OVERNMENT MEDICAL COLLEGE RAJOURI

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FOUNDATION COURSE

FOUNDATION COURSE CONTENT FOR MBBS BATCH (2019-20) AS PER THE RECOMMENDATIONS OF MEDICAL COUNCIL OF INDIA

	4 110013	Biomedical waste Handling and Management	
		TEGITI VVOIK OKIII	
	6 hours		
	3 hours	Basic Life Support and Resuscitation skills	
	/ hours	Prescription Writing Skills (1 Hours + 6 Hours)	
	1 hours	Immunization requirements of health care profession	
	4 hours	urs+ 3 hour	
	nour	Needle Stick/ Scalpel injury	
35 hours	hour	First Aid (1 hour+ 2 hours)	SKILLS MODULES
		Principles of Family Practice	
		Principles of Primary care	
	1 hour	Patient and Drug safety and Bio Hazard Safety	
	2 hours	Universal Precautions and vaccinations	
		Healthy Life style	
	- 1	Visit to Central Library	
	- 1	Echo.,	
	4 hours	Visit to Blood Bank, Central Lab and Diagnostics (Micro., Pathology., Bio-chem., Radiology, ECG,	
		and Policies	
	1	Visit to emergency, OPDs, Wards, ICU, CCU, NICU	ORIENTATION
7010010		Visit to various departments (Anatomy, Physiology, Bio-chemistry)	
30 hours			
	1 hour	Alternate Health system in the country	
	2 hours	History of Medicine	
		Introduction to Medical Profession and Physician's role in the society	
		MBBS Course detail orientation; Interaction with parents	
		Hippocratic oath, apron wearing& stethoscope adoring ceremony, cadaveric oath	
		Welcome address by Principal	
IOIAL TIME	HOURS	COURSE CONTENT	
101			

		ACTIVITES
1	Yoga, Meditation and Stress management	EXTRA
113	Sports and Extracurricular activities	SPORTS AND
片	Medical use of Mobile (apps) & other Software	
3 hours	Surfing, Medical I	
	1	
3 hours	Important Scientific Websites, Important Medical Journals & their importance in continuous	
1 hour	Information Technology	
7 hours	Computer Skills: Basic, Data Representation (Tables, Bar Diagram, Line Diagram, Pie Chart)	SKILLS
5 hours	Computer skills: Basic, Excel sheet	AND COMPUTER
	Point Presentation	OF LANGUAGE
13 hours	Local and Universal language learning – Hindi, English, Urdu, Kashmiri, Dogri	ENHANCEMENT
2 hours	Introduction and Basics of AETCOM & CBME (1 hr + 1 hr)	
	s+ 3 h	
13 hours	Value of Integrity, Honesty and respect during interactions with peers, senior's faculty and other (
16 hours	Functioning as part of Health Care Team (1 hour+ 3 hours+ 3 hours+ 3 hours+ 3 hours)	
2 hours	Time management	ETHICS
3 hours	Motivational Lecture & Social responsibilities	INCLUDING
2 hours	Consequences of unethical & unprofessional behaviour	DEVELOPMENT,
2 hours	Concept of professional ethics	PROFESSIONAL
	patients; understanding health problems & Health Care needs of community	
5 hours	Visits to CHC, Introduction to Health Workers & their role; Introduction to & interaction with	
1 hour	Community health problems	
2 hours	Understanding Nutritional issue & Health economic issues (1hr + 1 hr)	Field Visit to CHC

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•		FOUNDATIO	ĔΪ	SCHEDULE F	OR MBBS BAICH	77-CT	1	
	8am-9am		0am-11am	11 am -12 pm		Tpm-zpm	Introduction to	local &
1.8.19	Welcome	Hippocratic Oath,	MBBS Course detail orientatio	etail orientation;	Introduction to	Break		Universal
(Thursday)	address by	Apron wearing &	Interaction with parents	1 parents	_		Profession &	Language
	Director/	Stethoscope			Physician's role in the		Physician's role	learning-
	Principal	adoring	(HOD Anatomy / Physiology	/Physiology	society		, ,	
		ceremony,	/Biochemistry &	20	(curriculum		rriculum	
		Cadaveric oath	MEU Committee mem	e members)	committee members)		committee	
		(HOD Anatomy,					members)	
		Physio, Patho,						
		Micro, Pharma						
		,Biochemistry)					l ocal&	Information
2.8.19	Yoga, Meditation	on & Stress Mgmt.	History of Medicine	icine	e	Brask	Universal	Technology
(Friday)	(Dr.Ravinder N	Malhotra, Dr.Aman			Systems III the	7	Language	
	Sharma& Dr.S	Dr.Sanjeev Gupta)	HOD Medicine		HOD Pharma/ PSM		Learning Hindi	
•		Hoolth care	Visits to various	isits to various departments (Ana	tomy, Physiology,	Lunch	Local &	Computer
8.19	ואוטנואמנוטוומו		Biochemistry)			Break	Universal	skills: Basics,
(Saturday	_	delivery	Respective HOD'S	D'S			Language	Excel Sheer
	(Dr. Vijay Gupta						learning- English	
	& Dr. Mukhtar)				ICH CCH NICH	linch	local &	Computer
5.8.19	Yoga, Meditation		Pachactive HOD"S Clinical De	D"S Clinical Depart	ment	Break	Universal	skills: Basics
	Q	nder Mainotra, Dr.Allian	100000000000000000000000000000000000000	•			Language	Excel Sheet
	Sharma& Dr	Dr Sanjeev Subra//					learning English	
		and Bank Central Lab. &	Diagnostics (Mi	agnostics (Micro, Pathology.,	Internet surfing,	Lunch	Local &	Computer
6.8.19	10 0	padiology FCG Ec			Medical Literature	Break	Universal	skills; Basics,
	nist				Reviewing & Retrieving		Language	Excel Sheet
	Respective				•		learning Urdu	
		First Aid	First Aid		Internet Surfing	Lunch	Local &	
	Onderstanding		HOD Surger	HOD Surgery, Medicine,	Medical Literature	Break	Universal	skills; Basics,
7.8.19	Nutritional	Medicine, Ortho	Ortho		Reviewing & Retrieving		Language	Excel Sheet
	HOD PSM				(HOD PSM)		learning Urdu	

14.08.19	13.08.19	10.08.19	9-08-19	/.08.19
Yoga, Meditation & Stress Mgmt (Dr.Ravinder Malhotra, Dr. Aman Sharma& Dr. Sanjeev Gupta))	Time management (Dr. Satish Sharma)	Motivational Lecture & Social Responsibility (Dr Chander Shekhar)	Yoga, Meditation & Stress Mg (Dr.Ravinder Malhotra, Dr.An Sharma& Dr.Sanjeev Gupta))	Yoga, Meditation & Stress Me (Dr.Ravinder Malhotra, Dr.Ar Sharma& Dr.Sanjeev Gupta))
an Smt.	Writing Skills Dr.Aman Sharma	Hand washing technique Dr.Kanishtha Sharma	Stress Mgmt. tra, Dr.Aman v Gupta))	Stress Mgmt. tra, Dr.Aman v Gupta))
Prescription Writing Skills Dr.Aman Sharma	harma	Hand washing techni Dr.Kanishtha Sharma	Basic Life Support & Resuscitation Skills Dr.Suhail Bandey	Visits to Central Library Dr.DJ Raina
Break	Break	Break	Lunch	Lunch Break
Universal Language learning- Kashmiri	ersal ing- miri	Local and Universal language learning Kashmiri	evin atur	Local & Universal Language learning English
skills: Basics, Data Representatio n(Tables, Bar diagram, Line diagram, pie chart)	skills: Basics, Data Representati on(Tables, Bar diagram, Line diagram, pie chart)	Computer skills: Basics, Data Pata Representati on(Tables, Bar diagram, Line diagram, pie chart)	Computer skills: Basics Data Data Representati on (Tables, Bar diagram, Line diagram, Pie chart)	Computer skills: Basics Excel Sheet

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0.08.19	9.08.19	7.08.19	6.08.19
Important scientific websites, important medical journals& their importance in continuous updating Dr.Shuja Qadri	Time Management HOD PSM	Motivational Lecture & Social Responsibility (Dr. Chander Shekhar)	Workers & their role; Introduction & interaction with patients; understanding health problems & health care needs of community. HOD PSM
Team Work skills Dr.Satish Sharma	Team work Skills Dr.Satish Sharma	Team work Skills Dr.Satish Sharma	& their role; Introduction to Health & their role; Introduction to tion with patients; nding health problems & re needs of community.
Basic communication skills Dr.Satish Sharma		Communication atish Sharma	
BREAK	Break	Lunch	Lunch
Value of integrity honesty& respect during interactions with peers, seniors, faculty and health care		ing ers	Local and Universal Language learning- Dogri
Sport & Extracurricul ar activities Dr.Prabhjot Singh, Dr Singh, Dr Barinder Kumar & Cr. Aman	Extracurricul ar activities ar activities Dr. Prabhjot Singh , Dr Barinder Kumar& Chaman Sharma	Computer skills: Basics, Data Data Representati on(Tables, Bar diagram, Line diagram, pie chart	Computer skills: Basics, Data Data Representati on(Tables, Bar diagram, Line diagram, pie chart)

	Important scientific	Functioning			patients
21 08.2019	<u>, s</u>	as part of	Dente Long as part of Health Care Team (Clinical	LUNCH	Medical use of
11200	medical journals&			BREAK	mobile (apps) &
			value of Integrity, honesty & respect during		other software's
		(Lecture)	βC		
	ייים אוויים אווי	(rectule)	orkers & F		
	Runaring		Value of Integrity, honesty & respect during		
	Dr.Shuja Qadri	HOD PSM	interaction with peers, seniors, faculty & other health		
			S		
22.08.19	Important scientific	Computer	Functioning as part of Health Care Team (Roll No	LUNCH	Health lifestyles
	websites,	Skills: Basics	otts HOD)	BREAK	(Dr Barinder
	important medical	Data	Value of Integrity honesty & Respect during		Kumar)
	journals& their	Representatio	teraction with peers, sen		
	importance in	n (Tables, Bar	_		
	continuous	diagram, Line	9		
	updating	diagram, Pie	y, hone		
		chart)	on with po		
	Dr.Shuja Qadri	Dr.Shuja	care workers and patients		
		Qadri	ts. HOD)		
23 8 19	Introduction &	Introduction	Functioning as part of Health Care Team	LUNCH	Biomedical
. 0		& Basics of	\mathbf{O}	BREAK	Waste Handling
(Filliay)		CBME			& Management
	(Co-ordinator		interactions with peers, seniors, faculty & other		
		(Co-	workers & p		Dr.Kanishtha
		ordinator.	(Clinical Deptts. HOD)		Sharma
	Team)	Curriculum	Value of integrity, honesty, & respect during		
		Committee &	ons with peers, sen		
			health care workers & nationts (Clinical Deptts, HOD)		
		Team)	health care workers & patients (Clinical Deptis, nob)		
24-08-2019	Universal Precaution	& Vaccinations	Functioning as part of Health Care Team	LUNCH	Computer skills:
Ģ			otts. HOD)	BREAK	Basics, &
(sat)	(HOD BSM & HOD Bandiatrics)		honesty & respect during		Powerpoint
	(nob raivi of nob rac		א, ווטווכטנץ		Presentation
			interaction with peers, seniors, faculty & other health		Presentation

		Functioning as part of Health Care Team			
		<u>U</u>		Dr Abdul Hakim	
Presentat		s part of Hea	HOD MEDICINE		
Powerpoi				S	
Basics,	BREAK	_		Professional	(Thrus)
Compute	LUNCH	Value of integrity, honesty & respect during	Principles of		20 00 2010
		(Clinical Deptits, nob)			
		ling as part of he			
		ores. Hop	HODPSM	Dr Abdul Hakim	
		בססו			
Presentation		ac part of Healt	Polices	ethics	
Powerpoint		nationt	priorities &	Professional	(Wed)
Basics,	2 2	e of integrity,		Concept of	28-08-2019
Computer	LUNCH				
		(Clinical Deptts. HOD)			
		ing as p	HOD PSM		
		Q	issues.	Sanje	
Presenta		art	economic	7	
Powerpoint		Sharma	Health	safety &	_
Basics, &	BREAK	Biomedical waste Handling & Management	Understanding	Patient & Drug	27-08-2019
Compute	HONE				
		(Clinical Deptts. HOD)			
		Biomedical waste Handling & Management			
		(Clinical Deptts. HOD)	HOD PSM		
Presentation		Functioning as part of Health Care Team		(Dr. Barinder)	
Powerpoint		s (Clinical Deptts. HOD)	nealth problems	Scalpel injury	(Mon)
Basics,	BREAK	Full Culture as part of		. id	26-08-2019
Compu	LUNCH	200	Commisite	2	
		care workers & patients (clinical peptis, nob)			**
		to (Climinal Dente Book and Head			
		teracti			
		Value of integrity, honesty & respect during			
		(Clinical Deptts. HOD)			

				Clinical Daniel 1991			
7	1			(Cillical Deptis, FOD)			Kumar &
Vi.							Dr.Aman
1		Consequences of	Principles of				Sharma
10/20	20-08-2019	unethical & un	family product	value of integrity, honesty & respect during	LUNCH	Computer skills:	Sports and
100	- 6	professional	idility practice	Interaction with peers, seniors, faculty & other health	BREAK	Basics, &	Extracurricul
([[]]		b b c c c c c c c c c c c c c c c c c c		care workers & patients (Clinical Deptts. HOD)		Powerpoint	ar activities
		benaviour	HOD Medicine	Functioning as part of Health Care Team (Clinical		Presentation	Dr.Prabhjot
		Dr Qazi Mohd		Deptts. HOD)			Singh ,Dr
		Iqbal		Functioning as part of Health Care Team (Clinical			Barinder
				Deptts. HOD)			Kumar &
							Dr.Aman
							Sharma
		Consequences of	Immunization	Value of integrity, honesty & respect during	LUNCH	Computer skills:	Sports and
<u>3</u> 1	31-08-2019	unethical & un	requirement of	ner health	BREA	Basics, &	Extracurricul
(Sat)	₹	professional	health care	care workers & patients (Clinical Deptts. HOD)			ar activities
	,	behaviour	professionals			Presentation	Dr.Prabhjot
				Biomedical waste handling & management			Singh ,Dr
		Dr Qazi Mohd	HOD PSM &				Barinder
		Iqbal	Paediatrics	Functioning as part of Health Care Team			Kumar &
				(Clinical Deptts. HOD)			Dr.Aman
							Sharma

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No: GMCR/2019-20//5/0-Dated: 28-06-2019

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Financial commissioner to Government, Health & Medical Education Department, Civil Secretariat J&I Jammu for favour of information please.

Government Medical College

Principal

Kuldeep Singh

Rajouri

Secretary, Medical Council of India, Pocket-14, Sector-8, Dwarka Phase-1, New Delhi-110077.

ω Co-ordinator, Curriculum Committee, GMC Rajouri. Director Coordinator New GMCs J&K for favor of information.

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HOD(all)

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