

Vydehi Institute of Medical Sciences & Research Sciences

Proposed Time table of Foundation course for 1st MBBS (2019-2020 Batch)

Foundation course at a glance			
Sl. No.	Subject	Content Hours	Colour code
1.	Orientation	30	
2.	Skills module	35	
3.	Field visit to community health centre	08	
4.	Professional Development including ethics	40	
5.	Sports & Extracurricular activities	22	
6.	Enhancement of Language/computer skills	40	
Total hours		175	

Week 1 – (01-08-2019 – 07-08-2019)

DATE & DAY	Timings & Events								
	9AM-10AM	10AM-10:45AM	10:45-11:00	11AM-12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
01-08-2019 Thursday	Inauguration & Welcome address by Director/ Dean; Orientation & interaction with students along with Parents – Introduction to institution / campus / facilities					LUNCH	The MBBS programme and how to approach it Welcome address by HOD of Anatomy, Physiology, Biochemistry, & Community Medicine VIMS &RC		
02-08-2019 Friday	Overview of MBBS Programme	Orientation to First Year Departmental & Staff of Anatomy	Orientation to First Year Departmental & Staff of Physiology	Orientation to First Year Departmental & Staff of Biochemistry	Orientation to First Year Departmental & Staff of Community Medicine	LUNCH	Rules, regulations & Anti-ragging Measures employed in the college		
03-08-2019 Saturday	AETCOM module 1.1- What it means to be a doctor?		Break	Coat ceremony – Dean, Medical Superintendent	Library visit and facility orientation	LUNCH	English / Kannada-	Computer skills	Sports
04-08-2019 Sunday	HOLIDAY								
05-08-2019 Monday	AETCOM module 1.1- What it means to be a doctor?	Orientation to Vydehi Hospital			LUNCH	AETCOM module 1.1- What it means to be a doctor?	Sports		
Batch A		Batch B	Batch C						
Emergency/ OPD		OT/ Wards	CDL/Radiology						
CDL/Radiology		Emergency/ OPD	OT/ Wards						
	OT/ Wards	CDL/Radiology	Emergency/ OPD						
06/08/2019 Tuesday	History of Medicine	Medical profession and the	Break	Introduction to Medical Ethics- Know the	Sports- Importance of Physical activity	LUNCH	English / Kannada-	Computer skills	Extra-curricular activities

		physician's role in the society.		"Hippocratic Oath"					
07/08/2019 Wednesday	Discipline & commitment	Gender Sensitivity	Break	How to behave with superiors	Importance of English language in MBBS Course	LUNCH	English / Kannada-	Computer skills	Sports

Week 2 – (08-08-2019 – 14-08-2019)

DATE & DAY	Timings & Events								
	9AM-10AM	10AM-10:45AM	10:45-11:00	11AM – 12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
08-08-2019 Thursday	Learning Methods	How do adults learn - introduction to Self-directed learning	Break	Peer assisted learning	Group learning	LUNCH	English / Kannada-	Computer skills	Extra-curricular activities
09-08-2019 Friday	HOLIDAY- VARAMAHALAKSHMI FESTIVAL								
10-08-2019 Saturday	Evidence based Medicine	Principles of primary care (General & Community based)	Break	Health care systems and its delivery – Present scenario	Community based learning	LUNCH	Sports		
							BATCH A: Basic life support EMD		
11-08-2019 Sunday	HOLIDAY								
12-08-2019 Monday	Reflective writing and log book and certification	National Health priorities and health policies	Break	Ethics in Profession Concept of professionalim	Consequences of unethical & unprofessional behaviour.	LUNCH	English / Kannada-	Computer skills	Sports
13/08/2019	Simulation	Assessment	Break	Time Management		LUNCH	English /	Computer	Extra-

Tuesday	based learning	driven learning				Kannada-	skills	curricular activities
14/08/2019 Wednesday	BATCH A: First aid & Safety precautions in Patient care				LUNCH	English / Kannada-	Computer skills	Sports
	BATCH B: Universal precautions & vaccination Immunization requirements of Health Care professionals							
	BATCH C: Field visit to community health centre							

Week 3 – (15-08-2019 – 21-08-2019)

DATE & DAY	Timings & Events								
	9AM-10AM	10AM-10:45AM	10:45-11:00	11AM – 12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
15-08-2019 Thursday	HOLIDAY – INDEPENDENCE DAY								
16-08-2019 Friday	BATCH A: Field visit to community health centre					LUNCH	English / Kannada-	Computer skills	Extra-curricular activities
	BATCH B: First aid & Safety precautions in Patient care								
	BATCH C: Universal precautions & vaccination Immunization requirements of Health Care professionals								
17-08-2019 Saturday	BATCH A: Universal precautions & vaccination Immunization requirements of Health Care professionals					LUNCH	Sports		
	BATCH B: Field visit to community health centre						BATCH B: Basic Life support EMD		
	BATCH C: First aid & Safety precautions in Patient care								
18-08-2019 Sunday	HOLIDAY								
19-08-2019 Monday	Doctor as a researcher	Use of online resources in Medical education	Break	Obtaining patient consent	Career pathways and personal growth	LUNCH	English / Kannada-	Computer skills	Sports
20/08/2019 Tuesday	Creating academic ambience	Need of Information technology for UG's medical education	Break	How to make use of Information technology in Medical education	Patient safety & biohazard safety Making health care safer Medication without Harm	LUNCH	English / Kannada-	Computer skills	Extra-curricular activities
21/08/2019 Wednesday	Alternate health	Spirituality	Break	Interpersonal communication	Interpersonal communication	LUNCH	English / Kannada-	Computer skills	Sports

	systems in the country and their relevance and relationship to the practice of Modern medicine	and Medical Education-		Doctor - Patient	Doctor – patient relatives				
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Week 4 – (22-08-2019 – 28-08-2019)

DATE & DAY	Timings & Events								
	9AM-10AM	10AM-10:45AM	10:45-11:00	11AM – 12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
22-08-2019 Thursday	Introduction to various types of stress faced by medical students	Stress management				LUNCH	English / Kannada-	Computer skills	Sports
23-08-2019 Friday	Importance of Documentation in medical field	Maintaining Confidentiality	Break	Importance & benefits of Yoga and Meditation in Stress management		LUNCH	English / Kannada-	Computer skills	Extra-curricular activities
24-08-2019 Saturday	Introduction to group dynamics	Team & Leadership skills			Working within health care system - Interpersonal communication (Doctor – other members of the team)	LUNCH	Sports		
25-08-2019 Sunday	HOLIDAY								
26-08-2019 Monday	BATCH A: Field visit to community health centre					LUNCH	English / Kannada-	Computer skills	Sports
	BATCH B: Biomedical waste management								
	BATCH C: Art of Handwashing, management of Needle /scalpel stick injuries, Self-safety,								
27/08/2019	BATCH A:Art of Handwashing, management of Needle /scalpel stick					LUNCH	English /	Computer	Extra-

Tuesday	injuries, Self-safety,		Kannada-	skills	curricular activities
	BATCH B: Field visit to community health centre				
	BATCH C: Biomedical waste management				
28/08/2019 Wednesday	BATCH A: Biomedical waste management	LUNCH	English / Kannada-	Computer skills	Sports
	BATCH B Art of Handwashing, management of Needle /scalpel stick injuries, Self-safety				
	BATCH C: Field visit to community health centre				

Week 5 – (29-08-2019 – 31-08-2019)

DATE & DAY	Timings & Events								
	9AM-10AM	10AM-10:45AM	10:45-11:00	11AM – 12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
29-08-2019 Thursday	Voluntary blood and organ donation	Role of Early clinical exposure in medical education	Break	Introduction to electives	Need for Continuous learning	LUNCH	English / Kannada-	Computer skills	Sports
30-08-2019 Friday	Life at Vydehi Student expectations, from the institution, teachers, patients.		Break	Assessment -Reflections, Feedback and Open house		LUNCH	English / Kannada-	Computer skills	Extra-curricular activities
31-08-2019 Saturday	Nurturing the budding doctors- Mentorship Program	Introductions of mentors with their mentees	Break	First interactions of Mentors and their mentees		LUNCH	English / Kannada-	Computer skills	Sports