



MAHARISHI MARKANDESHWAR MEDICAL COLLEGE & HOSPITAL
MAHARISHI MARKANDESHWAR UNIVERSITY
KUMARHATTI, SOLAN-173229

FOUNDATION COURSE

MBBS ADMISSION BATCH 2019

From 01.08.2019 to 03.08.2019

	9:00 to 9:50	9:50 to 10:40	10:40 to 11:30	11:30 to 13:30	12:30 to 1:30	1:30 to 2:00	2:00 to 3:00	3:00 to 4:00
Thursday 01.08.2019	Welcome address by Principal, interaction with faculty along with parents LT-I	Pre-Program evaluation (Questionnaire) LT-I Dr J S Sandhu, Dr S P Mittal, Dr Anil Malik & Dr Rakesh Agarwal	Class room Rules & Behaviour (Interactive Lecture) LT-I Dr Mukesh Sharma	Lunch break	Orientation to first year subject (Anatomy) HOD Anatomy			
Friday 02.08.2019	Orientation to first year subject (biochemistry) HOD Biochemistry	Orientation to first year subject (Physiology) HOD Physiology	Anti ragging sensitization (Handouts/Pamphlets) LT-I Dr R S Chauhan		HOSPITAL ROUNDS OPDs & Radiology Dr R K Sharma & Dr Manpreet Nanda			
Saturday 03.08.2019	HOSPITAL ROUNDS Wards/ OTs Dr R K Sharma & Dr Manpreet Nanda	Library visit Central Library Chief Librarian	Orientation to Teaching learning methodology (Interactive Lecture) LT-I Dr Rakesh Sadhu	College rules/Campus Rules Lecture & handouts LT-I Dr J S Sandhu	Hospital Laundry & CSSD Department & Hospital Kitchen Dr R K Sharma, Dr Manpreet Nanda & Mrs Manju Sood (Dietician)			

Principal
 Maharishi Markandeshwar
 Medical College & Hospital
 Kumarhatti (Solan) H.P.

Tele (Office): 01792-262111; Telefax: 01792-268266; Mobile: 9501416200
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		From 05.08.2019 to 10.08.2019						
	9:00 to 9:50	9:50 to 10:40	10:40 to 11:30	11:30 to 13:30	12:30 to 1:30	1:30 to 2:00	2:00 to 3:00	3:00 to 4:00
Monday 05.08.2019	Hostel rules Lecture &handouts LT-I Dr J S Sandhu	Orientation to Registration & Lab Dr Kamaljit Singh & Dr Satish Kumar & Dr Neelam Gupta	Waste management & Pollution (Interactive Lecture) LT-I Dr Jai Prakash Bhartiya	Alternate health care systems in our country-AYUSH (Interactive Lecture) LT-I Dr Gurmeet Singh	Safety- needle/ scalpel injuries, hand washing- soap and water, hand sanitizers, antiseptics Use of -Gloves , Face masks (Interactive Lecture) LT-I Dr Satish Kumar	lunch break	Assessment methods (Interactive Lecture) LT-I Dr Sangeeta Nagpal	Road safety & Transport facility Emergency Numbers (Interactive Lecture, Handouts) LT-I Dr J S Sandhu
Tuesday 06.08.2019	Dr J S Sandhu Market visit	Importance of Local Language (Interactive Lecture) LT-I Dr J G Vohra	Community visit Batch A RHTC Batch B UHTC Batch C PHC Batch D Commu nity				English skill - Importance of English language in MBBS Course (Interactive Lecture) LT-I Dr R S Chauhan	
Wednesday 07.08.2019	The MBBS programme and how to approach it (Handouts,	Study skill – Self Directed learning (Group Discussion) LT-I Dr Rakesh Agarwal	Why do you want to become a doctor Exploratory Session/small group discussion/ checklist LT-I Dr R K Sharma				Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee	

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Thursday 08.08.2019	Interactive Lecture) LT-I Dr Sangeeta Nagpal	Panel discussion – why do you want to become a doctor LT-I Dr Neelam Grover, Dr R S Chauhan, Dr kamaljit Singh Jaiswal, Dr Santosh Minhas, Dr Yoginder Singh Gulati	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee	learn English related to Anatomy & Physiology subject's lecture &handouts LT-I Dr Neelamjit Kaur Dr Vishavdeep Kaur
Friday 09.08.2019	Communication Skill – A health Perspective (Interactive Lecture) LT-I Dr Manpreet Nanda	What do you understand by an IMG – Roles of IMG (Interactive Lecture) LT-I Dr Prabh Sharan Singh	learn English related to Biochemistry lecture &handouts LT-I Dr Harpreet Kaur Wallia	Learn English related to community medicine lecture &handouts LT-I Dr Kshitiz Chaudhary Dr Novmeet
Saturday 10.08.2019	Personal Hygiene- skin, Hair & Nail Care Interactive Lecture LT-I Dr Vinay Shankar	What do you mean to be a doctor Interactive Lecture LT-I Dr Neelam Grover	Learn English Language related to paraclinical subjects lecture &handouts LT-I Dr Amisha Sharma Dr Deepak Sharma Dr Deepty Arora Dr Anchal Bhole	Computer Lab Small Group Teaching Mr. Kunal Goyal
				Use of Local Language in Community Settings, Handouts LT-I Dr. J G Vohra

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		From 12.08.2019 to 17.08.2019														
	9:00 to 9:50	9:50 to 10:40	10:40 to 11:30	11:30 to 13:30	12:30 to 1:30	1:30 to 2:00	2:00 to 3:00	3:00 to 4:00								
Monday 12.08.2019			HOLIDAY				HOLIDAY									
Tuesday 13.08.2019	Personal Hygiene – Teeth & Oral Health Interactive Lecture LT-I Dr Tegbir Singh Sekhon	Reflections – why you want to be a doctor LT-I Think pair share Dr J S Sandhu, Dr S P Mittal, Dr Rashi Garg, Dr Anil Malik & Dr Rakesh Agarwal	Community visit	<table border="1"> <tr> <td>Batch D</td> <td>Batch A</td> <td>Batch B</td> <td>Batch C</td> </tr> <tr> <td>RHTC</td> <td>UHTC</td> <td>PHC</td> <td>Community</td> </tr> </table> <p>RHTC – Dr J G Vohra UHTC – Dr Novmeet PHC – Dr Varsha Community – Dr Muzzamil</p>	Batch D	Batch A	Batch B	Batch C	RHTC	UHTC	PHC	Community			learn English related to medicine lecture & handouts LT-I Dr S P Mittal	
Batch D	Batch A	Batch B	Batch C													
RHTC	UHTC	PHC	Community													
Wednesday 14.08.2019	Library skill (Small Group Discussion) Central Library Dr Prabh Sharan Singh (library Incharge)	General Hygiene- Swachh Bharat Abhiyaan (Interactive Lecture/ group Discussion) LT-I Dr PPS Coonar	Social etiquettes Dr. R. L. Sharma Interactive lecture	Sports activity Outdoor Games – Cricket, Volleyball, Basketball, Football Institutional Sports Committee			Use of Local Language in Clinical Settings Interactive lecture LT-I Dr J G Vohra	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal								
Thursday 15.08.2019			HOLIDAY				HOLIDAY									
Friday 16.08.2019	Physical fitness & Mental Health (Interactive Lecture/Small group Discussion)	Stress in medical students & its Management (Interactive Lecture/Small group Discussion with Psychologist) LT-I Ms Ashna Gupta	Life after MBBS Course in community- National experiences LT-I Health System Officials				Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee									

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Saturday 17.08.2019	LT-I Mrs Pritika Gulati (Counsellor)	Hand Washing – An Important Skill Demonstration & Observation LT-I Dr Satindra Singh Minhas	Expectation of a doctor from society (Interactive Lecture, Think Pair Share) LT-I Dr Manpreet Nanda	Life after MBBS Course in community- International experiences LT-I Dr PPS Coonar		learn English related Medical allied subjects lecture & handouts LT-I Dr Rajvinder Singh Dr Parul Sharma Dr Balbir Singh	
	Monday 19.08.2019	9:00 to 9:50 Use of Personal Protective equipment's Demonstration & Observation LT-I Dr Jai Prakash Bhartiya	9:50 to 10:40 Role of Nutrition in Health – balanced diet (Interactive Lecture) LT-I Mrs Manju Sood (Dietician)	10:40 to 11:30 Group Dynamics Interactive Lecture LT-I Dr Anil Malik	11:30 to 13:30 Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee	12:30 to 1:30 lunch break	2:00 to 3:00 Local Language in Doctor Patient Relationship Lecture/Handouts LT-I Dr J G Vohra
Tuesday 20.08.2019	Time Management – Interactive Lecture & Group Activity LT-I Mrs Pritika Gulati (Counsellor)	Ethical Behaviour by Medical Students Interactive Lecture, Role Play LT-I Dr Sangeeta Nagpal, Dr Mukesh Sharma, Dr Rashi Garg, Dr Anchal	Community visit Batch C Batch D Batch A Batch B RHTC UHTC PHC Community	RHTC – Dr J G Vohra UHTC – Dr Novmeet PHC – Dr Varsha Community – Dr Muzzamil	learn English related surgery lecture & handouts LT-I Dr Pradeep Goyal		

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Wednesday 21.08.2019	Fast food, side effects of preservatives, hip waist ratio, diseases related to obesity (Interactive Lecture) LT-I Mrs Manju Sood (Dietician)	Unethical Behaviour by Medical Students Interactive Lecture, Role Play LT-I Dr Sangeeta Nagpal, Dr Mukesh Sharma, Dr Rashi Gard, Dr Anchal	Use of IT Media in Medical education (Interactive Lecture) LT-I Dr Harpreet Kaur Wallia	Interpersonal Relationship Role Play LT-I Dr Sangeeta Nagpal, Dr Mukesh Sharma, Dr Rashi Gard & Dr Anchal Bhole	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee
Thursday 22.08.2019	Medico legal and ethics related to alcohol & Drug Abuse Interactive Lecture LT-I Dr Anil Malik	First Aid module Demonstration & Observation Anaesthesia department Dr R S Sadhu	IMG is a lifelong learner (Interactive Lecture, Small group discussion) LT-I Dr Prabh Sharan Singh	learn English related Surgical allied subjects lecture & handouts LT-I Dr Amit Lakhani Dr Amit Chopra Dr Mandeep Kaur Dr Monika Sharma Dr Shenny Bhatia	
Friday 23.08.2019	Cell phone abuse & Internet Addiction Debate LT-I Dr Neelam Grover, Dr R S Chauhan, Dr kamaljit Singh Jaiswal, Dr	BLS Early reorganization, call for help, early CPR Demonstration, Observation & Video Clips Anaesthesia department Dr R S Sadhu	Students' participation in national health programmes Panel discussion LT-I Dr PPS Coonar, Dr Mukesh Sharma, Dr Gurmeet Singh, Dr J G Vohra	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	

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Santosh Minhas, Dr Yoginder Singh Gulati	Expectation of a Society from a doctor Open discussion with various stakeholders LT-I NGOs, Patients relatives, Health Officials, Public Representatives	BLS – Early Defibrillation, Demonstration, Observation & Video Clips Anaesthesia department Dr R S Sadhu	Gender Sensitization – behaviour with opposite sex. Interactive Lecture LT-I Dr Neelam Grover	learn English related ENT & EYE lecture & handouts LT-I Dr Amit Chopra Dr Shenny Bhatia				
From 26.08.2019 to 31.08.2019								
Saturday 24.08.2019	9:00 to 9:50	9:50 to 10:40	10:40 to 11:30	11:30 to 12:30	12:30 to 1:30	1:30 to 2:00	2:00 to 3:00	3:00 to 4:00
Monday 26.08.2019	How to work in a Team Group Activity LT – 5(Hospital) Dr J S Sandhu, Dr S P Mittal, Dr Anil Malik & Dr Rakesh Agarwal,	Art & Music as therapy (Interactive Lecture) LT-I Ms Ashna Gupta	English skill related OBG lecture & handouts LT-I Dr Monika Gupta	lunch break	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	Community visit Batch B Batch C Batch D Batch A RHTC UHTC PHC RHTC – Dr J G Vohra UHTC – Dr Novmeet PHC – Dr Varsha	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal
Tuesday 27.08.2019	Public Health – A Media Perspective (Media clips, Interactive sessions) LT-I Dr Amandeep	Importance of Maintenance of Hospital Records (Interactive Lecture) LT-I	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal					

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Wednesday 28.08.2019	Singh Cadaver as Your First Teacher (Interactive Lecture) LT-I Dr Kuldip Sood	Dr Manpreet Nanda Safety of Medical Students – Immunization (Interactive Lecture) LT-I Dr Mukesh Sharma	Use of HIMs- Health Information Management system (Interactive Lecture) LT-I BioStatistician	Community – Dr Muzzamil Students' participation in national health programmes Panel discussion LT-I Dr PPS Coonar, Dr Mukesh Sharma, Dr Gurmeet Singh, Dr J G Vohra	Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee
Thursday 29.08.2019	Ethics in Research Publication (Interactive Lecture) LT-I Dr Simran Grewal	Safe Injection Practices (Interactive Lecture, Video) LT-I Dr PPS Coonar	Mentorship Skills (Interactive Lecture) LT-I Dr Mukesh Sharma	English skill related to Paediatrics lecture & handouts LT-I Dr Rajeev Vinayak	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee
Friday 30.08.2019	Reflection on foundation course And plan for next 5 year to become an IMG& Post Program Evaluation Dr J S Sandhu, Dr S P Mittal, Dr Rashi Garg, Dr Anil Malik & Dr Rakesh Agarwal	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	Closing Ceremony (White coat ceremony) MEU Members	Fresher's Welcome Party All Faculty, Admission Batch 2018 & 2019 Students	
Saturday 31.08.2019	Fresher's Welcome Party All Faculty, Admission Batch 2018 & 2019 Students				

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	Institutional Cultural Committee	Institutional Cultural Committee
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Batch A: 1-37, Batch B: 38-75, Batch C: 76-113, Batch D: 114-150

	MCI Recommended Hours	MMMMC & H Hours Allotted
Orientation	30	30
Skill Module	35	35
Professional Development including Ethics	40	40
Community visits	8	8
Language & Computer skill	40	40
Sports and extracurricular	22	22
Total	175	175

G. Nam

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