



शासकीय वैद्यकीय महाविद्यालय, नाशिक

GOVERNMENT MEDICAL COLLEGE, NASHIK

हिं.वं.बा.ठा.रुग्णालय, बितको रुग्णालयाचा पहिला मजला, दुर्गामाता मंदीरा जवळ,
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Foundation course Time Table Phase I MBBS Batch 2025-2026

Date	Time	Session	Tagline	Name of faculty
22 Sept	9-10 AM	Introduction	"Start Strong: Your MBBS Journey Begins!"	Major Dr. Jeetendra Singh
	10-11 AM	The MBBS Programme	"Charting Your Path: The MBBS Roadmap"	Dr. Anturlikar, Dr. Gundre, Dr. Naphde
	11-1 PM	Orientation & Visit: Anatomy / Physiology / Biochemistry	"Meet Your Body: Exploring the Scientific Landscape"	Dr. Anturlikar, Dr. Gundre, Dr. Naphde
	2-3 PM	Central Library Orientation	"Knowledge Hub Unlock: Navigate Your Library"	Mr. J. Sonavane
	3-5 PM	Language Programme (English)	"Speak Smart, Write Right: Med English Foundations"	Dr. Asmita More
23 Sept	9-10 AM	Medical Ethics & Professionalism	"Compassion & Integrity: The Heart of Medicine"	Dr. Smita Avhad
	10-11 AM	Introduction to Research	"From Questions to Discoveries: Research 101"	Major Dr. Jeetendra Singh
	11-1 PM	National Health Programmes	"Public Health in Action: India's Lifelines"	Dr. Shriram Gosavi
	2-3 PM	Healthcare Delivery & Health Centre Visits	"Health at the Grassroots: Learning Care Systems"	Dr. Sujata Muneshwar
	3-5 PM	Extracurricular	"Recharge & Reimagine: Active Body, Active Mind"	Dr. Jeetendra Singh, Dr. Archana Ukey
24 Sept	9-05 PM	Visit to Civil Hospital & Clinical Departments	"From Classroom to Clinic: First Impressions Matter"	Old Building: Dr. D. Lodha, OPD Building and FMT: Dr. S. Buktar, Covid Building: Dr. M. Rane, Diagnostic: Dr. S. Kotgire
25 Sept	9-10 AM	Principles of Primary & Community Care	"Care Close to Home: Primary & Community Focus"	Dr. Pratima Gedam
	10-11 AM	Time Management	"Time: Your Most Vital Resource"	Maj. Dr. Jeetendra Singh
	11-1 PM	AYUSH & History of Medicine	"Traditions & Transitions: Medicine's Roots in India"	Dr. Milind Nikumbh
	2-3 PM	Anti-Ragging Measures	"Safe Campuses, Positive Vibes: Stand Against Ragging"	Dr. Sunita Sankalecha
	3-5 PM	Language Programme : Marathi	"Boli Bhasha with Care: Marathi for Medical Conversations"	Dr. Deepanjali Lomte

26 Sept	9 –11 AM	Yoga in Lifestyle Modification	“Balance & Breath: Yoga as Medicine”	Dr. Gopal Shinde
	11 – 1 PM	Medical Terminology	“Words that Heal: Mastering Med Jargon”	Dr. Smita Avhad
	2 – 3 PM	Physician’s Role in Society	“Beyond the White Coat: Doctors as Social Stewards”	Dr. Soham Doshi
	3 – 5 PM	Extracurricular Activity - Dance as a therapy	“Dancing Through Stress, Flowing into Wellness.”	Guest Lecture
29 Sept	9–10 AM	Hostel Rules	“Home Away from Home: Living Smart in Hostel”	Dr. S. Sonawane & Dr. V. Aringale
	10–11 AM	Standard Precautions & Vaccination	“Stay Safe, Stay Healthy: Precautions that Matter”	Dr. Sapna Shinde
	11–1 PM	Basic / CPR / Emergency Life Support	“When Seconds Count: Be the Lifeline”	Dr. Savani Futane
	2 – 5 PM	Extracurricular Activity	“Explore, Experience, Engage: Beyond Academics”	Dr. Jeetendra Singh, Dr. Archana Ukey
30 Sept	9 –10 AM	Interpersonal Relationships	“Connecting with Care: Building Patient Rapport”	Dr. Chitra Netare
	10 –11 AM	Reflection Writing	“Thoughts to Words: The Art of Self-Reflection”	Dr. Chitra Netare
	11 –1 PM	Mental Health & Stress Management	“Strong Minds, Compassionate Care: Managing Stress”	Dr. Richa Panpaliya
	2 – 5 PM	Sports	“Play Hard, Shine Bright: Sports & Beyond”	Dr. G. Chaudhary & Dr. A. Bagad
01 Oct	9 – 10 AM	Self-Directed Learning	“Learn Your Way: Becoming a Self-Driven Student”	Dr. Mahesh Thakre
	10 –11 AM	Language Programme	“Commanding Communication: Language for Medicine”	Dr. Anita Jadhav
	11 – 1 PM	First-Aid	“Be First, Be Safe: First-Aid Fundamentals”	Dr. Ganesh Chaudhary
	2 – 5 PM	Sports	“Team Spirit, Total Health: Active Beyond Class”	Dr. G. Chaudhary & Dr. A. Bagad
03 Oct	9 - 10 AM	Patient & Biohazard Safety	“Safety First: Protecting Patients & Practitioners”	Dr. Roopali Rajdeo
	10–11 AM	Clinico-Laboratory Communication	“Bridging Worlds: Speak with the Lab, Treat with Evidence”	Dr. Sheela Chikhlikar
	11–1 PM	Self Defence Workshop		
	2 – 5 PM	Computer Skills	“Bytes & Beginnings: First Steps into Medical Tech”	Dr. Abhinandan Jadhav, Dr. Deepa Lodha, Dr. Duhita Kodare
04 Oct	9 – 10 AM	Mentorship Programme	“Guided by Wisdom: Mentors Shaping Futures”	Dr. Vaishali Anturlikar
	10 –11 AM	Financial Literacy	“Money Matters: Finance for Future Doctors”	Guest Lecture
	11 – 1 PM	AI in Learning	“From Books to Bots: Embrace the AI Revolution”	Guest Lecture
	2 - 3PM	Communication skill - Breaking Bad News	“Delivering truth with care and compassion.”	Dr. Suhasini Sonawdekar
	3 – 5 PM	Computer Skills	“Tech Upgraded: Smarter Tools for Smarter Learning”	Dr. Abhinandan Jadhav, Dr. Deepa Lodha, Dr. Duhita Kodare

05 Oct	9 – 10 AM	Work-Life Balance and Burnout Prevention	"Caring for others begins with caring for yourself."	Dr Sunita Sankalecha
	10 – 11 AM	Career Pathways after MBBS	"From wards to the world — your journey begins here."	Guest Lecture
	11 – 1 PM	"The Law-Side of Medicine: Empowering the Healer"	"Know your rights — practice with confidence and care."	Guest Lecture
	2 – 5 PM	FAP Visit – Dept. of Community Medicine	"From Classroom to Community: Real-World Learning"	Community Medicine department
07 Oct		Dean Address, White Coat Ceremony & Parents-Teachers Meeting	"Ceremony of Trust: The White Coat & Your Path Ahead"	


(Dr. Venkat Shahubai Arjunrao Gite)
 Dean
 Government Medical College,
 GMC, Nashik.

Copy to,

Dean,

**Maharashtra Post Graduate Institute of Education and Research M.U.H.S, Nashik.
(MPGIMER)**