FOUNDATION COURSE FOR 1st MBBS 2019-20.

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| DATES | TIMINGS | | | |  |
| 9.00AM TO 11.00 AM | 11.00 AM TO 1.00  PM | 2.00 PM TO 4.00 PM | 4.00 PM  TO 5.00  PM |  |
| AUGUST 01 | Welcoming the Batch | Evolution of FIMS  (Know about your  Institution)  (Dept. of  Biochemistry) | Interaction of parents with  Hostel wardens / Teacher.  (Dept. of Forensic  Medicine  (Dept. of Pharmacology) | (PI,  FIMS)  S  P  O  R  T  S  A  C  T  I  V  I  T  I  E  S |  |
| AUGUST 02 | Orientation to MBBS  program & curriculum  HOD, Dept. of Anatomy  Overview of MBBS  program (FIMS)  HOD, Dept. of Physiology | What the student can  expect (know about  your profession)  Dept. of  Biochemistry | Awareness about Ragging  (Anti- Ragging committee) |
| AUGUST 03 | H/o medicine Evolution of  Allopathic Medicine  (pharm) | Alternative  complementary  Medicine  (Pharm) | College visit/ Hospital  Community Medicine postings. |
| AUGUST 05 | Stress management  (Psychiatry Dept ) | Skills &Learning  methods  Dr.  ( MEU ) | college / Hospital rounds |

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| AUGUST 06 | Health care system & its Delivery, working within a  healthcare team.  (P & SM Dept.) | | | college / Hospital  rounds | | Mr.  ( PI ,  FIMS)  S  P  O  R  T  S  A  C  T  I  V  I  T  I  E  S |  |
| AUGUST 07 | First aid &BLS (P&SM)  (EM),  (Med),  (Anesth) | National Health  policies & priorities  (P & SM Dept.) | | college / Hospital  rounds | |
| AUGUST 08 | Orientation to community  Roll No : 1 -50 Skill Lab  Roll No : 51- 100 Community visit | | | | |
| AUGUST 09 | Roll No : 1 - 50 community visit  Roll No :51- 100 Life skills | | | | |
| AUGUST 13 | Career pathways & personal  growth after MBBS | | National health  policies & priorities  (P&SM | | skill lab training  (P & SM Dept.) |
| AUGUST 14 | Vaccination schedule  ( P& SM, & Pediatrics) | | Time management  Biochemistry Dept. | | Life skills training  (P & SM Dept.) |

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| AUGUST 16 | Communication skills,  group dynamics &  interpersonal  communication  (P & SM Dept.) | Physicians Role in the society  Physiology Dept. | Life skills training  (P & SM Dept.) | (PI ,FIMS)  S  P  O  R  T  S  A  C  T  I  V  I  T  I  E  S |  |
| AUGUST 17 | Principles of primary  care  (P & SM Dept.) | Medical records/ Documentation  / Hospital management  (Physiology Dept.)  (Anatomy Dept.) | skill lab training  (P & SM Dept.) |
| AUGUST 19 | Safety - Biomedical  waste management  Biohazards safety  Microbiology Dept. | Universal Precaution  Hand wash workshop measures  Microbiology Dept. | Life skills training  (P & SM Dept.) |
| AUGUST 20 | Medical Ethics,  professionalism,  Professor, Dept. of  Forensic Medicine,  (MEU) | Medical Ethics attitude&  behavior  (Psychiatry Dept ) | Language |
| AUGUST 21 | Relating to patient’s experience of a disease, communication  with patient & families  What it means to be a Doctor. AETCOM 1.1  1 Hour Lecture Followed by small group activity  Dept. of Physiology, | | Language |

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| AUGUST 22 | Academy Ambience  (P & SM Dept.),(OBG),  (Physio),  (Pharm) | Information Technology in  Medicine.  Biochemistry Dept.,  Pharm,  Physio | Language | (PI ,FIMS)  S  P  O  R  T  S  A  C  T  I  V  I  T  I  E  S |  |
| AUGUST 23 | 1.Role of physician in society.  (Dept. of Medicine)  2.Importance of hobbies &  extracurricular activities.  (Dept. of Anatomy) | Research methodology  (Dept. of Pharmacology) | Language |
| AUGUST 24 | Computer skills  (Mr.peer) | Computer skills  (Mr.peer) | Language |
| AUGUST 26 | Life skills | Life skills | Language |
| AUGUST 27 | Display of Talent by the students  ( Anatomy& Biochemistry ) | | Language |
| AUGUST 28 | Yoga - Meditation & Pranayama | | Language |
| AUGUST 29 | How to safeguard yourselves.  1.Self Defense.  (Police personnel)  2.Verbal Defense. | Nutrition & Hygiene  Dietician (VH) | Language |
| AUGUST 30 | Computer Skills  (Mr.peer) | | Language |
| AUGUST 31 | Feedback & Evaluation | | Language |