

GURU NANAK AYURVEDIC MEDICAL COLLEGE & HOSPITAL SRI MUKTSAR SAHIB
3rd Prof.(Sr) (Batch 2021-22) TIME TABLE

W.E.F. 16.03.2026

Days	08:30 to 10:00	10:00 to 10:40	10:40 to 11:20	11:20 to 12:00	12:00 to 12:40	12:40 to 01:20	01:20 to 2:00	02:00 to 02:40	02:40 to 04:00
	Practical –I (NLHP)	Prasuti Tantra	S.A.3	Shalya Tantra	Kaya Chikitsa & E.M.	LUNCH BREAK	Panch Karma	Shalakyta Tantra	Practical –II (NLHP)
	Group A= 01-18 B = 19-36 C = 37-54	Dr. Jyoti Suman (Reader) Dr. Varun Behl (Prof.) Dr. Anshu(Lect) (1-2)	Dr. Rajni Sharma (Reader) (1-4)	Dr. Shivam (Lecturer) Dr. Deepanshu (Professor) (1-6)	Dr.K.K.Panwar (Professor) Dr. Vishal Dutt (Reader) Dr. Shivani (Lecturer) (1-5)		Dr. Daljeet (Lecturer) Dr. Pritpal Singh (Reader) Dr. Parmod (Lecturer) (1-5)	Dr. Anuj Kumar Singh (Lecturer) Dr. Sourabh Sethi (Reader) (1-6)	Group A= 01-18 B = 19-36 C = 37-54
	SHK A-(1-2) B-(3-4) C-(5-6)	Kaumar Bhritya	Prasuti Tantra		EM		RMMS	EM	PTSR A-(1-2) B-(3-4) C-(5-6)
	KC & EM B-(1-2) C-(3-4) A-(5-6)	Dr N. P. Lal (Prof.) Dr. Aakriti (Reader) (3-6)	Dr. Jyoti Suman (Reader) Dr. Varun Behl (Prof.) Dr. Ansh (Lect.) (5-6)		(6)		Dr. Rajan Goyal (Reader) Dr. Rajni Dabi (Lect) M.s Amanpreet Kaur (6)	(6)	SHL B-(1-2) C-(3-4) A-(5-6)
Mon		PTSR LH	NLHT	LH	LH		LH	LH	KB C-(1-2) A-(3-4) B-(5-6)
Tue	PK C-(1-2)	PTSR LH	NLHT	LH	LH		NLHT	LH	
Wed	A-(3-4) B-(5-6)	LH	NLHT	NLHT	NLHT		LH	NLHT	
Thu		LH	LH	LH	LH		LH	LH	
Fri		NLHT	PTSR NLHT	NLHT	NLHT		NLHT	LH	
Sat		LH	PTSR LH	LH	EM NLHT & NLHP		RMMS LH & NLHT	NLHT	

Copy to :

- 1.HOD (All Departments)
- 2.Hostel Warden
- 3.Notice Board

Note:- 4:00 to 5:00 PM will be clinical duty/departmental hours.

In case, if anyone cannot take their classes, prior information should be given to Principal.

Any type of Mutual/ Exchange of class should be with consent of Principal.

Yoga /Physical education every Saturday 7:00 AM to 8:00 AM is compulsory for all students.

Every month last working day 1:00 PM to 4:00 PM will be recreation program where student can express their extra-curricular activities.


 Principal
 Guru Nanak Ayurvedic Medical College
 & Hospital, Sri Muktsar Sahib

GURU NANAK AYURVEDIC MEDICAL COLLEGE & HOSPITAL SRI MUKTSAR SAHIB

3rd Prof.(Jr) (Batch 2022-23) TIME TABLE

W.E.F. 16.03.2026

Days	08:30 to 09:55	09:55 to 11:20	11:20 to 12:00	12:00 to 12:40	12:40 to 01:20	01:20 to 2:00	02:00 to 02:40	02:40 to 03:20	03:20 to 04:00
	Practical -I (NLHP)	Practical -II (NLHP)	Kaumar Bhritya	Prasuti Tantra	Shalakya Tantra	LUNCH BREAK	Panch Karma	Kaya Chikitsa & E.M.	Shalya Tantra
	Group A= 01-13 B = 14-26 C = 27-39	Group A= 01-13 B = 14-26 C = 27-39	Dr. N.P. Lal (Professor) Dr. Aakriti (Reader) (1-4)	Dr. Jyoti Suman (Reader) Dr. Varun Behl (Professor) Dr. Anshu (Lecturer) (1-2)	Dr. Anuj Kumar Singh (Lecturer)		Dr. Daljeet (Lecturer) Dr. Pritpal Singh (Reader) Dr. Parmod (Lecturer) (1-5)	Dr.K.K.Panwar (Professor) Dr. Vishal Dutt (Reader) Dr. Shivani (Lecturer) (1-5)	Dr. Shivam (Lecturer) Dr. Deepanshu (Professor) (1-6)
	PTSR A-(1-2) B-(3-4) C-(5-6)	SHK A-(1-2) B-(3-4) C-(5-6)	Prasuti Tantra	S.A-3	Dr. Sourabh Sethi (Reader) (1-6)		RMMS	EM	
	SHL B-(1-2) C-(3-4) A-(5-6)	KC & EM B-(1-2) C-(3-4) A-(5-6)	Dr. Jyoti Suman (Reader) Dr. Varun Behl(Prof.) Dr. Anshu (Lecturer) (5-6)	Dr. Manisha Tiwari(Prof.) (3-6)			Dr. Rajan Goyal (Reader) Dr. Rajni Dabi (Lect.) M.s Amanpreet Kaur (6)	(6)	
Mon	KB C-(1-2)	PK C-(1-2) A-(3-4) B-(5-6)	LH	PTSR NLHT	LH		LH	LH	LH
Tue			LH	PTSR LH	LH		NLHT	LH	LH
Wed			NLHT	LH	NLHT		LH	NLHT	NLHT
Thu			LH	NLH	LH		LH	LH	LH
Fri			PTSR NLHT	NLH	LH		NLHT	NLHT	NLH T
Sat			PTSR NLHT	NLH	NLHT		RMMS LH & NLHT	EM NLHT & NLHP	LH

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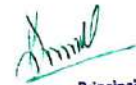
Note:- 4:00 to 5:00 PM will be clinical duty/departmental hours.

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Guru Nanak Ayurvedic Medical College
& Hospital, Sri Muktsar Sahib

**GURU NANAK AYURVEDIC MEDICAL COLLEGE & HOSPITAL,
SRI MUKTSAR SAHIB
1st Prof. (Batch 2025-26)
TIME TABLE**

w.e.f. 16.03.2026

09:00 to 10:50	10:50 to 11:40	11:40 to 12:30	12:30 to 01:30	01:30 to 02:20	02:20 to 03:10	03:10 to 04:00
Practical (NLHP) Kriya Sharir (1-30) (1-5) & Rachna Sharir (31-60) (1-6) Sanskrit / Lib Hour (6) Weekly Rotation of Practical Groups	Kriya Sharir (1-6) Dr. Ranjan Kumar (Reader) Dr. Saurabh Sharma (Lecturer)	Samhita Adhyayan-I (1-6) Dr. Rajni Sharma (Reader)	LUNCH BREAK	Rachana Sharir (1-6) Dr. Navneet Kaur (Reader) Dr. Ishan Malhotra (Lecturer)	Padarth Vigyan (1-6) Dr. Manisha Tiwari (Professor)	Sanskrit (1-6) Smt. Sudesh Kumari (Lecturer)
Monday	LH	LH		LH	NLHT	LH
Tuesday	LH	LH		LH	NLHT	NLHT
Wednesday	NLHT	LH		NLHT	LH	NLHT
Thursday	LH	NLHT		LH	NLHT	LH
Friday	LH	NLHT		LH	NLHT(SA-I)	NLHT
Saturday	NLHT	NLHT		NLHT	NLHT(SA-I)	NLHT

Note:-

- 4:00 to 5:00 PM will be clinical duty/departmental hours. (Departmental hour for low performing students)
- Every Week Saturday 09:00 AM to 10:50 AM is Library Hour / Sanskrit Practical (Batch Wise)
- Yoga /Physical education every Saturday 7:00 AM to 8:00 AM is compulsory for all students.
- Every month last working day 1:00 PM to 4:00 PM will be recreation program where student can express their extra-curricular activities.
- In case, if anyone cannot take their classes, prior information should be given to Principal.
- Any type of Mutual/ Exchange of class should be with consent of Principal.

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& Hospital, Sri Muktsar Sahib

GURU NANAK AYURVEDIC MEDICAL COLLEGE & HOSPITAL SRI MUKTSAR SAHIB
3rd Prof.(Sr) (Batch 2021-22) TIME TABLE

W.E.F. 16.03.2026

Days	08:30 to 10:00	10:00 to 10:40	10:40 to 11:20	11:20 to 12:00	12:00 to 12:40	12:40 to 01:20	01:20 to 2:00	02:00 to 02:40	02:40 to 04:00	
	Practical -I (NLHP)	Prasuti Tantra	S.A.3	Shalya Tantra	Kaya Chikitsa & E.M.	LUNCH BREAK	Panch Karma	Shalakya Tantra	Practical -II (NLHP)	
	Group A= 01-18 B = 19-36 C = 37-54 SHK A-(1-2) B-(3-4) C-(5-6) KC & EM B-(1-2) C-(3-4) A-(5-6)	Dr. Jyoti Suman (Reader) Dr. Varun Behl (Prof.) Dr. Anshu(Lecturer) (1-2) Kaumar Bhritya	Dr. Rajni Sharma (Reader) (1-4) Prasuti Tantra	Dr. Shivam (Lecturer) Dr. Deepanshu (Professor) (1-6)	Dr.K.K.Panwar (Professor) Dr. Vishal Dutt (Reader) Dr. Shivani (Lecturer) (1-5) EM (6)		Dr. Daljeet (Lecturer) Dr. Pritpal Singh (Reader) Dr. Parmod (Lecturer) (1-5) RMMS Dr. Rajan Goyal (Reader) Dr. Rajni Dabi (Lecturer) (6) LH	Dr. Anuj Kumar Singh (Lecturer) Dr. Sourabh Sethi (Reader) (1-6) EM (6) LH	Group A= 01-18 B = 19-36 C = 37-54 PTSR A-(1-2) B-(3-4) C-(5-6) SHL B-(1-2) C-(3-4) A-(5-6) KB C-(1-2) A-(3-4) B-(5-6)	
Mon		PTSR LH	NLHT	LH	LH			NLHT	LH	
Tue		PTSR LH	NLHT	LH	LH			NLHT	LH	
Wed		LH	NLHT	NLHT	NLHT			LH	NLHT	
Thu		LH	LH	LH	LH			LH	LH	
Fri		NLHT	PTSR NLHT	NLHT	NLHT			NLHT	LH	
Sat		LH	PTSR LH	LH	EM NLHT & NLHP			RMMS LH & NLHT	NLHT	

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GURU NANAK AYURVEDIC MEDICAL COLLEGE & HOSPITAL SRI MUKTSAR SAHIB
(BAMS 4th Year)
THEORY TIME TABLE

W.E.F. 16.02.2026

For Mr. Rishu Kaswan

9:00 AM To 10:00 AM	10:00 AM TO 11:00 AM	11:00 AM TO 12:00 PM	12:00PM TO 01:00 PM	1:00 To 2:00	2:00 To 4:00
Kaya Chikitsa (1-6)	Panch Karma (1-5) RM & MS (6)	Shalaky Tantra (1-6)	Shalya Tantra (1-6)	LUNCH BREAK	Practical

Practical Schedule 4th Year
TIME TABLE
2:00 PM To 4:00 PM

W.E.F. 16.02.2026

Sr.No.	Name of Student	Kaya Chikitsa	Shalya Tantra	Shalaky Tantra	Panch Karma
1.	Rishu Kaswan	1 Week Of Every Month	2 nd Week	3 rd Week	4 th Week


 Principal
 Guru Nanak Ayurvedic Medical College
 & Hospital, Sri Muktsar Sahib