



**RAJSHREE MEDICAL RESEARCH INSTITUTE, BAREILLY**

**MBBS PROFESSIONAL YEAR –I**

**FOUNDATION  
COURSE**

# RAJSHREE MEDICAL RESEARCH INSTITUTE, BAREILLY

## COMPETENCY BASED FOUNDATION COURSE TIME TABLE

### MBBS PROFESSIONAL YEAR –I

FIRST WEEK							
Date Day time	01/08/2019 THURSDAY	02/08/2019 FRIDAY	03/08/2019 SATURDAY	04/08/2019 SUNDAY	05/08/2019 MONDAY	06/08/2019 TUESDAY	07/08/2019 WEDNESDAY
8-9 am	Students and parents to assemble in LT1	Mbbs program, foundation course details	Sports/yoga	<b>H O L I D A Y</b>	Yoga/sports	Sports/yoga	Yoga/sports
09-10 am	Welcome address , Present and future of smc Introduction to departmental heads and faculty of phase 1	Assessment and attendance criteria during whole mbbs programmes	History of medicine		Health care system and its delivery	Medical profession and physicians role in society	Principal of primary care (general and community based)
10-11 am	Introduction to administrative body and nonteaching staff	Division of batches, (6 batches 25 of each) Enrollment for language and computer classwith distributions of id cards	Alternative health system in country and its relevance		National health priorities and policies		
11-12 Noon	Medical , sports ,library ,Research labs , and medical facilities for students		Universal precautions and vaccination			Universal infection precaution	Academic ambience
12-1 pm	<b>lunch</b>	<b>lunch</b>	<b>lunch</b>		<b>lunch</b>	<b>lunch</b>	<b>lunch</b>
1-2 pm	Future Career opportunities, post mbbs	Virtual tour and tour to departments of phase 1	Regional language		Regional language	Regional language	Extracurricular activities (dance/drama/acting music and poetry)
2-3 pm	Antirragging rule, hostel rules and regulation, provost and mentors names, introduction to various committees		English language		English language	English language	
3-4 pm			Computer skills		Computer skills	Computer skills	

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### MBBS PROFESSIONAL YEAR –I

SECOND WEEK									
Date Day time	08/08/19 THURSDAY	09/08/19 FRIDAY	10/08/2019 SATURDAY	11/08/19 SUNDAY	12/08/19 MONDAY	13/08/19 TUESDAY	14/08/2019 WEDNESDAY	15/08/ 2019	16/08/2019 FRIDAY
8-9 am	Healthy life style	Importance of nutrition	Sports/yoga	<b>H O L I D A Y</b>	<b>ID UL ZUHA  BAKRI ED</b>	Yoga/sports	Sports/yoga	<b>I N D E P E N D E N C E D A Y</b>	Yoga/sports
9-10 am	-BLS- gp 1 -FIRSTAID- gp2 -PHC+CHC- gp 3 -BLOOD BANK- gp4	-BLS- gp6 -FIRSTAID- gp1 -PHC+CHC- gp2 -BLOOD BANK- gp3	-BLS- gp5 -FIRSTAID- gp6 -PHC+CHC- gp1 -BLOOD BANK- gp2 -PHARMACY +OPD- gp3 -WARDS+OT- gp4			-BLS- gp4 -FIRSTAID- gp5 -PHC+CHC- gp6 -BLOOD BANK- gp1 -PHARMACY +OPD- gp2 -WARDS+OT- gp3	-BLS- gp3 -FIRSTAID- gp4 -PHC+CHC- gp5 -BLOOD BANK- gp6 -PHARMACY +OPD- gp1 -WARDS+OT- gp2		-BLS- gp2 -FIRSTAID- gp3 -PHC+CHC- gp4 -BLOOD BANK- gp5 -PHARMACY +OPD- gp6 -WARDS+OT- gp1
10-11 am	-PHARMACY + OPD- gp 5 -WARDS+OT- gp 6	-PHARMACY + OPD –gp4 -WARDS+OT- gp5							
11-12 Noon	Learning skill development	Motivating students for self-directed learning	Personal hygiene			Rights of the patients	Use of mobiles. Pros and cons		National health programmes
12-1 pm	<b>lunch</b>	<b>lunch</b>	<b>lunch</b>			<b>lunch</b>	<b>lunch</b>		<b>lunch</b>
1-2 pm	Types of infection –air water vector borne, hospital. And about their control programmes	Regional language	Regional language			Regional language	Regional language		Extracurricular activities (literary events)
2-3 pm		English language	English language			English language	English language		
3-4 pm	Doctor patient relationship	Computer skills	Computer skills			Computer skills	Computer skills		

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### MBBS PROFESSIONAL YEAR – I

THIRD WEEK									
Date Day time	17/08/2019 SATURDAY	18/08/2019 SUNDAY	19/08/2019 MONDAY	20/08/2019 TUESDAY	21/08/2019 WEDNESDAY	22/08/2019 THURSDAY	23/8/2019 FRIDAY	24/08/2019 SATURDAY	25/8/2019 SUNDAY
8-9 am	Meditation role in balancing health and its proper way	<b>H O L I D A Y</b>	Hand wash & sanitation	Sports self-defense classes	Yoga/sports	Sports/yoga	<b>H O L I D A Y</b>  <b>J A N M A S T M I</b>	Yoga/sports	<b>H O L I D A Y</b>
9-10 am	Professional attitude /consequences of unprofessional behavior		Ethical behavior/consequences of unethical behavior	Introduction and usage of E WORLD /advantage and disadvantage	Use of library facility	Use of IT facility		Communication skills	
10-11 am	Interpersonal relationship/ Respect to faculty and gratitude		Body donation	Blood donation	Organ donation	Introduction to and interaction with patient		Medical care in our society	
11-12 Noon	lunch		lunch	lunch	lunch	lunch		lunch	
12-1 pm	Concepts of Biohazards safety/needle injury		Regional language	Regional language	Regional language	Regional language		Regional language	
1-2 pm	Patients and health care worker biosafety		English language	English language	English language	English language		English language	
2-3 pm			Computer skills	Computer skills	Computer skills	Computer skills		Computer skills	
3-4 pm									



## COMPETENCY BASED FOUNDATION COURSE TIME TABLE

### MBBS PROFESSIONAL YEAR –I

FOURTH WEEK						
Date Day time	26/08/2019 MONDAY	27/08/2019 TUESDAY	28/08/2019 WEDNESDAY	29/08/2019 THURSDAY	30/08/2019 FRIDAY	31/08/2019 SATURDAY
8-9 am	Role of music/ aerobics- guided meditation	Right postures of yoga- guided meditation	Sports/yoga	Yoga/sports	Sports/yoga	Yoga/sports
09-10 am	Time management	Stress management	Documentation of medical records	Palliative care and introduction of emergency departments	Adolescent friendly exposure, gender sensitivity and population problem	Leisure time- movie show
10-11 am				Group dynamics		
11-12 Noon	Alternate healthcare and its relation to modern medicine	Environment health problems		Role as a health care worker		
12-1 pm	lunch	lunch	lunch	lunch	lunch	lunch
1-2 pm	Handling biomedical waste management and about waste treatment plant	Group dynamics- working in team with health care workers	Regional language	Regional language	Regional language	Report from freshers (oral + feedback form written)
2-3 pm			English language	English language	English language	
3-4 pm		Proper sleep	Computer skills	Computer skills	Computer skills	