




Abhilashi Ayurvedic College & Research Institute
(a department of ABHILASHI UNIVERSITY)
Chail Chowk, Tehsil Chachyot, Distt. Mandi (H.P.)
Ph: 01907-250405
Email: 2014ayu0322@gmail.com, website: www.abhilashiuniversity.ac.in

BAMS 3 rd Prof. (Batch-2021-22) Time Table w.e.f 01/05/2026 R/o Abhilashi Ayurvedic College & Research Institute Chail chowk, Distt. Mandi, Himachal Pradesh								
Day	09:45 to 10:45	10:45 to 11:45	11:45 to 12:45	12:45 to 01:15	01:15 To 01:45	01:45 to 02:45	02:45 to 03:45	03:45 to 04:45
Monday	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. D.K.Mishra Professor	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. Bindu Chauhan Associate Prof.	L U N C H	Samitha Adhyayan-3 Dr. Soniya Kumari Assistant Prof.	Samitha Adhyayan-3 Dr. Vikas Kumar Associate Prof.	Samitha Adhyayan-3 Dr. Anuradha Assistant Prof.
Tuesday	Kaumarbhritya Dr. Diksha Kumari Assistant Prof.	Kaumarbhritya Dr. Rakesh Kumar Associate Prof.	Kaumarbhritya Dr. Rohini Dharwal Assistant Prof.	Kaumarbhritya Dr. Rohini Dharwal Assistant Prof.		Kayachikitsa Dr. Bindu Chauhan Associate Prof.	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. D.K.Mishra Professor
Wednesday	Panchkarma Dr. Bhawana Associate Prof.	Panchkarma Dr. Ritika Rajgour Assistant Prof.	Panchkarma Dr. Bhawana Associate Prof.	Panchkarma Dr. Bhawana Associate Prof.		Prasuti tantra evam stree roga Dr. Bheesham Lata Associate Prof.	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kaumarbhritya Dr. Ankush Kumar Associate Prof.
Thursday	Shalakyia Tantra Dr. Akanksha Assistant Prof.	Shalakyia Tantra Dr. Rahul Professor	Shalakyia Tantra Dr. Poonam Assistant Prof.	Shalakyia Tantra Dr. Akanksha Assistant Prof.		Shalya Tantra Dr. Divya Deepak Professor	Shalya Tantra Dr. Anjali Assistant Prof.	Shalya Tantra Dr. Ranjeet Singh Assistant Prof.
Friday	Prasuti tantra evam stree roga Dr. Bheesham Lata Associate Prof.	Prasuti tantra evam stree roga Dr. Bheesham Lata Associate Prof.	Prasuti tantra evam stree roga Dr. Manbi Sharma Associate Prof.	Prasuti tantra evam stree roga Dr. Manbi Sharma Associate Prof.		Shalakyia Tantra Dr. Poonam Assistant Prof.	Shalakyia Tantra Dr. Akanksha Assistant Prof.	Shalakyia Tantra Dr. Rahul Professor
Saturday	Shalya Tantra Dr. Ranjeet Singh Assistant Prof.	Shalya Tantra Dr. Akshay Kumar Assistant Prof.	Shalya Tantra Dr. Ranjeet Singh Assistant Prof.	Shalya Tantra Dr. Akshay Kumar Assistant Prof.		Panchkarma Dr. Itika Thakur Assistant Prof.	Panchkarma Dr. Bhawana Associate Prof.	Panchkarma Dr. Bhawana Associate Prof.

Note:

1. Every 2nd Wednesday of the month (02:45-03:45) Library/ Remedial Class will be conducted in place of Kayachikitsa


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BAMS 3 rd Prof. (Batch-2022-23) Time Table w.e.f 01/05/2026 R/o Abhilashi Ayurvedic College & Research Institute Chail chowk, Distt. Mandi, Himachal Pradesh								
Day	09:45 to 10:45	10:45 to 11:45	11:45 to 12:45	12:45 to 01:15	01:15 to 01:45	01:45 to 02:45	02:45 to 03:45	03:45 to 04:45
Monday	Kaumarbhritya Dr.Rakesh Kumar Associate Prof.	Kaumarbhritya Dr. Rohini Dharwal Assistant Prof.	Kaumarbhritya Dr. Diksha Kumari Assistant Prof.	Kaumarbhritya Dr. Diksha Kumari Assistant Prof.	L U N C H	Panchkarma Dr. Itika Thakur Assistant Prof.	Panchkarma Dr. Ritika Rajgour Assistant Prof.	Panchkarma Dr. Ritika Rajgour Assistant Prof.
Tuesday	Panchkarma Dr.Itika Thakur Assistant Prof.	Panchkarma Dr.Ritika Rajgour Assistant Prof.	Panchkarma Dr.Itika Thakur Assistant Prof.	Panchkarma Dr.Itika Thakur Assistant Prof.		Samitha Adhyayan-3 Dr.Soniya Kumari Assistant Prof.	Samitha Adhyayan-3 Dr. Vikas Kumar Associate Prof.	Samitha Adhyayan-3 Dr. Anuradha Assistant Prof.
Wednesday	Shalya Tantra Dr. Ranjeet Singh Assistant Prof.	Shalya Tantra Dr. Anjali Assistant Prof.	Shalya Tantra Dr. Ranjeet Singh Assistant Prof.	Shalya Tantra Dr. Anjali Assistant Prof.		Shalakyta Tantra Dr. Akanksha Assistant Prof.	Shalakyta Tantra Dr. Rahul Professor	Shalakyta Tantra Dr. Poonam Assistant Prof.
Thursday	Prasuti tantra evam stree roga Dr.Manbi Sharma Associate Prof.	Prasuti tantra evam stree roga Dr.Manbi Sharma Associate Prof.	Prasuti tantra evam stree roga Dr. BheeshamLata Associate Prof.	Prasuti tantra evam stree roga Dr. BheeshamLata Associate Prof.		Kayachikitsa Dr. Bindu Chauhan Associate Prof.	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. D.K.Mishra Professor
Friday	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. Bindu Chauhan Associate Prof.	Kayachikitsa Dr. Shivali Mehra Assistant Prof.	Kayachikitsa Dr. D.K.Mishra Professor		Shalya Tantra Dr. Akshay Kumar Assistant Prof.	Shalya Tantra Dr. Anjali Assistant Prof.	Shalya Tantra Dr. Divya Deepak Professor
Saturday	Shalakyta Tantra Dr. Rahul Professor	Shalakyta Tantra Dr. Poonam Assistant Prof.	Shalakyta Tantra Dr. Akanksha Assistant Prof.	Shalakyta Tantra Dr. Poonam Assistant Prof.		Prasuti tantra evam stree roga Dr. Manbi Sharma Associate Prof.	Kaumarbhritya Dr. Ankush Kumar Associate Prof.	Kayachikitsa Dr.Bindu Chauhan Associate Prof.

Note:

- Every 1st Saturday of the month (03:45-04:45) Library/ Remedial Class will be conducted in place of Kayachikitsa


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BAMS 2 nd Prof. (Batch-2023-24) Time Table w.e.f 01/05/2026 R/o Abhilashi Ayurvedic College & Research Institute Chail chowk, Distt. Mandi, Himachal Pradesh								
Day	09:45 to 10:45	10:45 to 11:45	11:45 to 12:45	12:45 to 01:15	01:15 to 01:45	01:45 to 02:45	02:45 to 03:45	03:45 to 04:45
Monday	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr.Sakshi Chauhan Assistant Prof.	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr. Sakshi Assistant Prof.	L U N C H	Agadtantra Dr Nitin Kumar Associate Prof.	Agadtantra Dr Vishal Singh Assistant Prof.	Agadtantra Dr Nitin Kumar Associate Prof.
Tuesday	Swasthavritta Dr.Sandeep Sharma Associate Prof.	Swasthavritta Dr.Gaurav Dhiman Assistant Prof.	Swasthavritta Dr.Sandeep Sharma Associate Prof.	Swasthavritta Dr.Gaurav Dhiman Assistant Prof.		Roganidana Dr.Sakshi Chauhan Assistant Prof.	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr. Sakshi Chauhan Assistant Prof.
Wednesday	Dravyaguna Dr.Vinod Katoch Professor	Dravyaguna Dr.Gaurav Thakur Assistant Prof.	Dravyaguna Dr.Vinod Katoch Professor	Dravyaguna Dr.Gaurav Thakur Assistant Prof.		Samhita Adhayayan –II Dr.Soniya Kumari Assistant Prof.	Samhita Adhayayan –II Dr. Anuradha Assistant Prof.	Samhita Adhayayan –II Dr.Vikas Kumar Associate Prof.
Thursday	Rasashastra & Bhaisajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhaisajya kalpna Dr.Sukhwinder Pal Professor	Rasashastra & Bhaisajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhaisajya kalpna Dr.Sukhwinder Pal Professor		Samhita Adhayayan –II Dr Vikas Kumar Associate Prof.	Rasashastra & Bhaisajya kalpna Dr.Sukhwinder Pal Professor	Roganidana Dr. Shweta Assistant Prof.
Friday	Rasashastra & Bhaisajya kalpna Dr. Sukhwinder Pal Professor	Rasashastra & Bhaisajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhaisajya kalpna Dr. Sukhwinder Pal Professor	Rasashastra & Bhaisajya kalpna Dr. Kavita Kishore Assistant Prof.		Swasthavritta Dr.Gaurav Dhiman Assistant Prof.	Swasthavritta Dr.Sandeep Sharma Associate Prof.	Swasthavritta Dr.Gaurav Dhiman Assistant Prof.
Saturday	Agadtantra Dr Nitin Kumar Associate Prof.	Agadtantra Dr Vishal Singh Assistant Prof.	Agadtantra Dr Nitin Kumar Associate Prof.	Agadtantra Dr Vishal Singh Assistant Prof.		Dravyaguna Dr. Gaurav Thakur Assistant Prof.	Dravyaguna Dr. Vinod Katoch Professor	Dravyaguna Dr. Gaurav Thakur Assistant Prof.

Note:

- Every 4th Thursday of the month (01:45-02:45) Library/ Remedial Class will be conducted in place of Samhita Adhayayan-II

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BAMS 2 nd Prof. (Batch-2024-25) Time Table w.e.f 01/05/2026 R/o Abhilashi Ayurvedic College & Research Institute Chail chowk, Distt. Mandi, Himachal Pradesh								
Day	09:45 to 10:45	10:45 to 11:45	11:45 to 12:45	12:45 to 01:15	01:15 to 01:45	01:45 to 02:45	02:45 to 03:45	03:45 to 04:45
Monday	Rasashastra & Bhasajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhasajya kalpna Dr. Sukhwinder Pal Professor	Rasashastra & Bhasajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhasajya kalpna Dr. Sukhwinder Pal Professor	L U N C H	Swasthavritta Dr. Sandeep Sharma Associate Prof.	Swasthavritta Dr. Gaurav Dhiman Assistant Prof.	Swasthavritta Dr. Sandeep Sharma Associate Prof.
Tuesday	Rasashastra & Bhasajya kalpna Dr. Sukhwinder Pal Professor	Rasashastra & Bhasajya kalpna Dr. Kavita Kishore Assistant Prof.	Rasashastra & Bhasajya kalpna Dr. Sukhwinder Pal Professor	Rasashastra & Bhasajya kalpna Dr. Kavita Kishore Assistant Prof.		Dravyaguna Dr. Vinod Katoch Professor	Dravyaguna Dr. Gaurav Thakur Assistant Prof.	Dravyaguna Dr. Vinod Katoch Professor
Wednesday	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr. Sakshi Chauhan Assistant Prof.	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr. Sakshi Chauhan Assistant Prof.		Agadtantra Dr. Vishal Singh Assistant Prof.	Agadtantra Dr. Nitin Kumar Associate Prof.	Agadtantra Dr. Vishal Singh Assistant Prof.
Thursday	Roganidana Dr. Sakshi Chauhan Assistant Prof.	Roganidana Dr. Shweta Assistant Prof.	Roganidana Dr. Sakshi Chauhan Assistant Prof.	Roganidana Dr. Shweta Assistant Prof.		Agadtantra Dr. Vishal Singh Assistant Prof.	Agadtantra Dr. Nitin Kumar Associate Prof.	Agadtantra Dr. Vishal Singh Assistant Prof.
Friday	Dravyaguna Dr. Gaurav Thakur Assistant Prof.	Dravyaguna Dr. Vinod Katoch Professor	Dravyaguna Dr. Gaurav Thakur Assistant Prof.	Dravyaguna Dr. Vinod Katoch Professor		Sambhita Adhayayan –II Dr. Soniya Kumari Assistant Prof.	Sambhita Adhayayan –II Dr. Anuradha Assistant Prof.	Sambhita Adhayayan –II Dr. Vikas Kumar Associate Prof.
Saturday	Swasthavritta Dr. Gaurav Dhiman Assistant Prof.	Swasthavritta Dr. Sandeep Sharma Associate Prof.	Swasthavritta Dr. Gaurav Dhiman Assistant Prof.	Swasthavritta Dr. Sandeep Sharma Associate Prof.		Sambhita Adhayayan –II Dr. Anuradha Assistant Prof.	Roganidana Dr. Sakshi Chauhan Assistant Prof.	Rasashastra & Bhasajya kalpna Dr. Kavita Kishore Assistant Prof.

Note:

- Every 3rd Saturday of the month (03:45-04:45) Library/ Remedial Class will be conducted in place of Sambhita Adhayayan-II

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BAMS 1 st Prof. (Batch-2025-26) Time Table w.e.f 01/05/2026 R/o Abhilashi Ayurvedic College & Research Institute Chail chowk, Distt. Mandi, Himachal Pradesh								
Day	09:45 to 10:45	10:45 to 11:45	11:45 to 12:45	12:45 to 01:15	01:15 to 01:45	01:45 to 02:45	02:45 to 03:45	03:45 to 04:45
Monday	Padarth Vigyan Dr. Vikas Kumar Associate Prof.	Padarth Vigyan Dr. Anuradha Assistant Prof.	Padarth Vigyan Dr. Vikas Kumar Associate Prof.	Padarth Vigyan Dr. Anuradha Assistant Prof.	L U N C H	Rachana Sharira Dr. Deepali Gautam Assistant Prof.	Rachana Sharira Dr. Anu Bala Assistant Prof.	Rachana Sharira Dr. Deepali Gautam Assistant Prof.
Tuesday	Samhita Adhyayan-1 Dr. Soniya Kumari Assistant Prof.	Samhita Adhyayan-1 Dr. Vikas Kumar Associate Prof.	Samhita Adhyayan-1 Dr. Soniya Kumari Assistant Prof.	Samhita Adhyayan-1 Dr. Vikas Kumar Associate Prof.		Rachana Sharira Dr. Anu Bala Assistant Prof.	Rachana Sharira Dr. Deepali Gautam Assistant Prof.	Rachana Sharira Dr. Anu Bala Assistant Prof.
Wednesday	Samhita Adhyayan-1 Dr. Soniya Kumari Assistant Prof.	Rachana Sharira Dr. Anu Bala Assistant Prof.	Kriya Sharira Dr. Manisha Assistant Prof.	Padarth Vigyan Dr. Anuradha Assistant Prof.		Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.
Thursday	Samhita Adhyayan-1 Dr. Soniya Kumari Assistant Prof.	Samhita Adhyayan-1 Dr. Anuradha Assistant Prof.	Samhita Adhyayan-1 Dr. Soniya Kumari Assistant Prof.	Samhita Adhyayan-1 Dr. Vikas Kumar Associate Prof.		Kriya Sharira Dr. Manisha Assistant Prof.	Kriya Sharira Dr. Rakesh Kumar Associate Prof.	Kriya Sharira Dr. Rakesh Kumar Associate Prof.
Friday	Rachana Sharira Dr. Deepali Gautam Assistant Prof.	Rachana Sharira Dr. Anu Bala Assistant Prof.	Rachana Sharira Dr. Deepali Gautam Assistant Prof.	Rachana Sharira Dr. Anu Bala Assistant Prof.		Kriya Sharira Dr. Manisha Assistant Prof.	Kriya Sharira Dr. Manisha Assistant Prof.	Kriya Sharira Dr. Rakesh Kumar Associate Prof.
Saturday	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.	Sanskritam evam Ayurved Ithihas Mr. Shyam Lal Assistant Prof.		Kriya Sharira Dr. Manisha Assistant Prof.	Kriya Sharira Dr. Rakesh Kumar Associate Prof.	Kriya Sharira Dr. Rakesh Kumar Associate Prof.

Note:

1. Every 4th Wednesday of the month (10:45-11:45) Library/ Remedial Class will be conducted in place of Rachna Sharir.
2. Every 3rd Wednesday of the month (11:45-12:45) Sports period will be conducted in place of Kriya Sharir.


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