

QUADRA INSTITUTE OF AYURVEDA ROORKEE

BAMS FIRST YEAR TIME TABLE (2021-26) BATCH w.e.f May 2022

Days/Time	09:00am to 10:00am	10:00am to 11:00am	11:00am to 12:00pm	12:00pm to 01:00pm	01:00pm to 02:00pm	02:00pm to 04:00pm
Monday	Kriya Sharir (L) Dr. Ashish	Rachna Sharir (L) Dr. Ankit	Sanskrit (L) Dr. Saroj	Samhita Adhyayan-I (L) Dr. R Jain	Lunch	Practical Rachna Sharir, Kriya Sharir 04 days (Rotation)
Tuesday	Kriya Sharir (L) Dr. Ashish	Rachna Sharir (L) Dr. Payal	Sanskrit (NL) Dr. Saroj	Samhita Adhyayan-I (L) Dr. Neha		
Wednesday	Kriya Sharir (L) Dr. Ashish	Rachna Sharir (L) Dr. Payal	Sanskrit (NL) Dr. Saroj	Samhita Adhyayan-I (L) Dr. Neha		
Thursday	Sanskrit (L) Dr. Saroj	Padarth Vigyan (L) Dr. Neha	Sanskrit (NL) Dr. Saroj	Samhita Adhyayan-I (NL) Dr. Neha		
Friday	Samhita Adhyayan-I (NL) Dr. R Jain	Padarth Vigyan (L) Dr. Neha	Rachna Sharir (L) Dr. Jitendra	Padarth Vigyan (NL) Dr. Neha	Physical Education/Library (Batch wise rotation)	
Saturday	Samhita Adhyayan-I (NL) Dr. Neha	Padarth Vigyan(NL) Dr. Neha	Sanskrit (NL) Dr. Saroj	Padarth Vigyan (NL) Dr. R Jain		Cultural activities

L= Lecture, NL= Non Lecture

QUADRA INSTITUTE OF AYURVEDA - ROORKEE

BAMS FIRST YEAR TIME TABLE BATCH 2020-2025 (NEW) w.e.f - February 2022

DAYS/TIME	9 Am to 10 Am	10 Am to 11 Am	11 Am to 12 Pm	12 Pm to 1 Pm	1 Pm to 2 Pm	2.00 Pm to 4.00 Pm
MONDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Ankit Tyagi	Ay. Ka Itihas Dr. Saroj Pandey	Ashtang Hridayam (Practical) Dr. Neha	L U N C H	Practicals of Kria Sharir and Rachna Sharir on Rotation Basis
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Ankit Tyagi	Ay. Ka Itihas Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
TUESDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
WEDNESDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
THURSDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Payal	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
FRIDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Jitendra Sharma	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Jitendra Sharma	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
SATURDAY	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Jitendra Sharma	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		
	Kriya Sharir Theory Dr. Asheesh	Rachna Sharir Theory Dr. Jitendra Sharma	Sanskrit Dr. Saroj Pandey	Ashtang Hridayam Dr. Neha		

QUADRA INSTITUTE OF AYURVEDA ROORKEE.
BAMS SECOND YEAR (NEW) TIME TABLE (2019-2024) BATCH w.e.f - February 2022

DAYS/TIME	9.00 to 10 Am	10 Am to 11 Am	11 Am to 12 Pm	12 Pm to 1 Pm	1.00 Pm to 2 Pm	2.00 to 4 Pm
MONDAY	Dravyaguna (Theory) Dr Ekta Naithani	RSBK Dr G. K. Sharma	Rog Nidan Theory Dr Mayank	LUNCH	Charak (P) Dr R Jain	Practicals of Dravyaguna, Ras Shashtra and Rog Nidan on Rotation Basis
	Dravyaguna (Theory) Dr Ekta Naithani	RSBK Dr G. K. Sharma	Rog Nidan Theory Dr Mayank		Charak (P) Dr R Jain	
WEDNESDAY	Dravyaguna (Theory) Dr Ekta Naithani	RSBK Dr G. K. Sharma	Rog Nidan Theory Dr Mayank	Charak (P) Dr R Jain		
THURSDAY	Dravyaguna (Theory) Dr Ekta Naithani	RSBK Dr Deepika	Rog Nidan Theory Dr Mayank	Charak (P) Dr Neha		
	Dravyaguna (Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Mayank	Charak (P) Dr Neha		
FRIDAY	Dravyaguna (Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Mayank	Charak (P) Dr Neha		
	Dravyaguna (Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Mayank	Charak (P) Dr Neha		
SATURDAY	Dravyaguna (Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Mayank			

QUADRA INSTITUTE OF AYURVEDA ROORKEE.
BAMS 3rd YEAR BATCH (2018-2023)
w.e.f – February 2022

DAYS/TIME	9.00 Am to 10:00 Am	10:00 Am - 12.00 PM	12.00PM - 1.00PM	1.0 Pm-2.00 Pm	2.00 Pm to 3.00 Pm	3.00 Pm to 4.00 Pm
MONDAY	Agad (Theory) Dr S. Prabhakar	Tantra	Prasuti - Sri Rog Dr Monika		Dr Saurabh Swasth Vritta	Charrak (U) Dr Neha
TUESDAY	Agad (Theory) Dr S. Prabhakar	Tantra	Prasuti - Sri Rog Dr Monika		Dr Saurabh Swasth Vritta	Charrak (U) Dr Neha
WEDNESDAY	Agad (Theory) Dr S. Prabhakar	Tantra	Prasuti - Sri Rog Dr Monika		Dr Saurabh Swasth Vritta	Bal Rog (Theory) Dr Anurita
THURSDAY	Agad (Theory) Dr Gargi	Tantra	Prasuti - Sri Rog Dr Preci		Dr Suruchi Swasth Vritta	Bal Rog (Theory) Dr Deepali
FRIDAY	Agad (Theory) Dr Gargi	Tantra	Prasuti - Sri Rog Dr Preci		Dr Suruchi Swasth Vritta	Bal Rog (Theory) Dr Sujata
SATURDAY	Charrak (U) Dr. R. Jain	PRASUTI TANTRA	Prasuti - Sri Rog Dr Preci		Dr Suruchi Swasth Vritta	Bal Rog (Theory) Dr Sujata

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NOTE- It is compulsory for All students to follow the rules as declared by central Govt/ State Govt/ Univ etc like social distancing, submission of Negative Covid

ROORKEE-247 667 (U.K.)

QUADRA INSTITUTE OF AYURVEDA ROORKEE.

BAMS 4th YEAR TIME TABLE BATCH 2017 w.e.f - February 2022

DAYS/TIME	9.00-12.00 pm	12.00-01.00 am	01.00-02.00 Pm	02.00-03.00 pm	03.00-04.00 pm
MONDAY	Clinical Lab Kayachikitsa, Shalya, Shalakyaa, Panchkarma One Week Rotation Basis Batches A-01 to 15 B- 16 to 30 C- 31 to 45 D- 46 to59	Kaya Chikitsa Theory DR Vishal	Shalakyaa Theory Dr Yogesh Sisodiya	LUNCH	Shalya Tantra Dr Bhoorni
TUESDAY		Kaya Chikitsa Theory DR Vishal	Shalakyaa Theory Dr Yogesh Sisodiya		Shalya Tantra DR Bhoorni
WEDNESDAY		Kaya Chikitsa Theory DR Rashmi	Shalakyaa Theory Dr Sarvesh		Research methodology & Biostatistics
THURSDAY		Kaya Chikitsa Theory DR Rajnikant	Shalakyaa Theory Dr Sarvesh		Panch Karma Theory Dr Shreyasi
FRIDAY		Kaya Chikitsa Theory Dr Charu	Panch Karma Theory Dr Roopali		Shalya Tantra Dr Saurabh
SATURDAY		Kaya Chikitsa Theory Dr Charu	Panch Karma Theory DR Roopali		Shalya Tantra DR Saurabh

NOTE- It is compulsory for All students to follow the rules as declared by central Govt/ State Govt/ Univ etc like social Distancing, Submission of Negative Covid Test Report and sanitization etc.