

GURU NANAK AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE, GOPALPUR (Ldh)

TIME TABLE OF BAMS Ist Prof NEW, BATCH: 2025-26 W.E.F 01.09.2026

09:00 - 10:00	10:00-11:00	11:00--12:00	12:00-1:00	1:00-1:40	1:40-2:40	2:40--4:00
<u>PADARTH VIGYAN</u>	<u>KRIYA SHARIR</u>	<u>RACHNA SHARIR</u>	<u>SANSKRIT EVUM -AI</u>	<u>LUNCH</u>	<u>SAMHITTA ADHYAYAN-1</u>	<u>RACHNA SHARIR</u>
1--2 (LH)	1--3(LH)	1--4 (LH)	1--2 (LH)		1--3(LH)	GROUP-A 1--3 (NLP)
3(NLH)	4 (NLH)	5--6(NLH)	3--5 (NLH)		4--6 (NLH)	GROUP-B 4--6 (NLP)
Dr.Pranay (L)	Dr. Ashwani Sharda (P) Dr. Rakesh Thamman(P)	Dr.Dimple	6 (NLP)			Dr. Dimple (R)
4--5 (NLH)	Dr. Ashwani	Dr. Sandeep (L)	Dr.Sandesh Kumar (P)		Dr.Niharika (R)	Dr.Sandeep (L)
Dr. Niharika (R)	<u>SAMHITTA ADHYAYAN</u> 5--6 (NL)		Dr. Shalini (L)			<u>KRIYA SHARIR</u>
	Dr.Jyoti Sharda (P)				Dr. Pranay (L)	1--6
	Dr. Ashwani Kumar				Dr. Shalini Pathania	GROUP-A 4--6 (NLP)
						GROUP-B 1--3 (NLP)
						Dr. Ashwani (L)

Library 9:00 to 10:00 Saturday (Dr.Arshpreet)

Physical Education 11:00 to 12:00 4th Saturday (Dr. Dimple)

Extra Criculum 1:40 to 02:40 3rd Wednesday (Dr. Pranay)

M. Shama
PRINCIPAL
GNAMC, GOPALPUR

GURU NANAK AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE, GOPALPUR (Ldh)

TIME TABLE OF BAMS IInd PROF, BATCH: 2024-25 W.E.F 01.09.2026

9:00 -- 10:00	10:00 -- 10:50	10:50--11:30	11:30--12:10	12:10--12:50	12:50--1:30	1:30--2:00	2:00--3:10	3:10--4:00
<u>DRAVYA</u> <u>GUNA</u> GROUP-A 1--3 (NLPH) GROUP-B 4 -- 6(NLHP) Dr.Ashwani Upadhye (P) Dr.kaliash Rana (L) <u>SWASTH</u> <u>VRITTA</u> GROUP-B 1--3 (NLP) Dr. Prashant (P) Dr.Pooja (L) GROUP-A 4--6, (NLP) Dr.Ankita (L)	<u>AGAD</u> <u>TANTRA</u> 1--2 (LH) 3(NLH) Dr. Jaram Singh (P) <u>CHARAK</u> 4--5 (LH) Dr.Niharika ®	<u>DRAVYA</u> <u>GUNA</u> 1--3(LH) Dr.Ashwani Upadhye (P) 4 (L) 5--6 (NL) Dr Kailash Rana (L)	<u>RAS</u> <u>SHAstra</u> 1--3(LH) Dr.Gursharan ® 4 (LH) 5--6 (NLH) Dr. Sahil Pathania (L)	<u>ROG NIDAN</u> 1--4 (LH) 5--6 (NLH) Dr.Manisha sharma (P) Dr.Sameer (L)	<u>SWASTH</u> <u>VRITTA</u> 1--3(LH) Dr.Pooja (L) 4 (LH) 5--6 (NLH) Dr. Prashant (P) Dr.Ankita (L)	<u>BREAK</u>	<u>ROG NIDAN</u> GROUP-A 1--3 (NLHP) GROUP-B 4--6 (NLHP) Dr.Sameer (L) <u>RAS</u> <u>SHAstra</u> GROUP-B 1--3 (NLHP) GROUP-A 4--6 (NLHP) Dr.Gursharan ® Dr.Sahil Pathania (L)	<u>AGAD</u> <u>TANTRA</u> 1--3 (NLhP) Dr.Jaram (P) <u>CHARAK</u> 4--6 (NL) Dr.Pranay (L)

Library 12:10 to 12:50 4th Saturday (Dr.Sameer)

Physical Education 10:50 to 11:30 third Friday (Dr. Kailash Rana))

Extra Criculum 11:30 to 12:10 4th Friday (Dr. Sahil Pathania)

Mamta Sharma
PRINCIPAL
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GURU NANAK AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE, GOPALPUR (Ldh)

TIME TABLE OF BAMS IInd PROF, BATCH: 2023-24W.E.F 01.09.2026

9:00 -- 10:10	10:10 -- 10:50	10:50--11:30	11:30--12:10	12:10--1:00	1:00-- 1:40	1:40--2:20	2:20--3:00	3:00--4:00
<u>ROG NIDAN</u> 1--3 (NLHP) Dr.Sameer (L) Dr. Iqbal Singh (L)	<u>CHARAK</u> 1--3 (LH) Dr. Jyoti Sharda (P) Dr.Pranay (L) <u>RAS SHAstra</u> 4--6 (LH) Dr.Gursharan (®)	<u>ROG NIDAN</u> 1--4 (LH) 5--6 (NLH) Dr.Manisha Sharma (P) Dr.Sameer (L)	<u>SWASTH VRITTA</u> 1--3 (LH) Dr.Pooja (L) 4 (LH) 5--6 (NLH) Dr. Prashant (P) Dr.Ankita (L)	<u>AGAD TANTRA</u> 1--3 (NLHP) Dr. Jaram Singh (P) <u>CHARAK</u> 4--6 (NLH) Dr. Niharika (P) Dr.Pranay (L)	<u>LUNCH</u>	<u>DRAVYA GUNA</u> 1--3(LH) 4 (LH) 5--6 (NLH) Dr. Ashwani Upadhyaya (P) Dr. Kaliash Rana(L)	<u>RAS SHAstra</u> 1(LH) 2--3(NLH) Dr. Sahil Pathania (L) <u>AGAD TANTRA</u> 4--5 (LH) 6 (NLH) Dr.Jaram (P)	<u>DRAVYA GUNA</u> 1--3 (NLHP) Dr. Ashwani Upadhyaya (P) Dr. Kaliash Rana (L) <u>SWASTH VRITTA</u> 4--6 (NLHP) Dr.Pooja (L) Dr.Ankita (L)
<u>RAS SHAstra</u> GROUP-A 4--6 (NLHP) Dr. Sahil Pathania								

Library 10:10 to 10:50 3rd Wednesday (Dr.Pranay)

Physical Education 1:40 to 2:20 4th Saturday (Dr. Kailash Rana)

Extra Criculum 11:30 to 12:10 3rd Friday (Dr.Ankita)

Mamta Shree
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GURU NANAK AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE, GOPALPUR (Ldh)

TIME TABLE OF BAMS IIIrd PROF , BATCH: 2022-23 W.E.F 01.09.2026

9:00--9:50	9:50--10:40	10:40--11:30	11:30--12:20	12.20--1:10	1:10--1:20	1:20-2:00	2:00 - 2:50	2:50--4:00
<u>SHALAYA</u> <u>TANTRA</u>	<u>PANCHKARM</u> <u>A</u>	<u>SHALAKYA</u> <u>TANTRA</u>	<u>PRASUTI</u> <u>TANTRA</u>	<u>SHALAYA</u> <u>TANTRA</u>	<u>BREAK</u>	<u>KAUMARBHR</u> <u>ITYA</u>	<u>PANCHKARM</u> <u>A</u>	<u>KAYACHIKITS</u> <u>A</u>
Clinical Posting (NLHP)								
1-3 (LH) Dr.Manpreet (R) <u>KAYACHIKITS</u> <u>A</u>	1--2 (LH) 3 (NLH) Dr Sakshi (L) Dr.Shalini (L) <u>SAMHITA</u> <u>ADHYAYAN</u>	1--2 (LH) Dr. Elsy (P) <u>KAUMARBHR</u> <u>ITYA</u>	1--2 (LH) 3-4 (NLH) Dr. Arshpreet (P) <u>PANCHKARMA</u>	1--2 (NLH) Dr. Kiranpreet (L) <u>SHALAKYA</u> <u>TANTRA</u>		1--3 (A) 4--6 (B) Dr Sahil Kumar (L) <u>PRASUTI</u> <u>TANTRA</u>	1-3 (B) 4--6(A) Dr.Priyadarshni (R) Dr.Shalini (L) Dr.Rishab(L)	1--3 (A) 4--6 (B) Dr Mohit (L) Dr Shalini (L)
4-5 (LH) Dr.Gauhar (P) <u>EMERGENCY</u>	4(LH) 5--6 (NLH) Dr.Pranay (L)	3--4 (LH) 5--6 (NLH) Dr Akhileshwar (P) Dr Sahil Kumar (L)	5 (NLH) Dr.Shalini (L) <u>SHALAKYA</u> <u>TANTRA</u>	3 (NLH) Dr Nivedita (L) <u>KAYACHIKIT</u> <u>SA</u>		1-3 (B) 4--6(A) Dr Akshita (L)	1--3 (A) 4--6 (B) Dr . Manisha (L) Dr Nivedita (L)	1--3 (B) 4--6 (A) Dr. Kiranpreet (L) Dr Nikhil (L)
6 (NLP) Dr. Shalini (L)			6 (NLH) Dr Manisha (L)	6 (LH) Dr Nidhi (R) Dr Shalini (L)				

Library 11:30 to 12:20 2nd Wednesday (Dr.Arshpreet)
Physical Education 12:20 to 01:10 3rd Friday (Dr. Shalini)
Extra Criculum 09:50 to 10:40 4th Saturday (Dr. Pranay)

M. Manisha Chandra
PRINCIPAL
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GURU NANAK AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE, GOPALPUR (Ldh)

TIME TABLE OF BAMS IIIrd PROF, BATCH: 2021-22 W.E.F 01.09.2026

9:00 -- 09.50	9.50--10.40	10:40--11:30	11.30-12:20	12:20--1:10	1:10--1:20	01:20-2:30	2.30--3.10	3:10--4:00
<u>SHALAKYA TANTRA</u>	<u>SHALAYA TANTRA</u>	<u>KAYA CHIKITSA</u>	<u>PANCH KARMA</u>	<u>PANCH KARMA</u>	Clinical Posting (NLHP)		<u>PRASUTI TANTRA</u>	<u>SAMHITA ADHYAYAYN</u>
1--2(LH)	1--3 (LH)	1--2(NLH)	1--2 (LH) 3 (NLH)	1--3	<u>BREAK</u>	1--3	1--3	1--2(NLH)
Dr. Nivedita (L)	Dr. Manpreet (R)	Dr Mohit (L)	Dr Sakshi (L)	Dr Sakshi (L) Dr. Shalini(L)		Dr. Kiranpreet (L)	Dr Akshita (L)	Dr Pranay (L)
<u>KUMAR BHRITYA</u>	<u>KAYA CHIKITSA</u>	<u>SHALAKYA TANTRA</u>	4(NLH)	Dr. Rishabh (L)		Dr Nikhil (L)		<u>PRASUTI TANTRA</u>
3--4 (LH)	4--6 (LH)	3--4 (NLH)	Dr. Shalini (L)	<u>SHALAKYA TANTRA</u>		<u>KAYA CHIKITSA</u>	<u>KUMAR BHRITYA</u>	3--4 (LH)
5--6 (NLH)	Dr.Gauhar (P)	Dr Manisha (L)	<u>SAMHITA ADHYAYAYN</u>	4--6		4--6	4--6	5--6 (NLH)
Dr. Akhileshwer (P)	Dr. Nidhi (R)	Dr Nivedita (L)	5 (LH)	Dr Elsy (P)		Dr. Nidhi (R)	Dr. Akhileshwer (P)	Dr.Arshpreet Kaur (P)
Dr.Sahil Kumar (L)		<u>SHALAYA TANTRA</u>	Dr Niharika (R)	Dr Manisha (L)				
		5--6 (NLH)	<u>EMERGENCY</u>					
		Dr Nikhil (L)	6 (NLP)					
			Dr. Shalini (L)					

Extra Criculum 10:40 to 11:30 3rd Saturday (Dr. Nikhil)

Library 03:10 to 04:00 4th Saturday (Dr.Arshpreet Kaur)

Physical Education 10:40 to 11:30 third Wednesday (Dr.Nivedita)

Mamta Sharma
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