

**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: 23.04.2019

(F1)

DAYS	9am – 10am	10am – 12 Noon	12 Noon - 01pm	1pm-2pm	2pm – 3pm	3pm – 4pm	4pm –5pm	5pm - 6pm
<b>THURSDAY</b> (01-08-2019)	1. MBBS Programme, Foundation Course, Attendance, assessment criteria-by: Hon'ble Chairman, -Principal (Dr.R.R.Sukul),CMS(Dr.Col.Azam Khan) 2. Introduction Heads of phase-1 & of Comm. Medicine. (Dr.S.Bhatnagar, Dr.M.M.Khan, Dr.Narendra Singh, Dr.S.P.Sinha)		<b>L U N C H</b>	BDS Programme By: - Principal (Dr.P.Mishra) & Director PG (Dr. Saimbi) Career PG Dental Coll,Lko.	Anti ragging Rules, Hostels, Provost names, Contact details, Hostel Rules & Reg:by Chief provost (Dr.B.K Singh)	Virtual tour by Chairman sir's Nominee. (By Dr. Shamim A. Khan)		-----
<b>FRIDAY</b> (02-08-2019)	Medical Facilities for students by: CMS (Dr.Col.Azam Khan)	Library facilities, College website, Student Portal by: (Mr. Joshi,Mrs.Anju Tiwari,Mr. Javed Akhtar Dr.Ashok Gupta & Dr.Absar Ahmad & Mr. Kapil)		Research Opportunities, Student Exchange programme. (Dr.Malay Banerjee, Dr. Shailesh Yadav & Dr. Mandira Sharma)	Post MBBs Opportunities by: (Dr. Col. Azam Khan)	Alumni speech by: (Dr. Ankita Raghuvanshi, Dr. Mani Swetabh,Dr. Prashant Pathak, Dr. Jaya Chaturvedi, Dr. Parineet Kaur, Dr. Khalid Khan & Dr. Yasir Khan)		-----
<b>SATURDAY</b> (03-08-2019)	Past, present, future of college: (Dr.C. S. Saimbi)	Exposure about super speciality (Dr. Sartaj Wali Khan - oncologist)		Med Prof. & Physician's role in society: (Dr. S.P. Sinha)	Hand wash/Sanitation: (Dr. Monika Rajani)Tour of	College in batches with faculty members (Dr. B. K. Singh, Dr. Suman Gupta, Mr. Arvind & Mr. P.B. Singh)		-----
<b>MONDAY</b> (05-08-2019)	Alternate Health Systems in the country and History of Indian Medicine: (Dr. R.U. Siddiqui & Dr. Shailendra Kumar)			National Health Priorities and policies – Community Medicine: (Dr. Siraj Ahmad)	Health care system and its delivery-community medicine. (Dr. Alpana Saxena & Dr. Vandana Verma)		Importance of Nutrition (FacultyDietetics)	-----
<b>TUESDAY</b> (06-08-2019)	<b>9am – 11am</b> Introduction To Medical Research (Dr. Malay Banerjee / Dr. J.S.Srivastava)	<b>11am – 12 Noon</b> Professional – Development & Ethics (Topic- Introduction to AETCOM) [Dr. M. M. Khan]		Professional – Development & Ethics (Topic- Professional qualities of a physician)  [Dr. S.K. Pathak]	Yoga and Meditation (Mr. Anuj, Dr. S.B.Purohit & Dr. Pushpalata Sachan, Mrs. Anju Tiwari)	Extra curr. Music/Dance Location-Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms.Chetna Sriv., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr.Sanjeev)	Sports(Cricket) Location-College Ground (Dr. Suman Gupta, Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P.Srivastava)	
<b>WEDNESDAY</b> (07-08-2019)	Local language (Hindi) / English  (Dr. Shailesh Yadav, Dr. Rashmi Tiwari & Dr. Samreen Farooqi)		Professional – Development & Ethics (Topic- Professional role play of a physician)  [Dr. Ruth Shifa]	Yoga and Meditation (Mr. Anuj, Dr. S.B.Purohit & Dr. Pushpalata Sachan, Mrs. Anju Tiwari)	Extra curr. Music/Dance Location-Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms.Chetna Sriv., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr. Sanjeev)	Sports(Badminton) Location-College Ground (Dr. Suman Gupta, Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P.Srivastava)		

ORIENTATION ■

SKILL ■

FIELD VISIT ■

AETCOM ■

SPORTS & ECA ■

LANGUAGE & COM ■

BATCH-A : R. No 1-33

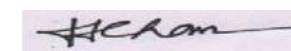
BATCH-B : R. No 34-66

BATCH-C : R. No 67-100

VENUE: L.T.-1

WINTER VACATION: 18<sup>TH</sup> DEC. TO 31<sup>ST</sup> DEC., 2018

SUMMER VACATION: 20<sup>TH</sup> JUNE TO 30<sup>TH</sup> JUNE, 2019



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



**Prof. (Dr.) R.R.Sukul**  
Principal & Dean

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DAYS	9am – 10am	10am – 12 Noon	12 Noon - 1pm	1pm-2pm	2pm – 3pm	3pm – 4pm	4pm – 5pm	
<b>THURSDAY (08-08-2019)</b>	1. Blood Donation (Dr. Meeta Pathak) 2. Organ Donation (Dr. D.C. Gupta) 3. Eye Donation (Dr. Vijay K. Singh)		<b>L U N C H</b>	Handling biomaterial (Dr. Monika Rajani)	Professional – Development & Ethics (Topic- Commitment to lifelong learning as part of physicians growth) [Dr. Indu K. Pisharody]	National Health Policies Comm. Medicine  (Dr. S.P. Sinha)		
<b>FRIDAY (09-08-2019)</b>	Principles of primary care (General and Comm. based care) (Dr. Col. Azam Khan & Dr. Siraj Ahmad)			Local language (Hindi / English) (Ms. Reena Mary, Ms. Rekha Srivastava, Dr. Sourabh Pathak & Dr. S. K. Awasthi)	Sports ( Football) Location: College Ground (Dr. Suman Gupta, Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P. Srivastava)			
<b>SATURDAY (10-08-2019)</b>	<b>Group A</b> - PHC (Dr. Alpana) /OPD (Dr. Ashok) /BMW (Dr. Monika) <b>Group B</b> - BLS (Dr. Gyanendra) / First aid (Dr. I. Usmani) / Blood Bank (Dr. Bharti Parashar / Dr. U. Kushwaha ) <b>Group C</b> - Community Centre (Dr. Siraj / Dr. V.P. Srivastava)			Professional –Development & Ethics (Topic- Discuss the role of physician in health care system) [Dr. Indu K. Pisharody & Dr. Monika Rajani]	Computer (how to draw flowcharts) (Mr. Joshi, Mrs. Anju Tiwari, Mr. Javed Akhtar Dr. Ashok Gupta & Dr. Absar Ahmad)			
<b>MONDAY (12-08-2019)</b>	<b>EID-UL- AZHA</b>							
<b>TUESDAY (13-08-2019)</b>	National Programme of group dynamics/working within health care system/personal hygiene.  (Dr. Col. Azam Khan & Dr. Monika Rajani)			Local language (English) (Ms. Reena Mary / Dr. Abbas Mahdi)	Professional –Development & Ethics (Topic- Physicians responsibility to the society) [Dr. Aditi Awasthi]	Extra curr. Music/Dance Location- Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms. Chetna Srivastava., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr. Sanjeev)		
<b>WEDNESDAY (14-08-2019)</b>	Guided Meditation (Mr. Anuj, Dr. S.B. Purohit & Dr. Pushpalata Sachan & Mrs. Anju Tiwari)	Concept of Bio safety (Dr. Malay Banerjee)		Local language (Hindi)/ English (Ms. Reena Mary, Ms. Rekha Srivastava, Dr. Mehrunnisa & Dr. Aditi Awasthi)	Sports ( Volley ball) Location- College Ground (Dr. Suman Gupta, Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P. Srivastava)			

**ORIENTATION** ■

**SKILL** ■

**FIELD VISIT** ■

**AETCOM** ■

**SPORTS & ECA** ■

**LANGUAGE & COMP** ■

**BATCH-A : R. No 1-33**  
**WINTER VACATION: 18<sup>TH</sup> DEC. TO 31<sup>ST</sup> DEC., 2018**

**BATCH-B : R. No 34-66**

**SUMMER VACATION:**

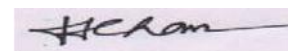
**BATCH-C : R. No 67-100**

**20<sup>TH</sup> JUNE TO 30<sup>TH</sup> JUNE, 2019**

**VENUE: L.T.-1**

**Copy to:- Hon'ble Chairman, for kind information**

- Chief Medical Superintendent
- Principal, C.P.G.I.D.S. & H. Lucknow.
- HOD's of all Departments
- Chief Provost / Provost / Wardens/Astt. Wardens: Boys Hostel, Girls Hostel
- A.O. (M.C.)
- Notice Boards: College, Hostels Boys & Girls
- Notice File



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(F3)

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<b>THURSDAY</b> (15-08-2019)	<b>FLAG HOISTING AT INDEPENDENCE DAY</b>	Extra curr. Music/Dance Location-Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms.Chetna Sriv., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr. Sanjeev)	<b>L</b> <b>U</b>	Sports ( Table Tennis ) Location : Common Room (Dr. Suman Gupta,Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P.Srivastava)	Sports ( Badminton ) Location : College Ground (Dr. Suman Gupta,Dr. Jaigam Abbas, Dr. Ruth Shifa & Dr. V.P.Srivastava)		-----	
<b>FRIDAY</b> (16-08-2019)	Concept of Biomedical waste (Dr. Malay Banerjee)	<b>Group B</b> - PHC (Dr. Alpana), OPD (Dr. Ashok),BMW(Dr.Monika) <b>Group C</b> - BLS (Dr. Gyanendra) & First aid (Dr. I. Usmani) Blood Bank (Dr.Bharti Par. / Dr U.Kush.) <b>Group A</b> - Community Centre (Dr. Siraj / Dr. V.P. Srivastava)		<b>N</b>	Time Management (Dr. Col. Azam Khan)	Use of Library Facility/I.T./Academic ambience (Mr.Joshi,Ms.Anju Mr.Kapil, Dr. Ashok Gupta & Mr. Absar)	Computer (How to make PPT)  (Mr. Manish Verma, Dr. Ashok Gupta / Mr. Javed Akhtar)	
<b>SATURDAY</b> (17-08-2019)	Professional –Development & Ethics (Topic- Describe Professional qualities & roles a physicians) [Dr. Jaigam Abbas]	Computer ( use of snipping tool)  (Mr.Manish Verma, Mr. Absar Ahmad Mrs. Anju Tiwri & Mr. Javed Akhtar )	<b>C</b>		Professional –Development & Ethics (Topic- Empathy in patients encounters )(Group Activity) [Dr. Meherunnisa, Dr, Shailesh]	Computer( Bar diagrams & Charts)  (Mr. Manish Verma, Mr. Absar Ahmad & Dr. Abhijeet	Computer ( How to enter data in Mirosoft Excel )  (Mr. Manish Verma, Dr. Samreen Farooqi / Mr. Javed Akhtar)	
<b>MONDAY</b> (19-08-2019)	Professional –Development & Ethics (Topic- Doctor Patient relationship [Dr. M. M .Khan]	Professional –Development & Ethics (Topic- Professional qualities of a physician) [Dr. Stuti, Dr.Ashok Gupta.]		<b>H</b>	Local language (Hindi/English) (Ms. Reena Mary,Ms. Rekha Srivastava Dr. Abbas Mahdi & Dr. Arif Siddiqui )	Computer( Microsoft word /Drawing of tables & use of text box) (Mr. Manish Verma, Dr. Abhijeet, Mrs. Anju Tiwari & Mr. Kapil)		-----
<b>TUESDAY</b> (20-08-2019)	<b>Group C</b> - PHC (Dr. Alpana), OPD (Dr. Ashok), BMW (Dr. Monika) <b>Group A</b> - BLS (Dr. Gyanendra) & First aid (Dr. Usmani) Blood Bank (Dr. Bharti Parashar / Dr. U. Kushwaha ) <b>Group B</b> - Community Centre (Dr. Siraj / Dr. V.P. Srivastava)		<b>W</b>		Professional –Development & Ethics (Topic- Empathy in patients encounters ) [Dr. Aditi Awasthi, Dr, Neelam]	Computer (revision of how to make Microsoft PPT) (Mrs. Mudita Asthana & Mr. Kapil)		-----
<b>WEDNESDAY</b> (21-08-2019)	Value of integrity and respect with peers, senior and health care workers and patients <b>Video clip</b> (Dr. D.C. Pandey)	Professional –Development & Ethics (Topic- Foundations of communication) [Dr. Siraj / Dr.Monika Rajani]			Local language (Hindi/English) (Ms.Reena Mary, Ms.Rekha Srivastava, Dr.Ashish Verma & Dr.M.Sami Siddiqi)	Computer (revision of Microsoft excel). (Mr. Manish Verma, Dr. Rashmi Tiwari & Mrs. Anju Tiwari)		-----

ORIENTATION ■

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AETCOM ■

SPORTS & ECA ■

LANGUAGE & COMP ■

BATCH-A: 33 Students

BATCH-B: 34 Students

BATCH-C : 33 Students

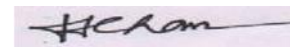
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<b>THURSDAY (22-08-2019)</b>	Professional –Development & Ethics (Topic- Assessment of skills related to AETCOM) [Dr. Malay Banerjee / Dr. Jaigam Abbas / Dr. R.R.S.Seth ]		<b>L  U  N  C  H</b>	Professional –Development & Ethics (Topic-Principal of communications) [Dr. RuthShifa, Dr. Shailesh Yadav]	Computer (Introduction to research methodology ) (Mr. Manish Verma, Dr. Neelam Bhaskar / Dr. Abhijeet)		-----	
<b>FRIDAY (23-08-2019)</b>	Environmental health problems and medical care and population problem and adolescent friendly exposure (Dr. Sushil Kumar. Mishra , Dr. Saurabh Pathak & Dr.Vandana Verma)			Local language (Hindi / English) (Ms. Reena Mary, Ms. Rekha Srivastava, Dr. Ajay S. Rajpoot / Dr. Rita Yadav )	Computer ( Online Journals). (Mr. Manish Verma, Mr. Absar Ahmad Mrs. Anju Tiwari & Mr. Kapil )		-----	
<b>SATURDAY (24-08-2019)</b>	<b>JANMASHTAMI</b>			<b>JANMASHTAMI</b>				
<b>MONDAY (26-08-2019)</b>	Professional – Development & Ethics Consequences of unethical and un professional behaviour [Dr. Nilam Bhasker]	Stress Management (Dr. Abbas Mehdi, Dr. S.B. Purohit & Dr. Bharti Prashar)		Professional –Development & Ethics (Topic- Empathy in patients encounters)  [Dr. Siraj Ahmad, Mr. Arvind]	Computer ( Online Journals) (Mr. Manish Verma, Dr. Sanjeev Yadav & Mrs. Anju Tiwari)		-----	
<b>TUESDAY (27-08-2019)</b>	Communication– interpersonal Communication, Communication with patients, Seniors ,teachers and faculty [Dr. D.C.Pandey]	Professional –Development & Ethics (Topic- Assessment of skills related to AETCOM)  [Dr. Dr. Malay Banerjee, Dr. Ashok Gupta]		Local language (Hindi/ English) (Ms. Reena Mary, Ms. Rekha Srivastava, Dr. Zafar Saleem & Dr. Shivesh Kumar)	Computer( Bar diagrams & Charts)  (Mr. Manish Verma, Mr. Absar Ahmad & Dr. Abhijeet	Extra curr. Music/Dance Location- Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms.Chetna Sriv., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr. Sanjeev)	Sports (Carom/Chess) Location- Common Room  (Dr.Suman Gupta, Dr. Jaigam Abbas Dr. Ruth Shifa & Dr.V.P.Srivastava)	
<b>WEDNESDAY (28-08-2019)</b>	Learning skills, self directed Learning (Dr. Shamim Ahmad Khan)	Professional –Development & Ethics (Topic- Correct procedure of handling cadaver) [Dr. Stuti Tandon, Dr. Meherunnisa]	Professional –Development & Ethics (Topic-How to communicate with patients ) [Dr. Pushpalata / Dr. Rashmi ]	Learning paedogy, Learning strategies, Peer assisted learning, assessment drive learning, Learning from patients. (Dr. S.P. Sinha & Dr. Mateen Ansari)		-----		

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**LANGUAGE & COMP** ■

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**BATCH-B : R. No 34-66**

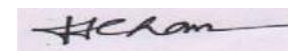
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<b>THURSDAY</b> (29-08-2019)	Professional – Development & Ethics (Topic-Non-judgemental communication to patient)  [Dr. Samreen Farooqui.]	Documentation of medical records.  (Dr. Col. Azam Khan & Dr. Deane)	<b>L</b>  <b>U</b>  <b>N</b>  <b>C</b>  <b>H</b>	Local language (Hindi / English)  (Ms. Reena Mary, Ms. Rekha Srivastava, Dr. Sahab Ali Usmani & Dr. Rajeev Kumar )	Extra curr. Music/Dance Location-Auditorium (Ms. Bela Chatt., Ms. Kavita Upadh., Ms. Chetna Sriv., Dr. Indu, Dr. Meeta, Dr. Stuti & Dr. Sanjeev)	Sports/ Games ( Carom / Chess) Location- Common Room (Dr.Suman , Dr. Jaigam, Dr. Ruth & Dr.V.P.Sriv.)	
<b>FRIDAY</b> (30-08-2019)	E-world pros and cons.  (Mr. Manish Verma, Dr. Shikha Agarwal Dr. Neelam Bhaskar)	Stress management ( <b>By Showing Movie</b> )  (Dr. Col.Azam Khan & Dr. Abbas Mehdi)		Professional –Development & Ethics (Topic- Cadaver our first teacher) [Dr. D.C Pandey, Dr. S.K Pathak]	Professional –Development & Ethics (Topic- Cadaver our first teacher) [Dr. Ajay S. Rajpoot]		
<b>SATURDAY</b> (31-08-2019)	Professional – Development & Ethics (Topic- What does it mean to be a patient [Dr. Rashmi Mishra.]	Professional –Development & Ethics (Topic- What does it mean to be a doctor) [ Dr. Pushpalata, Dr. Samreen, ]		Reflections on foundation course (oral, feedback form) & White Coat Ceremony  (Mr. Arvind Kumar, Dr. Sanjeev Yadav, Dr. Deepanshu Shukla & Ms. Shubhra)			

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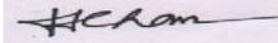
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Principal & Dean

### Foundation Course (One Month) – Hours Schedule

<b>S.No.</b>	<b>Object / Contents</b>	<b>Teaching Hours</b>	<b>Self Directed Learning (Hours)</b>	<b>Total Hours</b>
<b>01.</b>	Orientation	30	0	30
<b>02.</b>	Skills Module	35	0	35
<b>03.</b>	Field visit to Community Health Centre	8	0	8
<b>04.</b>	Introduction to Professional Development & AETCOM-Module	40	0	40
<b>05.</b>	Sports and Extracurricular activities	22	0	22
<b>06.</b>	Enhancement of Language / Computer Skills	40	0	40
<b>07.</b>	<b>Total</b>	175	-	175

## **FACULTY INCHARGES FOR VARIOUS ACTIVITES OF FOUNDATION COURSE**

**(F7)**

1. Orientation:-
  - Dr. (Col.) Mohammad Azam Khan (CMS)
  - Dr. Shobha Bhatnagar (HOD, Dept of Anatomy)
  - Dr. M.M. Khan( HOD, Dept Of Physiology)
  - Dr. Narendra Kumar (HOD, Dept of Biochemistry)
  - Dr. S.P.Sinha (HOD, Dept of Community Medicine)
2. AETCOM:-
  - Dr. R. R. Seth (HOD, Dept of ENT)
  - Dr. Malay Banerjee (HOD, Dept of Microbiology)
  - Dr. D.C. Pandey (HOD, Dept of Paediatrics)
  - Dr. Mateen Ansari (HOD, Dept of Medicine)
  - Dr. Monika Rajani (Assoc. Prof., Dept of Microbiology)
3. Computer Course:-
  - Mr. Manish Verma, Dr. Ashok Gupta, Mr. Absar Ahmad, Dr. Sanjeev Yadav, Ms. Anju Tiwari & Mr. Javed Akhtar.
5. Library:
  - Mr. Joshi, Ms. Anju Tiwari & Mr. Kapil.
6. Language Course :-
  - (A) English :- Ms. Reena Mary, (B) Hindi :- Ms. Rekha Srivastava,
  - Other Faculty :- Dr. Shailesh Yadav, Dr. Saurabh Pathak, Dr. Rashmi Tiwari & Dr. Samreen Farooqui.
7. Alternative Health Sytems :-
  - Dr. R.U. Siddiqui & Dr. Shailendra Kumar.
8. Extra Curricular Activites:-
  - (A) Music :- Ms. Bela Chatterjee, (B) Dance :- Ms. Kavita Upadhyaya / Ms. Chetna Srivastava.
  - Other Faculty :- Dr.Indu, Dr.Meeta Pathak, Dr.Stuti Tandon & Dr. Sanjeev Yadav.
9. (A) OPD: - Dr. Ashok Mishra, (B) BMW : - Dr. Monika Rajani, (C) Blood Bank : - (Dr.Bharti Parashar / Dr. U. Kushwaha), (D) PHC :- Dr. Alpana  
(E) BLS: - Dr. Gyanendra, (F) First Aid : - Dr. I. Usmani, (G) Community Centre : - Dr. Siraj Ahmad / Dr. V.P. Srivastava.
10. Guided Meditation & Stress Management :- Dr. S.B .Purohit, Dr. Pushpalata Sachan, Mr. Anuj & Mrs. Anju Tiwari.
11. Research Cell :- Dr. Malay Banerjee, Dr. Shailesh Yadav & Dr. Mandira Sharma,
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