

Foundation Course Time Table : 2026-27, GMERS Medical College, Sola, Ahmedabad (Venue: Lecture Hall 1)					
Date/Day	10:00 am - 11:00 am	11:00 am - 12:00 pm	12:00 pm - 1:00 pm	2:00 pm - 3:00 pm	3:00 pm - 4:00 pm4:00 pm - 5:00 pm
28/09/2026 Monday	FCM 4G: Heart Fullness Meditation (Dept. of Physiology) Dr.Lata Gupta & Mrs.Urviben Shah	FCM 4G: Practice of Yoga (Aasnas & Pranayama) (Dept. of Physiology) Dr.Lata Gupta	Introduction to AETCOM (Dept. of Physiology) Dr. Vanita Panchal	FCM 4G : Role of Diet & Nutrition in Stress (Dept. of Physiology) Dr.Shilpa Menat	FCM-2B(2.1): Basic Life Support (BLS) (Dept. of Anaesthesia) Dr.Aika Shah
29/09/2026 Tuesday	FCM 4G: Heart Fullness Meditation (Dept. of Physiology) Dr.Lata Gupta & Mrs.Urviben Shah	FCM 4G : Role of Meditation for addiction free life Tejalben & Dr.Bhavik Doshi	FCM 3A (2.8) : Immunization, Vaccination for Health care providers (Dept. of Peadiatrics) Dr.Qury	FCM 2A & 2B (2.2) : First Aid (Dept. of Orthopaedics) Dr.Shivam	FCM 4J (4.13) : Memory (Department of Physiology) Dr.Ritesh Karia
30/09/2026 Wednesday	FCM 4G: Heart Fullness Meditation (Dep. of Physiology) Dr.Lata Gupta & Mrs.Urviben Shah	FCM 4G(4.7): Stress Management (Dept. of Psychiatry) Dr.Archana Kantak	FCM 4A(4.1): Concept of Professionalism & Ethics (Dept of Pharmacology) Dr.Amit Shah	FCM 3A(3.1,3.2,3.3 & 3.5) : National Health Scenario, National Health Goals and Policies/Health care system/ Community Health (Dept. of Community Medicine) Dr. Vaishali	FCM 3A (3.6) : Social Behavioural Change Communication (SBCC) (Dept. of Community Medicine) Dr. Gneyaa – Dr. Nirmika- Dr. Sanju
1/10/2026 Thursday	FCM 1A (1.4): College and University Rules (Dept. of Anatomy) Dr.Bhavik Doshi	FCM 4A(4.2) : Professional Behaviour and Altruistic Behaviour (Dept. of Pharmacology) Dr.Ashna	FCM 1B(1.6): Various career pathway and opportunities for personal growth (Dept. of Physiology) Dr. Vanita Panchal	FCM 3A (3.4) :Basic principles of Community Health and Its impact on health & disease (Dept. of Community Medicine) Dr. Gneyaa – Dr. Nirmika- Dr. Drashti- Dr. Kalgi	FCM 4G: Physiology of Sports (Dept. of Physiology) Dr.Rizwan Qureshi
2/10/2026 Friday	Holiday				
3/10/2026 Saturday	FCM 4H(4.9): Time Management (Dept. of Physiology) Dr.Hina Banker	FCM 2C(2.3 & 2.4) : Bio safety Universal Precaution (Dept. of Respiratory Medicine) Dr.Shrinesh Aggrawal	FCM 4G(4.5): Disability Competencies (Dept. of Biochemistry) Dr.Janki Desai	Sport & Extra Curricular Activity (Sports Committee)	
04/10/2026 Sunday	Sport & Extra Curricular Activity (Sports Committee)				



Co-ordinator

Foundation Course Committee

GMERS Medical College, Sola, Ahmedabad



Dean

GMERS Medical College, Sola, Ahmedabad

DEAN

Medical College Sola
Ahmedabad.

QCN0-11800-23

GMERS/MCS/2026 batch/
Office of Dean, GMERS Medical College,
Sola, Ahmedabad.
Date: 14 /09/2026

Foundation Course Time Table : 2026-27, GMERS Medical College, Sola, Ahmedabad (Venue: Lecture Hall 1)

Date/Day	10:00 am - 11:00 am	11:00 am - 12:00 pm	12:00 pm - 1:00 pm	2:00 pm - 3:00 pm	3:00 pm - 4:00 pm	4:00 pm - 5:00 pm
21/09/2026 Monday	Welcome Ceremony to New Students (375 Auditorium Hall)			Hostel Accommodation		
22/09/2026 Tuesday	FCM 1A : General Orientation (Dept. of Anatomy)		Introduction of National Medical Organization Dr.J.C.Makwana (Dept. of Anaesthesia)	FCM 1A : General Orientation (Dept. of Anatomy)		
23/09/2026 Wednesday	FCM 4G: IMG Role & MBBS Curriculum (Dept. of Pharmacology) Dr.Bhumika Patel	FCM 1A : General Orientation (Physiology Dept.1-100 & Biochemistry Dept.101 Onward) Dr.Dipti Jain & Dr.Beena Goyal	FCM 1A :General Orientation (Physiology Dept.101-Onward & Biochemistry Dept.01-100) Dr.Dipti Jain & Dr.Beena Goyal	FCM 1A :General Orientation (Physiology Dept.101-Onward & Biochemistry Dept.01-100) Dr.Dipti Jain & Dr.Beena Goyal		FCM 4G: Introduction of Reflection (Dept. of Physiology) Dr.Anup Patel
24/09/2026 Thursday	FCM 4G : Mind Management : The Missing Prescription Dr.Madamohan Krishna Das & Dr.Bhavik Doshi	FCM 4G(4.8): Physiology of Yoga (Dept. of Physiology) Dr.Lata Gupta	FCM 4I (4.15): Learning (Dept. of Anatomy) Dr.Jitendra	FCM 2C (2.5) : Laboratory Safety , Proper Hand Washing & Use of personal protective Equipment (Dept. of Biochemistry) Dr.Maulik Nayak	FCM : Eye Donation Awareness Dept. of Ophthalmology Dr.Neha Parmar	FCM :Blood Banking & Thalassemia (Dept. of Pathology) Dr.Palak
25/09/2026 Friday	FCM 1E (1.9) : "Man ki Bat" Life skills, Resilience & Emotional intelligence (Dept. of Community Medicine) DR. Nishchal Bhatt		FCM 1C(1.10) : History of Medicine and Alternate Systems (Dept. of Community Medicine) Dr. Gneyaa, Dr. Nirmika	FCM 2D(2.7): Biomedical Waste Management (Dept. of Microbiology) Dr.Rosy Parmar	FCM1.8 : Role of Physician in Society and Identity Unethical Activity (Dept. of Medicine) Dr.Hitesh Patel	FCM 4G : Suicide Prevention and Mental Health Awareness (Dept. of Psychiatry) Dr.Archana Kantak
26/09/2026 Saturday	FCM 1E (3.1) : Nutrition & Health (Dept. of Community Medicine) Dr. Sagar Panchal		FCM 4I (4.1): Anti-ragging & Gender Harassment (Dept. of Forensic Medicine) Dr.Gaurang Patel	Sport & Extra Curricular Activity (Sports Committee) (Dr.Maulik Nayak , Dr.Maulik Patel, Dr.Brijesh Patel)		
27/09/2026 Sunday	Sport & Extra Curricular Activity (Sports Committee)					

Note: 1. Venue for lectures at lecture hall no.1, Ground Floor College Building, GMERS Sola.
2. Attendance records of these activities shall be maintained by concerned departments & Submit to Anatomy Dept.
Copy to : 1.Professor & Head, Department of Anatomy, Physiology, Biochemistry, Community Medicine, Pharmacology, Pathology, Microbiology, Forensic Medicine, Orthopedic, Respiratory Medicine, Anaesthesia, Paediatric, Psychiatry, Medicine, Surgery, Ophthalmology. 2. Boys/ Girls Hostel 3. College Notice Board

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