

Dr. Y S Parmar Government Medical College, Nahan, Dist. Sirmaur, H.P.

FOUNDATION COURSE: PROPOSED TIME-TABLE								
MBBS BATCH 2021-22 (w.e.f 31 st January 2022 – 24 th April 2022)								
DATE & DAY	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00	3:00-4:00
31.01.2022 MONDAY	FC 1.3 Introduction & Ice-breaking Dr Sukhinder	FC 1.7 Introduction: MBBS Program Dr Nidhi Puri	FC 1.4 Welcome add: Principal Dr N K Mohindroo	FC 1.1, 1.2 Medical profession: Expectations Dr Kamaljit & Dr Vikramjeet			FC 1.5 Introduction & Orientation to ANATOMY DEPARTMENT	
01.02.2022 TUESDAY	FC 1.3 'My 1 st day at Medical school' Dr Manju Bala	FC 1.7 GMER: NMC guidelines Dr Navjot Kaur	FC 1.4 Anti-ragging law & policy Dr Sangeet Dhillon	FC 1.2 Physicians role in society: Responsibilities Dr Kamaljit & Dr Sukhinder			FC 1.5 Introduction & Orientation to PHYSIOLOGY DEPARTMENT	
02.02.2022 WEDNESDAY	FC 1.10 History of Medicine Dr Sukhinder	FC 1.8 National Health Policy & priority Dr Renu Chauhan	FC 1.9 Principles of Family Practice Dr Rashmi	FC 1.8 Health care system & it's delivery Dr S S Bawa & Dr S Kakkar			FC 1.5 Introduction & Orientation to BIOCHEMISTRY DEPARTMENT	
03.02.2022 THURSDAY	FC 1.10 Alternate health systems Dr Kamaljit	FC 4.4 Health care team Dr S Kaushik	FC 4.12 Group Dynamics: Workshop Dr Sukhinder & MEU faculty				FC 2.3, 2.8 Universal Precautions & vaccination Dr Renu Chauhan	
04.02.2022 FRIDAY	FC 1.6 Future career options & opportunities Dr Vikramjeet	FC 4.13 Learning strategies: Pedagogy Dr Harinder Jot	FC 4.14, 4.15 Learning skills workshop: Self-directed & collaborative learning Dr Harinder Jot & MEU faculty				FC 4.1, 4.2, 4.3 Medical Ethics, Attitudes & Professionalism Dr Sukhinder & Dr Archana	
05.02.2022 SATURDAY	FC 1.5 HOSPITAL ORIENTATION Dr Shayam Kaushik	FC 2.9 Medical Jurisprudence: Dr Bikramjit	FC 2.9 Importance of Documentation: Dr Sangeet	FC 2.9 Visit to MEDICAL RECORDS MS Office			FC 4.1, 4.2, 4.3, 4.4 WHITE COAT CEREMONY	
06.02.2022 SUNDAY	Sports & Cultural CLUBS	FC 1.5 HOSPITAL ORIENTATION VISIT Group I – Wards Group II – Laboratories Group III – OPD's		FC 1.5 HOSPITAL ORIENTATION VISIT Group I – OPD's Group II – Wards Group III – Laboratories			FC 1.5 HOSPITAL ORIENTATION VISIT Group I – Laboratories Group II – OPD's Group III – Wards	

ORIENTATION MODULE (FC 1.1 to 1.10) Duration 30 Hours

Professional development & Ethics

Skills Module

Sports & Extra-curricular activities

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DATE & DAY	8:00-9:00		2:00-3:00	3:00-4:00	4:00-5:00
07.02.2022 MONDAY	Sports & Extra Curricular Activities				
08.02.2022 TUESDAY	FC 5.2 Local language skills Guest faculty				
09.02.2022 WEDNESDAY	FC 5.2 Local language skills Guest faculty		FC 5.1 Effective Communication skills Dr Navjot Kaur	FC 5.1 Communication skills: Verbal & Non-verbal Workshop Dr Navjot Kaur & Dr Sukhinder	
10.02.2022 THURSDAY	FC 5.2 Local language skills Guest faculty				
11.02.2022 FRIDAY	FC 5.4 Fundamentals: Computers Guest faculty				
12.02.2022 SATURDAY	Sports & Extra Curricular Activities				
13.02.2022 SUNDAY	HOLIDAY				
14.02.2022 MONDAY	Sports & Extra Curricular Activities				
15.02.2022 TUESDAY	FC 5.4 Microsoft Word Guest faculty				
16.02.2022 WEDNESDAY	HOLIDAY		HOLIDAY		
17.02.2022 THURSDAY	FC 5.4 Effective PPT Guest faculty				
18.02.2022 FRIDAY	FC 5.5 e-Portfolio Dr Sukhinder				
19.02.2022 SATURDAY	Sports & Extra Curricular Activities				

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20.02.2022 SUNDAY		9:00-11:00 FC 3.3, 3.4, 3.5, 3.6 Community Visit: Gp1- Urban Health center Gp2- Rural Health center Gp3- Anganwari center	11:30-1:30 FC 3.3, 3.4, 3.5, 3.6 Community Visit: Gp2- Urban Health center Gp3- Rural Health center Gp1- Anganwari center	2:00-4:00 FC 3.3, 3.4, 3.5, 3.6 Community Visit: Gp3- Urban Health center Gp1- Rural Health center Gp2- Anganwari center
DATE & DAY	8:00-9:00	2:00-3:00	3:00-4:00	4:00-5:00
21.02.2022 MONDAY	Sports & Extra Curricular Activities			
22.02.2022 TUESDAY	FC 5.4 Graphics & Multimedia Guest faculty			
23.02.2022 WEDNESDAY	FC 5.4 Multimedia Guest faculty			
24.02.2022 THURSDAY	FC 5.3 English language skills Guest faculty	FC 4.6 Gender roles & gender equality Dr Sangeet Dhillon	FC 4.6 Cultural diversity & inclusivity Dr Nidhi Puri	FC 4.5 Disability inclusive compassionate care Dr Harinder Jot
25.02.2022 FRIDAY	FC 5.3 English language skills Guest faculty			
26.02.2022 SATURDAY	FC 5.3 English language skills Guest faculty			
27.02.2022 SUNDAY	HOLIDAY			
28.02.2022 MONDAY	Sports & Extra Curricular Activities			
01.03.2022 TUESDAY	HOLIDAY	HOLIDAY		
02.03.2022 WEDNESDAY	FC 5.5 Cyber ethics & Netiquette Dr Manju			
03.03.2022 THURSDAY	FC 5.5 Medical education research Dr Sharanjit	FC 2.2 Performing First Aid Dr Arvind & Dr Naveen	FC 2.2 First Aid: Workshop in skill lab Dept. of Surgery & Orthopaedics	

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DATE & DAY	8:00-9:00		2:00-3:00	3:00-4:00	4:00-5:00
04.03.2022 FRIDAY	FC 5.5 Social media in Med Edu Dr Sharanjit				
05.03.2022 SATURDAY	Sports & Extra Curricular Activities		FC 2.3 Bio-safety & Universal precautions Dr Rajni Kaushik	FC 2.4 & 2.6 Bio-safety & Universal precautions: Workshop in skills lab Dept of Pathology & Microbiology	
06.03.2022 SUNDAY			FC 2.7 National regulations Bio-Medical Waste Dr S S Bawa & Dr S Kakkar	FC 2.7 Bio-medical waste management: Workshop MS Office	
07.03.2022 MONDAY	Sports & Extra Curricular Activities				
08.03.2022 TUESDAY	Communication & Language skills: SGT				
09.03.2022 WEDNESDAY	Communication & Language skills: SGT				
10.03.2022 THURSDAY	Communication & Language skills: SGT		FC 4.10 Inter-professional interactions Dr Nidhi Puri	FC 4.4 Team building & Leadership skills Dr Renu Chauhan	FC 4.10 Effective feedback: Giving & receiving Dr Manju Bala
11.03.2022 FRIDAY	Communication & Language skills: SGT				
12.03.2022 SATURDAY	Sports & Extra Curricular Activities				
13.03.2022 SUNDAY	HOLIDAY				
14.03.2022 MONDAY	Sports & Extra Curricular Activities				
15.03.2022 TUESDAY	Communication & Language skills: SGT				
16.03.2022 WEDNESDAY	Communication & Language skills: SGT				
17.03.2022 THURSDAY	Communication & Language skills: SGT		FC 2.1 BLS Interactive lecture Dr Vikramjeet Arora	FC 2.1 BLS – SGT & Workshop (Dept of Anaesthesia) Gp1- Scene & pt assess Gp2- Air vent breathing Gp3- Chest comp. Gp4- AED	

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DATE & DAY	8:00-9:00		2:00-3:00	3:00-4:00	4:00-5:00
18.03.2022 FRIDAY	HOLIDAY		HOLIDAY		
19.03.2022 SATURDAY	Sports & Extra Curricular Activities				
20.03.2022 SUNDAY			9:00-11:00 FC 2.1 BLS – Workshop Gp2- Scene & pt assess Gp3- Air vent breathing Gp4- Chest comp. Gp1- AED	11:30-1:30 FC 2.1 BLS – Workshop Gp3- Scene & pt assess Gp4- Air vent breathing Gp1- Chest comp. Gp2- AED	2:00-4:00 FC 2.1 BLS – Workshop Gp4- Scene & pt assess Gp1- Air vent breathing Gp2- Chest comp. Gp3- AED
DATE & DAY	8:00-9:00		2:00-3:00	3:00-4:00	4:00-5:00
21.03.2022 MONDAY	Sports & Extra Curricular Activities				
22.03.2022 TUESDAY	Communication & Language skills: SGT				
23.03.2022 WEDNESDAY	Communication & Language skills: SGT				
24.03.2022 THURSDAY	Communication & Language skills: SGT		FC 2.5 Hand-Hygiene Dr A K Kanga	FC 2.5 HAND-HYGIENE: Workshop Dept of Microbiology	
25.03.2022 FRIDAY	Communication & Language skills: SGT				
26.03.2022 SATURDAY	Sports & Extra Curricular Activities				
27.03.2022 SUNDAY	HOLIDAY				
28.03.2022 MONDAY	Sports & Extra Curricular Activities				
29.03.2022 TUESDAY	Communication & Language skills: SGT				
30.03.2022 WEDNESDAY	Communication & Language skills: SGT		FC 4.2 Professionalism Dr Sukhinder	FC 4.2 Professionalism: Role-plays MEU Faculty	

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31.03.2022 THURSDAY	Communication & Language skills: SGT				
01.04.2022 FRIDAY	HOLIDAY				
02.04.2022 SATURDAY	Sports & Extra Curricular Activities		FC 4.1, 4.3 Bioethics Dr Archana	FC 4.1, 4.3 Professionalism & ethics: Case scenarios MEU Faculty	
03.04.2022 SUNDAY	9:00 – 11:30			1:30 – 4:00	
	FC 2.1, 2.2, 2.4, 2.9 Skills module: First aid; BLS; Documentation- Presentations in groups (Formative assessment)			FC 2.3, 2.5, 2.6, 2.7 Skills module: Universal precautions; Hand-hygiene; BMW Poetry writing (Formative assessment)	
04.04.2022 MONDAY	Sports & Extra Curricular Activities				
05.04.2022 TUESDAY	Communication & Language skills: SGT				
06.04.2022 WEDNESDAY	Communication & Language skills: SGT		Pandemic module F1: History of Outbreaks, Epidemics & Pandemics Dr Manju Bala	FC 2.5 Personal Protective Equipment (PPE): Donning & doffing workshop Dept. of Microbiology	
07.04.2022 THURSDAY	Communication & Language skills: SGT				
08.04.2022 FRIDAY	Communication & Language skills: SGT				
09.04.2022 SATURDAY	Sports & Extra Curricular Activities				
10.04.2022 SUNDAY	HOLIDAY				
11.04.2022 MONDAY	Sports & Extra Curricular Activities				
12.04.2022 TUESDAY	Communication & Language skills: SGT				

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13.04.2022 WEDNESDAY	Communication & Language skills: SGT		FC 3.1, 3.2 National Health Goals & Policies: Health scenario Dr Kamaljit	FC 3.4 Basic principles of Community Health Dr Deepesh	FC 4.11 Mentoring Dr Sukhinder
14.04.2022 THURSDAY	HOLIDAY				
15.04.2022 FRIDAY	HOLIDAY		HOLIDAY		
16.04.2022 SATURDAY	Sports & Extra Curricular Activities				
17.04.2022 SUNDAY	9:00 – 12:30			1:30 – 4:00	
	FC 4.9 Time management workshop: MEU Faculty			FC 4.7, 4.8 Stress management workshop: MEU Faculty	
18.04.2022 MONDAY	Sports & Extra Curricular Activities				
19.04.2022 TUESDAY	Communication & Language skills: SGT				
20.04.2022 WEDNESDAY	Communication & Language skills: SGT		FC 4.13 Reflective practice Dr Navjot	FC 4.13, 4.14 Reflective writing workshop MEU Faculty	
21.04.2022 THURSDAY	Sports & Extra Curricular Activities		Foundation Course: REFLECTIONS by students (Formative assessment) Foundation course committee		
22.04.2022 FRIDAY					
23.04.2022 SATURDAY					
24.04.2022 SUNDAY	9:00 – 1:00				
	Foundation Course: POSTER making competition (Formative assessment) Feedback; Open House & Valedictory Foundation course committee				

Community orientation module (8 hrs)

Professional development & Ethics Module (40 hrs)

Language & Computer skills module (40 hrs)

Skills Module (35 hrs)

Sports & Extra-curricular activities (22 hrs)

SPORTS & EXTRA-CURRICULAR ACTIVITY: Students to be divided into groups based on their choice from options offered

SPORTS (Outdoor & Indoor games); EXTRA-CURRICULAR (Music, Literary & Drama clubs)

VENUE: Activity area & ground, New Medical College Building (Near Chowgan), DYSPGMC, Nahan.

FACULTY INCHARGE: Chairman, SPORTS COMMITTEE, DYSPGMC, Nahan.

Chairman, CULTURAL COMMITTEE, DYSPGMC, Nahan

COMMUNICATION & LANGUAGE SKILLS SGT (Small Group Teaching):

Students to be divided into 4 groups based on their choice from following options:

Computer / English (Spoken) / English (Written)/ Local language

VENUE: *COMPUTER* – Computer lab, Dept of Pharmacology, DYSPGMC, Nahan.

ENGLISH (Spoken): Demonstration room no 1, Dept of Anatomy, DYSPGMC, Nahan.

ENGLISH (Written): Demonstration room no 2, Dept of Anatomy, DYSPGMC, Nahan.

LOCAL LANGUAGE (Hindi): Demonstration room, Adjoining LT 2, DYSPGMC, Nahan.

GUEST FACULTY: Computer skills – Mr Shushank & Mr Rahul Sharma

Language skills – Prof. Chauhan, Ex-Principal, Govt. Degree College, Nahan.