

OFFICE OF THE DIRECTOR PRINCIPAL PIMS, JALANDHAR
TIME TABLE – 1st Prof Foundation Course MBBS Batch 2019, W.E.F.-01.08.2019 Ref. No. PIMS/DP/2018/Trng Date:-

Week I

Date	Day	9:00AM to 10:00AM	10:00 AM to 11:00AM	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM	1:00 PM to 1.30PM	1:30 PM to 2:30 PM	2:30 PM to 3:30 PM	3:30 PM to 4:30 PM
1/8/2019	Thursday	Welcome Address by HODs of First Prof & Induction	Welcome & Introduction First Prof Faculty	College Visit First Prof Faculty	Round of Library Faculty in-charge Library & Library Staff	LUNCH	Visit to Hostel & Common room Faculty in-charge of Hostels & Wardens	Visit to Gym & play ground Sports Committee	Sports Sports Committee
2/8/2019	Friday	Htory of Medicine Lecture Dr Ambica Wadhwa Anatomy	Medical ethics, attitudes and professionalism Lecture Dr Ravjit Sabherwal Biochemistry	Introduction to Alternate health systems in the country Lecture Dr Mohit Sharma SPM/Outsourced Faculty	Principals of primary care-Community based Lecture Maj Gen Dr Harinder Singh SPM/Outsourced Faculty		Role of doctors in society Case scenario Dr A S Vij Medicine	Students support Programme Interactive session Dr Kusum Bali Medicine	Leisure & Extracurricular Dr Seema Dr Sheevani Cultural Committee
3/8/2019	Saturday	Academic Ambience Lecture Dr Sherry Sharma Physiology	Rules and regulations Lecture Dr Ambica Wadhwa Anatomy	Principles of family practice Lecture Dr Anjali Arora SPM	Mentorship programme Lecture/Interactive session Dr Yash Mitra SPM		Role of IMG Lecture/ videos Dr Jagminder K. Bajaj Pharmacology	Patient safety Lecture/ videos Dr. Kusum Bali Medicine	Leisure & Extracurricular Dr Anju Gupta Dr Rakesh Kumar Cultural Committee

Week II

Date	Day	9:00 AM to 10:00 AM	10:00 AM to 11:00 AM	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM	1:00 PM to 1.30 PM	1:30 PM to 2:30 PM	2:30 PM to 3:30 PM	3:30 PM to 4:30 PM
5/8/2019	Monday	Sports Sports Committee	Introduction to the MBBS Curriculum: CBME Lecture Dr. Rajiv Arora Prof. Physiology	Overview of MBBS curriculum-Structure & outcome Lecture/SGD Dr. Ravjit Sabharwal Biochemistry	Anti ragging programme Interactive session Dr. Rajiv Arora Prof. Physiology	LUNCH	Universal precautions in labs Lecture/Videos Dr. Brig Kailash Chand Microbiology	Universal precautions in clinical settings Lecture/Videos Dr. Kulbir Sharma Medicine	Vaccinations: Immunization practices Lecture Dr. Bhuwan Sharma SPM

6/8/2019	Tuesday	Sports Sports Committee	MBBS: Various career pathways and opportunities for personal growth SGD Dr. Rajiv Arora Prof. Physiology	MBBS: Various career pathways and opportunities for personal growth SGD Dr. Ravjit Sabharwal Biochemistry	Current scenario of Health care system and its delivery Primary & Community Health care Interactive session Dr. Harinder Singh SPM		Current scenario of Health care system and its delivery secondary & Tertiary Health care Interactive session Dr. Gurmeet Singh SPM	National health priorities and policies Current health care needs Interactive session Dr. G.S Nanda SPM	National health priorities and policies Introduction to National Health Programs Lecture Dr. Harshdeep Joshi
7/8/2019	Wednesday	Sports Sports Committee	Introduction to First –aid Lecture/Hands on activity Dr. Yatin Ghosh Surgery	Demonstration to First –aid techniques Hands on activity Dr. Jatinder Singh Paediatrics	Computer skills- Basics IT Department		Concept of professionalism and ethics Role play/Videos Dr. Tania Moudgil Ophthalmology	Concept of professionalism and ethics Interactive session Dr. Amarjit Vij Medicine	Interpersonal relationships Videos Dr. Himanshu Sareen Psychiatry
8/8/2019	Thursday	Sports Sports Committee	Infection control in workplace Lecture/ Videos Dr. Rajneesh Kumar Surgery	Infection control in workplace Lecture/ Videos Dr. Mukta Vij Surgery	Computer skills- Navigation of web IT Department		Professional behaviour SGD Dr. Harshdeep Kaur SPM	Meaning of Globally relevant clinician Lecture Dr. Seema Bandhu Ophthalmology	Time Management Interactive session Dr. Tania Moudgil Ophthalmology
9/8/2019	Friday	National Health- Goals & Policies SPM	National health scenario SPM	Health care system in India SPM	Principles of community health SPM		Ethical dilemmas in healthcare Scenario based Dr. Mamta Sharma Anatomy	Ethical dilemmas in healthcare Scenario based Dr. Harshdeep Kaur SPM	Leisure & Extracurricular Dr. Gomty Dr. Jasveen Kaur Cultural Committee

10/8/2019	Saturday	Field Visit to Community health center Mrs Anju Sharma Dr Navneet Kaur (Social Worker) SGD Exposure to health facilities and health team SPM	Field Visit to Community health center Mrs Anju Sharma Dr Navneet Kaur (Social Worker) SGD Exposure to health facilities and health team SPM	Field Visit to Community health center Mrs Anju Sharma Dr Navneet Kaur (Social Worker) SGD Exposure to Patients SPM	Field Visit to Community health center Mrs Anju Sharma Dr Navneet Kaur (Social Worker) SGD Exposure to Relatives SPM		Unethical and unprofessional behaviour Lecture/Videos/Scenario based Dr. Anju Gupta Forensic Medicine	Consent and Confidentiality Lecture/Role play Dr. Anju Gupta Forensic Medicine	Leisure & Extracurricular Dr Anju Gupta Dr Rakesh Kumar Cultural Committee
-----------	----------	---	---	--	---	--	--	---	---

Week III

Date	Day	9:00 AM to 10:00 AM	10:00 AM to 11:00 AM	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM	1:00 PM to 1:30 PM	1:30 PM to 2:30 PM	2:30 PM to 3:30 PM	3:30 PM to 4:30 PM
12/8/2019	Monday	Sports Sports Committee	First -aid Videos Dr. H. S. Bains Paediatrics Chest Compressions	First -aid Videos Dr. Anuradha Paediatrics Chest Compressions	First -aid Videos Dr. Pushwinder Paediatrics	LUNCH	Compassion and Empathy Interactive session/Role play Dr. Sheevani Microbiology	Altruism as a virtue of a physician Role play Dr. Seema Maini Physiology	Computer skills-Use of microsoft word Mr Ramandeep Head-IT
13/8/2019	Tuesday	Sports Sports Committee	Basic life support Demonstration Infant CPR Overview Dr. H.S. Bains Paediatrics	Basic life support Demonstration Infant CPR Practice Dr. Anuradha Paediatrics	Basic life support Demonstration Infant CPR Practice Dr Pushwinder Paediatrics		Value of integrity honesty and respect during interaction with peers, seniors and faculty other health care workers and patients Group activity Dr JagminderKaur Bajaj Pharmacology	Value of integrity honesty and respect during interaction with peers, seniors and faculty other health care workers and patients Scenario based Dr Kusum Bali Medicine	Computer skills-Use of Excel Er Jaspreet Singh Software Engineer IT Department

14/8/2019	Wednesday	Sports Sports Committee	Basic life support Demonstration Adult choking Dr. Anuradha Paediatrics	Basic life support Demonstration Infant Choking Dr. Jatinder Singh Paediatrics	Basic life support Demonstration/ Hands on activity Dr. Pushwinder Paediatrics		Indian Medical Graduate Lecture Dr. Ravjit Sabharwal Biochemistry	Assessment driven learning Lecture Dr. Ambica Wadhwa Anatomy	Interpersonal relationships Videos Dr Deepali Gul Psychiatry
15/8/2019	Thursday	INDEPENDENCE DAY							
16/8/2019	Friday	Stress management Scenario based/Videos Dr VaishaleePunj AOL TeacherPharmacology	Basic life support Hands on activity Dr. Jatinder Singh Pediatics	Basic life support Hands on activity Post course Evaluation Dr. Anuradha Pediatics	Learning from patients Dr.Pushwinder		Medical negligence Videos/Lecture D.r PuneetKhurana Forensic Medicine	Preparing to be a life-long learner Lecture Dr Guriqbal Singh Forensic Medicine	Leisure & Extracurricular DrSeema Dr Anjali Cultural Committee
17/8/2019	Saturday	Language –Oratory skills	Language–Oratory skills	Hand washing Videos Dr. Yatin Ghosh Surgery	Hand washing Role play/DOAP Dr. P.S. Aneja Surgery		Disability as per UN convention tomy Lecture Dr. Avjot Miglani Physiology	Communication techniques/Behaviour with patients with disability Lecture/Role play Dr. Sonia Seth ENT	Leisure & Extracurricular Dr Sheevani Dr Anjali Cultural Committee

Week IV

Date	Day	9:00 AM to 10:00 AM	10:00 AM to 11:00 AM	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM	1:00 PM to 1.30 PM	1:30 PM to 2:30 PM	2:30 PM to 3:30 PM	3:30 PM to 4:30 PM
19/8/2019	Monday	Sports Sports Committee	Needle/scalpel stick injuries Scenario based Dr. Priyanka Khanna Microbiology	Communication during patient care Lecture/ Demonstration Dr. Seema Bandhu Ophthalmology	Communication in health care system Lecture/ Demonstration Dr. Amarjit.S.Vij Medicine	LUNCH	Disability etiquettes Dr. Sherry Sharma Anatomy	Healthcare settings for patients with disability SGD Dr. Harshdeep Joshi SPM	Computer skills- Power point presentation Mr Ramandeep Head-IT
20/8/2019	Tuesday	Sports Sports Committee	Immunization requirements of health care professionals Case scenario based Dr. Bhuwan Sharma SPM Briefing	Immunization requirements of health care professionals Lecture Mrs. Manjit Kaur SPM Visit to immunization centre	Immunization requirements of health care professionals Lecture Mr. Mohit Sharma SPM Cold Chain Maintenance		Healthcare settings for patients with disability SGD Dr. Harshdeep Joshi SPM	Disability act 2016 SDL Dr. Mamta Sharma Anatomy	Computer skills- Communication via e-mail & e-learning Er Jaspreet Singh Software Engineer IT Department
21/8/2019	Wednesday	Sports Sports Committee	Disaster management Lecture/Videos Dr. Parwinder Kaur Pathology	Concept of biosafety Lecture/Videos Dr. Vaneeta Pathology	Concept of biosafety Lecture/Videos Dr. Maninder Kaur Pathology		Functioning as part of a health care team Lecture Dr. Bhuwan Sharma SPM	Understanding & respect of cultural diversities & interact with those with different cultural values Lecture Dr. Ambica Wadhwa Anatomy	Peer assisted learning SGD Dr. Deepali Gul Psychiatry
22/8/2019	Thursday	Sports Sports Committee	Creating safe environment for working in hospitals	Documentation Lecture/SGD	Fire safety Demonstration		Student Counselling Lecture	Gender sensitivity in health care Interactive session	Time Management Role play

			SGD Dr. Seema Bandhu Ophthalmology	Dr. H.S. Bains Paediatrics	Dr. Brig. Kailash Chand Microbiology		Dr. Indira Samal Biochemistry	Dr. Amarjit S Vij Medicine	Dr. Tania Moudgil Ophthalmology
23/8/2019	Friday	Stress management Interactive session Nidhi Bhanot Clinical Psychologist	Handling biomaterial/bio-waste management Basics of sterilization & disinfection Lecture Dr. Gomty Mahajan Microbiology	Handling biomaterial/bio-waste management Visit to CSSD Demonstration Dr. Jaspal Kaur Microbiology	Handling biomaterial/bio-waste management Group activity on waste management Dr Gomty Mahajan Microbiology		Group dynamics and team building Activity based Dr. Seema Maini Physiology	Group dynamics and team building Activity based Dr. Harleen Kaur Physiology	Leisure & Extracurricular Dr Sheevani Dr Jasveen Kaur Cultural Committee
24/8/2019	Saturday	Language	Language	Occupational hazards Lecture Dr. Amarjit.S. Vij Medicine	Occupational hazards Lecture Dr. Seema Bandhu Ophthalmology		Small group learning Interactive session	Small group learning Interactive session	Leisure & Extracurricular Dr Rakesh Kumar Dr Anjali Cultural Committee

Week V

Date	Day	9:00 AM to 10:00 AM	10:00 AM to 11:00 AM	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM	1:00 PM to 1:30 PM	1:30 PM to 2:30 PM	2:30 PM to 3:30 PM	3:30 PM to 4:30 PM
26/8/2019	Monday	Sports Sports Committee	Team based learning SGD Dr. Sheevani Microbiology	Language	Computer skills- Use of HSLibnet Mr Ramandeep Head-IT	LUNCH	Simulation in Education Demonstration	Learning Strategies Interactive session	Learning Strategies Interactive session
27/8/2019	Tuesday	Sports Sports Committee	Learning included self- directed learning Dr Rajiv Arora Physiology	Learning included self- directed learning Dr Ravjit Kaur Sabharwal	Computer skills- Cybercrime Er Jaspreet Singh Software Engineer		Small group learning Interactive session	Small group learning Interactive session	Language- Reflective writing

				Boichemistry	IT Department				
28/8/2019	Wednesday	Sports Sports Committee	Language- Basic communication skills	Language- Basic communication skills	Computer skills- Introduction to HIMS Mr Ramandeep Head-IT		Empathy in communication skills Role play	Empathy in communication skills Role play	Language- Reflective writing
29/8/2019	Thursday	Sports Sports Committee	Language- Listening skills	Language- Listening skills	Computer skills- Computer networking in PIMS Er Jaspreet Singh Software Engineer IT Department		Peer assisted learning SGD	Peer assisted learning SGD	Time Management Dr Vaishalee Punj Pharmacology & AOL Teacher
30/8/2019	Friday	Stress management Interactive session Nidhi Bhanot Clinical Psychologist	Learning pedagogy Dr. Himanshu Sareen Psychiatry	Collaborative learning Role play Dr. Deepali Gul Psychiatry	Computer skills- Portable digital assistant Mr Ramandeep Head-IT		Language –Basic vocabulary	Language- Punjabi	Leisure & Extra-curricular Dr Gomty Dr Anjali Cultural Committee
31/8/2019	Saturday	Language- Basic vocabulary	Importance of good communication	Importance of good communication	Language- Basic vocabulary		Feedback Open session	Feedback Open session	Feedback Open session

Prof & Head.
Anatomy
Convener,
Foundation Course

Prof & Head.
Biochemistry
Member,
Foundation Course

Prof & Head.
Physiology
MEU Coordinator

TOPIC	HOURS	COLOR CODE
Orientation	30	
Skills Module	35	
Field visit to community health center	8	
Professional development including ethics	40	
Sports and Extracurricular activities	22 +3 extra	
Enhancement of language/computer skills(Soft skills)	40	
Feedback	3	

Director Principal PIMS
Jalandhar.