Himalayi[redacted]yurvedic (PG) Medical College[redacted] Hospital

Time Table

Batch - BAMS 2026 (Ist Prof.) w.e.f. 02-11-2026

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:-	**Kriya Sharir**	**Rachana Sharir**	**Samhita Adhyayan-1**	**Sanskrit & Ayurved Ka Itihias**		**Padarth Vigyan**
Monday	Dr. Kalpana Negi (Assistant Professor) **LH**	Dr. Vaishali Rani (Assistant Professor) **LH**	Dr. Ajit Kumar Verma (Professor)/ Dr. Deeksha Tiwari (Assistant Professor)- **LH**	Dr. Naveen Jasola (Associate Professor) **NLHT**		Dr. Shalini (Assistant Professor)/ Dr. Deeksha Tiwari (Assistant Professor) - **LH**
Tuesday	Dr. Kalpana Negi (Assistant Professor) **LH**	Dr. Vaishali Rani (Assistant Professor) **LH**	Dr. Ajit Kumar Verma (Professor)/ Dr. Deeksha Tiwari (Assistant Professor) - **LH**	Dr. Naveen Jasola (Associate Professor) **NLHT**		Dr. Shalini (Assistant Professor)/ Dr. Deeksha Tiwari (Assistant Professor) - **LH**
Wednesday	Dr. Anoop. M (Professor) **LH**	Dr. Deepika (Assistant Professor) **LH**	Dr. Ajit Kumar Verma (Professor) - **LH**	Dr. Naveen Jasola (Associate Professor) **NLHT**		Dr. Shalini (Assistant Professor) **NLHT- SA-1**
Thursday	Dr. Apeksha Panwar (Associate Professor) **LH**	Dr. Naresh Kumar (Professor) **LH**	Dr. Shalini (Assistant Professor) **NLHT**	Dr. Naveen Jasola (Associate Professor) **LH**	**LUNCH**	Dr. Ajit Kumar Verma (Professor) - **NLHT**
Friday	Dr. Kavya Kala (Associate Professor) **LH**	Dr. Pankaj Singh (Assistant Professor) -**LH**	Dr. Shalini (Assistant Professor)/ Dr. Deeksha Tiwari (Assistant Professor) **NLHT**	Dr. Naveen Jasola (Associate Professor) **LH**		Dr. Ajit Kumar Verma (Professor)/ Dr. Deeksha Tiwari (Assistant Professor)- **NLHT**
Saturday	Dr. Vidyarani Joshi (Associate Professor) **NLHT- (3rd & 4th week)** Dr. Kavya Kala (Associate Professor) **NLHT- (1st & 2nd week)**	Dr. Pankaj Singh (Assistant Professor) **NLHT**	Dr. Shalini (Assistant Professor)/ Dr. Deeksha Tiwari (Assistant Professor) **NLHT**	Dr. Naveen Jasola (Associate Professor) **NLHT**		Dr. Ajit Kumar Verma (Professor)/ Dr. Deeksha Tiwari (Assistant Professor)- **NLHT**

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

Kriya Sharir	**Monday, Tuesday, Wednesday**- Dr. Anoop. M/Dr. Vidayrani Joshi/Dr. Apeksha Panwar/Dr. Kavya Kala/Dr. Kalpana Negi
Rachana Sharir	**Thursday, Friday, Saturday-** Dr. G.S. Indoriya/Dr. Naresh Kumar/Dr. Pankaj Singh/Dr. Deepika/Dr. Vaishali Rani

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

(Dr. Apeksha Panwar)
Syllabus Coordinator

Himalayiya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2025 (Ist Prof.) w.e.f. 01-11-2025 (Revised Date- 01-10-2026)

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-1**		**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	**LUNCH**	Dr. Shalini (Assistant Professor) NLHT-SA-1
Thursday	Dr. Naveen Jasola (Associate Professor) NLH	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) NLH	Dr. Deepika (Assistant Professor) NLHT	Dr. Anoop M (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. Anoop M (Professor), Dr. Kavya Kala (Associate Professor)- **Friday**, Dr. Kalpana (Assistant Professor) - **Saturday**

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

(Dr. Apeksha Panwar)
Syllabus Coordinator

HIMALAYIYA AYURVEDIC (PG) MEDICAL COLLEGE & HOSPITAL

Time Table

Batch - BAMS 2024 (IIND PROF.) w.e.f. 08-09-2026 (Revised Date 01-11-2026)

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**	**Swasthvritta & Yoga**	
Monday	LH Dr. O.P. Bahukhandi (Associate Professor)	LH Dr. Prerna (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. O.P. Bahukhandi (Associate Professor)	NLH-T Dr. Prerna (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. Prerna (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.)	**Lunch**
Thursday	LH Dr. O.P. Bahukhandi (Associate Professor)	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)	Ist Week of Month (Monday to Friday), Saturday-Sports	Dr. O.P. Bahukhandi/Dr. Swati Bhandari
Swasthvritta (Practical)	IInd Week of Month (Monday, Tuesday, Wednesday, Thursday, Friday)	Dr. Nishant Rai Jain /Dr. Bhagya
Agad Tantra (Practical)/(Clinical)	IInd Week of Month (Saturday)	Dr. Satendra Pal / Dr. Prerna
Ras Shastra (Practical)	IIIrd 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 Swasthavritta 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

Dr. Satendra Pal
Syllabus Coordinator

Himalayan 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	Swasthvritta 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 (Assistnat 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 (Assistnat 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. Deeksha 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. Deeksha 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, Swasthvritta- 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**
Swasthvritta 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/Superintendent
Himalayan Ayurvedic Medical College
Satehpurtanda, Doiwala, Dehradun

(Dr. Kamini Kestwal)
Syllabus Coordinator

Himalayiya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2022-23 (IIIRD PROF.) w.e.f. 05-11-2026 (Second Term)

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)	**Shalya Tantra (LH/NLHT)** Dr. Varsha Kuriyal (Asst. Prof.)	**Shalakya Tantra (LH/NLHT)** Dr. Arti Panwar (Asst. Prof.)	**Panchakarma (LH/NLHT)** Dr. Arvind Kumar (Professor)- 02nd & 4th Week Dr. Sapna Singh (Asst. Prof.)-1st & 3rd Week	**LUNCH**	**1st & 2nd Week** **Kaumarbhritya (LH/NLHT)** Dr. Ashwarya Gaur (Asst. Prof.) **3rd & 4th Week** **Shalya Tantra** (LH/NLHT) Dr. Shishir Prasad (Professor)	**Kayachikitsa (LH/NLHT)** Dr. Sakshi Negi (Asso. Prof.)	**Samhita Adhyayan-3 LH/NLHT** Dr. Shalini (Asst. Professor)
Tuesday	**Shalya Tantra (NLHP)** Dr. Varsha Kuriyal (Asst. Professor)	**Shalakya Tantra (LH/NLHT)** Dr. Shushmita Sharma (Asso. Prof.)	**Kayachikitsa (LH/NLHT)** Dr. Pooja (Asst. Prof.)	**Shalya Tantra (LH/NLHT)** Dr. Shishir Prasad (Professor)	**LUNCH**	**Kaumarbhritya (LH/NLHT)** Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	**Stri Roga Evam Prasuti Tantra (LH/NLHT)** Dr. Sonali Jugran (Asst. Professor)/ Dr. Poonam Khot (Professor)	**Samhita Adhyayan-3 (LH/NLHT)** Dr. Ajit Kumar Verma (Professor)/Dr. Deeksha Tiwari (Asst. Prof.)
Wednesday	**Stri Roga Evam Prasuti Tantra (NLHP)** Dr. Poonam Khot (Professor) Dr. Sonali Jugran (Asst. Prof.) Dr. Anagha Govardhane (Asst. Prof.)	**Kayachikitsa (LH/NLHT)** Dr. Ravi Joshi (Professor)	**Shalakya Tantra (LH/NLHT)** Dr. Ankita (Asst. Prof.)	**Stri Roga Evam Prasuti Tantra (LH/NLHT)** Dr. Poonam Khot (Professor)	**LUNCH**	**Shalya Tantra (LH/NLHT)** Dr. Amit Kumar Gautam (Asst. Prof.)	**Research Methodolgoy** Dr. Pallavi- Ist Week Dr. Nidhi Garg- IInd Week Dr. Seema- Third Week Dr. Pooja- Fourth Week	**1st & 2nd Week** **Sports** **3rd & 4th Week- Library**
Thursday	**Shalakya Tantra (NLHP)** Dr. Shushmita Sharma (Asso. Prof.) Dr. Ankita (Asst. Prof.) Dr. Arti Panwar (Asst. Prof.)	**Panchakarma (LH/NLHT)** Dr. Roopali Barmola (Asst. Prof.)	**Kaumarbhritya (LH/NLHT)** Dr. Kritika Joshi (Asso. Professor)/ Dr. Ashwarya Gaur (Asst. Prof.)	**Kayachikitsa (LH/NLHT)** Dr. Pooja (Asst. Prof.)	**LUNCH**	**Research Methodolgoy** Dr. Anoop M (Professor)	**NLHP-1st Week- Stri Rog Prasuti Tantra** Dr. Poonam Khot (Prof.)/Dr. Sonali Jugran (Asst. Prof.)/Dr. Anagha (Asst. Prof.) **NLHP-2nd Week- Panchakarma** Dr. Shrimant Chavan (Professor) **NLHP-3rd & 4th Week-Shalakya Tantra** Dr. Arti Panwar (Asst. Prof.)/Dr. Ankita (Asst. Prof.)	
Friday	**Panchakarma (NLHP)** Dr. Arvind Gupta (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. Poonam Khot (Professor)/ Dr. Anagha Govardhane (Asst. Prof.)	**Panchakarma (LH/NLHT)** Dr. Shrimanta G. Chavan (Professor) Ist & IInd Week Dr. Akshay Verma (Asst. Prof.) Third Week Dr. Sapna Singh (Asst. Prof.) Fourth Week	**Kayachikitsa (LH/NLHT)** Dr. Sakshi Negi (Asso. Prof.)	**LUNCH**	**Research Methodolgoy** Dr. Bhagyalaxmi (Asst. Prof.)	**Shalya Tantra (NLHP)** Dr. Shishir Prasad (Professor)/ Dr. Amit Kumar Gautam (Asst. Prof.)/ Dr. Varsha (Asst Prof.)	
Saturday	**Kaumarbhritya (NLHP)** Dr. Kritika Joshi (Asso. Professor) Dr. Ashwarya Gaur (Asst. Prof.)	**Kaumarbhritya (LH/NLHT)** Dr. Ashwarya Gaur (Asst. Prof.)	**1st & 2nd Week** **Shalakya Tantra (LH/NLHT)** Dr. Arti Panwar (Asst. Prof.):- Ist Week Dr. Ankita (Asst. Prof.):- 2nd Week **3rd & 4th Week** **Panchakarma(LH/NLHT)** Dr. Akshay Verma (Asst. Prof.)	**Shalya Tantra (LH/NLHT)** Dr. Amit Kumar Gautam (Asst. Professor)	**LUNCH**	**Kayachikitsa (LH/NLHT)** Dr. Ravi Joshi (Professor)	**Kayachikitsa (NLHP)** Dr. Sakshi Negi (Asso. Prof.) Dr. Pooja (Asst. Prof.)	

(Prof. (Dr.) G. S. Indoriya)
Principal/Superintendent
Principal
Himalayiya Ayurvedic Medical College
Satshi Kutariya, Dehradun, Uttarakhand

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