

## QUADRA INSTITUTE OF AYURVEDA ROORKEE

BAMS FIRST YEAR TIME TABLE (2022-27) BATCH w.e.f April 2023

Days/Time	10:00am to 11:00am	11:00am to 12:00pm	12:00pm to 01:00pm	01:00pm to 02:00pm	02:00pm - 04:00pm
Monday	Sanskrit (L) Dr. Triveni Shastri	Samhita Adhyayan-I (L) Dr. Neha	Rachna Sharir (L) Dr. Ankit	Padarth Vigyan (L) Dr. Vipul Singh	Practical Rachna Sharir, Kriya Sharir 04 days (Rotation)
	Sanskrit (NL) Dr. Triveni Shastri	Samhita Adhyayan-I (L) Dr. Neha	Rachna Sharir (L) Dr. Aman gupta	Padarth Vigyan (NL) Dr. Vipul Singh	
Wednesday	Sanskrit (NL) Dr. Triveni Shastri	Samhita Adhyayan-I (NL) Dr. Neha	Rachna Sharir (L) Dr. Payal	Kriya Sharir (L) Dr. Vidyarani Joshi	
Thursday	Sanskrit (L) Dr. Triveni Shastri	Samhita Adhyayan-I (NL) Dr. Neha	Rachna Sharir (L) Dr. Jitendra	Padarth Vigyan (NL) Dr. Vipul Singh	
Friday	Sanskrit (NL) Dr. Triveni Shastri	Padarth Vigyan (L) Dr. Vipul Singh	Samhita Adhyayan-I (L) Dr. Neha	Kriya Sharir (L) Dr. Ashish	Physical Education/Library (Batch wise rotation)
Saturday	Sanskrit (NL) Dr. Triveni Shastri	Kriya Sharir (L) Dr. Vidyarani Joshi	Padarth Vigyan (NL) Dr. Vipul Singh	Samhita Adhyayan-I (NL) Dr. Neha	Cultural activities

L= Lecture, NL= Non Lecture

BAMS FIRST YEAR TIME TABLE (2021-26) BATCH w.e.f April 2023

Days/Time	10:00am to 11:00am	11:00am to 12:00am	12:00am to 01:00pm	01:00pm to 01:30pm	01:30pm to 02:30pm	02:30pm to 04:00pm
Monday	Padarth Vigyan (NL) Dr. Vipul Singh	Rachna Sharir (L) Dr. Ankit	Samhita Adhyayan-I (L) Dr. Neha	Lunch	Sanskrit (L) Dr. Triveni Shastri	Practical Rachna Sharir, Kriya Sharir
Tuesday	Padarth Vigyan (NL) Dr. Vipul Singh	Rachna Sharir (L) Dr. Ankit Tyagi/ Dr. Aman Gupta	Samhita Adhyayan-I (L) Dr. Neha		Sanskrit (NL) Dr. Triveni Shastri	04 days (Rotation)
Wednesday	Kriya Sharir (L) Dr. Vidyarani Joshi	Rachna Sharir (L) Dr. Payal	Samhita Adhyayan-I (NL) Dr. Neha		Sanskrit (NL) Dr. Triveni Shastri	
Thursday	Rachna Sharir (L) Dr. Jitendra	Padarth Vigyan (L) Dr. Vipul Singh	Samhita Adhyayan-I (NL) Dr. Neha		Sanskrit (NL) Dr. Triveni Shastri	
Friday	Samhita Adhyayan-I (NL) Dr. Neha	Kriya Sharir (L) Dr. Ashish	Sanskrit (NL) Dr. Triveni Shastri	Padarth Vigyan (L) Dr. Vipul Singh	Physical Education/Library (Batch wise rotation)	
Saturday	Padarth Vigyan (NL) Dr. Vipul Singh	Samhita Adhyayan-I (L) Dr. Neha	Sanskrit (NL) Dr. Triveni Shastri	Kriya Sharir (L) Dr. Vidyarani Joshi	Cultural activities	

L= Lecture, NL= Non Lecture

**QUADRA INSTITUTE OF AYURVEDA ROORKEE.**  
**BAMS SECOND YEAR (NEW) TIME TABLE (2020-2025) BATCH w.e.f - April 2023**

DAY/TIME	10.00 to 11 Am	11 Am to 12 pm	12 pm to 01 Pm	1.00 Pm to 2.00 Pm	2.00 to 4.00Pm
<b>MONDAY</b>	Dravyaguna ( Theory) Dr Pooja Bhandari	RSBK Dr G. K. Sharma	Charak ( P ) Dr Vipul Singh	Rog Nidan Theory Dr Mayank	Practicals of Dravyaguna, Ras Shastrn and Rog Nidan on Rotation Basis
<b>TUESDAY</b>	Dravyaguna ( Theory) Dr Pooja Bhandari	RSBK Dr G. K. Sharma	Charak ( P ) Dr Vipul Singh	Rog Nidan Theory Dr Mayank	
<b>WEDNESDAY</b>	Dravyaguna ( Theory) Dr Pooja Bhandari	RSBK Dr G. K. Sharma	Rog Nidan Theory Dr Mayank	Charak ( P ) Dr Vipul Singh	
<b>THURSDAY</b>	Dravyaguna ( Theory) Dr Pooja Bhandari	RSBK Dr Deepika	Rog Nidan Theory Dr Himadri	Charak ( P ) Dr Vipul Singh	
<b>FRIDAY</b>	Dravyaguna ( Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Himadri	Dravyaguna ( Theory ) Dr Pradeep Kumar	
<b>SATURDAY</b>	Dravyaguna ( Theory) Dr Pradeep Kumar	RSBK Dr Deepika	Rog Nidan Theory Dr Himadri	Charak ( P ) Dr Rishabh Jain	

**QUADRA INSTITUTE OF AYURVEDA ROORKEE.**  
**BAMS 3rd YEAR BATCH (2019-2024)**  
 w.e.f - April 2023

DAYS/TIME	10:00 Am to 11:00 Am	11:00 Am - 1.00 PM	1.00PM -2.00PM	2.00 Pm to 3.00 Pm	3.00 Pm to 4.00 Pm
MONDAY	Bal Rog ( Theory) Dr Deepali	PRACTICALS ON THE BASIS OF ROTATION	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Charak ( U) Dr Neha
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Charak ( U) Dr Neha
TUESDAY	Bal Rog ( Theory) Dr Deepali	PRACTICALS ON THE BASIS OF ROTATION	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Charak ( U) Dr Neha
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Charak ( U) Dr Neha
WEDNESDAY	Agad Tantra ( Theory) Dr S. Prabhakar	Swasth Vritta	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Monica	Bal Rog ( Theory) Dr Anurita
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Bal Rog ( Theory) Dr Anurita
THURSDAY	Agad Tantra ( Theory) Dr S. Prabhakar	Bal Rog	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Bal Rog ( Theory) Dr Anurita
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Bal Rog ( Theory) Dr Anurita
FRIDAY	Bal Rog ( Theory) Dr Deepali	AGAD TANTRA	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Agad Tantra ( Theory) Dr Aditi Yadav
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Agad Tantra ( Theory) Dr Aditi Yadav
SATURDAY	Charak ( U) Dr. Neha	PRASUTI TANTRA	Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Agad Tantra ( Theory) Dr Aditi Yadav
			Swasth Vritta Dr Saurabh	Prasuti - Sri Rog Dr Preeti	Agad Tantra ( Theory) Dr Aditi Yadav

**INSTITUTE OF AYURVEDA ROORKEE.**

**BAMS 4th YEAR TIME TABLE BATCH 2018 w.e.f – April 2023**

DAYS/TIME	10.00 am -12.00 pm	12.00-1.00 pm	1.00-02.00 pm	02.00-03.00 Pm	03.00-04.00 pm
<b>MONDAY</b>	Clinical Lab Kayachikitsa, Shalya, Shalakyā, Panchkarma One Week Rotation Basis Batches A-01 to 15 B- 16 to 30 C- 31 to 45 D- 46 to 59	Shalya Tantra Dr Garima	Panchkarma Theory Dr. Shreyasi	Kaya Chikitsa Theory Dr. Arpita/Dr. Charu	Panchkarma Theory Dr. Atul Joshi
<b>TUESDAY</b>		Shalya Tantra Dr Garima	Kaya Chikitsa Theory Dr Charu	Shalakyā Theory Dr Yogesh Sisodiya	Panchkarma Theory Dr. Atul Joshi
<b>WEDNESDAY</b>		Shalya Tantra Dr. Garima/Dr. Ankit Kumar	Kaya Chikitsa Theory Dr. Piyush Kapil	Shalakyā Theory Dr Sarvesh	Research methodology & Biostatistics Dr. Saurabh (Swasthavritta)
<b>THURSDAY</b>		Shalya Tantra Prof. Saurabh Kumar	Kaya Chikitsa Theory Dr. Piyush kapil	Shalakyā Theory Dr Yogesh Sisodiya	Kaya Chikitsa Theory Dr. Samiksha
<b>FRIDAY</b>		Shalya Tantra Dr Bhoorni Soni	Kaya Chikitsa Theory Dr Rajnikant	Shalakyā Theory Dr Yogesh Sisodiya	Panchkarma Theory Dr. Atul Joshi
<b>SATURDAY</b>		Shalya Tantra Dr Bhoorni Soni	Panchkarma Theory Dr Shreyasi	Shalakyā Theory Dr Yogesh Sisodiya	Kaya Chikitsa Theory Dr. Samiksha