

L.No:- MC/2024-25/2572

FOUNDATION COURSE TIME TABLE – October 2024

Topic	Time	Faculty
01-10-2024		
Inauguration and Lamp Lighting	08:00 AM -09:00 AM	Dr. CMS Rawat, Principal
Intoduction to Medical Profession	09:00 AM -10:00 AM	Dr. Ajai Vikram Singh, Medical Supretendent
Self Intro by the Students	10:00 AM 11:00 AM	All Faculties (Anatomy , Physiology Biochemistry & Community Medicine)
Ice Breaking Games and Activities	11:00 AM-12:00PM	All Faculties (Anatomy , Physiology & Biochemistry)
Demonstrate understanding of the role of doctors in the society and their impact	12:00 PM-01:00PM	Dr. Pawan Bhat, Associate Professor, Pathology
Demonstrate understanding of the Roles of an Indian Medical Graduate and relate it to the societal impact	02:00 PM-03:00PM	MEU (Dr. King Shuk Lahon, Professor & Head, Pharmacology)
Discuss and appreciate the expectations of the students from the Nation, society, Institution, peers, colleagues and patients and vice versa	03:00 PM-04:00PM	Dr. Deepa Hatwal, Professor, Pathology & Dr. Neha Aggarwal, Assistant Professor, Physiology
Demonstrate understanding of the rules and regulations of the institution	04:00 PM-05:00PM	Dr. Niranjn Kumar Gunjan, Associate Professor & Head, Forensic Medicine
03-10-2024		
Demonstrate awareness of the History of Medicine and alternate systems of Medicine	08:00 AM -09:00 AM	Dr. Surendra Singh , Assistant Professor, Community Medicine
Orient themselves to the college campus, facilities, faculty, administrative structure, support systems and processes of the institution	09:00 AM -10:00 AM	Dr. Neha Aggarwal, Assistant Professor, Physiology
Discuss the principles of family practice	10:00 AM 11:00 AM	Dr. Harpreet Singh, Assistant Professor, Community Medicine
Bio-safety	11:00 AM-12:00PM	Dr. Sunil Kumar, Assistant Professor, Microbiology
Disability competencies	12:00 PM-01:00PM	Dr Alok Kumar, Assistant Professor, Orthopaedics
Discuss the various career pathways and oppourtunities for personal growth	02:00 PM-03:00PM	Dr. Arjun, Assistant Profesor, ENT & Dr. Parth Datta, Assistant Professor, Psychiatry
Regional Language	03:00 PM-04:00PM	Mr. Manmohan Sindhwai
Demonstrate understanding the role of physician at various levels of Health care delivery	04:00 PM-05:00PM	Dr. Jai Kumar, Professor & Head, Physiology,
04-10-2024		
Communication skills including Barriers of communication	08:00 AM -09:00 AM	Dr. Janki Bartwal, Associate Professor, Community Medicine
Stress Management	09:00 AM -10:00 AM	Dr. Parth Datta, Assistant Professor, Psychiatry
Role of physicians at various levels of Health Care Delivery	10:00 AM 11:00 AM	Dr. CMS Rawat, Professor, Community Medicine
Immunization requirements of Health Care Professionals	11:00 AM-12:00PM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Extra-curricular activity	12:00 PM-01:00PM	Faculty (Anatomy, Physiology, Biochemistry)
Demonstrate understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways	02:00 PM-03:00PM	Dr. Niyati Airan, Associate Professor, Anatomy
Sports and Extracurricular activities	03:00 PM-05:00PM	Mrs. Sunita (Anatomy) Miss. Pooja (Physiology) & Mr. Anil Shah (Anatomy) Bhupendra Mingwal (Biochemistry)
05-10-2024		
Community Health Centre visit and reflection on the experience with particular reference to: A) Levels of health care in a community setting B) Interaction with families in the community setting and the impact of health C) Functioning of the Community Health Centre and health care team (Community visit followed by a discussion back in the college) Department of Community Medicine	08:00 AM to 01:00 PM	Faculty of Community Medicine
Regional Language	02:00 PM to 03:00 PM	Mr. Manmohan Sindhwai

HOD (ANATOMY)

HOD (PHYSIOLOGY)

HOD (BIOCHEMISTRY)

HOD (COMMUNITY MEDICINE)

Enhancement of Computer Skills	03:00 PM to 05:00 PM	Mr., Bipin Kathait And Mr. Sanjay Kumar Pandey
06-10-2024		
Working in a health care team	08:00 AM -09:00 AM	Dr. Harpreet Singh, Assistant Professor, Community Medicine
BLS (Basic Life Support)	09:00 AM -10:00 AM	Dr. Satyendra Yadav, Associate Professor, Anaesthesia
Needle Stick Injury	10:00 AM -11:00 AM	Dr. Laxman Singh, Assistant Professor, General Surgery
Computer (Basics)	11:00 AM-12:00PM	Mr. Bipin Kathait
Time Management	12:00 PM-01:00PM	Dr. King Shuk Lahon, Professor & Head, Pharmacology
The values to be adhered, honesty and respect during interaction with peers, seniors, faculty, other healthcare workers and patients	02:00 PM-03:00PM	Dr. CMS Rawat, Principal
Role of Yoga and meditation in personal health	03:00 PM-04:00PM	Dr. Deepa Hatwal, Profssor, Pathology
Understand Collaborative Learning	04:00 PM-05:00PM	Dr. Anil Dwivedi, Professor, Anatomy
07-10-2024		
Professionalism and Ethics – the concept	08:00 AM -09:00 AM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Consequences of unprofessional and unethical behavior	09:00 AM -10:00 AM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Altruism as a virtue of a Physician (including Case Presentation)	10:00 AM -11:00 AM	Dr. CMS Rawat, Principal
Compassion, integrity, duty, responsibility and trust are the core values that defines the nature of the physician work (including Case Discussion)	11:00 AM-12:00PM	Dr. Kailash Gairola, Professor & Head, Biochemistry
Hand Washing	12:00 PM-01:00PM	Dr. Vinita Rawat, Professor & Head, Microbiology
Self Directed Learning	02:00 PM-03:00PM	Dr. Srijan Srivastava, Assistant Professor, Pathology
Pedagogy and its role in learning skills	03:00 PM-04:00PM	Dr. Niranjan Kumar Gunjan , Professor & Head, Forensic Medicine
Protective Equipment (PPE)	04:00 PM-05:00PM	Dr. Sunil Kumar, Assistant Professor, Microbiology
08-10-2024		
Communication with patients and families and appropriate ways to respond	08:00 AM -09:00 AM	Dr. Janki Bartwal, Associate Professor, Community Medicine
Demonstrate handling and safe disposal of Bio hazardous materials in a simulated environment	09:00 AM -10:00 AM	Dr. Jitendra Devrani, Assistant Professor, Microbiology
Accessing online resources	10:00 AM -11:00 AM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Demonstrate awareness of the disabilities included in the Rights of Persons with Disabilities Act, 2016	11:00 AM-12:00PM	Dr Alok Kumar, Assistant Professor, Orthopaedics
History of Outbreaks, Epidemics and Pandemics	12:00 PM-01:00PM	Dr. Janki Bartwal, Associate Professor, Community Medicine
Interactive lecture on National health goals and policies	02:00 PM-03:00PM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Have an understanding of accessible healthcare setting for patients with disabilities, including universal design	03:00 PM-04:00PM	Dr. CMS Rawat, Professor, Community Medicine
The process of group learning and group dynamics	04:00 PM-05:00PM	Dr. Kailash Gairola, Professor & Head, Biochemistry
09-10-2024		
Basic principles of community health and its impact on health and disease	08:00 AM -09:00 AM	Dr. Harpreet Singh, Assistant Professor, Community Medicine
Build an understanding on the disability etiquettes while addressing people with disabilities	09:00 AM -10:00 AM	Dr. King Shuk Lahon, Professor & Head, Pharmacology
First Aid Basics (Approach) with emphasis on Do's and Don'ts	10:00 AM -11:00 AM	Dr. Kritika Joshi, Senior Resident, Anaesthesia
Medical emergencies (Breathing problems, Choking, Allergic reactions) with emphasis on Do's and Don'ts	11:00 AM-12:00PM	Dr. Pradyuman Panjeta, Senior Resident, General Medicine
Understand the role of mentoring	12:00 PM-01:00PM	Dr. King Shuk Lahon, Professor & Head, Pharmacology
Understanding and respect of cultural diversities and interact with those with different cultural values	02:00 PM-03:00PM	Dr. Richa Niranjan , Professor & Head, Anatomy
Discuss the national health scenario, demographic, socio cultural and epidemiological issues	03:00 PM-04:00PM	Dr. Surendra Singh, Assistant Professor, Community Medicine
Sports	04:00 PM-05:00PM	Miss. Sunita (Anatomy) Miss. Pooja (Physiology), Mr. Anil Shah (Anatomy) & Miss. Bhupendra (Biochemistry)
10-10-2024		
Demonstrate understanding of importance of interpersonal relationship while working in a health care team	08:00 AM -09:00 AM	Dr. Kailash Gairola, Professor & Head, Biochemistry
Demonstrate understanding of importance of interpersonal relationship while working in a health care team	09:00 AM -10:00 AM	Dr. Surendra Singh, Assistant Professor, Community Medicine

HOD (ANATOMY)

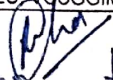
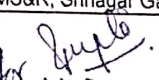
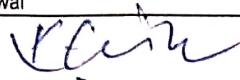
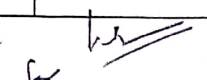
for HOD (PHYSIOLOGY)


HOD (BIOCHEMISTRY)

for HOD (COMMUNITY MEDICINE)

Insant

Extracurricular activities	10:00 AM 01:00 PM	Faculty (Anatomy, Physiology, Biochemistry)
Environmental Emergencies (Bites and stings, heat cramps) with emphasis on Do's and Don'ts	02:00 PM-03:00PM	Dr. Kalam Singh Butola, Professor & Head, General Medicine
Injury Emergencies (Bleeding, Bandaging, Burns, Electrical Injuries) with emphasis on Do's and Don'ts	03:00 PM-04:00PM	Dr. Hari Singh , Assistant Professor, General Surgery
Advocate social inclusion by raising awareness of the human rights of persons with disabilities Self-Directed Learning (Paper/Blog) MEU, VCSGGIMS&R, Srinagar Garhwal	04:00 PM-05:00PM	Dr. CMS Rawat, Professor, Community Medicine

 HOD for ANATOMY
 HOD for PHYSIOLOGY
 HOD for BIOCHEMISTRY
 HOD for COMMUNITY MEDICINE



 (Dr. C.M.S. Rawat)
 Principal

Date-28 September 2024

L.No:- MC/2024-25/ 2512

Copy to :-

- 1- All HOD's/ Incharge, VCSGGIMS&R, Srinagar Garhwal
- 2- Incharge (UG) Section, VCSGGIMS&R, Srinagar Garhwal.
- 3- Office File.


 (Dr. C.M.S. Rawat)
 Principal