

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES

OFFICE OF THE DEAN CUM PRINCIPAL

Schedule for Postgraduate (MD/MS) Residents

Days	8:30 AM-9:30 AM	9:30 AM-1:30 PM	1:30 PM-2:30 PM	2:30 PM-4:30 PM
Monday	PG teaching/ Discussion and review	Ward/ OPD/ OT/ Lab Postings/ Involvement in undergraduate teaching	Lunch	Ward/ OPD/ OT/ Lab Postings/ Involvement in undergraduate teaching
Tuesday	PG teaching/ Discussion and review			
Wednesday	PG teaching/ Discussion and review			
Thursday	PG teaching/ Discussion and review			
Friday	PG teaching/ Discussion and review			
Saturday	CME/CGR/CDR			

*Following duties are as per the departmental schedule

- The department shall carry out the PG teaching as per the NMC Guidelines and as specified in the respective board of studies - Journal Club, Microteaching, Case presentations, Seminars etc.
- Interdepartmental and intradepartmental postings/Clinical rotations
- Undergraduate Lectures
- Health camps, Field Visits, community Postings
- Emergency departmental Duties (24 hrs duty), Emergency postings as per the schedule of the Post graduates posted in the Emergency prepared by the Dean/ MS.
- 3 months mandatory posting in District Hospital under District Residency Programme (DRP)

Vice Principal
(PG Medical Programmes)
HIMS, SRHU
Jolly Grant, Dehradun-248016



Vice Principal (PG Medical Programmes)



Dean-cum-Principal



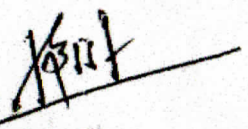
DEPARTMENT OF ENT

2nd year P.G. Working Schedule (With effect from: -1st May 2024 to 31st July 2024)

No. SRHU/ENT/Deptt/2024/

Days	2 nd Year PG (Admission batch 2022)			
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)	OPD (1:30 to 2:30 pm)	Endoscopy/Ward 8:30 am to 1:30 pm & 2:30 to 4:30 pm
Monday	Dr. Rhea Sharma	Dr. Anas Saifi	Dr. Harshit Dhingra (1 st , 3 rd , 5 th) Dr. Rhea Sharma (2 nd , 4 th)	Dr. Harshita Dhingra
Tuesday	Dr. Harshita Dhingra	Dr. Rhea Sharma	Dr. Anas Saifi (1 st , 3 rd , 5 th) Dr. Harshita Dhingra (2 nd , 4 th)	Dr. Anas Saifi
Wednesday	Dr. Anas Saifi	Dr. Harshita Dhingra	Dr. Rhea Sharma (1 st , 3 rd , 5 th) Dr. Anas Saifi (2 nd , 4 th)	Dr. Rhea Sharma
Thursday	Dr. Harshita Dhingra	Dr. Anas Saifi	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Rhea Sharma (2 nd , 4 th)	Dr. Rhea Sharma
Friday	Dr. Rhea Sharma	Dr. Harshita Dhingra	Dr. Anas Saifi (1 st , 3 rd , 5 th) Dr. Rhea Sharma (2 nd , 4 th)	Dr. Anas Saifi
Saturday	Dr. Anas Saifi	Dr. Rhea Sharma	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Anas Saifi (2 nd , 4 th)	Dr. Harshita Dhingra

* Dr. Prakhar Raj is DRP posted at District Coronation Hospital, Dehradun from 01.05.2024 to 31.07.2024


Dr. S.S. Bist
Professor & Head (ENT)

Dr. S.S. Bist
Professor & Head (ENT)
Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala
Dehradun (Uttarakhand)-248140

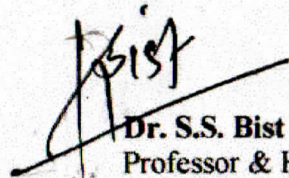
DEPARTMENT OF ENT

2nd year P.G. Working Schedule (With effect from: -1st August 2024 to 30th September 2024)

No. SRHU/ENT/Deptt/2024/

Days	2 nd Year PG (Admission batch 2022)			
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)	OPD (1:30 to 2:30 pm)	Endoscopy/Ward 8:30 am to 1:30 pm & 2:30 to 4:30 pm
Monday	Dr. Anas Saifi	Dr. Prakhar Raj	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Anas Saifi (2 nd , 4 th)	Dr. Harshita Dhingra
Tuesday	Dr. Prakhar Raj	Dr. Anas Saifi	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Prakhar Raj (2 nd , 4 th)	Dr. Harshita Dhingra
Wednesday	Dr. Harshita Dhingra	Dr. Prakhar Raj	Dr. Anas Saifi (1 st , 3 rd , 5 th) Dr. Harshita Dhingra (2 nd , 4 th)	Dr. Anas Saifi
Thursday	Dr. Anas Saifi	Dr. Harshita Dhingra	Dr. Prakhar Raj (1 st , 3 rd , 5 th) Dr. Anas Saifi (2 nd , 4 th)	Dr. Prakhar Raj
Friday	Dr. Harshita Dhingra	Dr. Anas Saifi	Dr. Prakhar Raj (1 st , 3 rd , 5 th) Dr. Harshita Dhingra (2 nd , 4 th)	Dr. Prakhar Raj
Saturday	Dr. Prakhar Raj	Dr. Harshita Dhingra	Dr. Anas Saifi (1 st , 3 rd , 5 th) Dr. Prakhar Raj (2 nd , 4 th)	Dr. Anas Saifi

* **Dr. Rhea Sharma is DRP posted at District Coronation Hospital, Dehradun from 01.08.2024 to 31.10.2024**



Dr. S.S. Bist

Professor & Head (ENT)

Dr. S.S. Bist

Professor & Head (ENT)

Himalayan Institute of Medical Sciences

Swami Ram Nagar, Doiwala

Dehradun (Uttarakhand)-248140

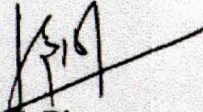
DEPARTMENT OF ENT

2nd year P.G. Working Schedule (With effect from: -9th September 2024 to 31st October 2024)

No. SRHU/ENT/Deptt/2024/

Days	2 nd Year PG (Admission batch 2022)			
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)	OPD (1:30 to 2:30 pm)	Endoscopy/Ward 8:30 am to 1:30 pm & 2:30 to 4:30 pm
Monday	Dr. Prakhar Raj	Dr. Anas Saifi	Dr. Prakhar Raj (1 st ,3 rd ,5 th) Dr. Harshita Dhingra (2 nd ,4 th)	Dr. Harshita Dhingra
Tuesday	Dr. Harshita Dhingra	Dr. Prakhar Raj	Dr. Harshita Dhingra (1 st ,3 rd ,5 th) Dr. Anas Saifi (2 nd ,4 th)	Dr. Anas Saifi
Wednesday	Dr. Anas Saifi	Dr. Harshita Dhingra	Dr. Anas Saifi (1 st ,3 rd ,5 th) Dr. Prakhar Raj (2 nd ,4 th)	Dr. Prakhar Raj
Thursday	Dr. Harshita Dhingra	Dr. Anas Saifi	Dr. Harshita Dhingra (1 st ,3 rd ,5 th) Dr. Prakhar Raj (2 nd ,4 th)	Dr. Prakhar Raj
Friday	Dr. Prakhar Raj	Dr. Harshita Dhingra	Dr. Prakhar Raj (1 st ,3 rd ,5 th) Dr. Anas Saifi (2 nd ,4 th)	Dr. Anas Saifi
Saturday	Dr. Anas Saifi	Dr. Prakhar Raj	Dr. Anas Saifi (1 st ,3 rd ,5 th) Dr. Harshita Dhingra (2 nd ,4 th)	Dr. Harshita Dhingra

* **Dr. Rhea Sharma is DRP posted at District Coronation Hospital, Dehradun from 01.08.2024 to 31.10.2024**


Dr. S.S. Bist
Professor & Head (ENT)
Dr. S.S. Bist
Professor & Head (ENT)
Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala
Dehradun (Uttarakhand)-248140

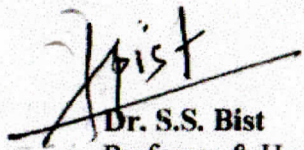
DEPARTMENT OF ENT

2nd year P.G. Working Schedule (With effect from: -1st November 2024 to 31st December 2024)

No. SRHU/ENT/Deptt/2024/

Days	2 nd Year PG (Admission batch 2022)			
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)	OPD (1:30 to 2:30 pm)	Endoscopy/Ward 8:30 am to 1:30 pm & 2:30 to 4:30 pm
Monday	Dr. Prakhar Raj	Dr. Rhea Sharma	Dr. Prakhar Raj (1 st , 3 rd , 5 th) Dr. Harshita Dhingra (2 nd , 4 th)	Dr. Harshita Dhingra
Tuesday	Dr. Harshita Dhingra	Dr. Prakhar Raj	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Rhea Sharma (2 nd , 4 th)	Dr. Rhea Sharma
Wednesday	Dr. Rhea Sharma	Dr. Harshita Dhingra	Dr. Rhea Sharma (1 st , 3 rd , 5 th) Dr. Prakhar Raj (2 nd , 4 th)	Dr. Prakhar Raj
Thursday	Dr. Harshita Dhingra	Dr. Rhea Sharma	Dr. Harshita Dhingra (1 st , 3 rd , 5 th) Dr. Prakhar Raj (2 nd , 4 th)	Dr. Prakhar Raj
Friday	Dr. Prakhar Raj	Dr. Harshita Dhingra	Dr. Prakhar Raj (1 st , 3 rd , 5 th) Dr. Rhea Sharma (2 nd , 4 th)	Dr. Rhea Sharma
Saturday	Dr. Rhea Sharma	Dr. Prakhar Raj	Dr. Rhea Sharma (1 st , 3 rd , 5 th) Dr. Harshita Dhingra (2 nd , 4 th)	Dr. Harshita Dhingra

* **Dr. Anas Saifi is DRP posted at District Coronation Hospital, Dehradun from 01.11.2024 to 31.01.2025**


Dr. S.S. Bist
Professor & Head (ENT)

Dr. S.S. Bist
Professor & Head (ENT)
Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala
Dehradun (Uttarakhand)-248140

DEPARTMENT OF ENT

3rd year P.G. Working Schedule (With effect from: -1st January 2025 to 30th April 2025)

No. SRHU/ENT/Deptt/2024/

Days	3 rd Year PG (Admission batch 2022)		
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)	Endoscopy/Ward 8:30 am to 1:30 pm & 2:30 to 4:30 pm
Monday	Dr. Harshita Dhingra Dr. Prakhar Raj (1 st ,3 rd ,5 th) Dr. Rhea Sharma (2 nd ,4 th)	Dr. Rhea Sharma (1 st ,3 rd ,5 th) Dr. Prakhar Raj (2 nd ,4 th)	Dr. Anas Saifi
Tuesday	Dr. Prakhar Raj Dr. Anas Saifi	Dr. Harshita Dhingra	Dr. Rhea Sharma
Wednesday	Dr. Harshita Dhingra (1 st ,3 rd ,5 th) Dr. Anas Saifi (2 nd ,4 th) Dr. Rhea Sharma	Dr. Prakhar Raj	Dr. Anas Saifi (1 st ,3 rd ,5 th) Dr. Harshita Dhingra (2 nd ,4 th)
Thursday	Dr. Rhea Sharma Dr. Prakhar Raj	Dr. Anas Saifi (1 st ,3 rd ,5 th) Dr. Harshita Dhingra (2 nd ,4 th)	Dr. Harshita Dhingra (1 st ,3 rd ,5 th) Dr. Anas Saifi (2 nd ,4 th)
Friday	Dr. Anas Saifi Dr. Harshita Dhingra	Dr. Rhea Sharma	Dr. Prakhar Raj
Saturday	Dr. Prakhar Raj (1 st ,3 rd ,5 th) Dr. Rhea Sharma (2 nd ,4 th)	Dr. Anas Saifi	Dr. Rhea Sharma (1 st ,3 rd ,5 th) Dr. Prakhar Raj (2 nd ,4 th)



Dr. S.S. Bist
Professor & Head (ENT)

DEPARTMENT OF E.N.T.

{Critical Care Medicine Schedule of Postgraduate Students}

Date: -April 29, 2025

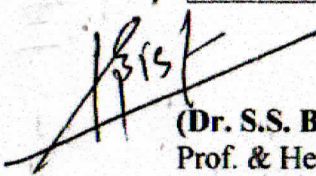
To,
Dr. Sonika Agarwal
Professor & Head (Critical Care Medicine)
Himalayan Hospital
Swami Rama Himalayan University
Swami Ram Nagar Jollygrant Dehradun

Sub: - Critical Care Medicine schedule.

Dear Madam,

Following Postgraduate (JR-III) are deputed to CCM posting from the Department of E.N.T.

Month	Place	Name of JR
1 st to 31 st May 2025	Critical Care Medicine	Dr. Anas Saifi, 3 rd year JR Mob. No: -0-9837371180 E. Mail: - arhanstar786@gmail.com
1 st to 30 th June 2025		Dr. Harshita Dhingra, 3 rd year JR Mob. No: -0-8923412305 E. Mail: - harshitadh21@gmail.com
1 st to 31 st July 2025		Dr. Prakhar Raj, 3 rd year JR Mob. No: -0-8650679548 E. Mail: - Prakhar991996@gmail.com
1 st to 31 st August 2025		Dr. Rhea Sharma, 3 rd year JR Mob. No: -0-8171389706 E. Mail: - rheasharma9705@gmail.com


(Dr. S.S. Bist)
Prof. & Head E.N.T

Dr. S.S. Bist
Professor & Head (ENT)
Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala
Dehradun (Uttarakhand)-248140

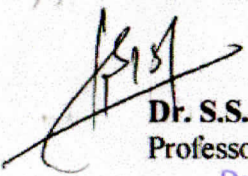
DEPARTMENT OF ENT

3rd year P.G. Working Schedule (With effect from: -1st May 2025 to 31st May 2025)

No. SRHU/ENT/Deptt/2025/

Days	3 rd Year PG (Admission batch 2022)	
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)
Monday	Dr. Harshita Dhingra Dr. Prakhar Raj	Dr. Rhea Sharma ✓
Tuesday	Dr. Rhea Sharma Dr. Prakhar Raj	Dr. Harshita Dhingra
Wednesday	Dr. Prakhar Raj Dr. Harshita Dhingra	Dr. Rhea Sharma
Thursday	Dr. Harshita Dhingra Dr. Rhea Sharma	Dr. Prakhar Raj
Friday	Dr. Prakhar Raj Dr. Rhea Sharma	Dr. Harshita Dhingra
Saturday	Dr. Rhea Sharma Dr. Harshita Dhingra	Dr. Prakhar Raj

****Dr. Anas Saifi one month ICU Posting from 01/05/2025 to 31/05/2025**


Dr. S.S. Bist
Professor & Head (ENT)

Dr. S.S. Bist
Professor & Head (ENT)
Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala

DEPARTMENT OF ENT

3rd year P.G. Working Schedule (With effect from: -1st June 2025 to 30th June 2025)

No. SRHU/ENT/Deptt/2025/

Days	3 rd Year PG (Admission batch 2022)	
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)
Monday	Dr. Anas Saifi Dr. Prakhar Raj	Dr. Rhea Sharma ✓
Tuesday	Dr. Rhea Sharma Dr. Prakhar Raj	Dr. Anas Saifi
Wednesday	Dr. Prakhar Raj Dr. Anas Saifi	Dr. Rhea Sharma ✓
Thursday	Dr. Anas Saifi Dr. Rhea Sharma	Dr. Prakhar Raj
Friday	Dr. Prakhar Raj Dr. Rhea Sharma	Dr. Anas Saifi ✓
Saturday	Dr. Rhea Sharma Dr. Anas Saifi	Dr. Prakhar Raj

**** Dr. Harshita Dhingra one month ICU Posting from 01/06/2025 to 30/06/2025**


Dr. S.S. Bist
Professor & Head (ENT)

Dr. S.S. Bist
Professor & Head (ENT)

Himalayan Institute of Medical Sciences
Swami Ram Nagar, Doiwala
Dehradun (Uttarakhand)-248140

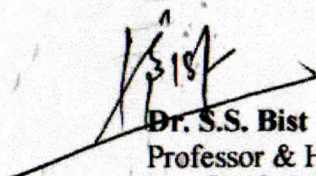
DEPARTMENT OF ENT

3rd year P.G. Working Schedule (With effect from: -1st July 2025 to 31st July 2025)

No. SRHU/ENT/Deptt/2025/

Days	3 rd Year PG (Admission batch 2022)	
	OPD 8:30 am to 1:30 pm & 2:30 to 4:30 pm	OT (8:30 am to 4:30 pm)
Monday	Dr. Anas Saifi Dr. Harshita Dhingra	Dr. Rhea Sharma ✓
Tuesday	Dr. Rhea Sharma Dr. Harshita Dhingra	Dr. Anas Saifi ✓
Wednesday	Dr. Harshita Dhingra Dr. Anas Saifi	Dr. Rhea Sharma ✓
Thursday	Dr. Anas Saifi Dr. Rhea Sharma	Dr. Harshita Dhingra
Friday	Dr. Harshita Dhingra Dr. Rhea Sharma	Dr. Anas Saifi ✓
Saturday	Dr. Rhea Sharma Dr. Anas Saifi	Dr. Harshita Dhingra

**** Dr. Prakhar Raj one month ICU Posting from 01/07/2025 to 31/07/2025**


Dr. S.S. Bist
Professor & Head (ENT)

Dr. S.S. Bist

Professor & Head (ENT)

Himalayan Institute of Medical Sciences

Swami Ram Nagar, Doiwala

Dehradun (Uttarakhand)-248140