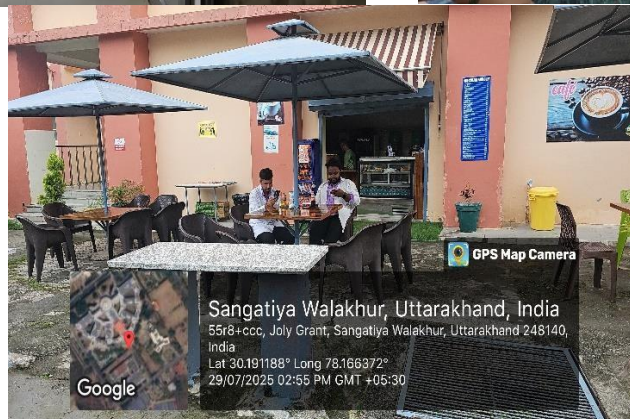


## MESS & CANTEEN FACILITY

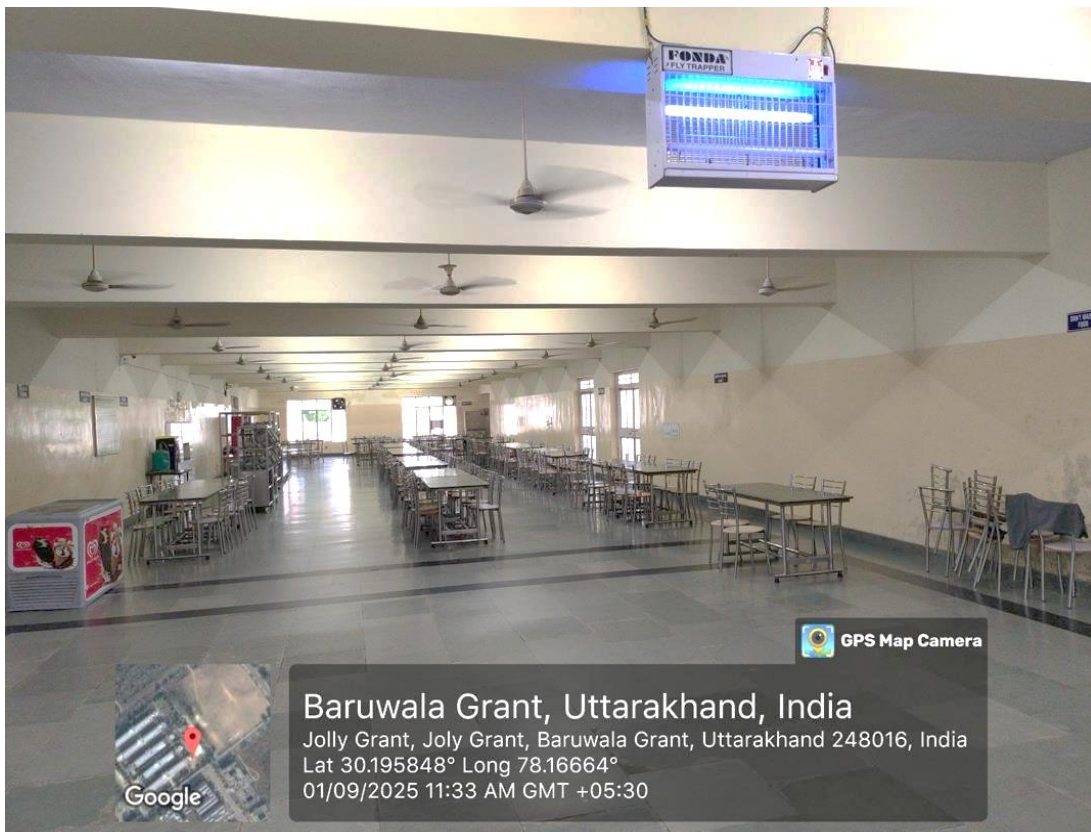
Swami Rama Himalayan University (SRHU) is committed to maintaining the highest standards of hygiene, sanitation, and food safety within its hostel facilities. Recognizing the vital role of nutritious and safe food in the health and well-being of students, strict measures are implemented to ensure that all food served in the hostel mess adheres to established quality and safety norms.

Regular inspections of the hostel mess are conducted to monitor cleanliness, proper food handling practices, storage conditions, and overall hygiene. These inspections aim to ensure compliance with food safety standards, prevent contamination, and promote a healthy living environment for all residents. Emphasis is placed on maintaining personal hygiene among food handlers, cleanliness of cooking and dining areas, and the use of fresh and quality ingredients.

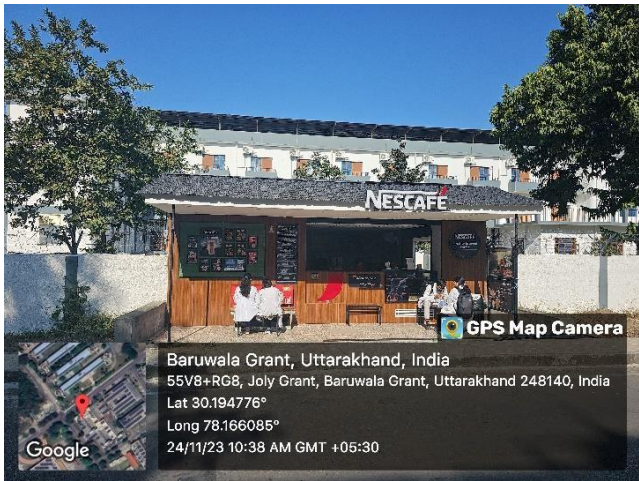
Through continuous monitoring and adherence to best practices, SRHU strives to provide a safe, hygienic, and nutritious dining experience, thereby supporting the overall health and academic performance of its students.



Canteens at different places in the campus



Canteens at different places in the campus



**Cafes at different places in the campus**



**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES**

**OFFICE OF THE DEAN**

HIMS/2026/120

Date: 17<sup>th</sup> March, 2026

The **Mess Committee, MBBS Hostel** of Himalayan Institute of Medical Sciences is hereby re-constituted as under:

1. Dr. D.C. Dhasmana	Chairman
2. Dr. Vinit Mehrotra	Member
3. Dr. Sushant Khanduri, Warden Boys Hostel	Member
4. Dr. Abha Shrivastava, Warden Girls Hostel	Member
5. Ms. Goura, Asstt. Warden Girls Hostel	Member
6. Mr. Adeeb Khan, Batch – 2022	Member
7. Ms. Ashika Kashyap, Batch – 2022	Member
8. Mr. Dhairya Gulati, Batch – 2023	Member
9. Ms. Harshika Singh, Batch – 2023	Member
10. Mr. Kartik Sachdeva, Batch – 2024	Member
11. Ms. Shailley Hyanki, Batch – 2024	Member
12. Mr. Raghavendra Singh Panwar, Batch – 2025	Member
13. Ms. Pihu Mehrotra, Batch – 2025	Member
14. Mr. P. Nagar Sreenivasa Rao, Dy. Warden Boys Hostel	Member Secretary

As a routine, the Mess Committee shall normally meet four to six times in a year on the dates as fixed by the Charman. However, the Chairman may call a special meeting of the Mess Committee as and when required and submit meeting report in the office of the undersigned.

*Abhinav*  
17.3.26  
Dean  
HIMS



Copy to : Hon'ble Vice Chancellor – for kind information please  
: Registrar  
: Chief Medical Superintendent  
: All HODs  
: All the above concerned members

DAY	Breakfast 7.15 am to 9.15 am	Lunch 12.30 p.m to 2.15 p.m	Snacks 4.30 p.m. to 5.30 p.m.	Dinner 7.30 p.m. to 9.15 p.m.
MONDAY	GOBHI ALOO PARNATHA WITH BUTTER / BLACK CHANA WITH PURI Milk & Tea Cornflakes	Arhar Dal ,ALOO METHI ,Plain Rice, Chapati, PLAIN CURD, Green Salad & Pickle  Fruit	Mix Pakoda/ VEG CHOWMEIN  Tea/ Coffee	KADAI PANEER , Urad Sabut Dal Plain Rice, Chapati, Green Salad & Pickle  Sweet Dish- Suji Halwa
Tuesday	MISSI PARANTHA WITH ALOO TOMATO SABJI Bread Jam Tea & milk	Choley, Kaddu Sabji/Aloo Sabji, Puri, Jeera Rice, Chaaj, Green Salad & Pickle Fruit	Bun Tikki  READYMADE Tea	ALOO GOBHI, DAL MAKHNI, Chapati ,RICE Green Salad & PICKLE. Sweet Dish - Sewian Kheer
Wednesday	Omelette, Poha / Cutlet, Jam, Toasted BROWN Bread, Milk & Tea, Cornflakes	Rajma, Dum Aloo,BOONDI Raita, Chapati, Plain RICE Macroni Salad & Pickle Fruit	MASALA IDLI ( 1 PC)  Tea / Coffee	GREEN MIX VEG,CHANA Dal , Plain Rice,Chapati, Green Salad & Pickle ALTERNATE SARSON KA SAAG/PALAK , CHANA DAL, MISSI PARANTHA, RICE Green Salad & Pickle Sweet Dish - JALEBI
Thursday	Stuff Parantha (PANEER ALOO Onion MIX) With DAHI DALIA BREAD JAM Milk & Tea	Masur Dal / Kadi Pakoda (no raita), JEERA ALOO, MIX Raita, Plain Rice, Chapati, Green Salad FRUIT	BLACK CHANA CHAT READY MADE TEA	Arhar Dal ,GATTE KI SABJI, Chapati. Rice Corn Salad & Pickle Sweet Dish-PASTRY
Friday	VERMICELLI/ MACRONI, VEG GRILL Sandwich (brown bread), BOILED EGG ( 2 PC ) . Milk & Tea,	Black Chana ,GREEN MIX VEG /BAIGAN BHARTA, Boondi Raita, Rice, Chapati, Green Salad  Fruit	VADA PAV (Green Chilly) COFFEE/TEA	PALAK PANEER/MUTTER PAHEER, Mix Dal, Chapati & Rice Green Salad & Pickle  Sweet Dish - Gulab Jamun
Saturday	Pav Bhaji Chop Salad  Cornflakes Normal tea & coffee	RAJMA, GAJAR-MUTTER ALOO,PLAIN DAHI,CHAPATI, JEERA RICE, GREEN SALAD,PICKLE. ALTERNATE VEG BIRYANI,Rajma, Plain Curd, Chapati , PAPAD, Macroni Salad & Pickle Fruit	Samosa with Red chutney  Readymade TEA	Mushroom Mutter, MOONG CHILKA Dal, Chapati,RICE Green Salad & Pickle ALTERNATE FRIED RICE MANCHURIAN, MOONG CHILKA DAL, CHAPATI GREEN SALAD & PICKLE Sweet- Rice Kheer.
Sunday	IDLI SAMBER(2 PC), ALOO SANDWICH GRILL. TEA & MILK CORNFLAKES	Choley Bhatuře , Jeera rice, chaacj, KULCHA Onion salad, pickle Fruit	KACHORI ALOO SABJI( 1 PC)/ MIX PAKODA  TEA/COFFEE	NUTRI ALOO ,Urad Chana Dal , Rice, Chapati, Green Salad  Sweet Dish - GAJAK

03/12/25  
ARJUN KUMAR  
SHAIKHA  
SHAIKHA  
SHREYA  
SHREYA  
DHAIRYA GULATI  
Dhe  
HARSHIKA SINGH  
Singh  
KARTIK SACHDEV  
Rashmi  
Raghavendra