

IGMC Shimla : Foundation Course UG Batch 2019 -WEF Ist August 2019

Date	Day	9AM to 1PM	1 to 2 PM	2 PM to 3 PM	3PM to 4PM	4PM to 5PM
1-Aug	Thursday	Principal/Dean Address, The MBBS Program, (UG cell). Highlights of the mentorship program : Dr Nipun Jindal IAS Special Secretary Health	LUNCH	Self - Intro by the students	Ice breaking –one by one- games and activities	Inspire (Experience sharing) by the Final Year students
2-Aug	Friday	Pre -Course Evaluation Dept rounds Anat# , Dept rounds Phy# , Dept rounds Bio# Dr. Anita Padam(Physio),Dr. Anju Partap(Anatomy)		Visit to various Wards -Interaction with staff, patients & bystanders in waiting area Dr Pramod Jaret(Med)& Dr Puneet Mahajan(Surg) & Dr Vinod Sharma(Opth)		
3-Aug	Saturday	Road safety, Universal Precautions, Voluntary Blood and Organ Donation Dr. Sanjay Vikrant- Nephrology,Dr. M.L. Kaushal-Blood Bank & Dr. Vinay Gupta Incharge Eye Bank SP Traffic Shimla		Campus Round MEU Team\$ Dr. Yuvraj	Campus Round MEU Team\$ Dr. Yogesh Diwan	Campus Round MEU Team\$ Dr. Jitender Mokta
4-Aug	Sunday	Sunday		Sunday	Sunday	Sunday
5-Aug	Monday	Visit to Blood Bank hospital Kitchen, Physiotherapy, Immunization clinic, Jan Aushdhi and Emergency Dr. Surinder Singh(Peadiatrics), Dr. Rahul Gupta(MS Office)& Dr. Vivek Chauhan(Medicine)		Intro to BLS Dr.Vivek Chauhan Deptt. of Medicine	Intro to first aid Dr. Shomin Dhiman HA,I.G,Hospital Shimla	Intro to communication Skill Dr. Jitender Mokta ,Prof. Medicine
6-Aug	Tuesday	Medicine- The art and science of healing- Dr. Dalip Gupta HOD, Medicine & Team		Hands on BLS Batch-I Dr.Vivek Chauhan & Team Deptt. of Medicine	Hands on BLS Batch-II Dr.Vivek Chauhan & Team Deptt. of Medicine	Hands on BLS Batch-III Dr.Vivek Chauhan & Team Deptt. of Medicine
7-Aug	Wednesday	Skill Module – communication and skills and interpersonal relationship- Dr. Ashwani K. Sood , Dr. Balbir Verma & Dr. Anamika		Hands on BLS Batch-I Dr.Vivek Chauhan & Team Deptt. of Medicine	Hands on BLS Batch-II Dr.Vivek Chauhan & Team Deptt. of Medicine	Hands on BLS Batch-III Dr.Vivek Chauhan & Team Deptt. of Medicine

Professional development sessions (2hrs)			Skill 1 (1hr)	Skill 2 (1hr)	Skill 3 (1hr)	LUNCH	On 5th, 6th & 7th August 3 to 5 pm: Sports & extra CA & leisure (Dr. Saurabh Galodha-Sports advisor and Dr. Rajeev Marwah-Cultural Advisor)		
8-Aug	Thursday	Briefing about Mentorship program & Cultural sports committee Dr. Ashwani K Sood, Dr Saurabh Galodha, Dr Rajeev Marwah	Yoga & LSM^	Yoga & LSM^	CS*		Importance of English Language in MBBS Course Dr. Meenakshi F Paul Faculty from Evening College	Importance of English language in MBBS Course Dr. Meenakshi F Paul Faculty from Evening College	Sports(Indoor) Venue:College Campus Sports Advisor
9-Aug	Friday	Universal precaution & vaccinations. Patient safety biohazards Dr. Kiran Mokta & Dr. Suruchi, Deptt. of Microbiology-	Yoga & LSM^	Yoga & LSM^	CS*		L-1 & Computer Skill-1English Language/ Computer skills (IT Section,IGMC-Faculty from HIPA) Venue:LT-1 & E-library	Sports (Outdoor) Venue: Police Line Bharari Sports Advisor	Sports (Outdoor) Venue: Police Line Bharari Sports Advisor
10-Aug	Saturday	Field Visit (FV) Deptt. of Community Medicine	FV	FV	FV		Briefing on preparation for trekking tour- Dr. Kartik Syal & Buddy,Deptt. of Anaesthesia	Sensitization on preparation for trekking tour (The field visit will also be utilized for communication with local people)	Sensitization on preparation for trekking tour (The field visit will also be utilized for communication with local people)

11-Aug	Sunday	Holiday	-	-	-		Trekking visit	Trekking	Trekking
12-Aug	Monday	Trekking visit	Dr Kartik Syal and Buddy--	Deptt of Anesthesia-	-		Trekking visit	Trekking	Trekking
13-Aug	Tuesday	Personal growth & Inter personal skills- Dr Sanjeev Sharma, HOD Radiology, Dr. Anupama Jobta	BLS%	LSM^	CS*		L-1 & Computer Skill-1 Venue:LT-1 & E-library	L-2 & Computer Skill-2 Venue:LT-1 & E-library	Sports (Indoor) Venue: College Campus Sports Advisor
14-Aug	Wednesday	Univ. rules, exams, attendance Exam & UG cell	BLS%	LSM^	CS* Role play		L-1 & IT-1 Venue:LT-1 & E-library	Independence Day celebrations/Acting/Dance/Instrument playing Cultural Advisor	Declamation contest Cultural Advisor
15-Aug	Thursday	Holiday	-	-	-		-	-	-
16-Aug	Friday	Role of a doctor in Society, Patient as a Teacher, Leadership & Team work : Dr. Sanjay Vikrant, Dr. Kushla Pathania	BLS%	LSM^	CS* Group Activity Dr Vineet Agarwal Orthopedics		L-1 & Computer Skill-1 Venue:LT-1 & E-library	L-2 & Computer Skill-2 Venue:LT-1 & E-library	Sports (Outdoor) Venue: Police ground Bharari Sports Advisor
17-Aug	Saturday	Field Visit- PSM	-	-	-		Holiday	-	-
18-Aug	Sunday	-	-	-	-		Holiday	-	-

19-Aug	Monday	Health care system in India: relevance & delivery and Challenges Panel Discussion (Comm Med & Dr. Rahul Rao ,MS office) National Health Programme	BLS%	LSM^	CS*		L-1 & Computer Skill-1 Venue:LT-1 & E-library	L-2 & Computer Skill-2 Venue:LT-1 & E-library	Talent Hunt Cultural Advisor & MEU Team Dr. Yuvraj , Dr. Anamika
20-Aug	Tuesday	Hand washing, biomed safety – Role Play Dr.Santwana, Deptt. of Microbiology	TM Dr. P C Negi	SM Dr. Ravi C Sharma	IPR Dr Rajeev Sood, OBG		L-1 & Computer Skill-1 Venue:LT-1 & E-library	L-2 & Computer Skill-2 Venue:LT-1 & E-library	Competition on various activities like on paintings, Rangoli, solo performance etc Cultural Advisor
21	Wednesday	How we learn medicine: Experience Sharing from 2018 and Final year Batch MBBS Students	TM Dr. P C Negi	SM Dr. Ravi C Sharma	IPR Dr. Rajeev Sood, OBG		L-1 & Computer Skill-1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Antakshri and Kavi Sammelan Cultural Advisor
22-Aug	Thursday	Principles of clinical reasoning and its application in patient care/Role Modeling & Discussion with live examples Dr Anmol Gupta & Dr GC Rajput	TM Dr. P C Negi	SM Dr. Ravi C Sharma	IPR Dr. Rajeev Sood, OBG		L-1 & Computer Skill -1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Sports (Indoor) Venue: College Campus Sports Advisor
23-Aug	Friday	Evolution of Medicine- “Panel Discussion on Experience as a Doctor”- Dr R L Sharma & Team	LS Dr. Sanjay Mahajan, Dr. D. S. Dhadwal	LSM^	Doctor as a Life Long Learner: Dr Sudhir Sharma -Neuro		L-1 & Computer Skill -1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Sports (Indoor) Venue:College Campus Sports Advisor

24-Aug	Saturday	Holiday	FV	FV	FV		Holiday	-	
25-Aug	Sunday	Holiday	-	-	-		-	-	-
26-Aug	Monday	Simulation based learning Dr. Vivek Chauhan & Team- Skill lab	LS Dr Sanjay Mahajan Dr D. S. Dhadwal	LSM^	Patient as a Teacher Dr Kavita Mardi		L-1 & Computer Skill -1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Talent Hunt Cultural Advisor & MEU Team Dr. Kiran Mokta ,Dr. Anamika
27-Aug	Tuesday	Consumer protection act.,Medical documentation and records , Dr. Piyush Kapila FMT	LS Dr. Sanjay Mahajan ,Dr. D. S. Dhadwal	Group Dynamics & Team Formation Dr Ramesh Azad ENT Deptt	Panel Discussion: Why you chose to be a doctor? Moderator: Dr Ramesh Azad ENT Deptt		L-1 & Computer Skill 1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Sports (Outdoor) Police ground Bharari Sports Advisor
28-Aug	Wednesday	How to interact with peers, seniors, faculty& patients & Gender sensitivity & self defense Dr. Ashwani K Sood & Dr. Minakshi Kandoria(OBG)	SS Dr. Balbir Verma, Dr. Anmol Gupta	SS Dr. Balbir Verma, Dr. Anmol Gupta	SS Dr. Balbir Verma, Dr. Anmol Gupta	LUNCH	L-1 & Computer Skill -1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Sports (Outdoor) Police ground Bharari Sports Advisor
29-Aug	Thursday	Research Ethics Evidence based learning Dr RK Kaushal, Chairman IEC Evidence based learning: Dr. Anupam Prashar	SS Dr. Balbir Verma, Dr. Anmol Gupta, Dr. Sudarshan Sharma-Pathology	SS Dr. Balbir Verma, Dr. Anmol Gupta, Dr. Sudarshan Sharma-Pathology	SS Dr. Balbir Verma, Dr. Anmol Gupta, Dr. Sudarshan Sharma-Pathology		L-1 & Computer Skill -1 Venue:LT-1 & E-library	L-2 & Computer Skill -2 Venue:LT-1 & E-library	Sports (Indoor) College Campus Sports Advisor

30-Aug	Friday	Team & Leadership Skills (Exam Hall)- Dr. Ashwani K Sood, Dr. Yogesh Diwan Dr. Anjali SPO, NHM	SS Dr. Balbir Verma, Dr. Anmol Gupta, Dr Sudarshan Sharma-Pathology	SS Dr. Balbir Verma, Dr. Anmol Gupta, Dr Sudarshan Sharma-Pathology	SS Dr. Balbir Verma, Dr. Anmol Gupta Dr Sudarshan Sharma-Pathology		L-1 & Computer Skill-1 Venue:LT-1 & E-library	Post-foundation course Assessment and Review / comments by the students regarding whole foundation course FEEDBACK MEU team	Sports (Outdoor) Venue:Police Ground Bharari Sports Advisor
31-Aug	Saturday	Reflections & Closing Ceremony -All faculty							

SKILLS:

BLS: Basic life support Central Lab

BMW: Biomedical Waste

LSM: Life Style Modification/Yoga

CS: Communication Skills (3) MET

FV: Field Visit (2) PSM

TM: Time Management (1) MET

SM: Stress Management (1) MET

IPR: Inter Personal relationships (1) MET

LS: Leadership skills (1) MET

SS: Study skills (3) ME, MEU Team

#:Dr. Anita Padam, Dr. Anju Pratap

\$- Dr. Sudarshan Sharma-Pathology

Dr. Sunita -Biochemistry,

LSM^-Mrs. Kalpana Sanghaik Social activist & Yoga Instructor

Dr Anita Padam: HOD Physiology

Note:

1. The three batches will consist of roll no 1 to 40, 41-80 and 81-120
2. The four batches will consist of Roll No 1-30, 31-60, 61-90, and 91-120
3. The time period during the trekking activity will also be utilized for learning of local dialect/language and group activity as well as leadership qualities.

Orientation: 30hrs (30)

Skills: 35 hrs (30)

Field visit: 8 hrs (8)

Professional development: 40 hrs (32)

Sports: 38hrs (38)

Language & IT: 40 hrs (38)

L1-English and L2 Hindi Language

IT: Computer Training

Trekking Visit- Two and Half Days

Student IT Portal Team Management: Sh. Dharmesh Sharma, Advisor IT to Hon'ble Speaker HP Vidhan Sabha