



Dr B R Ambedkar State Institute of Medical Sciences

S.A.S Nagar, Mohali, Punjab

FOUNDATION COURSE (MBBS BATCH 2022-2023)

Day & Time	9 AM-10 AM	10AM-11AM	11 AM -1 PM	1:00 - 1:30 PM	1:30PM- 2:30PM	2:30PM -4:30 PM		
						Roll No.s 1-33	Roll No.s 34-67	Roll No.s 68-100
15.11.22 Tuesday	STUDENT INTRODUCTION Icebreaking activity Dr Ashish Goel	IA; FC 1.4 ORIENTATION TO THE MBBS PROGRAMME Welcome Address by Principal Vision & Mission of AIMS Dr Bhavneet Bharti	I B; FC 1.1, 1.2 THE MEDICAL PROFESSION & THE PHYSICIAN'S ROLE IN SOCIETY Roles & Responsibilities of a Physician Expectations of family, society & self from a physician Panel Discussion Dr Bhavneet/ Dr Sahul		IA; FC 1.4 ORIENTATION TO THE MBBS PROGRAMME Introduction to Phase –I , Phase-II & Phase-III Faculty Dr Suchet, Dr Maneesha, Dr Shalini	I A; FC 1.4.1.5 COLLEGE CAMPUS; Visit to Medical College including Library, Sports Ground, Common Rooms, Mess/ Canteen, Hostel, & Gymnasium.	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – MEDICINE & ALLIED Visit to Emergency, Med. OPD & IPD	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – SURGERY & ALLIED Visit to Surg. OPD & IPD
16.11.22 Wednesday	ID; FC 1.2, 1.6, 1.7 ORIENTATION TO THE MBBS PROGRAMME Brief overview of GMER, Curriculum, Attendance & Examination system Dr Amrit Virk		IB; FC 1.8 THE MEDICAL PROFESSION & THE PHYSICIAN'S ROLE IN SOCIETY Scope of Practice for a Physician Balancing personal & professional needs Dr Atul Joshi		4A; FC 4.1 PROFESSIONALISM & ETHICS Understanding concept of professionalism & ethics among HC professionals Dr Ashish Goel	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – MEDICINE & ALLIED Visit to Emergency, Med. OPD & IPD	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – SURGERY & ALLIED Visit to Surg. OPD & IPD	I A; FC 1.4.1.5 COLLEGE CAMPUS; Visit to Medical College including Library, Sports Ground, Common Rooms, Mess/ Canteen, Hostel, & Gymnasium.
17.11.22 Thursday	4A; FC 4.11 ORIENTATION TO THE MBBS PROGRAMME Introduction to Mentorship Programme at AIMS, Mohali Dr Ashish Goel Dr Nidhi Malhotra		IB; FC 1.8 THE MEDICAL PROFESSION & THE PHYSICIAN'S ROLE IN SOCIETY Interactive session Learning to care for patient; Understanding the Hippocratic Oath Dr Neeraj Jindal (Fortis)/ Dr Ritu Garg		2C; FC 2.3 , 2.4 Universal precautions BIOHAZARD SAFETY Occupational Biohazards for HCWs and their management Dr Sonia Mehta Dr Trimaan	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – SURGERY & ALLIED Visit to Surg. OPD & IPD	I A; FC 1.4.1.5 COLLEGE CAMPUS; Visit to Medical College including Library, Sports Ground, Common Rooms, Mess/ Canteen, Hostel, & Gymnasium.	I A; FC 1.4.1.5 COLLEGE CAMPUS; HOSPITAL VISIT – MEDICINE & ALLIED Visit to Emergency, Med. OPD & IPD
18.11.22 Friday	I B; FC 1.10 HISTORY OF MEDICINE ; Cultural Heritage of medicine Medical Specialists in History & their Significant contributions Dr Muralidharan (Fortis)	4G; FC 4.8 YOGA Understand the role of Yoga and meditation in personal health Ms Garima	IC; FC 1.10 ALTERNATE HEALTH SYSTEMS IN THE COUNTRY; Introduction to AYUSH Dr Meera/ DH (Ayurveda & Homeopathy)		2D FC 2.4, BIOMEDICAL WASTE MANAGEMENT Dr Ritu Garg Dr Jenia	I A; FC 1.3 ACADEMIC AMBIENCE ANATOMY DEPTT. Overview of Anatomy Dept including Museum & DHall	I A; FC 1.3 ACADEMIC AMBIENCE- PHYSIO DEPTT. Overview of Physiology Dept including Laboratories	I A; FC 1.3 ACADEMIC AMBIENCE BIOCHEM DEPTT. Overview of Biochemistry Dept including College & Hospital laboratories



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19.11.22 Saturday	EC Activity	3A; FC 3.1 NATIONAL HEALTH PRIORITIES & POLICIES ; An overview of National Health programmes Dr Anuradha Nadda	3A; FC 3.3 COMMUNITY ORIENTATION Principles of Primary Care Visit to SC/ PHC & CHC Dr Akshay Kumar Dr Dhruvendra Lal		3A; FC 3.3 COMMUNITY ORIENTATION Principles of Primary Care Visit to SC/ PHC & CHC Dr Akshay Kumar Dr Dhruvendra Lal	I A; FC 1.3 ACADEMICAMBIENCE BIOCHEM DEPTT.	I A; FC 1.3 ACADEMICAMBIENCE ANATOMY DEPTT.	I A; FC 1.3 ACADEMICAMBIENCE- PHYSIO DEPTT.
20.11.22	SUNDAY							
21.11.22 Monday	4 I; FC 4.10 INTERPERSONAL RELATIONSHIP Role of interpersonal relationship in a health care team	3A; FC 3.1 HEALTH CARE SYSTEM & ITS DELIVERY; Relevance & Delivery Dr Anu Bhardwaj	3A; FC 3.3 COMMUNITY ORIENTATION Principles of Primary Care Visit to SC/ PHC & CHC Dr Dhruvendra Lal Dr Akshay Kumar		3A; FC 3.3 COMMUNITY ORIENTATION Principles of Primary Care Visit to SC/ PHC & CHC Dr Dhruvendra Lal Dr Akshay Kumar	I A; FC 1.3 ACADEMICAMBIENCE- PHYSIO DEPTT.	I A; FC 1.3 ACADEMICAMBIENCE BIOCHEM DEPTT.	I A; FC 1.3 ACADEMICAMBIENCE ANATOMY DEPTT.
22.11.22 Tuesday	2c, 2D; FC 2.3,2.4 Interaction with Nursing staff and HCWson BMW management at DH- Dr Shreya Singh Dr Jenia Dr Trimaan		4J; FC 4.13.4.15 LEARNING PEDAGOGY Introducing different approaches to Student centric pedagogical learning strategies; Reflective, constructive, Integrative, Inquiry based and collaborative learning.		4I; Fc 4.10 GENDER SENSITIVITY Creating awareness about Gender roles and gender equality Dr Rashi Garg	BATCH A (1-50)		BATCH B (51-100)
						5B, 5C; FC 5.2 LANGUAGE SKILLS		5D; FC 5.4 COMPUTER SKILLS
23.11.22 Wednesday	4C; FC 4.2 PD INCLUDING ETHICS Role of compassion & Altruism in nature of physicians work	3A; FC 3.1 ROLE AT VARIOUS LEVELS OF HEALTH CARE DELIVERY SYSTEM & SKILL	4J; FC 4.14 SELF DIRECTED LEARNING - I How to plan and participate in own learning activities; Self-Motivation		IB; FC 1.3 WHAT CAN THE STUDENT EXPECT FROM THE SOCIETY & NATION. Student interaction with patients and community	5D; FC 5.4 COMPUTER SKILLS		5B, 5C; FC 5.2 LANGUAGE SKILLS



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		REQUIREMENTS & CERTIFICATIONS Understanding role of physician at different Health care delivery levels, Skill development and essential requirements	Self-Management Self-Monitoring Self-Modification		members followed by debriefing session		
24.11.22 Thursday	4D ; FC 4.4 WORKING WITHIN HEALTH CARE TEAM Concept of Health Care Team, its composition, role of all members. Dr Rashi Garg	ID; FC 1.7 EXAMINATIONS & UNIVERSITY RULES REGARDING EXAMINATION & ATTENDANCE. Brief Overview of Formative, Summative & Internal Assessment, as per University rules and regulations. Dr Navpreet Kaur	4J; 4.13 LEARNING STRATEGIES Introducing VARK (Visual, Aural, Reading/ Writing & Kinesthetic learning modalities) Dr Priya Singh		IB; 1.3 WHAT CAN THE STUDENT EXPECT FROM THE INSTITUTION & TEACHERS Student interactions with Faculty followed by debriefing session	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
25.11.22 Friday	4G; FC 4.8 STRESS MANAGEMENT- YOGA Understand the role of Yoga and meditation in personal health Ms Garima	4J; FC 4.15 COLLABORATIVE LEARNING	4A; FC 4.1, 4.2 MEDICAL ETHICS, ATTITUDES & PROFESSIONALISM WHITE COAT CEREMONY Dr Ashish Goel/ Dr Maneesha		IB; 1.3 WHAT CAN THE STUDENT EXPECT FROM PEERS & COLLEAGUES (Value, honesty & respect) Student interviews with senior students and peers followed by debriefing session	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
26.11.22 Saturday	EC Activity	4 J; FC 4.14 SELF DIRECTED LEARNING Examples of SDL & its application in Research	4 J; FC 4.12 GROUP LEARNING Introduction to Group dynamics Dr Rashi Garg		IB; 1.3 WHAT CAN THE STUDENT EXPECT FROM PATIENTS (value, honesty & respect) Student Interviews with Patients followed by reflections	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
27.11.22	SUNDAY						
28.11.22 Monday	HOLIDAY						



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29.11.22 Tuesday	4E; FC 4.5 DISABILITY COMPETENCIES	4J; FC 4.13 TEACHING- LEARNING STRATEGIES; Introduction to Cinemeducation as a Teaching-learning tool	4J; FC 4.13 Cinemeducation: MEDICAL ETHICS,ATTITUDES & PROFESSIONALISM What is Unethical & Unprofessional behavior in medical practice? Movie MUNNABHAI MBBS		4C; FC 4.1 MEDICAL ETHICS,ATTITUDES & PROFESSIONALISM Reflections	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
30.11.22 Wednesday	4F; FC 4.6 CULTURAL COMPETENCE Understanding and respect of cultural diversities with interaction	3B; FC 3.5,3.6 COMMUNITY BASED LEARNING Community Visit; as a teaching learning tool Dr Anu Bhardwaj	2F; FC 2.9 DOCUMENTATION OF MEDICAL RECORD Visit to Medical Record Department (MRD) Importance of documentation of patient related medical records		2F; FC 2.9 DOCUMENTATION OF MEDICAL RECORD Visit of students to Emergency/ OPD/Wards to observe documentation Dr Neha Sharma (FMT)	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
01.12.22 Thursday	5A; FC 5.1.INTERPERSONAL COMMUNICATION Essential components of IPC Role of IPC in conflict management	10 AM – 1 PM			ID; FC 1.7 PEER ASSISTED LEARNING Use of Peer tutors as a cooperative, active learning strategy	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
		2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)					
02.12.22 Friday	4G; FC 4.8 STRESS MANAGEMENT- YOGA Understand the role of Yoga and meditation in personal health Ms Garima	2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)			5D; FC 5.5 USE OF ONLINE RESOURCES; Use of Information Technology & Social media apps in Medical education	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
03.12.22 Saturday	EC Activity	2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)			4J; FC 4.15 COLLABORATIVE LEARNING Poster making competition	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
04.12.22	SUNDAY						



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05.12.22 Monday	4C; FC 4.2 PD INCLUDING ETHICS Role of Integrity & Duty in nature of physicians work	2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)		ID; FC 1.7 ASSESSMENT DRIVEN LEARNING Importance of Assessment & Common Assessment tools Dr Amrit Virk	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
06.12.22 Tuesday	4C; FC 4.2 PD INCLUDING ETHICS Role of Responsibility & Trust in nature of physicians work	2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)		2A; FC 2.2 SIMULATION BASED LEARNING Classroom training in FIRST AID using Simulation	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
07.12.22 Wednesday	4D; FC 4.3,4.4 PROFESSIONAL ATTITUDE& ETHICAL BEHAVIOUR Concept of Honesty, Integrity & Respect in interactions with Seniors	2B ; FC 2.1 BASIC LIFE SUPPORT 2A ; FC 2.2 FIRST AID Anaesthesia/ Gen.Med/ Emg. Medicine)		3B; FC 3.6 LEARNING FROM PATIENTS & OTHER MEMBERS OF THE HEALTH CARE TEAM Student Interactions with Para-medical workers; Experience sharing Dr Anuradha Nadda Dr Dhruvendra Lal Dr Akshay Kumar	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
08.12.22 Thursday	4D; FC 4.3,4.4 PROFESSIONAL ATTITUDE& ETHICAL BEHAVIOUR Concept of Honesty, Integrity & Respect in interactions with Peers	2C,2D; FC 2.3-2.7 Biosafety & BMWM Microbiology Dept.		4D; FC 4.3,4.4 PROFESSIONAL ATTITUDE& ETHICAL BEHAVIOUR What does it mean to be part of Health Care Team	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
09.12.22 Friday	4G; FC 4.8 YOGA Understand the role of Yoga and meditation in personal health Ms Garima	2C,2D; FC 2.3-2.7 Biosafety & BMWM Microbiology Dept.		4D; FC 4.3,4.4 PROFESSIONAL ATTITUDE& ETHICAL BEHAVIOUR Concept of Honesty, Integrity & Respect in interactions with Health Care Team	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS



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10.12.22 Saturday	EC Activity	2E; FC 2.8 Immunisation Community Medicine Dept.	4H; FC 4.9 TIME MANAGEMENT Importance of Time management, Time Management Tips and techniques	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
11.12.22	SUNDAY				
12.12.22 Monday	4D; FC 4.3,4.4 PROFESSIONAL ATTITUDE & ETHICAL BEHAVIOUR Concept of Honesty, Integrity & Respect in interactions with Faculty	2E; FC 2.8 Immunisation Community Medicine Dept.	4G; FC 4.7 STRESS MANAGEMENT Strategies for Students to reduce stress (Meditation / Yoga) Dr Hardeep	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS
13.12.22 Tuesday	4C; FC 4.1 Student Reflections on Professionalism & Ethics	2F; FC 2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation FMT Dept.	4F; FC 4.6 Student Reflections on Cultural Diversity	5D; FC 5.4 COMPUTER SKILLS	5B, 5C; FC 5.2 LANGUAGE SKILLS
14.12.22 Wednesday	COMPUTER SKILLS ; Tips for making, effective Power point presentation	2F; FC 2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation FMT Dept.	1D; FC, 1.6, 1.7 CURRICULUM DESCRIPTION & CAREER PATHWAYS & PERSONAL GROWTH ; Life Beyond MBBS Degree; Career options	5B, 5C; FC 5.2 LANGUAGE SKILLS	5D; FC 5.4 COMPUTER SKILLS



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TIME DISTRIBUTION:	TIME ALLOTTED (HRS)	TIME REQUIREMENT AS PER NMC	
Orientation	32	30	
Skills Module (SM)	31	35	
Field visit to community health center	08	08	
Professional Development including ethics (PDE)	41	40	
Sports and Extracurricular activities* Will be conducted after 4: 30 pm daily	22 +	22	
Language skills	Computer skills	41	40
Total Hours	175	175	