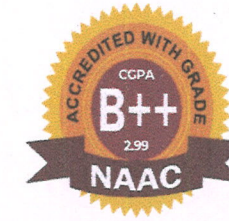




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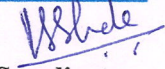
Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri - 415722  
Ph. No: (02356) 661551 Fax: (02356) 272550  
Email: [mesayurved@mespune.in](mailto:mesayurved@mespune.in) Website: [ayurved.mespune.in](http://ayurved.mespune.in)



**Timetable: First Professional BAMS (Batch 2025-2026) W.E.F 02/02/2026**

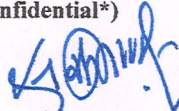
| DAY TIME     |           | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--------------|-----------|---|--|---|--|---|--|
| 9:00-10:00   | L/ NL     | Library   | <b>Rachana Sharir</b><br>Dr. Tamhankar Ketan<br>(Assistant Professor)  | <b>Rachana Sharir</b><br>Dr. Shanawade Vijaykumar<br>(HOD & Professor)  | <b>Padarth Vidnyan</b><br>Dr. Mehta Pratik<br>(Assistant Professor)  | <b>Sanskrit</b><br>Dr. Dongare Aniruddha<br>(Assistant Professor)   | <b>Kriya Sharir</b><br>Dr. Lonkar Akshay<br>(Assistant Professor)  |
| 10:00-11:00  |           | <b>Samhita Adhyayan-1</b><br>Dr. Chiplunkar Prachi<br>(Assistant Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Mehta Pratik<br>(Assistant Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Chiplunkar Prachi<br>(Assistant Professor)   | <b>Rachana Sharir</b><br>Dr. Shanawade Shaila<br>(Associate Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Sadvilkar Ninad<br>(Associate Professor)   | <b>Padarth Vidnyan</b><br>Dr. Ingle Pradeep<br>(HOD & Professor)   |
| 11:00-12:00  |           | <b>Kriya Sharir</b><br>Dr. Lonkar Akshay<br>(Assistant Professor)   | <b>Kriya Sharir</b><br>Dr. Phule Sharayu<br>(HOD & Professor)  | <b>Rachana Sharir</b><br>Dr. Shanawade Vijaykumar<br>(HOD & Professor)  | <b>Kriya Sharir</b><br>Dr. Howal Madhavi<br>(Associate Professor)  | <b>Kriya Sharir</b><br>Dr. Phule Sharayu<br>(HOD & Professor)   | <b>Rachana Sharir</b><br>Dr. Shanawade Shaila<br>(Associate Professor)<br><b>(1,2,3 &amp; 5<sup>TH</sup> Saturday)</b> |
| 12:00-01:00  |           | <b>Samhita Adhyayan-1</b><br>Dr. Chiplunkar Prachi<br>(Assistant Professor)   | <b>Padarth Vidnyan</b><br>Dr. Mehta Pratik<br>(Assistant Professor)  | <b>Sanskrit</b><br>Dr. Dongare Aniruddha<br>(Assistant Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Mehta Pratik<br>(Assistant Professor)   | <b>Rachana Sharir</b><br>Dr. Tamhankar Ketan<br>(Assistant Professor)   | <b>Padarth Vidnyan</b><br>Dr. Ingale Pradeep<br>(HOD & Professor)  |
| 01:00-01:30  |           | LUNCH BREAK   |  |   |  |   |  |
| 01:30- 2:00  |           | Slow Learners/Advance Learners/Mentor-Mentee System/Other Student's Centric activities etc.   |  |   |  |   |  |
| 2:00 to 4:00 | Practical | <b>Rachana Sharir</b><br>Batch A<br>Dr. Tamhankar Ketan<br>(Assistant Professor)<br><b>Rachana Sharir</b><br>Batch B<br>Dr. Shanawade Shaila<br>(Associate Professor) | <b>Kriya Sharir</b><br>Batch B<br>Dr. Lonkar Akshay<br>(Assistant Professor)<br><b>Rachana Sharir</b><br>Batch A<br>Dr. Tamhankar Ketan<br>(Assistant Professor) | <b>Rachana Sharir</b><br>Batch B<br>Dr. Shanawade Shaila<br>(Associate Professor)<br><b>Kriya Sharir</b><br>Batch A<br>Dr. Howal Madhavi<br>(Associate Professor) | <b>Kriya Sharir</b><br>Batch B<br>Dr. Lonkar Akshay<br>(Assistant Professor)<br><b>Rachana Sharir</b><br>Batch A<br>Dr. Tamhankar Ketan<br>(Assistant Professor) | <b>Rachana Sharir</b><br>Batch B<br>Dr. Shanawade Vijaykumar<br>(HOD & Professor)<br><b>Kriya Sharir</b><br>Batch A<br>Dr. Howal Madhavi<br>(Associate Professor) | <b>Sanskrit</b><br>Dr. Dongare Aniruddha<br>(Assistant Professor)  |
| 04:00-05:00  | L/ NL     | <b>Sanskrit</b><br>Dr. Dongare Aniruddha<br>(Assistant Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Mehta Pratik<br>(Assistant Professor)   | <b>Physical Education</b>   | <b>Padarth Vidnyan</b><br>Dr. Mehta Pratik<br>(Assistant Professor)  | <b>Sanskrit</b><br>Dr. Dongare Aniruddha<br>(Assistant Professor)   | <b>Samhita Adhyayan-1</b><br>Dr. Chiplunkar Prachi<br>(Assistant Professor)  |

**IMPORTANT:** 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@ncisindia.org](mailto:president.marbism@ncisindia.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\*)

  
Coordinator  
First BAMS  
Batch 2025-26

Dr. Vijaykumar Shanawade  
Professor & HOD, Dept of Rachana Sharir





Principal  
MES Ayurved Mahavidyalaya  
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Ghanekhunt-Lote, Tal. Khed,  
Dist. Ratnagiri - 415722.