

# Foundation Course (From Admission Year 2019)

## Teerthanker Mahaveer Medical College & Research Center. Moradabad

	8:00-9:00AM	9:00-10:00AM	10:00-11:00AM	11:00AM -12:00Noon	12:00Noon-1:00PM	1:00-2:00PM	2:00-3:00PM	3:00-4:00PM	4:00-5:00PM
<b>Day 1</b>	Welcome and Lamp Lighting - Team MEU	Address by the Dean	Ice Breaking - Introduction of Students and Pre-Clinical Faculty		LUNCH	Department Rounds in Three Batches: Batch A (Roll No. 1-50), Batch B (Roll No. 51-100), Batch C (Roll No 101-150) - Anatomy (Batch A: 1-2pm; Batch B: 2-3 pm; Batch C: 3-4pm), Physiology (Batch B: 1-2pm; Batch C: 2-3 pm; Batch A: 3-4pm) & Biochemistry (Batch C: 1-2pm; Batch A: 2-3 pm; Batch B: 3-4pm) - Foundation Course Committee Members of Pre Clinical Department			Principles of Family Practice: MEU
<b>Day 2</b>		Introduction to the Medical Profession - MEU	Overview of MBBS Course - MEU	Meeting Anti-ragging Committee and Anti-ragging Measures - MEU	LUNCH	Hostel Ettiquettes - Chief Warden	Visit of the Hostel & Hospital in Batches (Batch S: Roll No 1-75; Batch T: Roll No 76-150) (Hospital Round) Batch S: Hostel Round 2-3pm, Hospital Round 3-4pm; Batch T Hosptial Round 2-3pm, Hostel Round 3-4pm		Discussion on Gender Senitivity Debate - MEU
<b>Day 3</b>		Why I choose to become a Doctor - Panel Discussion - MEU	Medicine - The Art & Science of Healing - MEU	Health Care Sytem and Its Delivery - MEU	LUNCH	National Health Policies and Priorities - MEU	Medical Ethics, Attitude and Professionalism - Vice Chancellor, TMU		Alternate Health System - MEU
<b>Day 4</b>		Patient Safety - MEU	History of Medicine - MEU	Universal Precautions - MEU	LUNCH	Universal Vaccination - MEU	Biohazard Safety - MEU	History of Outbreaks, Epidemics & Pandemics - Microbiology	Medical & Hospital Ambience- In batches *
<b>Day 5</b>		Medical & Hospital Ambience- In batches *	History of Outbreaks, Epidemics & Pandemics - Microbiology	Skill Module - Introduction - Incharge Skill Lab	LUNCH	Local Language - CCSIT, TMU	Field Visit to Community Health Center - Department of Community Medicine		Sports - Indoor - Badminton
<b>Day 6</b>	Yoga & Meditation -	Medical Ethics & Professionalism - Know the Hippocratic Oaths - Forensic Medicine	Skill Laboratory - Basic Life Spport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#		LUNCH	Consequence of Unethical Behaviour - Forensic Medicine	Computer Skills Introduction to Basic - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Indoor - Badminton

Day 7	Time Management - Pharmacology Department	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Medical Ethics Quiz -Forensic Medicine	Computer Skills - Introduction to Microsoft - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Indoor - Badminton
Day 8	Doctor-Patient Relationship - Medicine Department	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Doctor-Patient Relationship Quiz - Medicine Department	Computer Skills - MS Word -I - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Indoor - Badminton
Day 9	Communication Skills - Psychiatry Department	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Values of Integrity & Honesty in IPR - Ophthalmology Dept.	Field Visit to Community Health Center - Department of Community Medicine		Extracurricular - Debate - Pharmacology Dept.
Day 10	Interpersonal Relationships - Group Dynamics - Pathology Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Functioning as a part of Health Care Team - Pathology Dept.	Computer Skills - MS Word -II - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Indoor - Basketball, Volleyball
Day 11	Learning Skills - Biochemistry Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Human Tissue Donation - Blood - Anatomy Dept.	Computer Skills - MS Excel - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Indoor - Basketball, Volleyball
Day 12	Yoga & Meditation - Use of Information Technology - ENT Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Self-Directed Learning - Biochemistry Dept.	Computer Skills - MS Powerpoint - CCSIT, TMU	English Language - CCSIT, TMU	
Day 13	Stress Management - Psychiatry Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Human Tissue Donation - Organ - Anatomy Dept.	Field Visit to Community Health Center - Department of Community Medicine		Extracurricular - Singing Competition
Day 14	Cadaver as First Teacher - Anatomy Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Cadervic Oath - Anatomy Dept.	Computer Skills - Other features of MS - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Indoor - Basketball, Volleyball

Day 15		Principles of Adult Learning - Community Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Panel Discussion - Doctors role in Society - Biochemistry Dept.	Computer Skills - Other features of MS - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Indoor - Basketball, Volleyball
Day 16		Functioning as a part of Health Care Time - Community Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Panel Discussion - Role of Medical Professional in Society - Community	Computer Skills Search Engines - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Outdoor - Cricket
Day 17	Yoga & Meditation	Functioning as a part of Health Care Time - Community Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Values of Integrity & Honesty - Physiology Dept.	Computer Skills Search Engines - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Outdoor - Cricket
Day 18		Quiz- On Unethical Behaviour - Forensic Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Values of Integrity & Honesty - Discussion with Health Care Workers -	Field Visit to Community Health Center - Department of Community Medicine		Extracurricular - Elocution
Day 19		Introduction to AETCOM - MEU	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Values of Integrity & Honesty - Discussion with Seniors Psychiatry Dept.	Computer Skills	English Language - CCSIT, TMU	Sports - Outdoor - Cricket
Day 20		Holistic Healing - Community Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Values of Integrity & Honesty - Discussion with Peers Microbiology	Computer Skills - Searching Medical Literature - CCSIT, TMU	English Language - CCSIT, TMU	Sports - Outdoor - Cricket
Day 21		Discussion on Unprofessional Practice - Community Medicine Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Quiz- Professional Behaviour - Community Medicine Dept.	Computer Skills - Searching Medical Literature - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Outdoor - Cricket
Day 22		Role Play - Ethics - Surgery Dept.	Skill Laboratory - Basic Life Sport Skills - Department of Anesthesia; First Aid Skills (Department of Pathology); Blood Bank(Department of Pathology); Hand Hygiene & Needle Stick Injuries (Department of Pathology); Biomedical Waste Mangement(Department of Microbiology); Medical Record Department - IN BATCHES#	LUNCH	Quiz- Ethics - Forensic Medicine Dept.	Computer Skills - Working with Mobile Applications - CCSIT, TMU	Local Language - CCSIT, TMU	Sports - Indoor - Table Tennis

