

**FOUNDATION COURSE**

**M.B.B.S.**

**2019-20 BATCH**

# CAREER INSTITUTE OF MEDICAL SCIENCES & HOSPITAL, LUCKNOW

**TEACHING SCHEDULE FOR M.B.B.S. – FIRST PROFESSIONAL STUDENTS (BATCH 2019-2020)**

Ref: CIMSH/APR/2019/

w.e.f.: 01.08.2019

Date: 30.04.2019

(1)

| DAYS                              | 9am – 10pm   | 10am – 12 Noon  | 12 Noon - 1pm                    | 1pm-2pm   | 2pm – 3pm   | 3pm – 4pm   | 4pm – 5pm |
|-----------------------------------|--|---|----------------------------------|---|---|---|-----------|
| <b>THURSDAY<br/>(01-08-2019)</b>  | 1. Introduction Heads of phase-1 & Administrative Body.<br>2. MBBS Programme, Foundation Course, Attendance, assessment criteria-by Principal CIMS&H |   | <b>L<br/>U<br/>N<br/>C<br/>H</b> | BD Programme By Principal CPGIDS & H  | Anti ragging Rules, Hostels, Provost names, Contact details, Hostel Rules & Reg. by Chief provost/Warden. | Virtual tour by Chairman sir's Nominee.   |           |
| <b>FRIDAY<br/>(02-08-2019)</b>    | Medical Facilities for students by CMS   | 1. Library facilities, college website, Student Portal by Librarian.<br>2. Sports By Incharge sports/athlete association.                         |                                  | Research Opportunities, Student Exchange programme, Scholarships by Incharge research cell. | Post MBBs Opportunities by Intern/JR  | Alumni speech by Dr. Ankita Raghuvanshi, Dr. Mani Swetabh, Dr. Prashant Pathak, Dr. Jaya Chaturvedi, Dr. Parineet Kaur. |           |
| <b>SATURDAY<br/>(03-08-2019)</b>  | Sports/yoga /Aerobic Exercise/Self defence   | 1. Past, present, future of college by Chairman Sir.<br>2. Exposure about super spec by Principal.<br>3. Med prof. & Physician's role in society. |                                  | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area.      |   |   |           |
| <b>MONDAY<br/>(05-08-2019)</b>    | Tour of College in batches with faculty members (Ana, Phy, Bio, Proctorial board)  |   |                                  | Yoga and Meditation   | Sports  |   |           |
| <b>TUESDAY<br/>(06-08-2019)</b>   | Alternate Health Systems in the country and History of Medicine  |   |                                  | Yoga and Meditation   | Sports  |   |           |
| <b>WEDNESDAY<br/>(07-08-2019)</b> | 1. Health care system and its delivery-community medicine.<br>2. National Health Priorities and policies –Community Medicine.                        |   |                                  | Extra curr. Music/Dance   | Yoga and Meditation   | Sports  |           |

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Demo = DEMONSTRATION

Tut. =Tutorial

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BATCH-B: R. No 34-66

BATCH-C : R. No 67-100

VENUE: L.T.-1

WINTER VACATION: 16<sup>TH</sup> DEC. TO 31<sup>ST</sup> DEC., 2018

SUMMER VACATION: 16<sup>TH</sup> JUNE TO 30<sup>TH</sup> JUNE, 2019

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- Principal, C.P.G.I.D.S. & H. Lucknow.
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- Notice File

*M. M. Khan*  
**Prof. (Dr.) M. M. Khan**  
Dean Academics

*V. P. Sharma*  
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| <b>THURSDAY</b><br>(08-08-2019)  | 1. Blood Donation.<br>2. Organ Donation.<br>3. Eye Donation.   |                | <b>L</b><br><br><b>U</b><br><br><b>N</b><br><br><b>C</b><br><br><b>H</b> | Yoga and Meditation  | Sports           |           |           |
| <b>FRIDAY</b><br>(09-08-2019)    | Principles of primary care (General and Comm. based care)<br>- Community Medicine.   |                |  | Local language Hindi   | English Language | Computer  |           |
| <b>SATURDAY</b><br>(10-08-2019)  | Gp1-BLS<br>Gp2-First aid/blood Bank<br>Gp3, 4-Community Centre.<br>Gp5-Phc<br>Gp6-OPD/BMW                                  |                |  | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area. |                  |           |           |
| <b>MONDAY</b><br>(12-08-2019)    | <b>EID-UL- AZHA</b>  |                |  | <b>EID-UL- AZHA</b>  |                  |           |           |
| <b>TUESDAY</b><br>(13-08-2019)   | National Programme of vaccinations/hand wash/sanitation/group dynamics/working within health care system/personal hygiene. |                |  | Yoga and Meditation  | Sports           |           |           |
| <b>WEDNESDAY</b><br>(14-08-2019) | Guided Meditation  |                |  | Concept of Bio safety/handling biomaterial/Bio waste management/Needle/scalpel injury. |                  |           |           |

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| <b>THURSDAY</b><br>(15-08-2019)  | <b>INDEPENDENCE DAY</b>               |   |               | <b>INDEPENDENCE DAY</b>  |           |           |           |
| <b>FRIDAY</b><br>(16-08-2019)    | Importance of Nutrition by dietician. | Gp1-Phc<br>Gp2- OPD/BMW<br>Gp3- BLS<br>Gp4- First aid/blood Bank<br>Gp5,6- Community Centre.  | <b>L</b>      | Leisure-movie  |           |           |           |
| <b>SATURDAY</b><br>(17-08-2019)  | Sports & Yoga                         | Use of Library Facility/I.T./Academic ambience.   | <b>U</b>      | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area. |           |           |           |
| <b>MONDAY</b><br>(19-08-2019)    | Sports & Yoga                         | Ethics and professionalism (MET)<br>Consequences of unethical and un professional behaviour/value of integrity and respect with peers, senior and health care workers and patients. | <b>N</b>      | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area. |           |           |           |
| <b>TUESDAY</b><br>(20-08-2019)   | Sports & Yoga                         | Gp1-Phc<br>Gp2- OPD/BMW<br>Gp3- BLS<br>Gp4- First aid/blood Bank<br>Gp5, 6- Community Centre.   | <b>C</b>      | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area. |           |           |           |
| <b>WEDNESDAY</b><br>(21-08-2019) | Sports & Yoga                         | Communication–interpersonal<br>Communication, Communication with patients, Seniors ,teachers and faculty  | <b>H</b>      | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area. |           |           |           |

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| <b>THURSDAY</b><br>(22-08-2019)  | Right posture and guided meditation. | Environmental health problems and medical care and population problem and adolescent friendly exposure. | <b>L<br/>U<br/>N<br/>C<br/>H</b> | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area.   |           |           |           |  |
| <b>FRIDAY</b><br>(23-08-2019)    | Healthy life style.                  | Gp1-Phc<br>Gp2- OPD/BMW<br>Gp3- BLS<br>Gp4- First aid/blood Bank<br>Gp5, 6- Community Centre.           |                                  | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area.   |           |           |           |  |
| <b>SATURDAY</b><br>(24-08-2019)  | <b>JANMASHTAMI</b>                   |   |                                  | <b>JANMASHTAMI</b>   |           |           |           |  |
| <b>MONDAY</b><br>(26-08-2019)    | Sports & Yoga                        | Time management.  |                                  | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area.   |           |           |           |  |
| <b>TUESDAY</b><br>(27-08-2019)   | Sports & Yoga                        | Stress management.  |                                  | Local language (Hindi)/ English (By English Teacher)/Computer in Computer office area.   |           |           |           |  |
| <b>WEDNESDAY</b><br>(28-08-2019) | Sports & Yoga                        | Gp1-Phc<br>Gp2- OPD/BMW<br>Gp3- BLS<br>Gp4- First aid/blood Bank<br>Gp5, 6- Community Centre.           |                                  | Learning skills, self directed Learning, Learning paedogogy, Learning strategies, Peer assisted learning, assessment drive learning, Learning from patients. |           |           |           |  |

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| <b>THURSDAY</b><br>(29-08-2019) | Role of music/guided meditation.  | Documentation of medical records. | <b>L</b><br><br><b>U</b> | Gp1-Phc<br>Gp2- OPD/BMW<br>Gp3- BLS<br>Gp4- First aid/blood Bank<br>Gp5, 6- Community Centre. |           |           |           |
|                                 |   |                                   |                          |   |           |           |           |
| <b>FRIDAY</b><br>(30-08-2019)   | E-world pros and cons.  | Stress management                 |                          |   |           |           |           |
| <b>SATURDAY</b><br>(31-08-2019) | <b>FRESHER'S PARTY</b><br>(To be organised by cultural society of College.) |                                   | <b>N</b>                 | <b>FRESHER'S PARTY</b><br>(To be organised by cultural society of College.)                   |           |           |           |
|                                 |   |                                   | <b>C</b>                 |   |           |           |           |
|                                 |   |                                   | <b>H</b>                 |   |           |           |           |

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