



*Established under Indira Gandhi Technological and Medical Sciences University Act, 2012, Government of Arunachal Pradesh*

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**Issued on:** 03<sup>rd</sup> October 2022.

**FIRST YEAR BNYS (JUNIOR BATCH)- TIMETABLE – 2022-23**

|     | <b>10 am to 11am</b>  | <b>11am to 12pm</b>          | <b>12pm to 1pm</b>                               | <b>2pm to 3pm</b>     | <b>3pm to 4 pm</b> |
|-----|-----------------------|------------------------------|--|-----------------------|--------------------|
| MON | Anatomy<br>Dr. Babina | PNC-II<br>Dr. Ratan Kumar    | Biochemistry<br>Dr. Mathingnim                   | PNC-I<br>Dr. Nimeesha | Yoga Practical     |
| TUE | Anatomy<br>Dr. Babina | PNC-II<br>Dr. Ratan Kumar    | Biochemistry<br>Dr. Babina                       | PNC-I<br>Dr. Nimeesha | Yoga Practical     |
| WED | Anatomy<br>Dr. Babina | Physiology<br>Dr. Mathingnim | Biochemistry<br>Dr. Mathingnim                   | Library Hour          | Yoga Practical     |
| THU | Anatomy<br>Dr. Babina | Physiology<br>Dr. Mathingnim | Philosophy & Practice of<br>Yoga- Dr. Mathingnim | Library Hour          | Yoga Practical     |
| FRI | Clinical Hour         | Physiology<br>Dr. Mathingnim | Philosophy & Practice of<br>Yoga- Dr. Mathingnim | Library Hour          | Yoga Practical     |
| SAT | Clinical Hour         | Physiology<br>Dr. Mathingnim | Philosophy & Practice of<br>Yoga- Dr. Mathingnim | X                     |                    |

**PRINCIPAL**

**IGTAMSU YOGA & NATUROPATHY  
MEDICAL COLLEGE AND HOSPITAL, ZIRO  
ARUNACHAL PRADESH**