

CHANDULAL CHANDRAKAR MEMORIAL GOVERNMENT MEDICAL COLLEGE, KACHANDUR DURG (C.G.)

FOUNDATION COURSE TIME TABLE

(2026-BATCH)

DATE	9 a.m-10 a.m.	10 a.m-12 noon	12 p.m-1 p.m.	1-2 pm	2 p.m.-3p.m.	3 p.m-5 p.m.
16/09/2026	Orientation module (Dr. Karan Chandrakar)	Welcome address by Dean and Lamp lighting, Introduction of 1 st year faculties	LUNCH	Academic Ambience (Ms. Anjusha Das)	Anti- ragging rules and regulations (Dr. Hemant Kumar)	Orientation To Local language (Dr. Hemant)
17/09/2026	Role of yoga & meditation (Dr. Anand Rao)	Time Management (Dr. Ajay Halwai)	LUNCH	Stress management (Dr. Mainak)	Various career pathways (Dr. Karan Chandrakar)	National Health Programmes & goal (Dr.Vartika Singh)
18/09/2026	AETCOM MODULE (DR. Ratna Agrawal)	(Batch-wise Group A,B,C,D YOGA,MUSIC,SPORTS,FIELD VISIT Group A-YOGA- (Dr. Anand Rao) Group B-MUSIC- (Dr.Anjusha Das,Ms. Preeti Rai) Group C-SPORT- (Dr.Siddiqui,Dr.Amritha Krishnan) Group D-FIELD VISIT-(Dr. Leena Chandra,Dr.Neelima)	LUNCH	Orientation to MBBS curriculum (Dr. Swati Hiwale)	Physician's role in society (Dr. Yojna Rath)	Group-A First aid and BLS(Dept of Aneasthesia) Group-B: Visit to Anatomy Museum Group-C: Visit to Physiology Department Group-D: Visit to Biochemistry Department

19/09/2026	Universal precautions & vaccination (Dept. of Pediatrics)	(Batch-wise Group A,B,C,D YOGA, MUSIC, SPORTS, FIELD VISIT Group B Yoga, Group C- MUSIC Group D- SPORT ,Group A – FIELD VISIT (Same Faculty as above)	LUNCH	Alternative health and systems (Dr. Shobhit Mane).	Health care system & its delivery (Dr. Vivek Sharma)	Group-B : First aid and BLS(Dept of Aneasthesia) Group – C : Visit to Anatomy Museum Group – D : Visit to Physiology Department Group – A : Visit to Biochemistry Department
21/09/2026	Sickle cell anemia Major health problem (Dr. Manish Patel)	(Batch-wise Group A,B,C,D YOGA, MUSIC, SPORTS, FIELD VISIT (Same Faculty as above)	LUNCH	Medical Ethics (Dr.Shweta Rani Prasad)	SDL (Dr. Smita Chaudhary)	Group-C : First aid and BLS(Dept of Aneasthesia) Group – D : Visit to Anatomy Museum Group – A : Visit to Physiology Department Group – B : Visit to Biochemistry Department
22/09/2026	Interpersonal relationships (Dr. Prachi Rathi)	(Batch-wise Group A,B,C,D YOGA, MUSIC, SPORTS, FIELD VISIT (Same Faculty as above)	LUNCH	Orientation to Medical Research (Dr. Lopamudra Ray)	Hand washing and Patient safety (Dr. Niza Monga)	Group-D : First aid and BLS(Dept of Anesthesia) Group – A : Visit to Anatomy Museum Group – B : Visit to Physiology Department Group – C : Visit to Biochemistry Department

23/09/2026	Use of IT and AI (Dr. Gautam Kashyap)	Importance of Documentation (Dr. Kuldeep Sangha)	LUNCH	Biomedical waste Management (Dr. Richa Tigga)	Extracurricular Activities (Anat. Physio. Biochem All faculty)
24/09/2026	Role of mentoring (Dr. Yasha Upendra)	Cultural factors influencing disease. (Dr. Lipi)	LUNCH	Blood Bank Blood donation (Dr. Ruchi Verma)	Pandemic Management (Dr. Saurabh Sahu)
25/09/2026	White Coat Ceremony 10 AM. Onwards.				
26/09/2026	Importance of Yoga-(Dr.Swati Hiwale, Dr.Kunjbihari)		LUNCH	Mind Over Medicine -The power of Meditation -(Dr. Swati Hiwale, Dr.Lopamudra Ray)	

NOTE: lecture Hall 01 (Ground Floor)

Swati Hiwale
10/09/2026

Dr. Swati Hiwale
(CHAIR PERSON)
FOUNDATION COURSE COMMITTEE

Dr. Tripti Nageria
11/09/2026

Dr. Tripti Nageria
(DEAN)
CHANDULAL CHANDRAKAR MEMORIAL GOVERNMENT
MEDICAL COLLEGE KACHANDUR, DURG (C.G.)