

Himalaya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2025 (1st Prof.) w.e.f. 01-11-2025 (Revised Date- 01-09-2026)

Days/Time	09:00-10:00 AM	10:00-11:00 AM	11:00-12:00 AM	12:00-1:00 PM	01:00:1:30 PM	01:30:2:30 PM
	LECTURES (LH) & NON-LECTURES (NLHT)					
Subject:-	Sanskrit & Ayurved Ka Itihias	Rachana Sharir	Kriya Sharir	Samhita Adhyayan-I	LUNCH	Padarth Vigyan
Monday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Pankaj Singh (Assistant Professor) LH	Dr. Kavya Kala (Associate Professor) LH	Dr. Shalini (Assistant Professor) LH		Dr. Shalini (Assistant Professor) LH
Tuesday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Pankaj Singh (Assistant Professor) LH	Dr. Kavya Kala (Associate Professor) LH	Dr. Deeksha Tiwari (Assistant Professor) LH		Dr. Shalini (Assistant Professor) LH
Wednesday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Vaishali Rani (Assistant Professor) LH	Dr. Apeksha Panwar (Associate Professor) LH	Dr. Ajit Kumar Verma (Professor) - LH		Dr. Shalini (Assistant Professor) NLHT SA-I
Thursday	Dr. Naveen Jasola (Associate Professor) NLHT	Dr. Vaishali Rani (Assistant Professor) LH	Dr. Vidya Rani (Associate Professor) LH	Dr. Ajit Kumar Verma (Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT
Friday	Dr. Naveen Jasola (Associate Professor) NLHT	Dr. Deepika (Assistant Professor) NLHT	Dr. Kalpana Negi (Assistant Professor) LH	Dr. Shalini (Assistant Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT
Saturday	Dr. Naveen Jasola (Associate Professor) NLH	Dr. Naresh Kumar (Professor) LH	Dr. Kalpana Negi (Assistant Professor) - NLHT	Dr. Deeksha Tiwari (Assistant Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT

Practical Class (NLHP) (02:30-04:00 PM)

Rachana Sharir	Monday, Tuesday, Wednesday- Dr. GS Indoriya (Professor), Dr. Naresh Kumar (Professor), Dr. Pankaj Singh (Assistant Professor), Dr. Deepika (Assistant Professor) & Dr. Vaishali Rani (Assistant Professor)
Kriya Sharir	Dr. Apeksha Panwar (Associate Professor) Dr. Vidya Rani- Thursday, Dr. Kavya Kala (Associate Professor)- Friday, Dr. Kalpana (Assistant Professor) - Saturday


(Prof. (Dr.) G.S. Indoriya)
 Principal/Supintendent
 Haryana Ayurvedic Medical College
 Fatehpur, Fatehpur, Fatehpur




(Dr. Apeksha Panwar)
 Syllabus Coordinator

Time Table

Batch - BAMS 2024 (IIND PROF.) w.e.f. 08-09-2026

Days/Time	09:00-09:45 AM	09:45-10:30 AM	10:30-11:15	11:15-12:00	12:00-12:45	12:45-1:30	1:30-2:00 PM
	LECTURES & NON-LECTURES						
Subject	Rog Nidan	Agad Tantra	Samhita Adhyayan-2	Ras Shastra	Dravyaguna	Swasthivritta & Yoga	Lunch
Monday	LH Dr. Anil Dev (Professor)	LH Dr. Prema (Assistant Prof.)	LH Dr. Deeksha Tiwari (Assistant Prof.)	LH Dr. Kamini Kestwal (Associate Prof.)	LH / NLH - T Dr. Nidhi Garg (Professor)	LH Dr. Nishant Rai Jain (Professor)	
Tuesday	LH Dr. Anil Dev (Professor)	NLH-T Dr. Prema (Assistant Prof.)	LH Dr. Shalini (Assistant Prof.)	LH Dr. Kamini Kestwal (Associate Prof.)	LH Dr. Pooja Bhandari (Assistant Prof.)	NLH - T Dr. Bhagyalaxmi (Assistant Prof.)	
Wednesday	LH Dr. Swati Bhandari (Assistant Prof.)	NLH-P Dr. Prema (Assistant Prof.)	NLH - T Dr. Deeksha Tiwari (Assistant Prof.)	NLH - T Dr. Kamini Kestwal (Associate Prof.)	LH / NLH - T Dr. Pallavi Varshney (Professor)	LH Dr. Bhagyalaxmi (Assistant Prof.)	
Thursday	LH Dr. Swati Bhandari (Assistant Prof.)	LH/NLH-T Dr. Satendra Pal (Associate Prof.)	LH Dr. Ajit Verma (Professor)/ Library [Second week]	LH Dr. Shivani Rawat (Assistant Prof.)	LH / NLH - T Dr. Seema Bhagat (Assistant Prof.)	NLH - T Dr. Bhagyalaxmi (Assistant Prof.)	
Friday	NLH-T Dr. Swati Bhandari (Assistant Prof.)	NLH - P Dr. Satendra Pal (Associate Prof.)	NLH - T Dr. Ajit Verma (Professor)	LH Dr. Shivani Rawat (Assistant Prof.)	LH / NLH - T Dr. Pooja Bhandari (Assistant Prof.)	LH Dr. Nishant Rai Jain (Professor)	
Saturday	NLH - T Dr. Swati Bhandari (Assistant Prof.)	NLH - P Dr. Satendra Pal (Associate Prof.)	NLH - T Dr. Shalini (Assistant Prof.)	NLH - T Dr. Shivani Rawat (Assistant Prof.)	LH Dr. Seema Bhagat (Assistant Prof.)	LH Dr. Bhagyalaxmi (Assistant Prof.) / Library [First week]	

NON-LECTURE PRACTICAL CLASS (02:00-04:00 PM)

Rog Nidan (Practical)	1st Week of Month (Monday to Friday), Saturday-Sports	Dr. Swati Bhandari / Dr. Anil Dev
Swasthivritta (Practical)	11nd Week of Month (Monday, Tuesday, Wednesday, Thursday, Friday)	Dr. Nishant Rai Jain / Dr. Bhagya
Agad Tantra (Practical)/(Clinical)	11nd Week of Month (Saturday)	Dr. Satendra Pal / Dr. Prema
Ras Shastra (Practical)	11rd Week of Month (Monday to Friday), Saturday-Sports	Dr. Kamini Kestwal / Dr. Shivani Rawat
Dravyaguna (Practical)	IVth Week of Month (Monday to Saturday)	Dr. Pallavi / Dr. Nidhi / Dr. Pooja / Dr. Seema
Rog Nidan (Practical)/ (Clinical)	Vth Week of Month (Monday to Saturday)	Dr. Swati Bhandari / Dr. Anil Dev

- **Sports Hours:** The 1st and 3rd Saturdays of every month, from 2:00 PM to 4:00 PM, are allotted for sports activities.
- **Library Hours:** The following classes are allotted for library activities:
 - The Swasthivritta class (12:45 PM-1:30 PM) on Saturday of the 1st week of every month.
 - The Samhita Adhyayan class (10:30 AM-11:15 AM) on Thursday of the 2nd week of every month.

➤ **Note:** To ensure timely completion of the syllabus, the sports hours scheduled for the 1st and 3rd Saturdays may be converted into practical classes, if required. This will be communicated by the Syllabus Coordinator

Prof. (Dr.) G.S. Indoriya
Principal/superintendent

Aimalayya Ayurvedic Medical College
Fatehpur Tanda, Doiwala, Dehradun



Dr. Satendra Pal
Syllabus Coordinator

Himalaya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2023-24 (IIND PROF.) w.e.f. 28-08-2025 (Revised 18-05-2026)

Days/Time	09:00 -09:45 AM	09:45-10:30AM	10:30-11:15	11:15-12:00	12:00:12:45	12:45:1:30	1:30-2:00 PM
	LECTURES & NON-LECTURES						
Subject:-	Rasashastra evam Bhaishajya Kalpana	Samhita Adhyayan-2	Rog Nidan evam Vikriti Vigyan	Swasthviritta evam Yoga	Agad Tantra evam vidhi Vaidyaka	Dravyaguna Vigyan	
Monday	LH Dr. Shivani Rawat (Assistant Professor)	LH Dr. Ajit Verma (Professor)	LH Dr. Anil Dev (Professor)	LH Dr. Bhagyalaxmi (Assistant Professor)	LH Dr. Satendra Pal (Associate Professor)	LH Dr. Pooja Bhandari (Assistant Professor)	
Tuesday	LH Dr. Shivani Rawat (Assistant Professor)	NLH-T Dr. Ajit Verma (Professor)	LH/NLH-T Dr. Anil Dev (Professor)	LH Dr. Nishant Rai Jain (Professor)	NLH-P Dr. Satendra Pal (Associate Professor)	LH Dr. Seema Bhagat (Assistant Professor)	
Wednesday	NLH-T Dr. Shivani Rawat (Assistant Professor)	NLH-T Dr. Shalini (Assistant Professor)	LH Dr. Swati Bhandari (Assistant Professor)	LH/NLH-T Dr. Bhagyalaxmi (Assistant Professor)	NLH-P Dr. Satendra Pal (Associate Professor)	LH/NLH-T Dr. Nidhi Garg (Professor)	Lunch
Thursday	LH Dr. Kamini Kestwal (Associate Professor)	LH Dr. Shalini (Assistant Professor)	LH Dr. Swati Bhandari (Assistant Professor)	Dr. Bhagyalaxmi (Assistant Professor) LH	LH Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Pooja Bhandari (Assistant Professor)	
Friday	NLH-T Dr. Kamini Kestwal (Associate Professor)	LH Dr. Decksha Tiwari (Assistant Professor)	LH Dr. Swati Bhandari (Assistant Professor)	LH Dr. Bhagyalaxmi (Assistant Professor)	NLH-P Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Seema Bhagat (Assistant Professor)	
Saturday	LH Dr. Kamini Kestwal (Associate Professor)	NLH-T Dr. Decksha Tiwari (Assistant Professor)	NLH-T Dr. Swati Bhandari (Assistant Professor)	NLH-T Dr. Nishant Rai Jain (Professor)	NLH-T Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Pallavi Varshney (Professor)	

Note- Agadtantra, Rog nidan, Swasthviritta- clinical class time- 2.00-2.45pm in their respective NLH-P class

Non- Lecture Practical Class: 02:00-04:00

Rasashastra evam Bhaishajya kalpana	Ist Week of Month (Monday to Saturday)	Dr. Kamini Kestwal/Dr. Shivani Rawat
Dravyaguna vigyan(Practical)	IInd Week of Month (Monday to Saturday)	Dr. Pallavi/Dr. Nidhi/ Dr. Seema/Dr. Pooja
Rog Nidan evam vikriti vigyan	IIIrd Week of Month (Monday to Saturday)	Dr. Anil Dev/Dr. Swati Bhandari
Swasthviritta evam yoga (Practical/Clinical)	IVth Week of Month (Monday, Tuesday, Wednesday, Thursday, Friday)	Dr. Nishant Rai Jain/Dr. Bhagyalaxmi
Agad Tantra evam Vidhi Vaidyak	IVth Week of Month (Saturday)	Dr. Satendra Pal/Dr. Prerna
Rasashastra evam Bhaishajya Kalpana	Vth Week of Month (Monday and Saturday)	Dr. Kamini Kestwal/Dr. Shivani Rawat

(Prof. (Dr.) Niraj Srivastava)
Principal/Supintendent



(Dr. Kamini Kestwal)
Syllabus Coordinator

Himalaya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2022-23 (IIIRD PROF.) w.e.f. 06-07-2026 (Revised Date 17-09-2026)

Day	9:00-11:00 AM	11:00-11:45	11:45-12:30	12:30-1:15	1:15:1:45	1:45-2:30	2:30-3:15	3:15-4:00
Monday	Kayachikitsa (NLHP) Dr. Ravi Joshi (Professor)	Kaumarbhritya (LH/NLHT) Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	Panchakarma (LH/NLHT) Dr. Arvind Kumar (Professor)	Shalya Tantra (LH/NLHT) Dr. Varsha Kuriyal (Asst. Prof.)	LUNCH	Kayachikitsa (LH/NLHT) Dr. Sakshi Negi (Asso. Prof.)	Shalakyata Tantra (LH/NLHT) Dr. Ankita (Asst. Prof.)	Samhita Adhyayan-3 (LH/NLHT) Dr. Ajit Kumar (Professor)
Tuesday	Shalya Tantra (NLHP) Dr. Varsha Kuriyal (Asst. Professor)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Sonali Jugran (Asst. Prof.) / Dr. Anagha Govardhane (Asst. Prof.)	Panchakarma (LH/NLHT) Dr. Akshay Verma (Asst. Prof.)	Shalya Tantra (LH/NLHT) Dr. Shishir Prasad (Professor)	LUNCH	Kayachikitsa (LH/NLHT) Dr. Pooja (Asst. Prof.)	Shalakyata Tantra (LH/NLHT) Dr. Shushmita Sharma (Asso. Prof.)	Samhita Adhyayan-3 (LH/NLHT) Dr. Deekha Tewari (Asst. Prof.)
Wednesday	Stri Roga Evam Prasuti Tantra (NLHP) Dr. Poonam Khot (Professor) Dr. Sonali Jugran (Asst. Prof.) Dr. Anagha Govardhane (Asst. Prof.)	Kaumarbhritya (LH/NLHT) Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	Panchakarma (LH/NLHT) Dr. Roopali Barmola (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Ravi Joshi (Professor)	LUNCH	Shalya Tantra (LH/NLHT) Dr. Amit Kumar Gautam (Asst. Prof.)	Shalakyata Tantra (LH/NLHT) Dr. Shraddha Joshi (Asst. Prof.)	Samhita Adhyayan-3 (LH/NLHT) Dr. Shalini (Asst. Prof.)
Thursday	Shalakyata Tantra (NLHP) Dr. Shushmita Sharma (Asso. Prof.) Dr. Shraddha Joshi (Asst. Prof.) Dr. Ankita (Asst. Prof.)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Sonali Jugran (Asst. Prof.)	Panchakarma (LH/NLHT) Dr. Sapna Singh (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Pooja (Asst. Prof.)	LUNCH	Shalya Tantra (LH/NLHT) Dr. Amit Kumar Gautam (Asst. Prof.)	Shalakyata Tantra (LH/NLHT) Dr. Shraddha Joshi (Asst. Prof.)/ Dr. Ankita (Asst. Prof.)	Sports/Library
Friday	Panchakarma (NLHP) Dr. Shrimanta G. Chavan (Professor) :- First Week Dr. Roopali Barmola (Asst. Prof.) :- Second Week Dr. Akshay Verma (Asst. Prof.) :- Third Week Dr. Sapna Singh (Asst. Prof.) :- Fourth Week	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Anagha Govardhane (Asst. Prof.)	Kaumarbhritya (LH/NLHT) Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	Shalya Tantra (LH/NLHT) Dr. Varsha Kuriyal (Asst. Prof.)	LUNCH	Kayachikitsa (LH/NLHT) Dr. Ravi Joshi (Professor)	Shalya Tantra (NLHP) Dr. Shishir Prasad (Professor)/ Dr. Amit Kumar Gautam (Asst. Prof.)	
Saturday	Kaumarbhritya (NLHP) Dr. Kritika Joshi (Asso. Professor) Dr. Ashwarya Gaur (Asst. Prof.)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Poonam Khot (Professor)	Kaumarbhritya (LH/NLHT) Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Sakshi Negi (Asso. Prof.)	LUNCH	Panchakarma (LH/NLHT) Dr. Shrimant G. Chavan (Prof.)	Kayachikitsa (NLHP) Dr. Sakshi Negi (Asso. Prof.) Dr. Pooja (Asst. Prof.)	

(Prof. (Dr.) G. S. Indoriya)
Principal/Superintendent

Himalaya Ayurvedic Medical College
Catehpur, Dehradun



(Prof. (Dr.) Poonam Khot)
Syllabus Coordinator