



**YUTHOG SOWA-RIGPA MEDICAL COLLEGE AND HOSPITAL**  
Central Institute of Higher Tibetan Studies (Deemed to be University), Sarnath-221007  
Varanasi, Uttar Pradesh, India

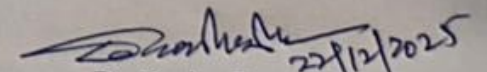
**Duty roster for OPD/IPD/Therapy wing**  
**Academic Year 2025-2026**

Sl. No.	OPD No.	OPD Name	Name of the MO and teaching faculties	Week days	Tentative Time
1.	OPD I	General Medicine	Dr. Wangyal Dorjee T. (MO)	1 <sup>st</sup> and 2 <sup>nd</sup> week	09:00am - 05:00pm
			Dr. Tsering Tsamchoe	3 <sup>rd</sup> and 4 <sup>th</sup> week	09:00am -11:00am
			Dr. Dorjee Damdul	3 <sup>rd</sup> and 4 <sup>th</sup> week	11.00 am-12.00 am
			Dr. Lodoe Munsel	3 <sup>rd</sup> and 4 <sup>th</sup> week	12.00 am-01.00pm
2.	OPD II	Gynaecology & Paediatrics	Dr. Tenzin Choeying (MO)	1 <sup>st</sup> and 2 <sup>nd</sup> week	09:00am - 05:00pm
			Dr. Chime Dolker	3 <sup>rd</sup> and 4 <sup>th</sup> week	09:00am -11:00am
			Dr. Karma Chodon	3 <sup>rd</sup> and 4 <sup>th</sup> week	11:00am -12:00pm
3.	OPD III	Psychology & Toxicology	Dr. Nyima Samdup G. (MO)	3 <sup>rd</sup> and 4 <sup>th</sup> week	09:00am - 05:00pm
			Dr. Tenzin Delek	1 <sup>st</sup> and 2 <sup>nd</sup> week	10:00am -12:00pm
			Dr. Karma Tharchin	1 <sup>st</sup> and 2 <sup>nd</sup> week	12:00am -01:00pm
			Dr. Arun Kumar Rai	1 <sup>st</sup> and 2 <sup>nd</sup> week	02.00pm-03.00pm
4.	OPD IV	External Therapy & Surgery	Dr. Sangye Khando (MO)	3 <sup>rd</sup> and 4 <sup>th</sup> week	09:00am - 05:00pm
			Dr. Penpa Tsering	1 <sup>st</sup> and 2 <sup>nd</sup> week	09:00am -10:00am
			Prof. Lobsang Tenzin	1 <sup>st</sup> and 2 <sup>nd</sup> week	10:00am -12:00pm
			Dr. Tashi Dawa	1 <sup>st</sup> and 2 <sup>nd</sup> week	12:00am -01:00am
5.	OPD V	General OPD (Astro-Med.)	Dr. Chime Dolker	1 <sup>st</sup> and 2 <sup>nd</sup> week	09.00am-11.00pm
			Dr. Tsering Tsamchoe/Dr Dorjee Damdul	1 <sup>st</sup> and 2 <sup>nd</sup> week	11:00am -12:00pm
			Dr. Tashi Dawa/ Dr. Penpa Tsering	3 <sup>rd</sup> and 4 <sup>th</sup> week	09:00am -10:00am
			Dr. Karma Chodon / Dr. Karma Tharchin	3 <sup>rd</sup> and 4 <sup>th</sup> week	10.00pm-11.00am
			Dr. Tenzin Delek / Dr. Lodoe Munsel	3 <sup>rd</sup> and 4 <sup>th</sup> week	11.00pm-12.00pm

IPD clinical round, emergency services, report keeping, compensation etc. will remain as usual till further notice.

*Note: This new duty roster shall be followed with immediate effect till further notice. Teaching faculties of each OPD may adjust their OPD timing internally if required.*

All concerned may kindly note it.

  
22/12/2025

Dr. Dorjee Damdul

Dean/MS

YSRMCH, CIHTS, Sarnath, Varanasi

Dated: 22.12.2025