

# Govt Medical College Thiruvananthapuram

## Time Table of Foundation Course 2020 -21 MBBS Batch

Day	08am - 9am	9 am - 10 am	10 am - 11 am	11 am - 12 pm	12 am- 1 pm	1 pm - 4 pm
Day 1	Over view of MBBS course and new curriculum( MBBS programme - Rules and regulations)	Briefing of First year subjects			Lunch Break	Parents Interaction (PTA)
Day 2	Introduction by students	Briefing of paraclinical subjects				Department visit in campus
Day 3	Briefing of clinical subjects			Assignment: Students expectation from the society, nation, Institution, teachers, peers and colleagues, and patients -Interactive session		
Day 4	History of Medicine and alternate health care system in the country	Briefing on e-health	Health care system and its delivery and national health priorities and policies		Lunch Break	Universal precautions and vaccination
Day 5	Hospital visit (Pandemic)					Disaster management and recent outbreaks of infectious diseases
Day 6	SSGP	Academic ambience	Principles of primary care (General and Community based care)			Sports (2 hours)
Day 7	Sunday					
Day 8	Patient safety and biohazard safety	Learning Skills	Introduction to medical ethics, attitude and professionalism	Stress management	Lunch Break	Movie
Day 9	Research in Medicine	Documentation and importance of medical records	Medical profession and physician's role in society, Language and communication skills in Medicine			PHC visit (2 hours)
Day 10	Career pathways and personal growth after MBBS	Basic life support - 1	Biowaste management		Lunch Break	Sports

Day 11	First aid	Learning skills			Aero bics (2 hr)	Sports (1 hour)
Day 12	Introduction to medical vocabulary and common symptoms we come across	Computer / Cell Phone addiction			Workshop on self awareness, empathy, decision making	
Day 13	Second Saturday					
Day 14	Sunday					
Day 22	Introduction to medical informatics	communication skills in medicine-art of history taking			CHC Visit	
Day 23	Green protocol	Medical students in campus, hospital and community		Lunch Break	Yoga	
Day 24	Introduction to NSS	How to improve public health care delivery			MS OFFICE	
Day 25	Life Skills	Basic Life Support -2			MS Powerpoint	
Day 26	MS Excel	Time management skills			LANGUAGE - Ice breaking	
Day 27	Law enforcement & judiciary in medical practice	Use of Information Technology				
Day 28	Sunday					
Day 29	Importance of English language in Indian scenario (interactive discussion)	Communicative English, Importance of Handwriting in medicine		Lunch Break	Yoga	
Day 30	Role of regional language in doctor patient relationship	Judicious usage of English and regional languages for effective communication			Sports	
Day 31	Colloquial difference in Malayalam across Kerala with respect to Medicine	English to Malayalam translation exercise			English to Malayalam translation exercise	

### Colour coding used in the document

<b>Module</b>	<b>Hours</b>
Orientation (Conducted by Dept. of Anatomy)	30
Skills (Conducted by Dept. of Anatomy)	35
Professional development including ethics (Conducted by Dept. of Anatomy)	40
Field Visit to CHC	8
Extracurricularactivities (Conducted by Dept. of Biochemistry)	8
Sports (Conducted by Dept. of Biochemistry)	14
Computer/Language (Conducted by Dept. of Physiology)	40
<b>Total</b>	<b>175</b>