

S.S. Medical College, Rewa M.P															
Foundation course Time Table August 2019															
Date	Day	Time 9- 9.30am	9.30- 10 am	10-10.30 am	10.30-11 am	11-11.30 am	11.30 -12 pm	12-12.30 pm	12.30-1 pm	1-2 pm	2-2.30 pm	2.30-3 pm	3-3.30 pm	3.30-4 pm	4 - 5 pm
1.8.2019	Thursday	Welcome & Lamp lighting.	Address by Dean	Introduction of Pre & Para clinical departments, faculty and self introduction by the students						The Medical Profession & Physician's Role in Society			: Queries : Discussion		
2.8.2019	Friday	Orientation of students: -About the rules and regulations of college - Facilities in the college - About the city - Ambulance & Anti-rabies			Orientation about MBBS course and duration		Orientation about university rules and regulations (Exams, Attendance etc.)			Lunch	Stress Management : Lecture		Consequences of unethical & unprofessional behavior, Consumer protection act		
3.8.2019	Saturday	Documents pertaining to MBBS course from MCI Lecture		Patient Safety & Biohazards Interactive lecture		Universal precautions and Vaccinations Interactive lecture		Introduction to Electives Interactive lecture			Alternate Health Systems in India (AYUSH)		Visit to Preclinical and Paraclinical departments (In four small groups) SGT		
4.8.2019	Sunday														
5.8.2019	Monday	National health policies & Priorities Interactive Lecture		Health care and its delivery. Interactive Lecture		Visit to casualty, blood Bank (3 small groups) Exposure to health team, health facilities			Concept of Medical ethics and professionalism			Visit to Preclinical and Paraclinical departments (In four small groups) SGT			
6.8.2019	Tuesday	Antiragging & Sexual Harassment rules & Regulations Interactive Lecture		Post Orientation Assessment Assessment driven		Community Medicine : Exposure to patients and relatives Visit to OPD and Wards of Sanjay Gandhi Hospital			English language skills Introduction to grammar		Computer skills: Basics of Hardware. E- Library		EC 1: Importance of EC activities in life. Group discussion		
7.8.2019	Wednesday	Sports/ Yoga 1 - Self Realization & Healthy Life Style SGT , Demonstration		BLS1: How to call ambulance or rescue team to save one's life. Simulation		Introduction to AETCOM Interactive Lecture		BLS 20:Samay hi sona hai : Importance of Time Management Interactive session			Lunch	English language skills: Communication		Computer skills : Operating System & Software E- Library Sports 2	
8.8.2019	Thursday	Stress Management amidst lifestyle of a Medico. Role play, Video, Interactive PPT.		BLS 2 - ABC of CPR skill Lab. Simulation.		AET- Commitment to lifelong learning as a Medical person Interactive PPT.		BLS 21: Panel discussion - How to be a Good doctor and human being			English language skills: Expressive speech		Computer skills : Introduction to MS Word E- Library Sports 3		
9.8.2019	Friday	Sports 4 /Yoga 4 Group Activity		BLS 3- Introduction of Compression only life support COLS by HOD Anesthesia Interactive Lecture, Demo		Community medicine: Introduction to health care workers & their Roles			English language skills: Patient Interaction		Computer skills : MS Word details E- Library		EC 2: Develop Medical Photography		
10.8.2019	Saturday	AET - Concept of Professionalism and Ethics Video, Interactive PPT.		BLS 4- Every student must do COLS personally. Peer assisted Practice session		AET- Role of empathy in Medical Profession Interactive session		BLS 22: Role of a physician in health care system: Interactive lecture. Exposure to health team, health Facilities			English language skills: Effective reading		Computer skills : Word Practice session E- Library Sports 5		
11.08.2019	Sunday (H)														
12.8.2019	Monday (H)														
13.8.2019	Tuesday	AET - Panel discussion-How to excel in medical profession seniors, PG students & consultant. Interactive session		BLS 5: Importance of Hand Washing. Movie		AET- Importance of cool mind in medical student's life. Interactive Lecture		BLS 23: Scene safety assessment Interactive lecture			Lunch	English language skills: Debates		Computer skills: Introduction to powerpoint. Sports 6	
14.8.2019	Wednesday	AET- White coat ceremony		BLS 6 - Concept of Biosafety Interactive session with health team		AET- Demonstrate empathy in patient Encounters & student's reflections		BLS 24: Donning and doffing gloves Demo, video			English language skills: Formal letters		Computer skills: How to prepare PPT. Sports 7		
15.8.2019	Thursday (H)														
16.8.2019	Friday (H)														
17.8.2019	Saturday	AET - Physician's role and responsibility to society Video, role play		BLS 7 - Primary care of dog, snake and honey bee bite. Interactive lecture		Community Medicine department- PIC and CHC visit Exposure to health team, health facilities			Lunch	English language skills: Articles and journals		Computer skills: How to prepare PPT.		EC 3 - Singing competition	
18.8.2019	Sunday (H)														
19.8.2019	Monday	AET- Reflections of students & their plans for next 5 years course. Peer assisted		BLS 8 - Care of Drowning Interactive PPT. based on case scenario.		AET- Self directed learning (reading, TV, personal experience in their life)		BLS 25: Group discussion about Different life support taught till date			English language skills: Notes taking		Computer skills : PPT Practice session Sports 8		
20.8.2019	Tuesday	AET- Importance of being regular student & group discussion in medical education (addressed by senior students)		BLS 9 - How to handle cases of Food poisoning, before arrival of medical help. Simulation of case scenario.		AET - Consequences of unethical & unprofessional behaviour- Legal aspects Interactive session		BLS 26: Hazards of watching Social media for more than 2-3 hours Interactive lecture			English language skills: Assessment		Computer skills : Assessment EC 4- Acting tips		
21.8.2019	Wednesday	Inter personal communications Peers, health teams and relatives		BLS 10- Care of case of Electric current. Interactive PPT.		AET - Functioning as a Part of Health care Team Interactive session		BLS 27: Disaster management as an alert citizen. Interactive lecture			English language skills : Writing skills for Exam		Computer skills : Master Excel Sports 9		

22.8.2019	Thursday	AET - A Talk on doctor patient relationship and discussion Interactive session	BLS 11: Immunization Requirement in Health care workers. Talk	Relating to patients experience of the disease (Role Play)	BLS 28: Needle /scalpel/ stick injuries prevention and post exposure plans. Interactive lecture	English language skills : Writing skills for Exam	Computer skills : Master Excel	EC 5 : Poetry/ short story telling	
23.8.2019	Friday	Friday (H)							
24.8.2019	Saturday	AET- How to Meditate? Demonstration, Group activities.	BLS 13 : First Aid in Accidents. Movie	AET - Importance of Cultivating Power of Observation.	BLS 30 : Feedback on various Life skill Assessment driven	English language skills : Word power	Computer skills : Documentation of Medical Records	Sports 10	
25.8.2019	Sunday (H)								
26.8.2019	Monday	AET- What are the international codes of conduct for doctors passed by world doctor's organization and Geneva declaration? Interactive Lecture	BLS 14 - Primary care of burn patients. Interactive PPT., Video	AET - What are different oaths, Hippocratic, maharishi charka and oath for a doctor by Dr. A.P.J. Kalam	BLS 31: How to avoid different communicable diseases in the hospital Interactive session	English language skills : Word power	Computer skills : Use of Internet	EC 6 : Drawing, sketching competition	
27.8.2019	Tuesday	AET- Learning local language helps to understand patient's problem. Interactive Lecture	BLS 15: Career pathways and personal growth. Group Discussion	AET-How to study effectively? Interactive Lecture.	BLS 32 - Balanced diet in life of medical students as well general population. Interactive ppt	English language skills : Self directed learning	Computer skills :Practice session (SDL)	Sports 11	
28.8.2019	Wednesday	AET - Functioning as part of a health care team (Role Play)	BLS 16: Foreign body airway obstruction- First Aid Interactive PPT., Video	AET - How to disclose bad news to patient's relatives? Interactive PPT, Role play	BLS 33 : Why Good and complete clinical examination is absolutely necessary for correct diagnosis. Role play, Interactive ppt., video	English language skills : Self directed learning	Computer skills : Use of online resources in medical field E Learning	Sports 12	
29.8.2019	Thursday	AET - How alcohol, fat food and soft drinks spoil your health as well in wellness of your brain. Interactive session, Video	BLS 17: Handling body parts, Cadavers & specimens of infectious disease in Labs. Interactive PPT., Video	How to converse with Patient? Medical legal aspects. Interactive session	BLS 34: Importance of revision and repeated practice in medical profession. (over over assess by orally dir agues) Memory Games based Group activity	English language skills : Introduction to common Medical terms.	Computer skills : Use of technology in Medical field E- Learning Interactive lecture	EC 7 : Dance competition	
30.8.2019	Friday	AET -Are you young angry man? What are the serious consequences of harsh attitude in medical profession? Interactive session	BLS 18. Lifting and moving unconscious patient. Case Scenario Simulation	Visit to Angnavadi community medicine department Exposure to health team, health facilities		English language skills : Group discussion on a case scenario.	Computer skills : Latest in IT	Sports 13	
31.8.2019	Saturday	Value of integrity honesty and respect during interaction with peers, seniors and faculty other health care workers and patients. Role Play, Interactive PPT.	BLS 19: Control of external bleeding Interactive session	AET - Importance of regular exercise in the life and how it works to increase your memory, cardiac and overall body performance. Interactive session	BLS 35: Quiz on various First aid & life skills. Assessment driven	English language skills : Assessment	Computer skills : Assessment	Sports 14	

Summary & Colour Coding for Foundation Course	Modules	Total teaching hours allotted as per CISP guidelines	Teaching hours as reflected in our Time Table	In August, 2019 only 161 hours (23 working days) are available due to public holidays. So, Rest 9 hours of professionalism included in master timetable.
	Orientation	30	30 hours	
	Basic life Skills	35	33 hours	
	Community Medicine	8	8 hours	
	AETCOM	40	31 hours Rest 9 hours of professionalism included in master timetable as only 23 working days are available in August, 2019.	
	English language skills	20	19 hours	
	Computer skills	20	19 hours	
	Sports / ECA	22	4 hours /week - 14 hours; 2 hours/ week 7- hours; Total 22 hours	
	Total Hours	175	161	