

GMERS Medical College, Gotri, Vadodara

First MBBS Batch 2019-20 | Foundation Course Timetable (August 2019)

	9 to 10 am	10 to 11 am	11 to 12 noon	12 to 1 pm	1 to 2	2 to 3 pm	3 to 4 pm	4 to 5 pm
08-08-2019 Thursday	<p align="center"><u>Orientation</u> Orientation and welcome (Speech) [LT – 1] Dean Mam Dr Ojaswini Malukar/ Dr Mehta</p>		<p align="center"><u>Orientation</u> Overview of MBBS Program (Talk by MEU Coordinator) [LT-1] Dr Vishala Pandya</p>			<p align="center"><u>Orientation</u> Campus orientation (Visit in groups of 15 students) [College, Hospital, Library, Hostel Unit]</p>		
09-08-2019 Friday	<p align="center"><u>Orientation</u> Self-directed learning (Int Lect) [LT-1] Dr Ojaswini Malukar</p>	<p align="center"><u>Lang/ Comp</u> Intro to Language – group formation [LT-1] Dr Komal Makwana Dr Kalindi Shah & Team</p>	<p align="center"><u>Orientation</u> Universal precautions and vaccinations (Int Lect) [LT-1] Dr Bithika Duttaroy</p>	<p align="center"><u>Orientation</u> Reflective writing (Int Lect) [LT-1] Dr Parag Chavda</p>		<p align="center"><u>Orientation</u> Knowing yourself (Questionnaire) [LT-1] Dr Lalithambigai</p>	<p align="center"><u>Orientation</u> Orientation to departments (Visit to Depts in groups of 15) [First MBBS Dept Visit]</p>	
10-08-2019 Saturday	<p align="center"><u>Orientation</u> Health care delivery system (Int Lect) [LT-1] Dr Bharat Patel</p>	<p align="center"><u>Orientation</u> National health priorities and policies (Int Lect) [LT-1] Dr Chandresh Pandya</p>	<p align="center"><u>Orientation</u> Primary health Care (Docu Movie) [LT-1] Dr Sanat Rathod</p>	<p align="center"><u>Orientation</u> Note taking methods (Int Lect) [LT-1] Dr Tejas Patel</p>				
11-08-2019	Sunday							

	9 to 10 am	10 to 11 am	11 to 12 noon	12 to 1 pm	1 to 2	2 to 3 pm	3 to 4 pm	4 to 5 pm
12-08-2019	Eid Holiday							
13-08-2019 Tuesday	<u>Sports/EC</u> Introduction to Yog and healthy lifestyle (Int Lect) [LT-1] Mr Nayan Mehta	<u>Orientation</u> Introduction to Information Technology (Int Lect) [LT-1] Dr Giriraj Chauhan	<u>Orientation</u> Documentation in medicine (Int Lecture) [LT-1] Dr Ashish Shah	<u>Skills</u> Time management (Int Lect) Dr Anil Bhathija		<u>Skills</u> Time management (Exercise) Dr Anil Bhathija, Dr Divya Dave, Dr Parvati Patel, Dr Hiren Prajapati, Dr Jigna Parmar	<u>Skills</u> Introduction to First Aid (Int Lect) [LT-1] Dr Neeta Bose & team	<u>Skills</u> Introduction to BLS + Formation of small groups for next day (Int Lect) [LT-1] Dr Neeta Bose & team
14-08-2019 Wednesday	Small group sessions: * Group A - First aid and Basic Life Support; Dr Neeta Bose and Dr Kedar Mehta and anaesthesia team Group B - Communication Skills; Dr Shubhangi Deshpande, Dr Saurabh Shah, Dr Sejal Thakkar, Dr Sangeeta Jain, Dr Balaji Ghughare, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta, Dr Himanshu Chauhan Group C - Computer skills; Dr Lalithambigai, Dr Giriraj, Dr Ajay, Dr Hiren Group D - Visit to Community level Health Center--- Dr Urvashi Panchal and team							
15-08-2019 Thursday	Independence Day - Rakshabandan Holiday							
16-08-2019 Friday	<u>Sports/EC</u> <u>Breathing exercises</u> (Yog Practice) [Yog Hall] Dr Anil Bhathija/ Dr Neeta Bose Dr Hiren Prajapati, Dr Himanshu Chauhan, Dr Ravindra Ninama, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta	<u>Sports/EC</u> Sports [Indoor/ Outdoor] Dr Hiren Prajapati, Dr Aparna Mehta, Dr Himanshu Chauhan, Dr Jigna Parmar	<u>Sports/EC</u> Sports [Indoor/ Outdoor] Dr Hiren Prajapati, Dr Aparna Mehta, Dr Himanshu Chauhan, Dr Jigna Parmar	<u>Lang/ Comp</u> Language (Int Lect) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & Team		<u>Lang/ Comp</u> Language (Int Lect) [Demo rooms] Dr Kalindi, Dr Komal Makwana& Team	<u>Lang/ Comp</u> Language Written (Practice) [Demo rooms] Dr Kalindi, Dr Komal Makwana& Team	<u>Lang/ Comp</u> Language Written (Practice) [Demo rooms] Dr Kalindi, Dr Komal Makwana& Team
17-08-2019	Pateti Holiday							
18-08-2019	Sunday							

	9 to 10 am	10 to 11 am	11 to 12 noon	12 to 1 pm	1 to 2	2 to 3 pm	3 to 4 pm	4 to 5 pm
19-08-2019 Monday	Skills Life skills – (Int Lect) [LT-1] Dr BM Palan Dr Kalindi, Dr Ravindra	Skills Life skills – (Int Lect) [LT-1] Dr BM Palan Dr Kalindi, Dr Ravindra	Skills Life skills – [LT-1] Dr BM Palan Dr Kalindi, Dr Ravindra	Skills Life skills - [LT-1] Dr BM Palan Dr Kalindi, Dr Ravindra		Prof + Ethics Physician's role – (Panel discussion) [LT-1] Moderator Dr Ojaswini Malukar Dr Ajay Rathva, Dr Balaji Ghughare	Prof + Ethics Physician's role – (Panel discussion) [LT-1] Moderator Dr Ojaswini Malukar Dr Ajay Rathva, Dr Balaji Ghughare	Prof + Ethics Writing and Sharing of reflection; (5 roles of IMG) [LT-1] Dr Lalithambigai Dr Vishala Pandya
20-08-2019 Tuesday	Small group sessions* Group A – Visit to Community level Health Centre – Dr Sonal and team Group B – First aid and Basic Life Support; Dr Neeta Bose and Dr Mehta and anaesthesia team Group C – Communication Skills--- Dr Nimisha Desai, Dr Nimisha Pandya, Dr Balaji, Dr Kalindi, Dr Meghna, Dr Jigna, Dr Giriraj Group D - Computer skills: Dr Lalithambigai, Dr Giriraj Chauhan, Dr Ajay Rathva, Dr Hiren Prajapati							
21-08-2019 Wednesday	Sports/EC Breathing exercises (Yog Practice) [Yog Hall] Dr Anil Bhathija/ Dr Neeta Bose Dr Hiren Prajapati, Dr Himanshu Chauhan, Dr Ravindra Ninama, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta	Prof + Ethics Role of patient (Int Lect) [LT-1] Dr Ashish Shah Dr Ajay Rathva Dr Sangeeta Jain Dr Jigna Parmar Dr Ravindra Ninama	Prof + Ethics Role of patient (Role plays) [LT-1] Dr Ashish Shah Dr Ashish Shah Dr Ajay Rathva Dr Sangeeta Jain Dr Jigna Parmar Dr Ravindra Ninama	Prof + Ethics Writing and Sharing of reflections by students [LT-1] Dr Ashish Shah Dr Ojaswini Malukar		Skills 7 fields of life (Int Lect) Dr BM Palan	Sports/EC Extracurricular activity – Hobby Club Formation [LT-1] Dr Balaji Ghughare, Dr Ashish Shah and team	Sports/EC Extracurricular activity – Hobby Club activity [Demo rooms] Dr Balaji Ghughare, Dr Ashish Shah and team
22-08-2019 Thursday	Small group sessions * Group A – Computer skills: Dr Lalithambigai, Dr Giriraj Chauhan, Dr Ajay Rathva, Dr Hiren Prajapati Group B – Visit to Community level Health Centre: Dr Kajal Davra and team Group C – First aid and Basic Life Support; Dr Neeta Bose and Dr Kedar Mehta and anaesthesia team Group D - Communication Skills: Dr Shubhangi Deshpande, Dr Saurabh Shah, Dr Sejal Thakkar, Dr Sangeeta Jain, Dr Balaji Ghughare, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta, Dr Himanshu Chauhan							

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23-08-2019 Friday	<u>Prof + Ethics</u> Doctor - patient relationship – lecture [LT-1] Dr Sameer Ray Dr Divya Dave Dr Parvati Patel Dr Aparna Mehta, Dr Megha Pandya Dr Ajay Rathva, Dr Ravindra Ninama	<u>Prof + Ethics</u> Doctor patient relationship – (Case discussions) [LT-1] Dr Sameer Ray Dr Divya Dave Dr Parvati Patel Dr Aparna Mehta, Dr Megha Pandya Dr Ajay Rathva, Dr Ravindra Ninama	<u>Prof + Ethics</u> Doctor patient relationship – reflection writing & sharing [LT-1] Dr Sameer Ray Dr Divya Dave Dr Parvati Patel Dr Aparna Mehta, Dr Megha Pandya Dr Ajay Rathva, Dr Ravindra Ninama	<u>Skills</u> Self care - Nutrition (Int Lect) Dr Divya Dave		<u>Skills</u> Self care - Sleep Hygiene (Int Lecture) [LT-1] Dr Balaji Ghughare Dr Divya Dave	<u>Lang/ Comp</u> Language Written (Practice) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team	<u>Lang/ Comp</u> Language Written (Feedback on written exercise) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team
24-08-2019	Janmastami Holiday							
25-08-2019	Sunday							

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26-08-2019 Monday	Skills Stress management (Int Lect) Dr BM Palan Dr Kalindi, Dr Ravindra, Dr Aparna	Skills Stress management (Int Lect) Dr BM Palan Dr Kalindi, Dr Ravindra, Dr Aparna	Skills Introduction to learning (Int Lect) [LT-1] Dr Ojaswini Malukar Dr Nimisha Desai	Skills Learning styles (Questionnaire) [LT-1] Dr Manoj Saurabh Dr Parvati Patel Dr Ashutosh Chauhan Dr Sangeeta Jain, Dr Ajay Rathva		Skills Learning knowledge (Int Lect) [LT-1] Dr Tejas Patel Dr Ajay Rathva	Sports/EC Extracurricular activity – Hobby Club activity [Demo rooms]	Sports/EC Extracurricular activity – Hobby Club activity [Demo rooms]
27-08-2019 Tuesday	Small group sessions * Group A – Communication Skills: Dr Nimisha Desai, Dr Nimisha Pandya, Dr Balaji Ghughare, Dr Kalindi Shah, Dr Megha Pandya, Dr Jigna Parmar, Dr Giriraj Chauhan Group B – Computer skills: Dr Lalithambigai, Dr Giriraj Chauhan, Dr Ajay Rathva, Dr Hiren Prajapati Group C – Visit to Community level Health Centre – Dr Gaurang Suthar and team Group D - First aid and Basic Life Support; Dr Neeta Bose and Dr Kedar Mehta and anaesthesia team							
28-08-2019 Wednesday	Prof + Ethics Professionalism [LT-1] Dr Neeta Bose Dr Saurabh Shah Dr Megha Pandya Dr Aparna Mehta Dr Parvati Patel	Prof + Ethics Professionalism (Case studies on unprofessional behaviour – in small groups) [LT-1] Dr Neeta Bose, Dr Saurabh Shah, Dr Megha Pandya, Dr Aparna Mehta, Dr Parvati Patel		Prof + Ethics White coat ceremony [LT-1] Dr Neeta Bose, Dr Saurabh Shah, Dr Megha Pandya Dr Aparna Mehta, Dr Parvati Patel		Skills Leadership (Int Lect) [LT-1] Dr Parag Chavda	Lang/ Comp Language Verbal (Practice with an expert) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team	Lang/ Comp Language Verbal (Practice with expert) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team
29-08-2019 Thursday	Sports/EC Surya namsakar (Yog Practice) [Yog Hall] Dr Anil Bhatija/ Dr Neeta Bose Dr Hiren Prajapati, Dr Himanshu Chuhan, Dr Ravindra Ninama, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta	Prof + Ethics Cultural competence (Int Lect) [LT-1] Dr Neena Doshi	Prof + Ethics Medical ethics (Int Lect) [LT-1] Dr Sandeep Shah	Skills E-learning & m-learning (Int Lect) [LT-1] Dr Parvati Patel Dr Lalithambigai Dr Balaji Ghughare Dr Kalindi Shah Dr Aparna Mehta		Skills Netiquette (Int Lect) [LT-1] Dr Anup Chandnani Dr Sejal Thakkar	Prof + Ethics Disability competencies (Int Lect) [LT-1] Dr Manoj Saurabh Dr Sejal Thakkar	Prof + Ethics Disability competencies (Int Lect) [LT-1] Dr Manoj Saurabh Dr Sejal Thakkar

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30-08-2019 Friday	Sports/EC Surya namsakar (Yog Practice) [Yog Hall] Dr Anil Bhathija/ Dr Neeta Bose Dr Hiren Prajapati, Dr Himanshu Chuhan, Dr Ravindra Ninama, Dr Kalindi Shah, Dr Jigna Parmar, Dr Aparna Mehta	Skills Preparing for exams (Int Lect) [LT-1] Dr Balaji Ghughare Dr Tejas Patel	Prof + Ethics Academic writing (Int Lect) [LT-1] Dr Neena Doshi, Dr Tejas Patel	Prof + Ethics Qualities of a good mentee (Int Lect) [LT-1] Dr Manoj Saurabh Dr Neena Doshi Dr Nimisha Desai		Prof + Ethics Career pathways, Personal and professional growth (Int Lect) [LT-1] Dr Parag Chavda	Lang/ Comp Language Verbal (Practice with an expert) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team	Lang/ Comp Language Verbal (Practice with expert) [Demo rooms] Dr Kalindi Shah, Dr Komal Makwana & team
31-08-2019 Saturday	Prof + Ethics Prof. Milestone (Reflection by students on Foundation Course) [LT-1] Dr Ojaswini Malukar, Dr Sangeeta Jain Dr Ashutosh Chauhan, Dr Ajay Rathva, Dr Balaji Ghughare		Students Feedback on Foundation Course [LT-1] Dr Vishala Pandya Dr Ojaswini Malukar Dr Lalithambigai Dr Kalindi Shah	Orientation to First MBBS Study [LT-1] Dr Ojaswini Malukar Dr Ashutosh Chauhan Dr Sangeeta Jain				

***Plan of learning activities in small groups (Dates: 7th, 9th, 22nd, 24th August)**

Topic [Venue]	9 to 10 am	10 to 11 am	11 to 12 noon	12 to 1 pm	1 to 2	2 to 3 pm	3 to 4 pm	4 to 5 pm
First aid and Basic Life Support [Skills lab]	Orientation Universal precautions (Demo and practice)	Skills First aid (Demonstration by faculty)	Skills First aid (Practice by students)	Skills First aid (Practice by students)		Skills BLS – (Demonstration by faculty)	Skills BLS (Practice by Students)	Skills BLS (Practice by Students)
Communication Skills [Demo room]	Prof + Ethics Introduction to effective communication (Int lect)	Prof + Ethics Ineffective communication (Video)	Prof + Ethics Asking correct questions (Role plays)	Prof + Ethics Listening skill (Role plays)		Prof + Ethics Non-verbal cues (Role plays)	Prof + Ethics (Reflection writing)	Prof + Ethics Sharing of reflection by students; Closing talk by faculty (Int Lect)
Computer skills [Computer lab – library]	Lang/ Comp Microsoft word (Demo+Practice)	Lang/ Comp Microsoft word (Demo+Practice)	Lang/ Comp Microsoft excel (Demo+Practice)	Lang/ Comp Microsoft excel (Demo+Practice)		Lang/ Comp Microsoft powerpoint (Demo+Practice)	Lang/ Comp Microsoft powerpoint (Demo+Practice)	Lang/ Comp Making your email ID
Visit to Primary health center	Community Briefing & Observation checklist (Lect) [Demo room]	Community PHC Visit				Lunch	Community Observation sharing by students [Demo room]	Community Closing lecture by faculty [Demo room]

Legends:

Prof + Ethics – Professional development and ethics; Sports – Sports and extracurricular activities; Lang/ Comp – Enhancement of language / computer skills; Int Lect – Interactive lecture; LT-1 – Lecture Theatre 1; SDL- Self-directed learning; BLS- Basic Life Support; PHC – Primary Health Center

SR.NO.	Subjects/ Contents	Coordination
1	Orientation	Dr Ashutosh
2	Skills Module	BLS (Dr Mehta, Dr Neeta); Life skills (Dr Kalindi); Learning skills (Dr Tejas)
3	Field Visits to community health center	PSM Team
4	Professional development including ethics	Dr Manoj Saurabh
5	Sports and extracurricular activities	Yog (Dr Bhatija, Dr Neeta); Extracurricular (Dr Balaji, Dr Ashish); Sports (Dr Giriraj)
6	Enhancement of Language / computer skills	Language (Dr Kalindi, Dr Komal); Computer (Dr Lalitha)
	Feedback + Orientation to first MBBS study	
	Overall	Dr Ojaswini Malukar, Dr Parag Chavda