

Foundation Course (Time 13 days x 6.5 hours = 84.5 hours)

	Day	Date	8-9am	9-10am	10-11am	11-1130	1130am-1230pm	1230-0200pm	5-6pm	
1	Mon	14 Oct	MBBS curriculum, structure, outcomes and career pathways (Dr Rajan Singla, Director Principal)	Role of doctors in society and their impact (Dr RPS Sibia, Vice-Principal)	Rules and regulations of institution (Dr Rimple Bansal, Anatomy)	Break	History of Medicine and alternate systems (Dr Akash D Aggarwal, Forensic Med)	Health care systems in India with reference to primary, secondary and tertiary level care (Dr Dinesh Sharma, ENT)	X-Sports Y-Yoga Z-Leisure	
2	Tue	15 Oct	Roles of Indian Medical Graduate and societal impact (Dr Gurjit S Gandhi, Anaesthesia)	National Health Goals and Policies (Dr Simmi Oberoi, Community Med)	College campus, facilities, faculty, administrative structure, support and processes of institution (Dr Preetinder S Chahal, Forensic Med)	Break	College visit 1-65 (Dr Amandev Singh, Community Med) 66-125 (Dr Ruchi Goel, Anatomy) Hospital visit 126-185 (Dr Preetinder S Chahal, Forensic Med) 186-250 (Dr Parminder Pal Singh, Medicine)		X-Yoga Y-Leisure Z-Sports	
3	Wed	16 Oct	Expectations of Nation, society, institution, peers, colleagues and patients (Dr Girish Sahni, Med Supdt)	National health scenario, demographic, socio-cultural and epidemiological issues (Dr Shalinder Kaur, Community Med)	Bio-safety and universal precautions (Dr Mandeep Kaur, Microbiology)	Break	Hospital visit 1-65 (Dr Amandev Singh, Community Med) 66-125 (Dr Ruchi Goel, Anatomy) College visit 126-185 (Dr Preetinder S Chahal, Forensic Med) 186-250 (Dr Parminder Pal Singh, Medicine)		X-Leisure Y-Sports Z-Yoga	
	Thu	17 Oct	Holiday – Valmiki Jayanti							
4	Fri	18 Oct	Career pathways and opportunities for personal growth (Dr Sunny Chopra, Biochemistry)	Biomedical Waste segregation, management, National Regulations (Dr HKS Chawla, Orthopaedics)	Handling and safe disposal of Biohazardous materials in a simulated environment (Dr Shiwani Sharma, Microbiology)	Break	Documentation in patient care and the proper method of documentation (Dr Ajay Pal, Medicine)	Group learning and group dynamics (Dr Gurjit S Gandhi, Anaesthesia)	X-Sports Y-Yoga Z-Leisure	
5	Sat	19 Oct	Role of physician at various levels of Health care delivery (Dr Didar S Walia, Forensic Med)	Principles of family practice (Dr Gurmanjeet Kaur, Community Med)	Structure and functioning of the community health centre (Dr Balpreet Kaur, Community Med)	Break	Community health and its impact on health and disease (Dr Ravinder Khaira, Community Med)	Learning pedagogy and learning skills (Dr Satinder Pal Kaur, Obst Gynae)	X-Yoga Y-Leisure Z-Sports	
	Sun	20 Oct	Holiday – Sunday							
6	Mon	21 Oct	001-125 OPD/CR/File (Dr Karamjot S Sandhu, Surgery) 126-250 BMW (Dr Vishal Malhotra, Community Med)				Break	Proper hand washing and use of personal protective equipment (Dr Vikas Goyal, Surgery)	Methods of self-directed learning (Dr Saryu Gupta, Radiodiagnosis)	X-Leisure Y-Sports Z-Yoga
7	Tue	22 Oct	001-125 BMW (Dr Vishal Malhotra, Community Med) 126-250 OPD/CR/File (Dr Karamjot S Sandhu, Surgery)				Break	Communicate with patient / families, barriers to communication and ways to respond (Medicine) (Dr Anjali Nagpal, Medicine)	Collaborative learning (Dr Puneet Gambhir, Community Med)	X-Sports Y-Yoga Z-Leisure
8	Wed	23 Oct	First Aid (Dr Ashwani Kumar, Surgery)	Basic Life support (Dr RPS Sibia, Vice-Principal)	Response to needle stick injuries (Dr Richa Bansal, Medicine)	Break	Communicate with patient / families, barriers to communication and ways to respond (Surgery) (Dr Prem Singla, Surgery)	Time management (Dr Akshika Vermani, Psychiatry)	X-Yoga Y-Leisure Z-Sports	
9	Thu	24 Oct	Immunization requirements of health care professionals (Dr Kamaldeep Kaur, Medicine)	Health care team (Dr Arvind Kumar, Orthopaedics)	Communicate with patient / families, barriers to communication and ways to respond (Dr Shelly Khilan, Obst Gynae)	Break	Patient experiences through patient family interactions and impact of environment and diseases (Dr Vikas Sharma, Medicine)	Mentoring (Dr Seema, Biochemistry)	X-Leisure Y-Sports Z-Yoga	
10	Fri	25 Oct	Professionalism and ethics among health care professionals and consequences of unprofessional and unethical behaviour (Dr Akash D Aggarwal, Forensic Med)	Interpersonal relationship in a health care team (Dr Ranjana, Pharmacology)	Communicate with patient / families, barriers to communication and ways to respond (Dr Prabhdeep Singh, Psychiatry)	Break	001-125 Pharmacy (Dr Tejvir Kaur, Pharmacy) 126-250 Nursing (Dr Balwinder Kaur, Nursing)		X-Sports Y-Yoga Z-Leisure	
11	Sat	26 Oct	Compassion, altruism, integrity, duty, responsibility and trust (Dr Girish Sahni, Med Supdt)	Local language in patient and peer interactions (Dr Navneet Kaur, Obst Gynae)	Communicate with patient / families, barriers to communication and ways to respond (Dr Raja Paramjeet Singh, Radiation Oncol)	Break	001-125 Nursing (Dr Balwinder Kaur, Nursing) 126-250 Pharmacy (Dr Tejvir Kaur, Pharmacy)		X-Yoga Y-Leisure Z-Sports	
	Sun	27 Oct	Holiday – Sunday							
12	Mon	28 Oct	Ability to communicate and learn in English (Dr Neetu Sharma, Pharmacology)	Cultural diversities (Dr Manjinder S Maan, Medicine)	Disability competencies (Dr Nitish Bansal, Orthopaedics)	Break	Basic computer skills (Dr Satinder Pal Singh, Forensic Med)	Accessing online resources (Dr Navjot Kaur, Pharmacology)	X-Leisure Y-Sports Z-Yoga	
13	Tue	29 Oct	Value, honesty and respect in interaction with peers, seniors, faculty, other health care workers and patients (Dr Vishal Chopra, Respiratory Med)	Stress management and risk-taking behaviour (Dr Jasmine Garg, Psychiatry)	Yoga and meditation (Dr Harsimran Grewal, Anatomy)	Break	Mentoring (meeting the mentors)		Free	
14	Wed	30 Oct	White coat ceremony	White coat ceremony	White coat ceremony	Break	White coat ceremony	White coat ceremony	Free	
	Thu	31 Oct	Holiday – Diwali							
	Fri	1 Nov	Holiday – Vishwakarma Day							
15	Sat	2 Nov	PTM	PTM	PTM		PTM	PTM	Free	
	Sun	3 Nov	Holiday – Sunday							

Batch X – 001-080, Batch Y – 081-160, Batch Z – 160-250

Yoga x 4, Sports x 4 (Self-defence, Basketball, Badminton, Football)  
Leisure x 4 (Tutoring kids, Poster/Slogan/RH, Volunteer/Plants, Play/Organ/Buddy/Immu)

(Dr Rajinder Singh Eye / Dr Preetinder Singh FM)  
(Dr Harsimarjit Kaur Anat / Dr Manju Bala Anat / Dr Balpreet Kaur CommMed)

Dr Gagneen Kaur Sandhu (Coordinator)