

Dr Y S PARAGAR GOVERNMENT MEDICAL COLLEGE, NAHAN, H. P.
SCHEDULE- FOUNDATION COURSE: MBBS 1st Prof. BATCH 2025

DATE	9.30 AM to 10.30 am	10.30 am -12.00 noon	12.30-1.30 PM	1.30-4.00 PM	4.00-5.00 P.M.
22.9.25	Introduction to Foundation course and Overview of MBBS Program. Dr Shubhpreet (Anatomy Deptt.)	Welcome address by Principal, Parent Teacher Meeting / Formation of Parent Teacher Association		Orientation to Anatomy Department	
Date	9:30A.M-11:00 AM	11:00AM-12:30 PM		1.30-4.00 PM	4.00-5.00 P.M.
23.9.25	Anti-ragging law & policy: Rules and regulations of institution. Dr Ajay (Deptt. of Dermatology)	History of medicine and Alternate system of medicine. AYUSH in India. Dr Harinder Jot Singh (Dept. of Physiology)		Orientation to Physiology Deptt. (Batch A) Orientation to Biochemistry Deptt. (Batch B)	Sports and extracurricular activities
24.9.25	Introduction to AETCOM module (Attitude, ethics and Professionalism). Dr Puneet Jain. (Deptt. of Surgery)	National health policy and programmes: Dr Pallavi (Deptt. Of Community medicine)		Orientation to Biochemistry Deptt. (Batch A) Orientation to Physiology Deptt.. (Batch B)	Sports and extracurricular activities
25.9.25	Future career options and opportunities: Dr Harinder Jot Singh (Deptt. Of Physiology)	Interpersonal Relationship. Dr Sonali Kausshal (Deptt. of Anaesthesia)		Development of English language skills	Sports and extracurricular activities
26.9.25	Medical profession & Physician's role in society. Dr. Sanjay. (Deptt of Community medicine)	Health care system & it's delivery In India. Dr. Renu Chautan (Deptt of Community medicine)	LUNCH		
27.9.25	Mentoring. Mentor. Mentee Programme. Dr Anita Negi (Deptt. of Pharmacology)	Visit to Health centre. Batch A. Dr Resham, Dr Chitwan. (Deptt. of Community Medicine)		Visit to Health centre. Batch A Dr Resham, Dr Chitwan. (Deptt. of Community Medicine)	Sports and extracurricular activities
29.9.25	Principles of Primary care: General and community based care. Dr Shuchi. (Deptt. Of Community medicine)	Visit to Health centre. Batch B. Dr Pallavi, Dr Ramandip (Deptt. of Community Medicine)		Visit to Health centre. Batch B Dr Pallavi, Dr Ramandip (Deptt. of Community Medicine)	Sports and extracurricular activities
30.9.25	Basic Life support Dr Anupam and Dr Deepanshu: (Department of Anaesthesia)	BLS- Workshop: Gp1- AED Gp2- Scene & patient assess Gp3- Air vent breathing Gp4- Chest comp. Dr Anupam and and Dr Deepanshu: (Department of Anesthesia)		BLS- Workshop: Gp1- Chest compression Gp2- AED Gp3- Scene and patient asses Gp4- Air vent breathing. Dr Anupam and Dr Deepanshu: (Department of Anesthesia)	Sports and extracurricular activities
1.10.25	Time Management. Dr Navjot (Deptt. Of Pathology)	PPE (Personal Protective Equipment): Donning and Doffing and hand hygiene. Dr Vipin. (Department of Microbiology)		Pandemic Module: History of Outbreaks, Epidemics & Pandemics Dr Bhanu kanwar (Department of Microbiology)	Sports and extracurricular activities

Date	9:30A.M.-11:00 AM	11:00AM-12:30 PM	1.30-4.00 PM	4.00-5.00 P.M.
3.10.25	Health Goals and Policies. Health scenario Dr Kamlesh (Dept. Of Community Medicine)	Use of Information technology and Artificial Intelligence. Dr Amod (Dept. of OBG)	Patient safety and biohazard safety. Dr Vipin chauhan Dept. of Microbiology)	Sports and extracurricular activities
4. 10.25	Pedegogy: Self Directed Learning. Dr Shabnum (Deptt. Of radiotherapy)	Universal precautions and Vaccinations Dr Bhanu Kanwar (Deptt. of Microbiology)	Development of Computer skills	Sports and extracurricular activities
6.10.25	Biomedical waste management, Biosafety and Workshop. Dr Sheetal. (Deptt. of Pathology)	Communication skills: Verbal and non verbal. Dr Archana Chauhan (Deptt. Of Physiology)	Development of Computer skills	Sports and extracurricular activities
8.10.25	Performing First Aid (Dept. of Surgery &Orthopedics)	Batch A: First Aid: Workshop in skill lab Batch B: Visit To wards/ Hospital (Dept. of Surgery &Orthopedics)	Batch B: First Aid: Workshop in skill lab Batch A: Visit To wards/ Hospital (Dept. of Surgery &Orthopedics)	Sports and extracurricular activities
9.10.25	Stress Management. Dr Navdeep (Deptt. Of Psychiatry)	Nasha Mukht Bharat Abhiyan: Deptt. Of Psychiatry, Deptt. of Community Medicine and Dr.Ajay. Deptt. of Dermatology	Reflections Dr Rashmi (Deptt. Of Community Medicine)	-----

VENUE: - Lecture Theatre 2.

1. Batch distribution of students:

Batch A: S.No.- 1 to 60: Batch B: S.No- 61 to 120

[Signature]
Coordinator,
Foundation Course,
Dr. YSPGMC, Nahan, H.P.

[Signature]
Principal,
Dr. YSPGMC, Nahan, H.P.