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Headquarter: Ziro-291120, Lower Subansiri District, Arunachal Pradesh

Website: igtamsu.ac.in | Email: indiragandhiuniversity@gmail.com

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<b>THIRD YEAR BNYS - TIMETABLE – 2022-23</b>					
	<b>10 am to 11am</b>	<b>11am to 12pm</b>	<b>12 pm to 1 pm</b>	<b>2 pm to 3 pm</b>	<b>3pm to 4 pm</b>
MON	Manipulative therapy Dr. Ratan Kumar	Nutrition Dr. Mathingnim	Psychology Dr. Junaid	Clinical Hour	Yoga Practical
TUE	Manipulative therapy Dr. Ratan Kumar	Nutrition Dr. Mathingnim	Psychology Dr. Junaid	Clinical Hour	Yoga Practical
WED	Manipulative therapy Dr. Ratan Kumar	Clinical Hour	Psychology Dr. Junaid	Yoga & Physical Culture-II Dr. Nimeesha MJ	Yoga Practical
THU	Forensic Medicine Dr. Ratan Kumar	Community Medicine Dr. Babina	Library Hour	Yoga & Physical Culture-II Dr. Nimeesha MJ	Obstetrics & Gynaecology Dr. Nimeesha MJ
FRI	Forensic Medicine Dr. Ratan Kumar	Community Medicine Dr. Babina	Obstetrics & Gynaecology Dr. Nimeesha MJ	Yoga & Physical Culture-II Dr. Nimeesha MJ	Obstetrics & Gynaecology Dr. Nimeesha MJ
SAT	Forensic Medicine Dr. Ratan Kumar	Community Medicine Dr. Babina	Obstetrics & Gynaecology Dr. Nimeesha MJ	X	

**PRINCIPAL**

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