

Government Doon Medical College, Dehradun

Time Table For Foundation Course- MBBS Batch 2019-20

Date	Day	09:00 AM - 10:00 AM	10:00 AM - 11:00 AM	11:00 AM - 12:00 PM	12:00 PM - 1:00PM	1:00 PM - 02:00 PM	02:00 PM - 03:00 PM	03:00 PM - 04:00 PM	04:00 PM - 05:00 PM
WEEK - I									
1.8.19	Thursday	9:00 AM to 9:40 AM: Welcome address to students and parents. Introduction to heads of departments, rules and regulations of Govt Doon Medical College. Dr. Ashutosh Sayana Principal, GDMC 09:40 AM to 10:00 AM:	Vision of Government Doon Medical College Dr. Ashutosh Sayana (Principal, GDMC)	Anti-ragging policy of HNBUMU.	Self introduction of MBBS students -	Presidential address: Dr. H C Pandey Hon'ble Vice Chancellor, HNBUMU	Lunch Break	Administration of Hippocratic oath	
2.8.19	Friday	Sensitization to the new MBBS curriculum & relevant MCI Documents	My role model (Narration by students in groups): Batch A: Batch B: Batch C:	Health care system and its delivery: Department of Community medicine	Alternate health systems - Philosophy of Ayurveda Philosophy of Yoga	Hospital and campus orientation in batches Batch A: Hospital visit, Batch B: Library visit, Batch C: Visit to Medical College			
3.8.19	Saturday	Session on perceiving the difficulty level in English Language & use of Computer technology followed by group allotment: Department of Medical Education	Sharing of a memorable experience as a doctor	National health programmes and policies:		Hospital and campus orientation in batches: Batch A: Library visit, Batch B: Visit to medical college, Batch C: Hospital visit			
5.8.19	Monday	Importance of Documentation & Medical record keeping	Self Directed Learning	Orientation to ICMR STS research projects:		Hospital and campus orientation in batches Batch A: Visit to medical college, Batch B: Hospital visit, Batch C: Library visit			
6.8.19	Tuesday	Group Dynamics - Interactive Lecture followed by Group Activity in two batches	Why this profession? Student narratives in groups:	LEISURE ACTIVITY: Yoga classes Batch A - Batch B - Batch C -		Batch A: Computer Skills: Lecture cum hands on workshop - How to prepare an effective powerpoint presentation Batch B & C: Sports activities (Cricket/ Football/ tennis/ basketball) -			

7.8.19	Wednesday	Professionalism & ethics	What it means to be a Doctor (AETCOM MODULE) Group work followed by presentation by students:	SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) - Sports incharge -		Batch B: Computer Skills: Lecture cum hands on workshop -How to prepare an effective powerpoint presentation Batch A & C: Sports activities (Cricket / Football / tennis / basketball)
8.8.19	Thursday	Ragging Vs healthy interaction with seniors: Bridging emerging gaps & cultivating mentorship: Panel Discussions involving fresh MBBS batch (2019-20) and the senior batches		SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) - Sports incharge -		Batch C: Computer Skills: Lecture cum hands on workshop-How to prepare an effective powerpoint presentation Batch A & B: Sports activities (Cricket/Football/tennis/ basketball)

WEEK - II

9.8.19	Friday	Ethics- Case Based Approach	Behaviour and communication with teachers, peers and seniors	Community Visit: Batch A - Visit to tertiary Health Centre Batch B - Visit to Community Health Centre Batch C - Visit to Primary Health Centre Incharge - Department of Community Medicine	Lunch Break	Batch A: Computer skills:Lecture cum hands on workshop-Basics of Microsoft Excel Batch B: Humanities/English Language (Dept of English Language)
10.8.19	Saturday	Group Dynamics: Functioning as a part of healthcare team:	Reflections	Community Visit: Batch B - Visit to tertiary Health Centre Batch C - Visit to Community Health Centre Batch A - Visit to Primary Health Centre Incharge - Department of Community Medicine		Batch B: Computer Skills: Lecture cum hands on workshop- Basics of Microsoft Excel Batch A: Humanities/English Language (Dept of English Language)
12.8.19	Monday	Ethical Vs unethical behaviour: Video Display & role play	Consequences of unethical/unprofessional behavior: Dept of Anatomy, Physiology & Biochemistry	SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) - Sports Incharge		Batch A: Computer Skills: Lecture cum hands on workshop- How to effectively use search engines Batch B & C: Humanities/ English Language (Dept of English Language)
13.8.19	Tuesday	What it means to be a patient (AETCOM Module) Group work followed by presentation by students		SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) Sports Incharge		Batch B: Computer Skills: Lecture cum hands on workshop-How to effectively use search engines Batch A & C: Humanities/ English Language (Dept of English Language)
14.8.19	Wednesday	Doctor patient relationship work followed by presentation by students	Group	Community Visit: Batch C - Visit to tertiary Health Centre Batch A - Visit to Community Health Centre Batch B - Visit to Primary Health Centre Incharge - Department of Community Medicine		Batch C: Computer Skills: Lecture cum hands on workshop-how to effectively use search engines Batch A & B: Humanities/English Language (Dept of English Language)
16.8.19	Friday	Reflections of visits to the community: Discussion in Groups: Dept of Community Medicine	Allotment of families in an adopted village in the community: Dept of Community medicine	Community Visit: Visit to respective allotted families in the adopted village, interaction with the family members & maintenance of health and disease records Incharge - Department of Community Medicine		Batch A: Computer Skills: Lecture cum hands on workshop- Preparation of e-portfolios Batch B & C: Humanities/ English Language)
17.8.19	Saturday	Immunisation requirements of health care professionals- Dept of Community Medicine	Hepatitis B Vaccination for the MBBS Batch 2019 students Medical Superintendent Office	LEISURE ACTIVITY: Yoga classes Batch A - Batch B - Batch C -		Batch B: Computer Skills: Lecture cum hands on workshop- Preparation of e-portfolios Batch A & C: Humanities/English Language (Dept of English Language)

WEEK - III

19.8.19	Monday	Music and Healing: Video displays, experience sharing, group discussions and presentations		How to deal with an emergency as a medical student and provide First Aid:		Lunch Break	Batch C: Computer Skills: Lecture cum hands on workshop- Preparation of e-portfolios Batch A &B: Humanities/English Language (Dept of English Language)
20.8.19	Tuesday	Time management	Time management and prioritization skills -- Discussion and presentation in groups	Universal Precautions & Hand Hygiene – Practicum: (Microbiology)	Story Narration titled "What went wrong?" based on a true story regarding Underachieving Vs Overachieving		Batch A: Computer Skills: Lecture cum hands on workshop- Basics of SPSS software (Department of biostatistics) Batch B & C: Humanities/English Language (Dept of English Language)
21.8.19	Wednesday	Needle /scalpel stick injuries	Handling biomaterial/ biowaste management		SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) Sports incharge		Batch B: Computer Skills: Lecture cum hands on workshop- Basics of SPSS software (Department of biostatistics) Batch A &C: Humanities/ English Language (Dept of English Language)
22.8.19	Thursday	Balancing personal & professional needs: SDL session followed by presentations: Departments of Anatomy, Physiology & Biochemistry & DME			SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice) - Sports incharge		Batch C: Computer Skills: Lecture cum hands on workshop- Basics of SPSS software (Department of biostatistics) Batch A&B: Humanities/ English Language (Dept of English Language)
23.8.19	Friday	y	Creative use of emotions:	Exercise & Practicum (Diaphragmatic Breathing & Systemic relaxation)	Mind and meditation:		Visit to: Batch A - HNBUMU Batch B - Telemedicine
24.8.19	Saturday	Stress management		Diet and Practicum:	LEISURE ACTIVITY - Science of breath:		Visit to: Batch B - HNBUMU Batch A - Telemedicine
26.8.19	Monday	Learning through simulations and skill labs			Visit to skill labs in groups: DME in coordination with anatomy, physiology, biochemistry		English Language program- (English Language Department)

WEEK - IV

27.8.19	Tuesday	Basic Life Support Program in Batches			Lunch Break	English Language program- (English language Department)
28.8.19	Wednesday	Debate on "Doctors must compulsarily serve the community after completing MBBS" DME team	SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice)- Sports incharge	English Language program (English language Department)		
29.8.19	Thursday	Communication with patients, families and healthcare professionals: DME team	SPORTS: Cricket, Football, Basket ball, Badminton (in Batches according to choice)- Sports incharge	English Language program- (English language Department)		
30.8.19	Friday	"Learning Vs Memorizing"	Evidence Based Medicine	LEISURE ACTIVITIES in groups as per choice: Nature Walk, Photography, Chart & Poster making, Music: Cultural committee		English Language program- (English language Department)
31.8.19	Saturday	Feedback session on the foundation course (Through Likert scale based Questionnaire): Foundation course committee		Remedial session Incharge - Foundation course committee		English Language program- (English language Department)

Key	Orientation- 30 hrs	Prof & ethics- 40 hrs	Skills - 35 hrs	Language & computer-40 hrs	Comm. Visit- 8 hrs	Sports - 16hrs	Leisure activities-8 hrs
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