People's College of Medical Sciences & Research Centre, Bhopal
Foundation Course Time Table
August 2019

Date/Day		8 - 9 am	9 - 10 am	10: 00 - 11:00	11: 00- 12:00	12 -1 pm	1 - 2 pm	2 - 3 pm	3 - 4 pm	4-5pm**
Orientation block										
1	Thursday	Registration	Welcome: Lamp lighting , Dean's Address:	Introduction to the medical profession - Elements of MBBS Course/programme - Vice Dean Academics	**Introduction to foundation course**	L U N C H BREAK L U	Introduction of faculty followed by high tea.		Campus walk /Hostel visit.	
2	Friday	Importance of group dynamics and team work	Orientation to medical college & Library	Academic ambience – Mission & Vision of University & Medical College, Rules for attendance & assessment – Formative / Summative, Remedial classes			Introduction to Preclinical disciplines and resources Department rounds/ice breaking in rotation of 5- small group groups - Anat/Phy/Bio/Comm.Med/Library			
3	Saturday	Introduction to Mentoring Programme	Gender sensitization and sexual harassment	Zero Tolerance to Ragging	Introduction of disciplinary committees		Alternate health systems (Traditional Systems of Medicine) in India	History of Modern Medicine	Introduction to Community Medicine - **Health care system and its delivery**	
4	Sunday	Holiday								

5	Monday	**National Health Priorities & policies**	Principles of primary care (general and community based)	Universal Precautions & Vaccination for Medical Students, Post-exposure prophylaxis		N C H	Patient safety & Biohazard safety - biomedical waste management	Time management	Stress management	Yoga & Meditation
6	Tuesday	Different learning strategies and Reflection as a learning tool with Hands on Practice		Introduction to self directed learning	Introduction to Peer assisted learning	BRE AK	Language	Computer skills	Sports	
7	Wednesday	Discovery of self (why I want to become a doctor?) Students experiences		Roles of IMG (Indian Medical Graduate) in society	Society's expectation from doctors		Language	Computer skills	Sports	
8	Thrusday	Doctor as researcher and ICMR,STS	Introduction to Humanities	Introduction to medical etiquettes & Ethics	**Ethics of medical practice**	L U	Language	Computer skills	ECA	
9	Friday	How to become a "Good Doctor	Movie on good doctor- reflection on the movie				Language	Computer skills	Sports	
10	Saturday	**Introduction to First Aid followed by Hands on training for first aid**				N C	Language	Computer skills	Sports	
11	Sunday	Holiday								
12	Monday	Holiday				H				
13	Tuesday	Importance of Communication Skills for doctors - How to communicate with peers ,seniors ,faculty and patients		Doctor as Team Leader	Use of information technology and e-learning		Language	Computer skills	Sports	

14	Wednesday	Field Visit – 1				Language	Computer skills	Sports	
15	**Thrusday**	**Independance Day**							
16	Friday	Introduction to AETCOM Module	Medicine and law	Ethics and professionalism		Language	Computer skills	Sports	
17	Saturday	**Working in health care team**				Language	Computer skills	ECA	
18	**Sunday**	**Holiday**							
19	Monday	Field Visit – 2				Language	Computer skills	Sports	
20	Tuesday	Unethical behaviour and unprofessionalism **Movie/video**				Language	Computer skills	Sports	
21	Wednesday	**Introduction to BLS using simulation**	**Lab precautions ,safety and glassware handling General rules and regulation of hematology ,clinical physiology**			Language	Computer skills	Sports	
22	Thrusday	Hands on training on BLS (simulated environment)				Hands on training on BLS (simulated environment)			
23	**Friday**	**Holiday**							
24	Saturday	**Breaking bad news to relatives: group discussion followed by role play**				Language	Computer skills	ECA	
25	**Sunday**	**Holiday**							

26	Monday	**Importance of reporting ,documentation and feedback** **Hands on Experience on Feed back giving and taking**		Language	Computer skills	Sports	
27	Tuesday	Doctor patient relationship – Movie followed by discussion	**Reflections on Movie**	Language	Computer skills	Sports	
28	Wednesday	**Mock drill for fire**		Language	Computer skills	Sports	
29	Thursday	**Cadaver as our first teacher** **Cadaveric oath** **Apron ceremony**		Language	Computer skills	Sports	
30	Friday	Clinical skill development – Checking Pulse, BP, Temperature, DTR, Breath sounds		Language	Computer skills	ECA	
31	Saturday	**Hands on Practice on -** Clinical skill development – Checking Pulse, BP, Temperature, DTR, Breath sounds		Interaction with parents Address queries of students and parents Reflection and feedback on Foundation course Valedictory, Vote of thanks			

COLOR CODING: No class : ▮

Sr no.	Contents	Color	Total hours(MCI)	Total hours(Our table)
1	**Orientation**		30	30
2	**Skill Module**		35	35
3	**Field visit**		8	8
4	**Professional and ethics**		40	40
5	**Sports & ECA**		22	22
6	**Language and computer skills**		40	40
	TOTAL		175	175

Total days = 31
Holidays = 7
Working days = 24
Working hours = 168
 *Note: ** To compensate of loss of hours due to holiday extra slots have been taken from 4-5pm on certain days.*