



**I MBBS course - Foundation Course timetable August 2019**

**Time 9-5 pm with 15 min tea break at 10.30-10.45 am & 1 hr lunch break from 1 pm - 2 pm**

Date	Day	S No	Session 1	Session 2	Session 3	1PM-2PM	Session 4	Session 5		
31/07/19	Wednesday	0	9 - 9.30 am Reporting/ welcome 9.30 - 10 am Pooja	10 - 11 am Course Commencement Ceremony	11 - 1 pm Admission formalities - hostel allotment		Settle down in hostels after admission formalities			
			VP + SWO + Students Council		Sr Op Gp Manager			Hostel wardens and Team		
Days 1- 6 Foundation Team for Planning, Coordination and Monitoring : Dr Mahalakshmi, Dr Manju, Dr Gopinath, Dr Sowmya										
01/08/19	Thursday	1	students and parents attend these sessions			L U N C H	2-4 PM Mentor mentee Assignment & initial interaction Getting to know the group members, background, interests, expectations from family, help received and given (UGC modules (A,B)			
			9 .00 - 9.30 am VMRF DU - A short film	9.30 - 10.45 am An Overview of the new MBBS Course & What parents can do to help their wards ( 1 hr)	11.15 - 1 2.30 pm Students' Support & wellbeing @ AVMC & H including Anti – Ragging Measures, Helpline ( 1 hr)		Dr Ilamkathir / 1 year Faculty members			
			Dr Ramachandra Reddy, Dean	Dr Mahalakshmi Dean HPE	Dr Rajan Vice Principal + Mr Kumar student welfare officer					
02/08/19	Friday	2	9 AM - 10.30 AM Phase I of MBBS-an Overview (1.5 hrs)	10.45 AM - 1 PM Phase II of MBBS-an Overview (2.5 hrs)		L U N C H	2 - 4 PM Visit to 1 year departments (intro to Faculty, students self intro, spaces, learning resources and book exhibitions - referencing and effective use of textbooks, special features of the dept)			4 - 5 PM Sports
			The dead teach the living – Anatomy	What went wrong – Pathology			A	B	C	
			Body is a system - Physiology	The elixir of life - Blood Bank						Anatomy
			Chemistry of life - Biochemistry	The magic bullets- Pharmacology			Physical Director			
	Dead tell tales - Forensic Medicine									

03/08/19	Saturday	3	9 AM - 10 AM History of Medicine including Alternate Medicine (1 hr)	10 AM - 11.30 AM Why did you choose to become doctor? - An interactive session including 'Suffering In Silence' - A short film (1hr)	11.30 AM - 1 PM Ice breaking - Pair / Share Get introduced to your classmates (2 hrs)	L U N C H	B	C	A	4 - 5 PM Aerobics practice
			Dr Sudha & Team CM	Dr Mahalakshmi Dean HPE	1 year faculty					Physical Director + Instructor
05/08/19	Monday	4	9 AM - 10 AM Salutogenesis & well being of medical students - Include UGC module Taking care of self and body (1 hr)	10 AM - 11 AM National Healthcare priorities and policies - link to the short film shown earlier (1 hr)	11.15 AM - 1.00 PM Phase III of MBBS-an Overview (2 hrs)	L U N C H	C	A	B	4 - 5 PM Zumba practice
					The doctor in the social context - Community Medicine					
					Window to the World- Ophthalmology					
			Looking thru a tunnel - ENT							
Dr John Dinesh, HOD Psychiatry	Dr Nishanthini & Team CM	It's a mind game - Psychiatry	Physical Director + Instructor							
06/08/19	Tuesday	5	9 AM - 10 AM Participation in Sports and Co-extra activities; Campus life @AVMCH (1 hr)	10 AM - 11 .30AM Phase IV of MBBS-an Overview (1.5 hrs)	Comp skills 11.30 - 1.00 PM Visit to Library & eLibrary - library skills (1.5 hr)	L U N C H	2 - 4 PM Admission formalities (2 hrs) -White coat/ ID cards photo/ Fill up Anti ragging online forms			4 - 5 PM Sports
				Life begins here - Obstetrics & Gynaecology						
				Everything is covered here - Medicine						
				Huddy Buddy – Orthopaedics						
				The joy of life - Paediatrics						
			Mr Kumar + students council student welfare officer	we cut to cure_ surgery	1 year faculty & Librarian with his team					Dr Ilamkathir / Dr Gobi / Mr Mohan + EDP team
07/08/19	Wednesday	6	9 AM - 10 AM Yoga for holistic lifestyle (1hr)	Comp skills 10 AM - 1 PM Campus walk, Mapping and Geotagging (3 hrs)		L U N C H	2 PM - 4 PM Visit to College departments (in 4 groups by rotation; include research lab and animal house)			4 - 5 PM Yoga practice
			Team Yoga Center	Foundation team/ 1 year faculty			Foundation team/ 1 year faculty. + all Yr 2 depts +CM + Dr Ravi + Veterinary surgeon			Dr Balaji & Team

**Days 7 -13 Foundation Team for Planning, Coordination and Monitoring : Dr Rajan, Dr Sasmitha Mishra, Dr Ilamkathir, Dr Sushmitha**

08/08/19	Thursday	7	<b>9 AM - 1 PM</b> Team work in medical practice & Team Building activities			L U N C H	<b>2-4 PM</b> Stress & Time management skill for medical students - Exercises /Group activity			<b>4 - 5 PM</b> Sports
			External Consultant group				External Consultant group			Physical Director
09/08/19	Friday	8	<b>9 AM - 10.00 AM</b> BLS - Saves lives (1 hrs)	<b>10 .00AM - 12 PM</b> Humanistic Medicine (2hrs)	<b>12 - 1PM</b> Immunization requirements of Health care Professionals	L U N C H	<b>2-4 PM</b>			<b>4 - 5 PM</b> Aerobics practice
			<b>First Aid &amp; BLS (Skills lab)</b>	VARK/ Educational Counselling - learn how to learn	Learning local language/ language skill for medical students + practice sessions		Dr Uma / Dr Asokan / Dr Gowardhan MEU	Tamil mandram / Tamil teacher		
			Skills lab	Dr Uma / Dr Asokan / Dr Gowardhan MEU	Tamil mandram / Tamil teacher				A	C
Dr Vijayalakshmi Skill lab Coordinator	Dr Mahalakshmi Dean HPE	Dr Latha + Team NABH	A	C	Physical Director + Instructor					
10/08/19	Saturday	9	<b>9 - 10 AM</b> Hospital as a system & Importance of "Documentation " in Patient care (1 hr)	<b>10 AM - 1 PM</b> Humanism in medicine -Patch Adams movie Intro, movie watch & debriefing (3 hrs)		L U N C H	B	C	A	<b>4 - 5 PM</b> Zumba practice
			Dr Jaya singh Medical Superintendent	Dr Viji / Team MEU						Physical Director + Instructor
12/08/19	Monday	10	Id Holiday			L U N C H				<b>4 - 5 PM</b> Sports
13/08/19	Tuesday	11	<b>9 AM - 10 AM</b> Personal Grooming for Health Care responsibilities (1 hr)	<b>9 AM - 10 AM</b> Mentoring for Professional development - A panel discussion (1 hr)	<b>11 AM - 1 PM</b> Disability Competencies ( 2 hrs)	L U N C H	C	A	B	<b>4 - 5 PM</b> Yoga practice
			Dr Rajan Vice Principal	Dr Manju / Dr Ilamkathir / Dr Lakshmi / Dr Arun Daniel	Dr Sasmitha / Team MEU					Dr Balaji & Team

14/08/19	Wednesday	12	9 AM - 1 PM Community Visit - What does it mean to be a patient? Social needs (4 hrs) + Home assignment - - Students write a blog to share personal views, reflections on Community visit What does the society expect from the medical profession?	L U N C H	Mentor Mentee meeting - handling self and peer pressure (UGC Module D)	4 - 5 PM Sports	
			Dr Vignesh & Team CM / 1 year faculty		All 1 year faculty	Physical Director	
17/08/19	Saturday	13	Holiday				
<b>Days 14- 19 Foundation Team for Planning, Coordination and Monitoring : Dr Lakshmi Jatiya, Dr Sridhar, Dr Naresh, Dr Navin, Dr Arun</b>							
19/08/19	Monday	14	9 AM - 11 AM Introduction to Ethics & Group Activities ( 2 hrs)	L U N C H	2-4 pm Introduction to communication skills - Focus on communication with faculty, staff, peers & Group activity (2 hrs)	4 - 5 PM Aerobics practice	
			Dr Mahalakshmi Dean HPE		Dr Prasad, Associate Prof, CM & Team CM	Team Psychiatry	Physical Director + Instructor
20/08/19	Tuesday	15	9 AM - 10 AM Learn about the IMG - CBME core concepts- What the student should know (1 hr)	L U N C H	10 AM - 1 PM Hospital visit - What does it mean to be a patient? Structured Interaction with patients to learn Patient needs (3 hrs)	4 - 5 PM Zumba practice	
			Dr Mahalakshmi Dean HPE		All clinical depart + 1 year faculty	Dr Vignesh & Team CM + 1 year faculty	Physical Director + Instructor
21/08/19	Wednesday	16	9 AM - 10 AM Medical students as part of HC team (Team work) (1 hr)	L U N C H	10 AM - 1 PM Hospital visit - What does it mean to be a HC professional? (Shadow the nurse) (3 hrs)	4 - 5 PM Sports	
			Team Psychiatry		Team NABH	Dr Sudha & TeamCM / 1 year faculty	Physical Director
22/08/19	Thursday	17	9 AM - 11 AM Bio safety & Infection control + Hand hygiene - dance (2 hrs)	L U N C H	11 AM - 1 PM What does it mean to be a doctor? - Sharing Stories Facilitated panel discussion (2 hrs)	4 - 5 PM Yoga practice	
			Dr Kavitha & HICC team		Dr Viji + All clinical departments + 1 year faculty	Team MEU	Dr Balaji & Team
23/08/19	Friday	18	9 AM - 11 AM New age Learning skills for medical students & eLearning tools available (2 hrs)	L U N C H	11 AM - 1 PM Introduction to Professionalism & Group Activities (2 hrs)	4 - 5 PM Sports	
			Dr. Arun Daniel Assoc Prof, CM		Dr Mahalakshmi Dean HPE	Dr Arunkumar / 1 year Faculty	Physical Director

24/08/19	Saturday	19	9 AM -11 AM Road Safety & Substance abuse (2 hrs)	11 AM - 1 PM fundamentals of the doctor- patient relationship (2 hrs)		L U N C H	2 PM - 4 PM Bio safety - Hands on exercises	4 - 5 PM Aerobics practice
			Police Officer	Dr Govardhan / Team MEU			HICC team	Physical Director + Instructor
Days 20 -25 Foundation Team for Planning, Coordination and Monitoring : Dr Prasad, Mr Mohan, Mrs Hemalatha, Dr Sudhakar								
26/08/19	Monday	20	Comp skills 9 AM -10 AM Responsible use of social media (1 hrs)	10 AM - 1 PM The cadaver as our first teacher & Cadaver Oath (3 hrs)		L U N C H	Comp skills 2 PM - 4 PM Making scientific Presentation using ppt	4 - 5 PM Zumba practice
			Dr Gopinath Physiology	Team Anatomy			Team CM / Foundation team/ I year faculty	Physical Director + Instructor
27/08/19	Tuesday	21	9 AM - 10 AM Innovative TL Methods for CBME (1 hr)	10 AM - 11 AM Career advancement in medicine - Symposium Panel (1 hr)	11 AM - 1 PM Plan your life one day at a time- Time management into practice (2 hrs)	L U N C H	2 PM - 4 PM Research skills for medical students	4 - 5 PM Sports
			I year HoDs	Panel by Alumni Group	Dr Gopinath Physiology		Dr Niranjana + Team IRC	Physical Director
28/08/19	Wednesday	22	9 AM - 10 AM Academic Policies for students (1 hr)	10 AM - 1 PM HC systems in the world - Introduction, watch Sicko movie, debriefing and debate by students on the merits of different systems (3 hrs)		L U N C H	2 PM - 4 PM Tamil language program	4 - 5 PM Yoga practice
			Year 1 HODs	Dr Nishanthini & Team CM			Team Tamil Mandram / Tamil teacher	Dr Balaji & Team
29/08/19	Thursday	23	9 AM - 1 PM Community Visit (4 hrs) Organisation of healthcare services - visit to PHC, subcenter, etc		L U N C H	2 PM - 5 PM L&D activity (English & Tamil language programs)		
			Dr Prasad & Team CM			I year Faculty		

30/08/19	Friday	24	9 AM - 10 AM AVMCH; An Equal Opportunity Environment - Focus on Gender equality and cultural plurality - (1 hr)	10 AM - 12 PM Team building - Colloboration / Cooperation game (2 hrs)	12 PM - 1 PM How to reach out for help (1 hr)	L U N C H	2 PM - 4 PM Sharing Plans & ideas for Course of study by I year students	4 - 5 PM Sports
			Dr Lakshmi Jatiya, Prof, Physiology	Dr Uma, Associate Prof, Pathology & Team MEU	SWO + Hostel wardens		Foundation team/ I year faculty	Physical Director
31/08/19	Saturday	25	9 AM - 10 AM White coat ceremony (1 hr)	10 AM - 1 PM Parents Teachers meeting (3 hrs)		L U N C H	2 PM - 4 PM Online Feedback to Feed forward - students to share their reflections on Foundation course	4 - 5 PM Aerobics practice
			MEU	I year faculty			Foundation team/ I year faculty	Physical Director + Instructor

Orientation	30 Hours	175 Hours
skills	35 Hours	
Prof development incl. ethics	40 Hours	
lang & comp skills	40 Hours	
sports and extra curricular	22 Hours	
field visit	8 Hours	