

RAJARAJESWARI MEDICAL COLLEGE & HOSPITAL

Foundation Course Time Table – 2021-22 Batch

Orientation, Skills Module, Field Visit to Community Health Centre, Professional Development including ethics, Sports and Extracurricular activities, Language/Computer skills

Date	OBSERVER And Co-ordinator	9 Am to 10 am	10 am to 11 am	11 am to 12 pm	12pm to 1 pm	1 p m to 2 p m	2 pm to 3 pm	3 pm to 4 pm	4 pm to 5. 00 pm
Day 1	Dr Usha-9902943284 Ms Nishitha	Welcome address by , Dr.Sathyamurthy.B, Dean & Icebreaking session Dr. Pravin GU, Vice principal	Introduction to MBBS program Dr. Pravin GU Vice principal	History of medicine, outbreaks, epidemics and pandemics. Dr. Shyam AC, (Com.med)		LUNCH BREAK	Orientation Visit to Anatomy, Physiology, Biochemistry Department & Library (Rotation of Groups) (preclinical dept)	Orientation, visit to Hospital (preclinical dept)	Orientation, visit to Hostel, Campus facility Wardens
Day 2	Dr Priyanka singh-8884087272 Ms Lavanya	Overview of GMER& Foundation Course Dr. Prakash Microbiology	Role of IMG Dr. Priyanka Singh(Physiology)	White coat ceremony (Administrators & All preclinical staffs)			Principles of primary care Dr. Shashikala Manjunatha (Com.med)	Introduction to early clinical exposure Dr. Prema R (Paediatrics)	Reflection on hospital visit Dept of Physiology

Day 3	Dr Prakash- 99168194 63 Dr Amaresw ari	Introduction to electives Dr. Prema R (Paediatrics)	University rules regarding attendance and examination Dr. Basavaraj Bhandare, Vice principal	Role of Doctor in society Dr Sai lakshmi (OBG)	Principles of family practice Dr.Pooja, (Medicine)		Ragging, Internal complaints committee overview Dr. Sangeetha S (Microbiology)	Alternative Health systems Dr.Pooja, (Medicine)	Sports Mr. Anand
Day 4	Dr Vamseedh ar- 97015005 92 Dr Rekha	Learning medicine effectively- tips and tricks Dr. Krishna MV (Medicine)	Learning skill- learning strategies, SDL, community based learning Dr. Prakash R (Microbiology)	Biomedical waste management Dr.Shilpa (Microbiology)	Documentation and Medical Records Dr. Sahajananda (Anesthesia)		Career pathway & personal growth Dr Yogesh M K (Physiology)	Reflective writing by students on role play (Dept of Physiology)	Language classes I/C Jyothi
Day 5	Dr Nalini- 99028252 35 Dr Puneeth	Time management Dr. Swapna (Com.med)	Team work in medicine Dr. Priyanka Singh (Physiology)	Medical Terminologies - Dumb charades (Dept of Physiology)	Addiction – (tobacco products, Gadgets) Dr. Vidhyavathi (Psychiatry)		Career pathway- students view point (Dept of physiology)		Computer classes I/C Jyothi
Day 6	Dr Deepali- 93422767 77 Dr Latha	Health Insurance Ms. Jyothi Rao	Interpersonal relationship Dr. Swapna (Commed)	Personal grooming that is appropriate for health care professionals- institution regulations	Reflection of students – orientation Dept of Physiology		Student's expectation from teachers, peers and colleagues and patients (panel discussion) Dr. Usha SMR (Biochemistry)		Computer classes I/C Jyothi

				Dr. Naveen S, Principal				
Day & Date		Observer		Topic and Speaker			Coordinator	
Day 7 4pm-5pm		Dr Leena-9845103089		Cadaver as our first teacher Dr Shruthi (Anatomy)			Dr Rekha	
Day 8 4pm-5pm		Dr Pravin G. U-9844455599		First aid - 1 Dr Rangalakshmi and team Anaesthesia			Ms Nishitha	
Day 9 4pm-5pm		Dr Swapna-9886629632		First aid - 2 Dr Rangalakshmi and team Anaesthesia			Ms Lavanya	
Day 10 4pm-5pm		Dr Leena-9845103089		BLS (Theory) Dr. Ashwini Anaesthesia			Dr Amareswari	
Day 11 4pm-5pm		Dr Prema-9845541158		BLS (DOAP) Dr. Ashwini Anaesthesia			Dr Rekha	
Day 12 4pm-5pm		Dr Yogesh-9880909109		BLS (DOAP) Dr. Ashwini Anaesthesia			Dr Puneeth	
Day 13		Dr Meena-9481906038		Sports			Dr Latha	

2pm-5pm		Mr. Anand	
Day 14 4pm-5pm	Dr Shashikala-9008723706	BLS (DOAP) Dr. Ashwini Anaesthesia	Ms Nishitha
Day 15 4pm-5pm	Dr Ashwini-9886629631	Biosafety Dr.Kirtilaxmi.K.B Microbiology	Ms Lavanya
Day 16 4pm-5pm	Dr Vishnuvardhan-9845211970	Universal Precautions Dr. Yashaswini.M.K Microbiology	Dr Amareswari
Day 17 4pm-5pm	Dr Usha-9902943284	Universal Precautions- Poster making Dr. Yashaswini.M.K Microbiology	Dr Rekha
Day 18 4pm-5pm	Dr Priyanka singh-8884087272	Universal Precautions- Poster making Dr. Yashaswini.M.K Microbiology	Dr Puneeth
Day 19 2pm-5pm	Dr Prakash-9916819463	Language classes I/C Jyothi	Dr Latha
Day 20 4pm-5pm	Dr Vamseedhar-9701500592	Interpersonal relationship- activity Dr. Swapna,community medicine	Ms Nishitha
Day 21 4pm-5pm	Dr Nalini-9902825235	Interpersonal relationship- activity Dr. Swapna, community medicine	Ms Lavanya
Day 22 4pm-5pm	Dr Deepali-9342276777	Interpersonal relationship- activity Dr. Swapna, community medicine	Dr Amareswari
Day 23	Dr Lakshminarayan-9895924566	Professionalism& ethics in healthcare professionals- demonstration	Dr Rekha

4pm-5pm		Dr.Prema R, Paediatrics	
Day 24 4pm-5pm	Dr Pravin G. U-9844455599	Professionalism & ethics in healthcare professionals-role play Dr.Prema R, Paediatrics	Dr Puneeth
Day 25 2pm-5pm	Dr Swapna-9886629632	Computer classes I/C Jyothi	Dr Latha
Day 26 4pm-5pm	Dr Leena-9845103089	Professionalism & ethics in healthcare professionals --role play Dr.Prema R, Paediatrics	Ms Nishitha
Day 27 4pm-5pm	Dr Prema-9845541158	Professionalism & ethics in healthcare professionals--role play Dr.Prema R, Paediatrics	Ms Lavanya
Day 28 4pm-5pm	Dr Yogesh-9880909109	Disability competencies – theory Dr. Prasanna Orthopedics	Dr Amareswari
Day 29 4pm-5pm	Dr Meena-9481906038	Cultural diversities & different cultural values Dr Roopa HN, Radiology	Dr Rekha
Day 30 4pm-5pm	Dr Shashikala-9008723706	Yoga in personal health –theory I/C Jyothi	Dr Puneeth
Day 31 2pm-5pm	Dr Ashwini-9886629631	Sports Mr. Anand	Dr Latha
Day 32 4pm-5pm	Dr Vishnuvardhan-9845211970	Yoga in personal health-training I/C Jyothi	Ms Nishitha
Day 33 4pm-5pm	Dr Usha-9902943284	Yoga in personal health- training I/C Jyothi	Ms Lavanya
Day 34 4pm-5pm	Dr Priyanka singh-8884087272	Yoga in personal health- training I/C Jyothi	Dr Amareswari

Day 35 4pm-5pm	Dr Prakash-9916819463	Meditation in personal health-theory I/C Jyothi	Dr Rekha
Day 36 4pm-5pm	Dr Vamseedhar-9701500592	Meditation in personal health- training I/C Jyothi	Dr Puneeth
Day 37 2pm-5pm	Dr Nalini-9902825235	Language classes I/C Jyothi	Dr Latha
Day 38 4pm-5pm	Dr Deepali-9342276777	Meditation in personal health- training I/C Jyothi	Ms Nishitha
Day 39 4pm-5pm	Dr Lakshminarayan-9895924566	Meditation in personal health- training I/C Jyothi	Ms Lavanya
Day 40 4pm-5pm	Dr Pravin G. U-9844455599	Biomedical waste management- Innovative ideas - Brain storming session Dr.Shilpa, Microbiology	Dr Amareswari
Day 41 4pm-5pm	Dr Swapna-9886629632	Biomedical waste management- Innovative ideas - Brain storming session Dr.Shilpa, Microbiology	Dr Rekha
Day 42 4pm-5pm	Dr Leena-9845103089	Documentation and Medical Records – Role Play Dr.Sahajanand, Anesthesia	Dr Puneeth

Day 43 2pm-5pm	Dr Prema-9845541158	Computer classes I/C Jyothi	Dr Latha
Day 44 4pm-5pm	Dr Yogesh-9880909109	Documentation and Medical Records – Role Play Dr.Sahajanand, Anesthesia	Ms Nishitha
Day 45 4pm-5pm	Dr Meena-9481906038	Learning skill-PAL, group, ADL, SBL (assignment use of online resources) Dr. Prakash R, Microbiology	Ms Lavanya
Day 46 4pm-5pm	Dr Shashikala-9008723706	Group dynamics -Learning from patients and other members of health care team (activity) Dr. Jamuna B L, Physiology	Dr Amareswari
Day 47 4pm-5pm	Dr Ashwini-9886629631	Group dynamics -Learning from patients and other members of health care team (role play) Dr. Jamuna B L, Physiology	Dr Rekha
Day 48 4pm-5pm	Dr Vishnuvardhan-9845211970	Group dynamics -Learning from patients and other members of health care team (role play) Dr. Jamuna B L, Physiology	Dr Puneeth

Day 49 2pm-5pm	Dr Usha-9902943284	Language classes I/C Jyothi	Dr Latha
Day 50 4pm-5pm	Dr Priyanka singh-8884087272	Language classes I/C Jyothi	Ms Nishitha
Day 51 4pm-5pm	Dr Prakash-9916819463	Collaborative learning Dr.Vamseedhar, Pathology	Ms Lavanya
Day 52 4pm-5pm	Dr Vamseedhar-9701500592	Humanities for medical doctor:- learning empathy Dr. Leena Dermatology	Dr Amareswari
Day 53 4pm-5pm	Dr Nalini-9902825235	Introduction to skill lab, Skill requirement and certification Dr. Prasanna Orthopedics	Dr Rekha
Day 54 4pm-5pm	Dr Deepali-9342276777	Patient Safety Dr. Sangeetha S Microbiology	Dr Puneeth
Day 55 2pm-5pm	Dr Lakshminarayan-9895924566	Sports Mr. Anand	Dr Latha

Day 56 4pm-5pm	Dr Pravin G. U-9844455599	Hand hygiene(Theory) Dr.Archana.B.R, Microbiology	Ms Nishitha
Day 57 4pm-5pm	Dr Swapna-9886629632	Hand hygiene(DOAP session) Dr.Archana.B.R, Microbiology	Ms Lavanya
Day 58 4pm-5pm	Dr Leena-9845103089	Hand hygiene(DOAP session) Dr.Archana.B.R, Microbiology	Dr Amareswari
Day 59 4pm-5pm	Dr Prema-9845541158	Hand hygiene(DOAP session) Dr.Archana.B.R, Microbiology	Dr Rekha
Day 60 4pm-5pm	Dr Yogesh-9880909109	Use of personal protective equipments-theory Dr.Yashaswini.M.K, Microbiology	Dr Puneeth
Day 61 2pm-5pm	Dr Meena-9481906038	Computer classes I/C Jyothi	Dr Latha
Day 62 4pm-5pm	Dr Shashikala-9008723706	Use of personal protective equipments- DOAP Dr.Yashaswini.M.K, Microbiology	Ms Nishitha
Day 63 4pm-5pm	Dr Ashwini-9886629631	Use of personal protective equipments- DOAP Dr.Yashaswini.M.K, Microbiology	Ms Lavanya
Day 64 4pm-5pm	Dr Vishnuvardhan-9845211970	Team work in medicine –Team building activities Dr.Priyanka, Physiology	Dr Amareswari

Day 65 4pm-5pm	Dr Usha-9902943284	Team work in medicine – Team building activities Dr.Priyanka, Physiology	Dr Rekha
Day 66 4pm-5pm	Dr Priyanka singh-8884087272	Team work in medicine – Reflection Dr.Priyanka, Physiology	Dr Puneeth
Day 67 2pm-5pm	Dr Prakash-9916819463	Extra curricular activities Dr Priya and team Dermatology	Dr Latha
Day 68 4pm-5pm	Dr Vamseedhar-9701500592	Law and medicine Dr. Jayprakash G Forensic medicine	Ms Nishitha
Day 69 4pm-5pm	Dr Nalini-9902825235	Language classes I/C Jyothi	Ms Lavanya
Day 70 4pm-5pm	Dr Deepali-9342276777	Sports Mr Anand	Dr Amareswari
Day 71 4pm-5pm	Dr Lakshminarayan-9895924566	Immunization requirements of health care professionals Dr.Archana.B.R Microbiology	Dr Rekha

Day 72 4pm-5pm	Dr Pravin G. U-9844455599	Immunization – Debate Dr.Archana.B.R Microbiology	Dr Puneeth
Day 73 2pm-5pm	Dr Swapna-9886629632	Sports Mr. Anand	Dr Latha
Day 74 4pm-5pm	Dr Leena-9845103089	Immunization – Debate Dr.Archana.B.R Microbiology	Ms Nishitha
Day 75 4pm-5pm	Dr Prema-9845541158	Biohazard Safety Dr. Sangeetha S Microbiology	Ms Lavanya
Day 76 4pm-5pm	Dr Yogesh-9880909109	Safe disposal of Biohazardous materials- Drawing competition Dr. Sangeetha S Microbiology	Dr Amareswari
Day 77 4pm-5pm	Dr Meena-9481906038	Safe disposal of Biohazardous materials- Drawing competition Dr. Sangeetha S Microbiology	Dr Rekha

Day 78 4pm-5pm	Dr Shashikala-9008723706	Needle stick injuries Dr. Sangeetha S Microbiology	Dr Puneeth
Day 79 2pm-5pm	Dr Ashwini-9886629631	Computer classes I/C Jyothi	Dr Latha
Day 80 4pm-5pm	Dr Vishnuvardhan-9845211970	Management of Biomedical waste segregation in accordance with National Regulations(Theory) Dr.Shilpa, Microbiology	Ms Nishitha
Day 81 4pm-5pm	Dr Usha-9902943284	Management of Biomedical waste segregation in accordance with National Regulations (collage making competition) Dr.Shilpa, Microbiology	Ms Lavanya
Day 82 4pm-5pm	Dr Priyanka singh-8884087272	Management of Biomedical waste segregation in accordance with National Regulations (collage making competition) Dr.Shilpa, Microbiology	Dr Amareswari
Day 83 4pm-5pm	Dr Prakash-9916819463	Language classes I/C Jyothi	Dr Rekha

Day 84 4pm-5pm	Dr Vamseedhar-9701500592	Computer classes I/C Jyothi	Dr Puneeth
Day 85 1pm-5pm	Dr Nalini-9902825235	Visit to community health centre 8hrs In Batches Department of Community Medicine	Ms Nishitha
Day 86 4pm-5pm	Dr Deepali-9342276777	Extra curricular activities Dr Priya and team Prof Dermatology	Ms Lavanya
Day 87 4pm-5pm	Dr Lakshminarayan-9895924566	Computer classes I/C Jyothi	Dr Amareswari
Day 88 4pm-5pm	Dr Pravin G. U-9844455599	Language classes I/C Jyothi	Dr Rekha
Day 89 4pm-5pm	Dr Swapna-9886629632	Sports Mr. Anand	Dr Puneeth

Day 90 4pm-5pm	Dr Leena-9845103089	Computer classes I/C Jyothi	Dr Latha
Day 91 1pm-5pm	Dr Prema-9845541158	Visit to community health centre 8hrs In Batches Department of Community Medicine	Ms Nishitha
Day 92 4pm-5pm	Dr Yogesh-9880909109	Computer classes I/C Jyothi	Ms Lavanya
Day 93 4pm-5pm	Dr Meena-9481906038	Language classes I/C Jyothi	Dr Amareswari
Day 94 4pm-5pm	Dr Shashikala-9008723706	Computer classes I/C Jyothi	Dr Rekha
Day 95 4pm-5pm	Dr Ashwini-9886629631	Learning Pedagogy Dr. Usha S Community medicine	Dr Puneeth

Day 96 4pm-5pm	Dr Pravin G. U-9844455599	Language classes I/C Jyothi	Dr Latha
Day 97 2pm-5pm	Dr Swapna-9886629632	Talent Hunt Dr. Priya & Team	Ms Nishitha
Day 98 4pm-5pm	Dr Leena-9845103089	What does it mean to be a Doctor? Dr Shruthi Anatomy	Ms Lavanya
Day 99 4pm-5pm	Dr Prema-9845541158	What does it mean to be a Patient? Dr Jamuna Physiology	Dr Amareswari
Day 100 4pm-5pm	Dr Yogesh-9880909109	Doctor-Patient relationship Dr Jamuna Physiology	Dr Rekha
Day 101 4pm-5pm	Dr Meena-9481906038	The foundation of communication Dr Usha Community medicine	Dr Puneeth

Day 102 4pm-5pm	Dr Shashikala-9008723706	Stress Management Dr. Vishnu Psychiatry	Ms Nishitha
Day 103 2pm-5pm	Dr Ashwini-9886629631	Language classes I/C Jyothi	Dr Latha
Day 104 4pm-5pm	Dr Lakshminarayan-9895924566	Computer classes I/C Jyothi	Ms Nishitha
Day 105 4pm-5pm	Dr Nalini-9902825235	Computer classes I/C Jyothi	Ms Lavanya

Orientation–30 hours

Skills Module – 35 hours

Field Visit to Community Health Centre– 8 hours

Professional Development including ethics – 40 hours

Sports and Extracurricular activities – 22 hours

Language and Communication/Computer skills – 40 hours

MBBS Intake: 250 seats.

Divide into 4 batches: Group A : 1 – 62, Group B : 63 -124, Group C : 125 – 187, Group D : 188 – 250