

GOVERNMENT MEDICAL COLLEGE RAJOURI

FOUNDATION COURSE

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

	COURSE CONTENT	HOURS	TOTAL TIME
ORIENTATION	Welcome address by Principal	1 hour	30 hours
	Hippocratic oath, apron wearing & stethoscope adorning ceremony, cadaveric oath	1 hour	
	MBBS Course detail orientation: Interaction with parents	2 hours	
	Introduction to Medical Profession and Physician's role in the society	2 hours	
	History of Medicine	2 hours	
	Alternate Health system in the country	1 hour	
	Health care system and its delivery (1 hour)	1 hour	
	Visit to various departments (Anatomy, Physiology, Bio-chemistry)	3 hours	
	Visit to emergency, OPDs, Wards, ICU, CCU, NICU	3 hours	
	National Health Priorities and Policies	1 hour	
	Visit to Blood Bank, Central Lab and Diagnostics (Micro, Pathology, Bio-chem., Radiology, ECG, Echo,)	4 hours	
	Visit to Central Library	3 hours	
	Healthy Life style	1 hour	
	Universal Precautions and vaccinations	2 hours	
	Patient and Drug safety and Bio Hazard Safety	1 hour	
SKILLS MODULES	Principles of Primary care	1 hour	35 hours
	Principles of Family Practice	1 hour	
	First Aid (1 hour + 2 hours)	3 hours	
	Needle Stick/ Scalpel injury	1 hours	
	Handwashing Techniques (1 hours + 3 hours)	4 hours	
	Immunization requirements of health care profession	1 hours	
	Prescription Writing Skills (1 Hours + 6 Hours)	7 hours	
	Basic Life Support and Resuscitation skills	3 hours	
	Team Work Skill	6 hours	
	Basic Communication skills	6 hours	
	Biomedical waste Handling and Management	4 hours	

<u>Field Visit to CHC</u>	Understanding Nutritional issue & Health economic issues (1hr + 1 hr)	2 hours	8 hours
	Community health problems	1 hour	
<u>PROFESSIONAL DEVELOPMENT, INCLUDING ETHICS</u>	Visits to CHC, Introduction to Health Workers & their role; Introduction to & interaction with patients; understanding health problems & Health Care needs of community	5 hours	<u>40 hours</u>
	Concept of professional ethics	2 hours	
	Consequences of unethical & unprofessional behaviour	2 hours	
	Motivational Lecture & Social responsibilities	3 hours	
	Time management	2 hours	
	Functioning as part of Health Care Team (1 hour+ 3 hours+ 3 hours+ 3 hours+ 3 hours)	16 hours	
	Value of Integrity, Honesty and respect during interactions with peers, senior's faculty and other (health care workers and patience (1 hour+ 3 hours+ 3 hours+ 3 hours+ 3 hours)	13 hours	
<u>ENHANCEMENT OF LANGUAGE AND COMPUTER SKILLS</u>	Introduction and Basics of AETCOM & CBME (1 hr + 1 hr)	2 hours	<u>40 hours</u>
	Local and Universal language learning – Hindi, English, Urdu, Kashmiri, Dogri	<u>13 hours</u>	
	Computer skills: Basic, PowerPoint Presentation	<u>7 hours</u>	
	Computer skills: Basic, Excel sheet	<u>5 hours</u>	
	Computer Skills: Basic, Data Representation (Tables, Bar Diagram, Line Diagram, Pie Chart)	<u>7 hours</u>	
	Information Technology	<u>1 hour</u>	
	Important Scientific Websites, Important Medical Journals & their importance in continuous updating	<u>3 hours</u>	
	Internet Surfing, Medical Literature Reviewing and Retrieving	<u>3 hours</u>	
	Medical use of Mobile (apps) & other Software	<u>1hour</u>	
	Sports and Extracurricular activities	<u>12 hours</u>	
<u>SPORTS AND EXTRA CURRICULAR ACTIVITIES</u>	Yoga, Meditation and Stress management	<u>10 hours</u>	<u>22 hours</u>
<u>TOTAL</u>			<u>175 HOURS</u>

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FOUNDATION COURSE SCHEDULE FOR MBBS BATCH (2019-20)

FOUNDATION COURSE SCHEDULE FOR MBBS DRUGS								
	8am-9am	9am-10am	10am-11am	11 am -12 pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm
1.8.19 (Thursday)	Welcome address by Director/ Principal	Hippocratic Oath, Apron wearing & Stethoscope adoring ceremony, Cadaveric oath (HOD Anatomy, Physio, Patho, Micro, Pharma , Biochemistry)	MBBS Course detail orientation; Interaction with parents		Introduction to Medical Profession & Physician's role in the society (curriculum committee members)	Lunch Break	Introduction to Medical Profession & Physician's role in the society (curriculum committee members)	Local & Universal Language learning-
2.8.19 (Friday)	Yoga, Meditation & Stress Mgmt. (Dr.Ravinder Malhotra, Dr.Aman Sharma& Dr.Sanjeev Gupta)		History of Medicine HOD Medicine		Alternate health Systems in the country HOD Pharma/ PSM	Lunch Break	Local& Universal Language Learning Hindi	Information Technology
3.8.19 (Saturday)	Motivational Lecture & Social Responsibility (Dr. Vijay Gupta & Dr. Mukhtar)	Health care system & its delivery (HOD PSM)	Visits to various departments (Anatomy, Physiology, Biochemistry) Respective HOD'S		Lunch Break	Local & Universal Language learning- English	Computer skills: Basics, Excel Sheet	
5.8.19	Yoga, Meditation & Stress Mgmt. (Dr.Ravinder Malhotra, Dr.Aman Sharma& Dr Sanjeev Gupta))		Visits to Emergency, OPDs, wards, ICU, CCU, NICU Respective HOD'S Clinical Department					
6.8.19	Visits to Blood Bank, Central Lab. & Diagnostics (Micro, Pathology,, Biochemistry., Radiology, ECG, Echo.) Respective HOD'S		Internet surfing, Medical Literature Reviewing & Retrieving (HOD PSM)		Lunch Break	Local & Universal language learning Urdu	Computer skills; Basics, Excel Sheet	
7.8.19	Understanding Nutritional Issues HOD PSM	First Aid HOD Surgery, Medicine, Ortho	First Aid HOD Surgery, Medicine, Ortho	Internet Surfing Medical Literature Reviewing & Retrieving (HOD PSM)	Lunch Break	Local & Universal language learning Urdu	Computer skills; Basics, Excel Sheet	

08.19	Yoga, Meditation & Stress Mgmt. (Dr.Ravinder Malhotra, Dr.Aman Sharma& Dr.Sanjeev Gupta))		Visits to Central Library Dr.DJ Raina	Lunch Break	Local & Universal Language learning English	Computer skills: Basics Excel Sheet
9-08-19	Yoga, Meditation & Stress Mgmt. (Dr.Ravinder Malhotra, Dr.Aman Sharma& Dr.Sanjeev Gupta))		Basic Life Support & Resuscitation Skills Dr.Suhail Bandey	Lunch Break	Internet Surfing, Medical Literature Reviewing & Retrieving	Computer skills: Basics Data Representation (Tables, Bar diagram, Line diagram, pie chart)
10.08.19	Motivational Lecture & Social Responsibility (Dr Chander Shekhar)	Hand washing technique Dr.Kanishtha Sharma	Hand washing technique Dr.Kanishtha Sharma	Lunch Break	Local and Universal language learning Kashmiri	Computer skills: Basics, Data Representation (Tables, Bar diagram, Line diagram, pie chart)
13.08.19	Time management (Dr. Satish Sharma)	Prescription Writing Skills Dr.Aman Sharma	Prescription Writing Skills Dr.Aman Sharma	Lunch Break	Local and Universal Language learning- Kashmiri	Computer skills: Basics, Data Representation (Tables, Bar diagram, Line diagram, pie chart)
14.08.19	Yoga, Meditation & Stress Mgmt. (Dr.Ravinder Malhotra,Dr.Aman Sharma& Dr.Sanjeev Gupta))		Prescription Writing Skills Dr.Aman Sharma	Lunch Break	Local and Universal Language learning- Kashmiri	Computer skills: Basics, Data Representation (Tables, Bar diagram, Line diagram, pie chart)

16.08.19	Visit to CHC, Introduction to Health Workers & their role; Introduction to & interaction with patients; understanding health problems & health care needs of community. HOD PSM			Lunch Break	Local and Universal Language learning- Dogri	Computer skills: Basics, Data Representation(Tables, Bar diagram, Line diagram, pie chart)
17.08.19	Motivational Lecture & Social Responsibility (Dr. Chander Shekhar)	Team work Skills Dr.Satish Sharma	Basic Communication Skills Dr.Satish Sharma	Lunch Break	Local and Universal Language learning- Dogri	Computer skills: Basics, Data Representation(Tables, Bar diagram, Line diagram, pie chart)
19.08.19	Time Management HOD PSM	Team work Skills Dr.Satish Sharma	Basic Communication Skills Dr.Satish Sharma	Lunch Break	Local and Universal Language learning- Dogri	Sports & Extracurricular activities Dr.Prabhjot Singh , Dr Barinder Kumar& Dr.Aman Sharma
20.08.19	Important scientific websites, important medical journals& their importance in continuous updating Dr.Shuja Qadri	Team Work skills Dr.Satish Sharma	Basic communication skills Dr.Satish Sharma	LUNCH BREAK	Value of integrity honesty& respect during interactions with peers, seniors, faculty and health care workers&	Sport & Extracurricular activities Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman

21.08.2019	Important scientific websites, important medical journals& their importance in continuous updating	Functioning as part of Health Care Team (Clinical Deptts. HODs)	Value of Integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & Patients (Clinical Deptts.)	Value of Integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & Patients (Clinical Deptts.)	patients	Medical use of mobile (apps) & other software's	Dr.Prabhjot Singh Dr Barinder Kumar& Dr.Aman Sharma	Sport & Extracurricular activities
22.08.19	Important scientific websites, important medical journals& their importance in continuous updating	Computer Skills: Basics Data Representation (Tables, Bar diagram, Line diagram, Pie chart)	Functioning as part of Health Care Team (Roll No (Clinical Deptts. HOD)	Value of Integrity, honesty & Respect during interaction with peers, seniors, faculty and other health care workers & patients (Clinical Deptts. HOD)	Health lifestyles (Dr Barinder Kumar)	Sports & Extracurricular activities	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma
23.8.19 (Friday)	Introduction & Basics AETCOM	Introduction & Basics of CBME	Functioning as part of Health Care Team (Clinical Deptts. HOD)	Value of integrity, honesty, & respect during interactions with peers, seniors, faculty & other health care workers & patients (Clinical Deptts. HOD)	Biomedical Waste Handling & Management	Sports & other Extracurricular activities	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma
24-08-2019 (Sat)	Universal Precaution & Vaccinations (HOD PSM & HOD Paediatrics)	Functioning as part of Health Care Team (Clinical Deptts. HOD)	Value of integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & patients (Clinical Deptts. HOD)	Value of integrity, honesty, & respect during interactions with peers, seniors, and faculty & other health care workers & patients (Clinical Deptts. HOD)	Computer skills: Basics, & Powerpoint Presentation	Sports and Extracurricular activities	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma	Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma

			(Clinical Deptts. HOD)					
			Value of integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & patients (Clinical Deptts. HOD)					Singh, Dr Barinder Kumar & Dr.Aman Sharma
26-08-2019 (Mon)	Needle stick / Scalpel injury (Dr. Barinder)	Community health problems	Functioning as part of Health Care Team (Clinical Deptts. HOD)	LUNCH BREAK	Computer skills: Basics, & Powerpoint Presentation			Sports and Extracurricular activities Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma
		HOD PSM	Functioning as part of Health Care Team (Clinical Deptts. HOD)					
			Biomedical waste Handling & Management (Clinical Deptts. HOD)					
27-08-2019 (Tues)	Patient & Drug safety & Biohazard safety Dr.Sanjeev Gupta	Understanding Health economic issues. HOD PSM	Biomedical waste Handling & Management Dr. Kanishtha Sharma	LUNCH BREAK	Computer skills: Basics, & Powerpoint Presentation			Sports and Extracurricular activities Dr.Prabhjot Singh & Dr.Aman Sharma
			Functioning as part of Health Care Team (Clinical Deptts. HOD)					
			Functioning as part of Health Care Team (Clinical Deptts. HOD)					
28-08-2019 (Wed)	Concept of Professional ethics	National health priorities & Polices	Value of integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & patients (Clinical Deptts. HOD)	LUNCH BREAK	Computer skills: Basics, & Powerpoint Presentation			Sports and Extracurricular activities Dr.Prabhjot Singh, Dr Barinder Kumar & Dr.Aman Sharma
	Dr Abdul Hakim	HOD PSM	Functioning as part of Health Care Team (Clinical Deptts. HOD)					
			Functioning as part of Health Care Team (Clinical Deptts. HOD)					
29-08-2019 (Thurs)	Concept of Professional ethics	Principles of primary care	Value of integrity, honesty & respect during interaction with peers, seniors, faculty & other health care workers & patients (Clinical Deptts. HOD)	LUNCH BREAK	Computer skills: Basics, & Powerpoint Presentation			Sports and Extracurricular activities Dr.Prabhjot Singh, Dr Barinder
	Dr Abdul Hakim	HOD MEDICINE	Functioning as part of Health Care Team (Clinical Deptts. HOD)					
			Functioning as part of Health Care Team					

