

SHIVALIK INSTITUTE OF AYURVED AND RESEARCH

Jhajra, Dehradun

TIME TABLE

BAMS 1st Prof. (Batch-2025)

Session :- Dec 2025 To June 2027)

Commencement of Session :- 08.12.2025

TIME	SUBJECT	FACULTY	Theory LECTURE	NON - LECTURE	PRACTICAL
09:30 AM to 11:00 AM	Kriya Sharir (Physiology)	Dr. Shivi Saxena(1,3) Dr. Shubhangi Mishra (4,6)	Monday- Tuesday (Total Hrs.150)	Wednesday (Total Hrs.50)	Thursday - Saturday (Total Hrs.200)
	Total Teaching Hrs-400				
11:00 AM to 12:00 PM	Sanskrit & Ayurved Itihas	Mr. Rakesh Pant	Monday- Tuesday (Total Hrs.100)	Wednesday - Thursday (Total Hrs 140)	Friday - Practical (Total Hrs 60) Saturday- Sanskrit Club
	Total Teaching Hrs-300				
12:00 PM to 01:00 PM	Padarth Vigyaan	Dr. Arun Kumar	Monday- Tuesday (Total Hrs.90)	Wednesday - Friday (Total Hrs.140)	Saturday Library Visiting Hrs.
	Total Teaching Hrs-230				
01:00 PM to 01:30 PM	BREAK				
01 :30 PM to 03:00 PM	Rachna Sharir (Anatomy)	Dr. Akanksha Bhatt (1,3) Dr. Vaishali Devrani (4,6)	Monday- Tuesday (Total Hrs.180)	Wednesday (Total Hrs.80)	Thursday - Saturday (Total Hrs.240)
	Total Teaching Hrs-500				
03:00 PM to 04:00 PM	Samhita Adayayan-1	Dr. Pooja Basnal	Monday- Tuesday (Total Hrs.140)	Wednesday -Friday (Total Hrs.260)	Saturday Library Visiting Hrs.
	Total Teaching Hrs-400				

(Dr. Simran)

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TIME TABLE

BAMS 1st Prof. (Batch-2024)

Session :- Dec 2024 To June 2026)

Commencement of Session :- 05.12.2024

TIME	SUBJECT	FACULTY	Theory LECTURE	NON - LECTURE	PRACTICAL
09:30 AM to 10:30 AM	Samhita Adayayan 1	Dr. Pooja Basnal	Monday- Tuesday (Total Hrs.140)	Wednesday -Friday (Total Hrs.260)	Saturday Library Visiting Hrs.
	Total Teaching Hrs-400				
10:30 AM to 12:00 PM	Rachna Sharir (Anatomy)	Dr. Akanksha Bhatt (1,3) Dr. Vaishali Devrani (4,6)	Monday- Tuesday (Total Hrs.180)	Wednesday (Total Hrs.80)	Thursday - Saturday (Total Hrs.240)
	Total Teaching Hrs-500				
12:00 PM to 01:30 PM	Kriya Sharir (Physiology)	Dr. Shivi Saxena(1,3) Dr. Shubhangi Mishra(4,6)	Monday- Tuesday (Total Hrs.150)	Wednesday (Total Hrs.50)	Thursday - Saturday (Total Hrs.200)
	Total Teaching Hrs-400				
01:30 PM to 02:00 PM	BREAK				
02 :00 PM to 03:00 PM	Padarth Vigyaan	Dr. Arun Kumar	Monday- Tuesday (Total Hrs.90)	Wednesday - Friday (Total Hrs.140)	Saturday Library Visiting Hrs.
	Total Teaching Hrs-230				
03:00 PM to 04:00 PM	Sanskrit & Ayurved Itihas	Mr. Rakesh Pant	Monday- Tuesday (Total Hrs.100)	Wednesday -Thursday (Total Hrs 140)	Friday - Practical (Total Hrs 60) Saturday- Sanskrit Club
	Total Teaching Hrs-300				

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TIME TABLE

BAMS 2nd Prof. (Batch-2023)

Commencement of Session - 17. Sept. 2025

W.E.F:-

TIME	SUBJECT	FACULTY	Theory LECTURE	NON - LECTURE	PRACTICAL	Library
09:30 AM to 10:30 AM	Rasa Shastra Evam Bhaishjya Kalpana	Dr. Satendra Kumar (1-2) Dr. Urvashi Semwal (3-4)	Monday-Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 90)	Thursday - Saturday (Total Hrs.210)	-
	Total Teaching Hrs-450	Dr. Kanchan Sharma (5- 6)				
10:30 AM to 11:30 AM	Dravyaguna Vigyan	Dr. Pooja Nautiyal Dr. Aradhna Saklani	Monday-Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 75)	Thursday - Saturday (Total Hrs.175)	-
	Total Teaching Hrs-400	(1-6)				
11 :30 AM to 12:30 PM	Swasthvirritta & Yoga	Dr. Shalini Uniyal (4-6) Dr.Anjali Pant (1-3)	Monday-Tuesday (Total Hrs.150)	Wednesday (Total Hrs.75)	Thursday - Saturday (Total Hrs.175)	-
	Total Teaching Hrs-400					
12 :30 PM to 01:30 PM	Samhita Adhyayan-II	Dr.Pooja Basnal (1-6)	Monday-Tuesday (Total Hrs.100)	Wednesday-Thursday (Total Hrs.140)	-	Friday - Saturday
	Total Teaching Hrs-240					
01:30 PM to 02:00 PM	BREAK					
02 :00 PM to 03:00 PM	Agad Tantra Evam Vidhi Vaidhyak	Dr. Simran (1-6)	Monday-Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 90)	Thursday - Saturday (Total Hrs.210)	-
	Total Teaching Hrs-300					
03:00 PM to 04:00 PM	Rog Nidan Evam Vikriti Vigyan	Dr. Om Prakash Bahukhandi Dr. Deepika	Monday-Tuesday (Total Hrs.100)	Wednesday - (Total Hrs 60)	Thursday - Friday (Total Hrs.140)-	Saturday
	Total Teaching Hrs-450	(1,-6)				

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PRACTICAL TIME TABLE

BAMS 2nd Prof. (Batch-2023)

W.E.F :- 17.09.2025

Duration	Department	Faculty	Group-A	Group-B
17.09.2025 30.09.2025	Rog Nidan Evam Vikriti Vigyan	Dr. Om Prakash Bahukhandi Dr. Deepika	Rog Nidan Lab	Hospital Rog Nidan Lab
17.09.2025 30.09.2025	Dravyaguna Vigyan	Dr. Pooja Nautiyal Dr. Aradhna Saklani	Dravyaguna Mesuem	Dravyaguna Lab - Herbal Garden
17.09.2025 30.09.2025	Swasthvritta & Yoga	Dr. Shalini Uniyal Dr. Anjali Pant	Nutrician Lab - Swasthvritta Lab	Yoga & Meditation
17.09.2025 30.09.2025	Agad tantra Evam Vidhi Vaidhyak	Dr. Simran	Agad Tanra Lab	Agad Tantra Mesuem
17.09.2025 30.09.2025	Rasa shastra Evam Bhaishjya kalpna	Dr. Satendra Kumar Dr. Urvashi Semwal Dr. Kanchan Sharma	Rasa shstra Lab - Drug Testing Lab	Pharmacy

Note :- 1. After every 15 days group A & group B departmental rotation throug out the session.

2. Group A - Roll No. 1 to Roll No. 30 Group B - Roll no. 31 to Roll No. 60


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TIME TABLE

BAMS 2nd Prof. (Batch-2022)

Commencement of Session - 18. Nov.2024

TIME	SUBJECT	FACULTY	Theory LECTURE	NON - LECTURE	PRACTICAL	Library / Remedial
09:30 AM to 10:30 AM	Swasthviritta & Yoga	Dr. Shalini Uniyal(4-6)	Monday-Tuesday (Total Hrs.150)	Wednesday (Total Hrs.75)	Thursday - Saturday (Total Hrs.175)	-
	Total Teaching Hrs-400	Dr.Anjali Pant (1-3)				
10:30 AM to 11:30 AM	Samhita Adhyayan-II	Dr.Arun Kumar (1-6))	Monday- Tuesday (Total Hrs.100)	Wednesday-Thursday (Total Hrs.140)	-	Friday - Saturday
	Total Teaching Hrs-240					
11 :30 AM to 12:30 PM	Rog Nidan Evam Vikriti Vigyan	Dr. Om Prakash Bahukhandi	Monday- Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 90)	Thursday - Saturday (Total Hrs.210)	-
	Total Teaching Hrs-450	Dr. Deepika (1,-6)				
12 :30 PM to 01:30 PM	Rasa Shastra Evam Bhaishjya Kalpana	Dr. Satendra Kumar (1-2)	Monday- Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 90)	Thursday - Saturday (Total Hrs.210)	-
	Total Teaching Hrs-450	Dr. Urvashi Semwal (3-4) Dr. Kanchan Sharma (5- 6)				
01:30 PM to 02:00 PM	BREAK					
02 :00 PM to 03:00 PM	Dravyaguna Vigyan	Dr. Pooja Nautiyal	Monday-Tuesday (Total Hrs.150)	Wednesday - (Total Hrs. 75)	Thursday - Saturday (Total Hrs.175)	-
	Total Teaching Hrs-400	Dr. Aradhna Saklani (1-6)				
03:00 PM to 04:00 PM	Agad Tantra Evam Vidhi Vaidhyak	Dr. Simran (1-6)	Monday-Tuesday (Total Hrs.100)	Wednesday - (Total Hrs 60)	Thursday - Friday (Total Hrs.140)-	Saturday
	Total Teaching Hrs-300					

(Dr. Simran)
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PRACTICAL TIME TABLE

BAMS 2nd Prof. (Batch-2022)

Commencement of Session :- 18 November -2024

W.E.F :- 20.11.2024

Duration	Department	Faculty	Group-A	Group-B
20.11.2024 05.12.2024	Swasthviritta & Yoga	Dr. Shalini Uniyal Dr. Anjali Pant	Nutrician Lab - Swasthviritta Lab	Yoga & Meditation
20.11.2024 05.12.2024	Agad tantra Evam Vidhi Vaidhyak	Dr. Simran	Agad Tantra Lab	Agad Tantra Mesuem
20.11.2024 05.12.2024	Rasa shastra Evam Bhaishjya kalpna	Dr. Satendra Kumar Dr. Urvashi Semwal Dr. Kanchan Sharma	Rasa shstra Lab - Drug Testing Lab	Pharmacy
20.11.2024 05.12.2024	Rog Nidan Evam Vikriti Vigyan	Dr. Om Prakash Bahukhandi Dr. Deepika	Rog Nidan Lab	Hospital Rog Nidan Lab
20.11.2024 05.12.2024	Dravyaguna Vigyan	Dr. Pooja Nautiyal Dr. Aradhna Saklani	Dravyaguna Mesuem	Dravyaguna Lab - Herbal Garden

- Note :- 1. After every 15 days group A & group B departmental rotation throught out the session.
2. Group A - Roll No. 1 to Roll No. 25 Group B - Roll no. 26 to Roll No. 50

(Dr. Simran)

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TIME TABLE

BAMS BATCH - 2021 (Third Prof.)

Commencement of Session:- 21/06/2025

W.E.F - 01-03-2026

TIME	SUBJECT	FACULTY
09:00 AM To 10 :00 AM	Samhita Adhayayan -03	Dr. Arun Kumar (1-6)
10:00 AM To 11:00 AM	Clinical Posting (By Rotation)	
11:00 AM To 12:00 NOON	Kayachiktsa	Dr. Sanandan Thapliyal (5) DR. Shadab Khan (3,4) Dr. Tarnnum (1,2,6)
12:00 PM To 12:50 PM	Prasuti Tantra Evam Stri Rog	Dr. Archana Kamble (5,6) Dr. Bushra (1-4)
12: 50 PM To 01 :40 PM	Panchkarma & Upkarma (1-3) Kaumarbhritya (4-6)	Dr. Suneel Pal (1) Dr. Yogesh Kumar (2) Dr. Ravi dutt (3) Dr. Savitri (4-6)
01:40 PM To 02:10 PM	Lunch Break	
02 :10 PM to 03 :00 PM	Shalya Tantra (1-5) Research Meethodology (6)	Dr. Amita Cahuhan (1) Dr. Rakesh Singh (2-3) Dr. Pooja Bisht (4-5) Mr. Deepak Rawat (6)
3 :00 PM to 04 :00 PM	Shalakya Tantra(1-5) Emergency (6)	Dr. Anchal Pathak Dr. Sushma Yadav (1-5) Dr. Tarnnum (6)


Dr. Simran
Principal