



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

FOUNDATION COURSE

MBBS ADMISSION BATCH 2022

From 15.11.2022 to 19.11.2022

Day & Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30 pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Tuesday 15.11.2022	Welcome address by Principal, Vice Principal, MS interaction with faculty along with parents LT- II					L	Welcome address by Principal, Vice Principal, MS interaction with faculty along with parents LT- II	
Wednesday 16.11.2022	Orientation first year subject (Physiology) HOD Physiology					U	Orientation first year (Physiology)	
Thursday 17.11.2022	Orientation first year subject (Anatomy) HOD Anatomy					N	Orientation first year (Anatomy)	
Friday 18.11.2022	Orientation first year subject (Biochemistry) HOD Biochemistry					C	Orientation first year (Biochemistry)	
Saturday 19.11.2022	Pre-Program evaluation (Questionnaire) LT-II Dr J S Sandhu, Dr Anil Kumar Malik & Dr Rakesh Agarwal					B	HOSPITAL ROUNDS OPDs & Radiology Dr Kiran Kumar Singal & Dr Manpreet Nanda	
	Class room Rules & Behaviour (Interactive Lecture) LT-II Dr. J.G. Vohra					R		
	Anti ragging sensitization (Handouts/ Pamphlets) LT-II Dr R.S. Chauhan					E		
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Principal

Co-ordinator 
Medical Education Unit 
Principal 
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From 21.11.2022 to 23.11.2022

From 21.11.2022 to 23.11.2022																	
Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30 pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm									
Monday 21.11.2022	Introduction to English /Local language LT-II Dr Navpreet Kaur		Computer Lab Small Group Teaching Mr. Kunal Goyal	Orientation to Teaching learning methodology (interactive Lecture) LT-II Dr J.S. Sandhu	College rules/Campus Rules Lecture &handouts LT-II Dr J. S. Sandhu	L U N C H B R E A K	Hospital Laundry & CSSD Department & Hospital Kitchen Dr Kiran Kumar Singal , Dr Manpreet Nanda & Mrs Ojaswani (Dietician)										
Tuesday 22.11.2022	Hostel rules LT-II Dr J S Sandhu	Orientation to Registration & Lab <u>Biochemistry:</u> Dr. Harpreet k. Wallia, Dr. Jai Prakash Bhartiya, Dr. Narendra K. Sah <u>Pathology:</u> Dr. Anuj Sharma <u>Microbiology:</u> Dr. Seema Solanki	Waste management & Pollution (interactive Lecture) LT-II Dr Jai Prakash Bhartiya	Alternate health care systems in our country- AYUSH (interactive Lecture) LT-II Dr Gurmeet Singh	Safety- needle/ scalpel injuries, hand washing- soap and water, hand sanitizers, antiseptics Use of - Gloves, Face masks (interactive Lecture) LT-II Dr Amisha Sharma Dr Seema Solanki		Assessment methods (interactive Lecture) LT-II Dr. Simran Sekhon	Road safety &Transport facility Emergency Numbers (interactive Lecture, Handouts) LT-II Dr. J.S. Sandhu									
Wednesday 23.11.2022	Dr J. S. Sandhu Doctor- Patient Relationship LT-II		Importance of Local Language (interactive Lecture) LT-II Dr J. G. Vohra	Community visit <table><tr><td>Batch A 1-37</td><td>Batch B 38-74</td><td>Batch C 75- 113</td><td>Batch D 114-150</td></tr><tr><td>RHTC</td><td>UHTC</td><td>PHC</td><td>Commun ity</td></tr></table> RHTC – Dr J G Vohra UHTC – Dr Sumit PHC – Dr Alka Community – Dr Abshiek			Batch A 1-37	Batch B 38-74	Batch C 75- 113	Batch D 114-150	RHTC	UHTC	PHC	Commun ity	English skill - Importance of English language in MBBS Course (interactive Lecture) LT-II Dr R.S. Chauhan		
Batch A 1-37	Batch B 38-74	Batch C 75- 113	Batch D 114-150														
RHTC	UHTC	PHC	Commun ity														

Co-ordinator
Medical Education
MMMCH-Kumharhatti, Solan

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From 24.11.2022 to 26.11.2022

Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30 pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Thursday 24.11.2022	The MBBS programme and how to approach it (Handouts, Interactive Lecture) LT-II Dr Simran Sekhon	Study skill – Self Directed learning (Group Discussion) LT-II Dr Rakesh Agarwal	Why do you want to become a doctor Exploratory Session/small group discussion/ checklist LT-II Dr Kiran Kumar Singal	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Amisha Sharma	Computer Lab Small Group Teaching Mr. Kunal Goyal	L U N C H B R E A K	Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee Dr. Rajwinder Singh	
Friday 25.11.2022	Study skill – Interactive teaching (Group Discussion) LT-II Dr J. S. Sandhu	Panel discussion – why do want to become a doctor LT-II Dr Neelam Grover, Dr R S Chauhan, Dr Kamaljit Singh Jaiswal, Dr Santosh Minhas, Dr Yoginder Singh Gulati						
Saturday 26.11.2022	Communication Skill – A health Perspective (Interactive Lecture) LT-II Dr Manpreet Nanda	What do you understand by an IMG – Roles of IMG (Interactive Lecture) LT-II Dr Deepak Sharma	Learn English related to Biochemistry lecture & handouts LT-II Dr Harpreet Kaur Wallia				Learn English related to community medicine lecture & handouts LT-II Dr. Abshiek	

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From 28.11.2022 to 30.11.2022

Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Monday 28.11.2022	Personal Hygiene- skin, Hair & Nail Care Interactive Lecture LT-II Dr. Vinay Shankar	What do you mean to be a doctor Interactive Lecture LT-II Dr Neelam Grover	Movie Clip (Patch Adams) what it takes to be agood doctor LT-II Dr Nazma Khan	Learn English Language related to paraclinical subjects lecture &handouts LT-II Dr Deepak Sharma	Computer Lab Small Group Teaching Mr. Kunal Goyal		Use of Local Language in Community Settings Lecture, Handouts LT-II Dr. J. G. Vohra	Computer Lab Small Group Teaching Mr. Kunal Goyal
Tuesday 29.11.2022	Personal Hygiene- Teeth &Oral Health Interactive Lecture LT – II Dr. Tegbir Sekhon	Reflections – why you want to be a doctor LT-II Think pair share Dr Anil Malik & Dr Rakesh Agarwal		Community visit Batch D Batch A Batch B Batch C RHTC UHTC PHC Comm unity RHTC – Dr J G Vohra UHTC – Dr Sumit PHC – Dr Alka Community – Dr Abshtiek			Learn English related to medicine LT-II Dr Jagjit Singh Bahia	
Wednesday 30.11.2022	Library skill (Small Group Discussion) Central Library Dr Deepak Sharma (library In-charge)	General Hygiene- Swach Bharat Abhiyaan (Interactive Lecture/ group Discussion) LT-II Dr Gurmeet Singh	Social etiquettes Dr. J S Sandhu Interactive lecture	Sports activity Outdoor Games – Cricket, Volleyball, Basket ball, Football Institutional Sports Committee Dr Rajwinder Singh			Use of Local Language in Clinical Settings Interactive lecture LT-II Dr J G Vohra	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal

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From 01.12.2022 to 03.12.2022

Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30pm	12:30 to 1:30 pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Thursday 01.12.2022	Physical fitness & Mental Health (Interactive Lecture) LT-II Mrs Pritika Gulati (Counsellor)	Stress in medical students & its Management (Interactive Lecture with Psychologist) LT-II Ms Shardha Puri	Life after MBBS Course in community- National experiences LT-II Health System Officials Dr Gurmeet Singh	Life after MBBS Course in community- International experiences LT-II Dr Gurmeet Singh	L U N C H B R E A K	Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Amisha Sharma		
Friday 02.12.2022	Role of Yoga & Meditation- Spiritual Health LT-II Dr Jaswinder Kaur Deptt of Physiology							
		Hand Washing – An Important Skill Demonstration & Observation LT-II Dr Sameer Singh Faujdar	Importance of Maintenance of Hospital Records (Interactive Lecture) LT-II Dr Manpreet Nanda			Learn English related Medical allied subjects lecture LT-II Dr Rajwinder Singh Dr Ramandeep Kaur Dr Balbir Singh		
Saturday 03.12.2022	Use of Personal Protective equipment's Demonstration & Observation LT-II Dr Jai Prakash Bhartiya	Role of Nutrition in Health – balanced diet (Interactive Lecture) LT-I Mrs Ojaswani (Dietician)	Group Dynamics Interactive Lecture LT-II Dr Navpreet Kaur	Sports activity Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee Dr Rajwinder Singh		Local Language in Doctor Patient Relationship Lecture LT-II Dr J G Vohra	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	

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From 05.12.2022 to 07.12.2022

From 05.12.2022 to 07.12.2022																		
Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30pm	12:30 to 1:30 pm	1:30 to 2:30pm	2:30 to 3:30 pm	3:30 to 4:30 pm										
Monday 05.12.2022	Time Management – Interactive Lecture & Group Activity LT-II Mrs Pritika Gulati (Counsellor)		Ethical Behaviour by Medical Students Interactive Lecture, Role Play LT-II Dr. Jaswinder Kaur	Community visit <table><tr><td>Batch C</td><td>Batch D</td><td>Batch A</td><td>Batch B</td></tr><tr><td>RHTC</td><td>UHTC</td><td>PHC</td><td>Comm unity</td></tr></table> RHTC – Dr J G Vohra UHTC – Dr Sumit PHC – Dr Alka Community – Dr Abshiek			Batch C	Batch D	Batch A	Batch B	RHTC	UHTC	PHC	Comm unity	Learn English related surgery lecture LT-II Dr Rajesh Kumar			
Batch C	Batch D	Batch A	Batch B															
RHTC	UHTC	PHC	Comm unity															
Tuesday 06.12.2022	Fast food, side effects of preservatives, hip waist ratio, diseases related to obesity (Interactive Lecture) LT-II Mrs Pallavi (Dietician)	Medico legal and ethics related to alcohol& Drug Abuse Interactive LectureLT-II Dr Anil Kumar Malik	Use of IT Media in Medical education (Interactive Lecture) LT-II Dr J.S. Sandhu	Interpersonal Relationship Role Play LT-II Dr. Vishavdeep Kaur			Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Amisha Sharma											
Wednesday 07.12.2022	Unethical Behaviour by Medical Students Interactive Lecture, Role Play LT-II Dr. Jaswinder Kaur	First Aid module Demonstration & Observation Anaesthesia department Dr Rakesh Sadhu		IMG is a lifelong learner (Interactive Lecture) LT-II Dr. Deepak Sharma			learn English related Surgical allied subjects lecture &handouts LT-II Dr Monika Sharma Dr Shenny Bhatia Dr. Sharadh Lodhi											
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From 08.12.2022 to 10.12.2022

Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30 pm	1:30 to 2:30 pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Thursday 08.12.2022	Cell phone abuse & Internet Addiction Debate LT-II Dr Neelam Grover,, Dr kamaljit Singh Jaiswal, Dr Santosh Minhas, Dr Yoginder Singh Gulati	Early reorganization, call for help, early CPR Demonstration, Observation & Video Clips Anaesthesia department Dr Smriti Anand\Dr Rakesh Sadhu	BLS CPR Observation & Video Clips Anaesthesia department Dr Smriti Anand\Dr Rakesh Sadhu	Students' participation in national health programmes Panel discussion LT-II Dr Gurmeet Singh, Dr J G Vohra			Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	
Friday 09.12.2022	How to work in a Team Group Activity LT-II Dr Anil Malik & Dr Rakesh Agarwal	Art & Music as therapy (Interactive Lecture) LT-II Ms Shardha Puri	English skill related OBG lecture & handouts LT-II Dr Monika Gupta				Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	
Saturday 10.12.2022	Public Health – A Media Perspective (Media clips, Interactive sessions) LT-II Dr J.S..Sandhu	Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	Expectation of a doctor from society (Interactive Lecture, Think Pair Share) LT-II Dr Anil Kumar Malik	Community visit Batch B Batch C Batch D Batch A RHTC UHTC PHC Community – Dr Abshtiek			Computer skill Computer Lab Small Group Teaching Mr Kunal Goyal	

Co-ordinator
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From 12.12.2022 to 15.12.2022

Day / Date	9:00 to 9:50 am	9:50 to 10:40 am	10:40 to 11:30 am	11:30 to 12:30 pm	12:30 to 1:30 pm	1:30 to 2:30 pm	2:30 to 3:30 pm	3:30 to 4:30 pm
Monday 12.12.2022	Cadaver as Your First Teacher (Interactive Lecture) LT-II Dr Seema Rani Khajuria	Safety of Medical Students – Immunization (Interactive Lecture) LT-II Dr J.G. Vohra	Use of HIMS- Health Information Management system (Interactive Lecture) LT-II Biostatistician	Gender Sensitization – behaviour with opposite sex. Interactive Lecture LT-II Dr Neelam Grover				
Tuesday 13.12.2022	Ethics in Research Publication (Interactive Lecture) LT-II Dr Jaswinder Kaur	Safe Injection Practices (Interactive Lecture, Video) LT-II Dr Seema Solanki		Mentorship Skills (Interactive Lecture) LT-II Dr Vishavdeep Kaur				
Wednesday 14.12.2022	Reflection on foundation course And plan for next 5 year to become an IMG, Dr Anil Malik & Dr Rakesh Agarwal		Computer skill Computer Lab Teaching Mr Kunal Goyal	Closing Ceremony (White coat ceremony) MEU Members LT-II Dr J S Sandhu				
Thursday 15.12.2022	Fresher's Welcome Party All Faculty, Admission Batch 2021 & 2022 Students Institutional Cultural Committee							
						L U N C H B R E A K	Indoor games – Carom, Ludo, Badminton, Table Tennis, Chess, Squash Institutional Sports Committee Dr. Rajwinder Singh	Sports activity
							English skill related to Paediatrics lecture LT-II Dr Rajeev Vinayak	
							Extracurricular activity – Rangoli, singing, dancing, painting, drawing, poetry competition Institutional Cultural Committee Dr. Amisha Sharma	
							Fresher's Welcome Party All Faculty, Admission Batch 2021 & 2022 Students Institutional Cultural Committee	

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	NMC Recommended Hours	MMMC & H Hours Allotted
Orientation	30	31
Skill Module	35	35
Professional Development including Ethics	40	40
Community visits	8	10
Language & Computer skill	40	40
Sports and extracurricular	22	22
Total	175	178

PRINCIPAL

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