Batch -A Samhita Adhyayan (NLH-T) Dr. Nitish Sharma	1. Library (1 st & 2 nd week) 2. Mentorship (3 rd week) 3. Recreation Activity (4 th week) For 1 Hours	
Saturday	Kriya Sharir (LH) Dr. Tejal R Jaiswal	Rachana Sharir (NLH-P) Dr. Akhilesh Joshi	Padarth Vigyan (LH) Dr. Preeti V. Salvi	1. Physical Education/ Sports (Every Week) For 1 Hours	Batch -A Samhita Adhyayan (NLH-T) Dr. Pankaj Jamre	LH/ PBL/Seminar/CBL/ For 1 Hours Extra- Curricular Activity	

Copy To:-

1. ALL CONCERNED HEAD OF DEPARTMENTS.
2. NOTICE BOARD/COLLEGE/ LIBRARY


DR. PRAJAKTA TOMAR
 PRINCIPAL

IACHRC, INDORE
Principal

Index Ayurvedic College, Hospital
 & Research Centre, Indore (M.P.)