## FOUNDATION COURSE - MBBS Batch 2024-25

Day	Date	09:00 AM to 10:00 AM	10:00 AM to 11:00 AM	11:00 AM to12:00 NOON	Z	01:00 PM to 02:00 PM	02:00 PM to 03:00 PM	03:00 PM to 04:00 PM	
Monday	14/10/24	FC-1.5 Orientation program for newly admitted students of 2024 -		FC-1.4 Rules and Regulations of the Institution Facilitator: Dr Roopa Hanspal, Vice- Principal, GBCM	12:00 NOON to 01:00	FC-1.1, FC-1.2, FC-1.3 Role of IMG & societal impact (Sensitize and inspire students to the wider roles of physicians in society beyond patient-doctor interaction based on–diagnostic role, treating role, physician-patient interactive roles, societal role) Discussion on expectations of students from the Institution, peers, colleagues, Patients, society, and from the nation; & vice-versa Interactive session – divide students into groups for feedback in writing on the different roles. Facilitators: Dr Suchit Kumar, Dr Abhinav Manish, Dr Arunima Deep, Dr Gunjjan Singhal			
Tuesday	15/10/24	Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	subjects and relation to future	FC-1.10 History of Medicine & Alternate Systems of Medicine AYUSH in India Facilitator: Dr DB Roy		Production Administrative etructure Sunne	ollege, Hospital, Hostel, playground etc.) Visi rt systems, & Processes of the Institution amta Kandwal, Dr Hitakshi, Dr Gaurav, Dr An	t to the various units of the Institute for orientation pit, Dr Manvi, Dr Ankit	
Wednesday	16/10/24	Yoga & Meditation	FC-1.8 Role of physician at various levels of healthcare delivery Principles of primary care (general and community-based care) Facilitator: HOD Community Medicine to designate	FC-1.9 Principles of Family Practice Facilitator: Dr Deepika Joshi, General Medicine		FC-3.1, FC-3.2, FC-3.3, FC-3.4, FC-3.5 National Health Goals and Policies National health scenario, demographics, Understanding of the health-care systems Basic principles of community health and Understanding of the structure and functi- Facilitators: HOD Community Medicine to	s in India with reference to primary, secondar its impact on health and disease on of the community health center	y, and tertiary-level care	
Thursday	17/10/24	FC-4.8 Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	FC-4.2 Interpersonal relationships: Understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that define the nature of a physicians work Facilitator: Dr Vivek V Bharosay, HOD Pathology	FC-4.3, FC-4.4, FC-4.10 Interpersonal relationships: Discussion on value, honesty, and respect during interaction with peers, seniors, faculty, and other healthcare workers and patients Significance of working in a healthcare team Importance of interpersonal relationship while working in a healthcare team Facilitator: Dr Desh Deepak, Principal, GBCM		FC-4.12, FC-4.15 Understanding the process of group dyna Facilitators: Dr Gunjjan Singhal, Dr Neha Manish	amics and group learning Nautiyal, Dr Rekha Bhandari and Dr Kanika	FC-4.1 Interpersonal relationships: Understanding the concept of Professionalism and ethics among healthcare workers Discussion on the consequences of unprofessional and unethical behavior Facilitator: Dr Anant Prakash Rank, FMT	
Friday	18/10/24	FC-4.8 Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	FC-3.5 Visit to the PHC / Community Health Center Facilitators: HOD Community Medicine to designate	FC-4.13 The Learning Pedagogy and its role in Learning Skills Facilitator: Dr Vinita Kalra, In-charge Academic Cell		FC-4.14, FC-4.15 Understanding different methods of self- Facilitators: Dr Vinita Kalra, Dr Ruchit Kh	directed learning and collaborative learning lera, Dr Gujjan Singhal, Dr Astha <mark>Srivastava</mark> ,	Dr Arunima Deep, Ms. Mamta Kandwal	
Saturday	19/10/24	FC-4.8 Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	FC-5.1 Ability to communicate with patients and families Awareness of barriers to communication and appropriate ways to respond Clinico-laboratory communication Facilitator: Dr Anuradha Bharosay Biochemistry	FC-3.6 Demonstrate ability to obtain patient experiences through patient and family interactions and relate these experiences to impact of environment and diseases Facilitator: HOD Community Medicine to designate			Sports	Gautam Buddha Chikitsa Mahavidyala Dehradun	

Sunday	20/10/24							
Monday	21/10/24	FC-4.8 Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	FC-2.8 Immunization requirements of health care professionals Facilitator: Dr BP Kalra, Director Pediatrics	FC-4.7 Mental Health Significance and fallout of risk-taking behavior Significance and methods of stress management Facilitator: Dr. Tapasya Raj Laxmi Shah	Lunch Break	FC-2.3, FC-2.4, FC-2.5, FC-2.6, FC 2.7 Batch A Follow bio-safety and universal precautions; Appropriate response to needle-stick injuries Handling and safe disposal of biohazardous materials in a simulated environment; Biomedical waste segregation Proper hand washing and use of personal protective equipment Facilitators: HOD Microbiology, Dr Shekhar Pal, Dr Seema & Team  FC-5.4, FC-5.5 Batch B Demonstrate basic computer skills & ability to access online resources; Use of Information Technology and Artificial Intelligence Facilitators: Dr Ruchit Khera (Dy. In-Charge Academics), Dr. Abhinav Manish (Joint Coordinator Exam Cell), Mr. Rohit Kumar (Chief Librarian), Mr. Sachin Shrinarain (OSD-GBCM). IT In-Charge Mr. Sachin Kumar to provide all necessary support as required.  FC-2.1 Batch C Perform basic cardiopulmonary/emergency life support Facilitators: Dr (Brig.) VP Singh, Director MTVBR & CT & Team Anesthesiology		
Tuesday	22/10/24	Facilitators: Dr Rajesh	FC-4.5 Discussion on disability competencies Facilitator: Dr Anant P Rank, In Charge HOD FMT	FC-4.9 Significance and appropriate ways of time management Facilitator: Mr Sachin Shrinarain, OSD-GBCM		FC-2.3, FC-2.4, FC-2.5, FC-2.6, FC 2.7 Batch B Follow bio-safety and universal precautions; Appropriate response to needle-stick injuries Handling and safe disposal of biohazardous materials in a simulated environment; Biomedical waste segregation Proper hand washing and use of personal protective equipment Facilitators: HOD Microbiology, Dr Shekhar Pal, Dr Seema & Team  FC-5.4, FC-5.5 Batch C Demonstrate basic computer skills & ability to access online resources; Use of Information Technology and Artificial Intelligence Facilitators: Dr Ruchit Khera (Dy. In-Charge Academics), Dr. Abhinav Manish (Joint Coordinator Exam Cell), Mr. Rohit Kumar (Chief Librarian), Mr. Sachin Shrinarain (OSD-GBCM). IT In-Charge Mr. Sachin Kumar to provide all necessary support as required.  FC-2.1 Batch A Perform basic cardiopulmonary/emergency life support Facilitators: Dr (Brig.) VP Singh, Director MTVBR & CT & Team Anesthesiology		
Wednesday	23/10/24	FC-4.8 Yoga & Meditation Facilitators: Dr Rajesh Tiwari & Team Yoga	FC-2.9 Awareness of the significance of documentation in patient care Proper method of documentation & medical records Facilitator: Dr Anubha Agarwal, Dept. of Hospital Administration & Quality	FC-4.6 Understanding and respect for cultural diversities and interacting with those with different cultural values. Facilitator: Dr Kapil Loomba, HOD Dentistry	and interacting with those nt cultural values.  FC-5.4, FC-5.5 Batch A  Demonstrate basic computer skills & ability to access online resources; Use of Information Technology and Artificial Intelligence			
Thursday	24/10/24	Facilitators: Dr Rajesh	FC-2 The role of Spirituality in Healthcare Facilitator: Dr Rajesh Mishra, Hon'ble VC - RBBSU	FC-2 Introduction and orientation to the ICMR STS project for Medical Students Facilitator: Dr DB Roy		FC-2.2 Perform First aid in a simulated environment Facilitators: HOD Surgery & HOD Orthopedics and Teams		
Friday	25/10/24	Yoga & Meditation Facilitators: Dr Rajesh	FC-4.11 Role of Mentoring Facilitator: Dr. Shekhar Pal In Charge Mentorship Committee	FC-4.11 Allocation of students to Mentors and Initiation to Mentor-Mentee Logbook Facilitators: Dr. Shekhar Pal In Charge Mentorship Committee & Team		FC-5.2, FC-5.3 Language (Local/English) Ability to communicate and learn in English & use of local language in patient and peer interactions Facilitators: Mr Sachin Shrinarain (OSD-GBCM), Dr Pratibha Pandey, Dr. Neha Nautiyal		
Saturday	26/10/24	FC-1 White Coat Ceremony followed by Cadaveric Oath Facilitator: Dr. Suchit Kumar, HOD Anatomy		FC-2 The significance of logbooks and portfolios in medical education Facilitator: Dr. Vinita Kalra, In-charge Academic Cell		Sports Dean		
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