

Monitoring Checklist for Foundation Course- I MBBS based on NMC/MCI guidelines

1. Name & address of the college/ institute: **Maharishi Markandeshwar Medical College & Hospital, Kumarhatti – Solan** Name of RC/NC: **HIMS, Dehradun**
2. Date of submission of checklist by Institutional Curriculum Committee to Member, NMC Task force: **25.02.2021**
3. Date of submission of feedback for remedial by Member, NMC Task force to Curriculum Committee: **NA**
4. Date of re submission with final correction by Curriculum Committee to Member, NMC Task force: **NA**

Sr. no.	Item	To be filled in by Curriculum Committee Yes/ No	Remarks of Member, NMC Task force Y/N/Partial/Any specific
01	Foundation course time table uploaded on website within stipulated time?	YES	
02	All subjects/ contents (Orientation, skills module , field visit to community health centre , professional development including ethics , sports & extracurricular activities , enhancement of language/computer skills) represented in the time table?	YES	
03	Provision of total teaching hours for all the subjects/contents , as per NMC/MCI guidelines	YES	
04	Provision of appropriate hours for orientation (30 hours)	YES	
05	Elements of orientation course as per NMC/MCI guidelines	YES	
06	Provision of appropriate hours for skills module(35 hours)	YES	
07	Elements of skills module as per NMC/MCI guidelines	YES	
08	Provision of appropriate hours for field visit to community health centre (08 hours)	YES	
09	Provision of appropriate hours for professional development including ethics (40 hours)	YES	
10	Elements of professional development including ethics course as per NMC/MCI guidelines	YES	
11	Provision of appropriate hours for enhancement of language/computer skills (40 hours)	YES	
12	Appropriate & implementable location for language/computer skill modules slot in the time table (preferably in last 2 hours of the day longitudinally)	YES	
13	Elements of language / computer module specified in the time table	YES	
14	Provision of appropriate hours for sports(04 hours/week)	YES	
15	Provision of appropriate hours for leisure & extracurricular activities (2hours/week)	YES	
16	Appropriate & implementable location for sports / extracurricular activities slot	YES	
17	Provision of opportunities to understand & acquire multiple learning skills (learning pedagogy & learning strategies/SDL/Community based/peer assisted/group/simulation based/ e learning/assessment driven/ learning from patients & members of health team)	YES	
18	Organization of interactive sessions/ group activities/case scenarios/videos/movies in various modules evident from time table	YES	
19	Provision of exposure to health team , health facilities , patients and relatives	YES	
20	Is the time table feasible and implementable?	YES	
21	Any novel/innovative methods presented in the time table(by the Member, NMC Task force): ALL FEEDBACK ISSUES HAVE BEEN STREAMLINED	YES	
22	Specific remarks if any (by the Member, NMC Task force): NIL		

Signature of Dean

Maharishi Markandeshwa Medical College & Hospital, Kumarhatti (Solan)
Principal



MM MEDICAL COLLEGE & HOSPITAL
KUMARHATTI SOLAN (H.P.) - 173229
FOUNDATION COURSE TIME TABLE FOR MBBS BATCH - 2020
TIME ALLOTTED : 175 HOURS

Ref.No:- MMMC&H/MEU/21/10 (115 Hours for foundation Course & 60 Hours for sports & Extra Curricular activity)

From 01/02/2021 to 08/02/2021	
Date/ Day	4:30 to 5:30 pm
01/2/2021. Monday	Welcome address by Principal, interaction with faculty along with parents LT- I Dr. Kiranjeet Kaur
02/2/2021 Tuesday	Pre-Program evaluation (Questionnaire) L T - I Dr. J S Sandhu, Dr. S P Mittal, Dr. Anil Kumar Malik & Dr. Rakesh Agarwal
03/2/2021 Wednesday	Class room Rules & Behaviour (Interactive Lecture) LT - I Dr. Vishavdeep Kaur
04/02/2021 Thursday	Orientation to first year subject (Anatomy) Dr. Randhir Singh Chauhan
05/02/2021 Friday	Orientation to first year subject (Biochemistry) Dr Harpreet Kaur
06/02/2021 Saturday	Orientation to first year subject (Physiology) Dr. Simran Sekhon
Date/ Day	Time : 9:00 to 9:50
07/02/2021 Sunday	Anti ragging sensitization (Handouts/Pamphlets) L T - I Dr. R. S Chauhan
	9:50 to 10:40 Hospital Rounds OPDs & Radiology Dr. Manpreet Nanda Dr. Sanjeev Sharma
	10:40 to 11:30 Hospital Rounds Wards/Ots' Dr. Manpreet Nanda
	11:30 to 12:30 Library visit central Library Chief Librarian
	12:30 to 1:30 Orientation to Teaching learning methodology (Interactive Lecture) LT - I Dr. J.S Sandhu
	2:30 to 3:30 College rules / Campus Rules Lecture) L T - I Dr. J S Sandhu
	3:30 to 40:30 Hospital Laundry & CSSD Department & Hospital Kitchen Dr. manpreet Nanda , Ms. Pallvi Bnsal
08/02/2021 Monday	Hostel rules Lecture & handouts L T - I Dr. J S Sandhu

Tele (Office); 01792 - 262111 : Telefax: 01792 - 268266 : 950141 62200

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Date/ Day	Time 4:30 to 5:30 pm	From 09/02/2021 to 14/02/2021						
09/02/2021 Tuesday	Orientation to Registration & Lab Biochemistry : Dr. Harpreet k. Wallia, Dr. Jai Prakash Bhartiya, Mr. Narendra K. Sah Pathology : Dr. Anuj Sharma Microbiology : Dr. Sameer Singh Faujdar							
10/2/2021 Wednesday	Waste management & Pollution (Interactive Lecture) LT-I Dr. Jai Prakash Bhartiya							
11/02/2021 Thursday	Alternate health care systems in our country-AYUSH (Interactive Lecture) LT-I Dr. Gurmeet Singh							
12/02/2021 Friday	Safety- needle/ scalpel injuries , hand washing- soap and water, hand sanitizers , antiseptics Use of -Gloves , Face masks (Interactive Lecture) LT-I Dr. Pardeep Goyal, Dr Amisha Sharma							
13/02/2021 Saturday	Assessment methods (Interactive Lecture) LT-I Dr. Simran Sekhon							
Date/ Day	Time : 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	2:30 to 3:30	3:30 to 40:30	
14/02/2021 Sunday	Road safety & Transport facility Emergency Numbers (Interactive Lecture, Handouts) LT-I Dr. J S Sandhu	Dr. J S Sandhu Market visit	Importance of Local Language (Interactive Lecture) LT-I Dr. J G Vohra	Community visit Batch A 1-37, (RHTC) Batch B 38-74 (UHTC) Batch C 75-113(PHC) Batch D 114-150 (Community) RHTC – Dr. J G Vohra UHTC – Dr. Sumit	English skill - Importance of English language in MBBS Course (Interactive Lecture) LT- I Ms. Meenu Sharma	The MBBS programme and how to approach it (Handouts, Interactive Lecture) LT- I Dr. Simran Sekhon	Study skill – Self Directed learning (Group Discussion) LT-I Dr. Rakesh Agarwal	

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Date/Day	Time - 4:30 to 5:30 pm
15/02/2021 Monday	Why do you want to become a doctor Exploratory Session/small group discussion/ checklist LT-I Dr. R K Sharma
16/02/2021 Tuesday	Study skill – Interactive teaching (Group Discussion) Movie Clip (Patch Adams) what it takes to be a good doctor LT-I Dr. Rashi Garg, Dr. J S Sandhu
17/02/2021 Wednesday	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
18/02/2021 Thursday	Extracurricular activity - Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Harpreet Kaur
19/02/2021 Friday	learn English related to Anatomy & Physiology subject's lecture & handouts LT- I Dr. Seema Rani Dr. Vishavdeep Kaur
20/02/2021 Saturday	Communication Skill – A health Perspective (Interactive Lecture) LT-I Dr. Manpreet Nanda

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FOUNDATION COURSE TIME TABLE FOR MBBS BATCH - 2020
TIME ALLOTTED : 175 HOURS

From 21/02/2021 to 26/02/2021

(115 Hours for foundation Course & 60 Hours for sports & Extra Curricular activity)

Date/Day	Time 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	2:30 to 3:30	3:30 to 40:30
21/02/2021 Sunday	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	Computer Lab Small Group Teaching Mr. Kunal Goyal	Learn English related to community medicine lecture & handouts LT-I Dr. Harshdeep	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	Movie Clip (Patch Adams) what it takes to be a good doctor LT-I Dr. Rashi Garg
Date/Day	Time - 4:30 to 5:30 pm						
22/02/2021 Monday	Learn English Language related to paraclinical subject lecture & handouts LT-I Dr. Amisha Sharma & Dr. Deepak Sharma (15 mins); Dr. Deepty Arora & Dr. Simridhi Bindroo (25 mins)						
23/02/2021 Tuesday	Computer Lab Small Group Teaching Mr. Kunal Goyal						
24/02/2021 Wednesday	Computer Lab Small Group Teaching Mr. Narendra Kumar Sah						
25/02/2021 Thursday	Use of Local Language in Community Settings, Lecture, Handouts-I Dr. J G Vohra						
26/02/2021 Friday	Personal Hygiene – Teeth & Oral Health Interactive Lecture LT-I Dr. Tegbir Singh Sekhon						

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Mirajjed-har
Principal

Maarishi Markandeshwar
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 From 27/02/2021 to 03/03/2021

Time - 4:30 to 5:30 pm						
27/02/2021 Saturday	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					
Time	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	2:30 to 3:30
Sunday	28/02/2021 Community visit Batch D (RHTC) Batch A (UHTC) Batch B (PHC) Batch C(Community) RHTC – Dr. J G Vohra UHTC – Dr. Harshdeep PHC – Dr. Varsha Community – Dr. Sumit Chadha	learn English related to medicine lecture & handouts LT- I Dr. Jagjit Singh Bahia	Library skill (Small Group Discussion) Central Library Dr. Prabh Sharan Singh (library Incharge)	General Hygiene- Swach Bharat Abhiyaan (Interactive Lecture/ group Discussion) LT- I Dr. Gurmeet Singh	Social etiquettes Interactive lecture Dr. J S Sandhu	Life after MBBS Course in community- International experiences LT- I Dr. Gurmeet Singh
01/03/2021 Monday	Computer skill Computer Lab Small Group Teaching Mr. Kunal Goyal					
02/03/2021 Tuesday	Physical fitness & Mental Health(Interactive Lecture/Small group Discussion) LT-I Mrs. Pritika Gulati (Counsellor)					
03/03/2021 Wednesday	Stress in medical students & its Management (Interactive Lecture/Small group Discussion with Psychologist) LT-I Ms. Shardha Puri					
Time - 4:30 to 5:30 pm						
01/03/2021 Monday	Computer skill Computer Lab Small Group Teaching Mr. Kunal Goyal					
02/03/2021 Tuesday	Physical fitness & Mental Health(Interactive Lecture/Small group Discussion) LT-I Mrs. Pritika Gulati (Counsellor)					
03/03/2021 Wednesday	Stress in medical students & its Management (Interactive Lecture/Small group Discussion with Psychologist) LT-I Ms. Shardha Puri					

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From 04/03/2021 to 09/03/2021

Time - 4:30 to 5:30 pm						
04/03/2021 Thursday	Life after MBBS Course in community- National experiences LT-I Health System Officials Dr. Gurmeet Singh					
05/03/2021 Friday	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Amisha Sharma					
06/3/2021 Saturday	Role of Yoga & Meditation- Spiritual Health LT-I Mr. Mukesh					
Date/Day	Time : 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	2:30 to 3:30
07/03/2021 Sunday	Hand Washing – An Important Skill Demonstration & Observation LT-I Dr. Satinder Singh Minhas	Expectation of a doctor from society (Interactive Lecture, Think Pair Share) LT-I Dr. Manpreet Nanda	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. Gurmeet Singh	learn English related Medical allied subjects lecture & handouts LT- I Dr. Rajvinder Singh, Dr. Parul Sharma &	Use of Personal Protective equipment's Demonstration & Observation LT- I Dr. Jai Prakash Bhartiya
						3:30 to 40:30 Role of Nutrition in Health – balanced diet (Interactive Lecture) LT- I Mrs. Pallvi Bansal (Dietician)
Date/Day	Time - 4:30 to 5:30 pm					
08/03/2021 Monday	Group Dynamics Interactive Lecture LT- I Dr. Anil Kumar Malik					
09/03/2021 Tuesday	Local Language in Doctor Patient Relationship, Lecture/Handouts LT-I Dr. J G Vohra					

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From 10/03/2021 to 14/03/2021

Date/Day	Time - 4:30 to 5:30 pm						
10/03/2021 Wednesday	Computer skill ,Computer Lab Small Group Teaching Mr. Kunal Goyal						
03-11-2020	Holiday						
12/03/2021 Friday	Time Management – Interactive Lecture & Group Activity LT-I Mrs. Pritika Gulati (Counsellor)						
13/03/2021 Saturday	Ethical Behaviour by Medical Students Interactive Lecture, Role Play LT-I Dr. Simran Sekhon, Dr. Harshdeep Singh, Dr. Rashi Garg, Dr. Simridhi Bindroo						
Date/Day	9:50 to 10:40	10:40 to 11:30	11:30 to 12:30	12:30 to 1:30	2:30 to 3:30	3:30 to 4:00:30	
14/03/2021 Sunday	Community visit Batch C (RHTC) Batch D (UHTC) Batch A (PHC) Batch C (Community) RHTC – Dr. J G Vohra UHTC – Dr. Harshdeep PHC – Dr. Varsha Community – Dr. Sumit Chadha	Fast food, side effects of preservatives, hip waist ratio, diseases related to obesity (Interactive Lecture) LT- I Mrs. Pallvi Bansal (Dietician)	Unethical Behaviour by Medical Students Interactive Lecture, Role Play LT- I Dr. Simran Sekhon, Dr. Gurmeet Singh, Dr. Rashi Garg, Dr. Simridhi Bindroo	Use of IT Media in Medical education (Interactive Lecture) LT- I Dr. Narender Kumar Shah	Interpersonal Relationship Role Play LT- I Dr. Simran Sekhon, Dr. Gurmeet Singh, Dr. Rashi Garg & Dr. Simridhi Bindroo	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee	

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From 15/03/2021 to 21/03/2021

Date/ Day	Time - 4:30 to 5:30 pm					
15/03/2021 Monday	Medico legal and ethics related to alcohol & Drug Abuse Interactive Lecture LT-I Dr. Anil Kumar Malik					
16/03/2021 Tuesday	First Aid module Demonstration & Observation Anaesthesia department Dr. Rakesh Sadhu					
17/03/2021 Wednesday	IMG is a lifelong learner (Interactive Lecture, Small group discussion) LT-I Dr. Prabh Sharan Singh					
18/03/2021 Thursday	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					
19/03/2021 Friday	Cell phone abuse & Internet Addiction Debate LT-I Dr. Neelam Grover, Dr. R S Chauhan, Dr. Kamaljit Singh Jaiswal, Dr. Santosh Minhas, Dr. Yoginder Singh Gulati					
20/03/2021 Saturday	BLS Early reorganization, call for help, early CPR Demonstration, Observation & Video Clips , Anaesthesia department, Dr. Rakesh Sadhu					
Date/ Day	9:00 to 9:50	10:40 to 11:30	11:30 to 12:30	12:30 to 1:30	2:30 to 3:30	3:30 to 4:030
21/03/2021 Sunday	Students' participation in national health programmes ,Panel discussion LT-I Dr. Gurmeet Singh, Dr. J G Vohra	Group Activity LT - 5(Hospital) Dr. J S Sandhu, Dr. S P Mittal, Dr. Anil Malik Rakesh Agarwal,	Art & Music as therapy (Interactive Lecture) LT-I Ms. Shardha Puri	English skill related OBG lecture & handouts LT-I Dr. Monika Gupta	Computer skill Computer Lab Small Group Teaching Mr. Kunal Goyal	Public Health – A Media Perspective (Media clips, Interactive sessions) LT-I Dr. J.S..Sandhu

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Principal
Principal
Maharishi Markandeshwar
 University of Health Sciences
 Faridkot
 Punjab
 India



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From 22/03/2021 to 27/03/2021

Date/ Day	Time - 4:30 to 5:30 pm
22/03/2021 Monday	Computer skill ,Computer Lab & Small Group Teaching Mr. Kunal Goyal
23/03/2021 Tuesday	Importance of Maintenance of Hospital Records (Interactive Lecture) LT-I Dr. Manpreet Nanda
24/03/2021 Wednesday	Community visit Batch B (RHTC) Batch C (UHTC) Batch D (PHC) Batch A (Community) RHTC – Dr. J G Vohra UHTC – Dr. Harshdeep PHC – Dr. Varsha Community – Dr. Sumit Chadha
25/03/2021 Thursday	Computer skill ,Computer Lab & Small Group Teaching Mr. Kunal Goyal
26/03/2021 Friday	Cadaver as Your First Teacher (Interactive Lecture) LT-I Dr. Randir Singh Chauhan
27/03/2021 Saturday	Safety of Medical Students – Immunization (Interactive Lecture) LT-I Dr. Gurmeet Singh

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Virajendra Kumar
Principal
Akhariji Markandeshwar
Hospital
Kumarhatti (Solan) 9.



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From 28/03/2021 to 03/04/2021

Date/ Day	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	2:30 to 3:30	3:30 to 4:0:30
28/03/2021 Sunday	Use of HIMS- Health Information Management system (Interactive Lecture) LT-I Dr. Rehman	Gender Sensitization – behaviour with opposite sex. Interactive Lecture LT-I Dr. Neelam Grover	Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee	Ethics in Research Publication (Interactive Lecture) LT-I Dr. Simran Sekhon	Safe Injection Practices (Interactive Lecture, Video) LT-I Dr. Gurmeet Singh	Mentorship Skills (Interactive Lecture) LT-I Dr. Malini Kar	English skill related to Paediatrics lecture & handout LT-I Dr. Rajeev Vinayak
29/03/2021	Holiday						
Date/ Day	Time - 4:30 to 5:30 pm						
30/03/2021 Tuesday	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						
31/03/2021 Wednesday	Computer skill ,Computer Lab & Small Group Teaching Mr. Kunal Goyal						
01/04/2021 Thursday	Closing Ceremony (White coat ceremony) MEU Members						
02/4/2021 Friday	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee						
03/04/2021 Saturday	Fresher's Welcome Party All Faculty, Admission Batch 2019 & 2020 Students Institutional Cultural Committee						

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Vinayak
Principal

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From 04/04/2021 to 09/04/2021

Date/ Day	Time : 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	2:30 to 3:30	3:30 to 40:30
04/04/2021 Sunday	Use of HIMS- Health Information Management system (Interactive Lecture) LT- I Dr. Rehman	Gender Sensitization -behaviour with opposite sex. Interactive Lecture LT- I Dr. Neelam Grover	Gender Sensitization -behaviour with opposite sex. Interactive Lecture LT- I Dr. Neelam Grover	Ethics in Research Publication (Interactive Lecture) LT- I Dr. Simran Sekhon	Safe Injection Practices (Interactive Lecture, Video) LT - I Dr. Gurmeet Singh	Mentorship Skills (Interactive Lecture)LT - I Dr. Malini Kar	English skill related to Paediatrics Lecture & Handouts LT - I Dr. Rajeev Vinayak
Date/ Day	Time - 4:30 to 5:30 pm						
05/04/2021 Monday	Hostel rules Lecture & handouts LT - I Dr. J S Sandhu						
06/04/2021 Tuesday	Waste management & Pollution (Interactive Lecture) LT - I Dr. Jai Prakash Bhartiya						
07/04/2021 Wednesday	Computer skill, Computer Lab & Small Group Teaching Mr. Kunal Goyal						
08/04/2021 Thursday	Role of Yoga & Meditation - Spiritual Health LT - I Mr. Mukesh						
09/04/2021 Friday	Community Department Visit. Dr. J G Vohra						

* 60 hours of sports activity has been included in the master time table.

Vinayak Verma
Principal
Mohan Markandeshwar
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	MCI Recommended Hours	MMMC&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

Principal

PRINCIPAL

Maharishi Markandeshwar

Medical College & Hospital

Kumarhatti (Solani)

MEU, Coordinator

Cof (Vice Principal)

Medical Education Unit,

MMMCH-Kumarhatti, Solani

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