



**SRI SAIRAM AYURVEDA MEDICAL COLLEGE & RESEARCH CENTRE
SAI LEO NAGAR, WEST TAMBARAM, CHENNAI-44.**

I YEAR B.A.M.S Junior (2025-26 Batch) - TIME TABLE - W.E.F: 09/03/2026

Hours allotted :
KS : T-4, P-4
RS: T-4, P-6
PV - 6
Samhita -9
Sanskrit - 7

DAYS	9:00 AM- 09:50 AM	09:50 AM- 10:40 AM	10:40 AM- 10:55 AM	10:55 AM- 11:45 AM	11:45 AM- 12:35 PM	12:35 PM- 1:25 PM	1:25 PM- 2:15 PM	2:15 PM- 3:05 PM	3:05 PM- 3:20 PM	3:20 PM – 4:10 PM
Mon	KS –P		BREAK	SANSKRIT	RS	LUNCH	SAMHITA	PV	BREAK	RS
Tue	RS –P			SAMHITA	SANSKRIT		PV	KS		SAMHITA
Wed	KS - P			LIB	SAMHITA		SANSKRIT	SAMHITA		SDG
Thu	RS –P			SANSKRIT	SAMHITA		PV	KS		RS
Fri	RS –P			PV	SANSKRIT		SAMHITA	PV		SANSKRIT
Sat	KS	SAMHITA		PV	SANSKRIT		SAMHITA	RS		KS



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I YEAR B.A.M.S Senior (2024-25 Batch) - TIME TABLE - W.E.F: 13/11/2025

Hours allotted :
KS : T-6, P-4
RS: T-5, P-6
PV - 5
Samhita -8
Sanskrit - 6

DAYS	9:00 AM- 09:50 AM 09:50 AM- 10:40 AM	10.40 AM- 10.50 AM	10:50 AM- 11:40 AM	11:40 AM- 12:30 PM	12:30 PM- 1:20 PM	1:20 PM- 2:10 PM	2:10 PM-3.:00 PM	3:00 PM- 3.:10 PM	3:10 PM – 4:00 PM
Mon	RS –P	BREAK	PV	KS	LUNCH	SANSKRIT	KS	BREAK	SAMHITA
Tue	KS –P		LIB	SAMHITA		SANSKRIT	RS		PV
Wed	RS –P		SANSKRIT	SAMHITA		KS	PV		SDG
Thu	KS - P		PV	RS		SAMHITA	RS		SANSKRIT
Fri	SANSKRIT		SAMHITA	RS –P		KS	SAMHITA		KS
Sat	KS		SANSKRIT	RS		SAMHITA	PV		SAMHITA



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SAI LEO NAGAR, WEST TAMBARAM, CHENNAI-44.
II PROF B.A.M.S juniors (2023-24 Batch) - TIME TABLE - W.E.F: 09/03/26

Hours allotted :
DG : T-3, P-4
RSBK: T-4, P-4
RVVV: T-4, P-4
AT: T-4, P-2
SA: T-4
SW: T-3, P-4

DAYS	9:00 AM- 09:50 AM 09:50 AM- 10:40 AM	10.40 AM- 10.55 AM	10:55 AM- 11:45 AM	11:45 AM- 12:35 PM	12:35 PM- 1:25 PM	1:25 PM- 2:15 PM 2:15 PM- 3:05 PM	3:05 PM- 3:20 PM	3:20 PM – 4:10 PM
Mon	SWASTA VRITHA – P/OPD	BREAK	RSBK	SAMHITA	LUNCH	DRAVYAGUNA - PRACTICALS		SAMHITA
Tue	ROGA NIDANA-P/ CLINICALS		RSBK	AGADATANTRA		SWASTA VRITHA – P/OPD		DRAVYAGUNA
Wed	DRAVYAGUNA - PRACTICALS		AGADATANTRA	ROGA NIDANA		RSBK - PRACTICALS		SDG
Thu	ROGA NIDANA-P/ CLINICALS		LIB	SAMHITA		RSBK - PRACTICALS		AGADATANTRA
Fri	DRAVYAGUNA SWASTAVRITTA		AGADATANTRA –PRACTICALS/OPD			RSBK	SAMHITA	ROGA NIDANA
Sat	SWASTA RSBK		ROGA NIDANA	AGADATANTRA		DRAVYAGUNA	ROGA NIDANA	SWASTAVRITTA



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III PROF B.A.M.S (CBDC) Senior (2021-22 Batch) - TIME TABLE - W.E.F: 09/03/2026

Hours allotted (CBDC):

KC + EM : T-6+1, P-4

ST: T-5, NLH-2

SL : T-4, NLH-2

PK: T-3, NLH-2

PS : T - 4, NLH-1

KB : T - 2, NLH - 1

SA : T-2, NLH-1

RM: T-1

DAYS	9:00 AM- 09:50 AM	09:50 AM- 10:40 AM	10.40 AM- 10.55 AM	10:55 AM- 11:45 AM	11:45 AM- 12:35 PM	12:35 PM- 1:25 PM	1:25 PM- 2:15 PM	2:15 PM- 3:05 PM	3:05 PM- 3:20 PM	3:10 PM – 4:10 PM
Mon	PK	LIB	BREAK	PANCHAKARMA (NLH)	LUNCH	BREAK	SHALAKYA -I	SHALYA	BREAK	KC -I
Tue	PS -II	SHALAKYA I / II		SHALAKYA TANTRA (NLH)			SAMHITA (NLH).	KC -III		KB
Wed	SAMHITA	SHALYA		SHALYA TANTRA (NLH)			KC -III	PK		SHALYA /SDG
Thu	KC -II	PS		PS/KB (NLH)			SHALAKYA-II	PK		SAMHITA
Fri	PS-I	KC -II		KAYACHIKITSA (NLH)			RM	KB		SHALYA
Sat	SHALAKYA	SHALYA		KAYACHIKITSA (NLH)			EM	PS-I		SHALAKYA -I