

**GOVERNMENT MEDICAL COLLEGE, KATHUA**

**FOUNDATION COURSE**

**DETAILS OF FOUNDATION COURSE CONTENT FOR MBBS BATCH (2019-20)**

**AS PER MEDICAL COUNCIL INDIA RECOMMENDATIONS**

SUBJECTS	COURSE CONTENT	DURATION(HOURS)	
1. ORIENTATION	<ul style="list-style-type: none"><li>Lighting of lamp; Welcome address by Worthy Principal.</li></ul>	One(01)	Thirty (30)
	<ul style="list-style-type: none"><li>Detail orientation of MBBS Course; Introduction of preclinical faculty and Role of Indian Medical Graduates; Rules and regulations of the college; Interaction with faculty</li></ul>	Three(03)	
	<ul style="list-style-type: none"><li>History of Medicine</li></ul>	Two(02)	
	<ul style="list-style-type: none"><li>Introduction to Medical Profession and Physician's role in the society.</li></ul>	Three(03)	
	<ul style="list-style-type: none"><li>Health care system and its delivery.</li></ul>	One(01)	
	<ul style="list-style-type: none"><li>Alternate health care systems in the country.</li></ul>	One(01)	
	<ul style="list-style-type: none"><li>Visit to Pre-clinical Departments (Anatomy, Biochemistry &amp; Physiology)</li></ul>	Three(03)	
	<ul style="list-style-type: none"><li>Visit to Emergency, OPDs, wards, ICU, CCU, NICU.</li></ul>	Three(03)	
	<ul style="list-style-type: none"><li>Visit to Blood Bank, Central Lab. And Diagnostics (Micro, Patho, Biochem, Radiology, ECG, Echo)</li></ul>	Four(04)	
	<ul style="list-style-type: none"><li>Visit to Central Library.</li></ul>	Four(04)	
	<ul style="list-style-type: none"><li>Patient &amp; Drug Safety and Biohazard Safety.</li></ul>	Two(02)	
	<ul style="list-style-type: none"><li>National Health Priorities, Goals and Policies.</li></ul>	One(01)	
	<ul style="list-style-type: none"><li>Principles of Primary Care.</li></ul>	One(01)	
	<ul style="list-style-type: none"><li>Principals of Family Practice.</li></ul>	One(01)	
	2. SKILLS MODULES	<ul style="list-style-type: none"><li>First Aid (One + Two hrs)</li></ul>	
<ul style="list-style-type: none"><li>Needle Stick/ Scalpel injury.</li></ul>		One(01)	
<ul style="list-style-type: none"><li>Hand washing technique</li></ul>		Four(04)	
<ul style="list-style-type: none"><li>Prescription writing Skills (Two + One hrs).</li></ul>		Three(03)	
<ul style="list-style-type: none"><li>Sources of drugs and drug dosage form</li></ul>		Two(02)	
<ul style="list-style-type: none"><li>Routes of drug administration</li></ul>		Two(02)	

Principal  
Government Medical College  
KATHUA

	<ul style="list-style-type: none"> <li>Immunization requirement of health care professional.</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Universal precautions and Vaccinations.</li> </ul>	Two(02)	
	<ul style="list-style-type: none"> <li>Basic Life Support and Resuscitation Skills (BLS).</li> </ul>	Three(03)	
	<ul style="list-style-type: none"> <li>Team work Skills</li> </ul>	Six(06)	
	<ul style="list-style-type: none"> <li>Basic Communication Skills.</li> </ul>	Six(06)	
	<ul style="list-style-type: none"> <li>Biomedical Waste Handling and Management</li> </ul>	Two(02)	
3. FIELD VISIT TO COMMUNITY HEALTH CENTER (CHC) /COMMUNITY ORIENTATION	<ul style="list-style-type: none"> <li>Understanding Nutritional Issues and Health Economic Issues (One +one hrs).</li> </ul>	Two(02)	Eight (8)
	<ul style="list-style-type: none"> <li>Community Health Problems.</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Visit to CHC, Introduction to Health Workers and their role; Introduction to and interaction with patients; understanding health problems and health care needs of community.</li> </ul>	Five(05)	
4. PROFESSIONAL DEVELOPMENT INCLUDING ETHICS	<ul style="list-style-type: none"> <li>Induction ceremony: Hippocratic Oath, Apron wearing &amp; Stethoscope adoring ceremony, Cadaveric Oath.</li> </ul>	One(01)	Forty (40)
	<ul style="list-style-type: none"> <li>Concept of Professional Ethics.</li> </ul>	Two(02)	
	<ul style="list-style-type: none"> <li>Consequences of unethical and unprofessional Behaviour.</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Compassion, altruism, integrity, duty, responsibility and trust</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Motivational Lecture and Social responsibility.</li> </ul>	Three(03)	
	<ul style="list-style-type: none"> <li>Healthy Lifestyle and stress management</li> </ul>	One	
	<ul style="list-style-type: none"> <li>Time Management.</li> </ul>	Two(02)	
	<ul style="list-style-type: none"> <li>Significance of working in a Health Care Team(Four+ four hrs)</li> </ul>	Eight (08)	
	<ul style="list-style-type: none"> <li>Value of Integrity, honesty and respect during interactions with peers, seniors, faculty and other health care workers and patients (One+ four hrs)</li> </ul>	Five (05)	
	<ul style="list-style-type: none"> <li>Understanding of importance of interpersonal relationships while working in a health care team(Four+ four hrs)</li> </ul>	Eight (08)	
	<ul style="list-style-type: none"> <li>Understanding and respect of cultural diversities and interact with those of different cultural values</li> </ul>	Four(04)	
	<ul style="list-style-type: none"> <li>Introduction and Basics of AETCOM and CBME &amp; Role of Mentoring</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Learning</li> </ul>	Two(03)	

Principal  
Government Medical College  
KATHUA

	<ul style="list-style-type: none"> <li>Disability competency</li> </ul>	One(01)	
5. SPORTS AND EXTRACURRICULAR ACTIVITIES	<ul style="list-style-type: none"> <li>Sports and Extracurricular Activities.</li> </ul>	Fourteen (14)	Twenty- two (22)
	<ul style="list-style-type: none"> <li>Yoga, Meditation and Stress Management.</li> </ul>	Eight(08)	
6. ENHANCEMENT OF LANGUAGE/ COMPUTER SKILLS	<ul style="list-style-type: none"> <li>Local and Universal Language learning- Hindi, English, Urdu, Dogri, Kashmiri(Two + two + three + three + three hrs)</li> </ul>	Thirteen (13)	Forty (40)
	<ul style="list-style-type: none"> <li>Computer Skills: Basic, PowerPoint Presentation.</li> </ul>	Seven(07)	
	<ul style="list-style-type: none"> <li>Computer Skills: Basic and Excel Sheet.</li> </ul>	Five(05)	
	<ul style="list-style-type: none"> <li>Computer Skills: Basic and Data Representation ( Tables, Bar Diagram, Line Diagram, Pie Chart)</li> </ul>	Seven(07)	
	<ul style="list-style-type: none"> <li>Information Technology</li> </ul>	One(01)	
	<ul style="list-style-type: none"> <li>Important Scientific Websites, important Medical journals and importance in continuous updating.</li> </ul>	Two(02)	
	<ul style="list-style-type: none"> <li>Internet surfing, Medical Literature Reviewing and Retrieving.</li> </ul>	Three(03)	
	<ul style="list-style-type: none"> <li>Medical use of Mobile (App) and other Soft wares.</li> </ul>	One(01)	
		<b>Total</b>	

Principal  
Government Medical College  
KATHUA

**GOVERNMENT MEDICAL COLLEGE, KATHUA**

**FOUNDATION COURSE SCHEDULE FOR MBBS BATCH, SESSION (2019-20)**

	9am-10am	10am-11am	11am-12am	12am-01pm	01pm-02pm	02pm-2.30pm	2.30pm-3.30pm	3.30pm-4.30pm
1 <sup>st</sup> Aug, 2019 Thurs	Lamp lighting ceremony & Welcome address	Induction Ceremony: Hippocratic Oath, Apron wearing and Stethoscope adoring ceremony and Cadaveric Oath	Detail orientation of MBBS Course; Introduction of Preclinical Faculty and Role of Indian Medical Graduates ; Rules and regulations of the college <b>INTERACTIVE SESSION</b>	Introduction to Medical Profession and Physician's role in the society <b>SGD</b>	<b>LUNCH BREAK</b> And Interaction with faculty	History of Medicine <b>SGD</b>		
2 <sup>nd</sup> Aug, 2019 Fri	Health care system and its delivery <b>LECTURE</b>	Visit to preclinical Depts. (Anatomy, Biochemistry/ Physiology)		Introduction to Medical Profession and Physician's role in the society <b>INTERACTIVE SESSION</b>	<b>LUNCH BREAK</b>	Information Technology <b>LECTURE</b>	Computer Skills: Basic, PowerPoint Presentation <b>LECTURE</b>	
3 <sup>rd</sup> Aug, 2019 Sat	Alternate Health Care Systems in the country <b>LECTURE</b>	Healthy Lifestyle and stress management <b>INTERACTIVE SESSION</b>	Yoga, Meditation and Stress Management <b>INTERACTIVE SESSION</b>	Introduction to Medical Profession and Physician's role in the society <b>INTERACTIVE SESSION</b>	<b>LUNCH BREAK</b>	Local & Universal Language Learning-English <b>INTERACTIVE SESSION</b>	Sports and Extracurricular Activities	

Principal  
Government Medical College  
KATHUA

5 <sup>th</sup> Aug, 2019 Mon	National Health Priorities, Goals and Policies <b>LECTURE</b>	Visit to Blood Bank, Central Lab. And Diagnostics (Micro, Patho, Biochem, Radiology, ECG, Echo)		<b>LUNCH BREAK</b>	Motivational Lecture and Social responsibility <b>INTERACTIVE SESSION</b>	Computer Skills: Basic and Excel Sheet <b>INTERACTIVE SESSION</b>
6 <sup>th</sup> Aug, 2019 Tue	Sports and Extracurricular Activities	Visit to Central Library		<b>LUNCH BREAK</b>	Universal Language Learning- English <b>LECTURE</b>	Computer Skills: Basic and Excel Sheet <b>LECTURE</b>
7 <sup>th</sup> Aug, 2019 Wed	Understanding Nutritional Issues and Health Economic Issues <b>LECTURE</b>	Hand washing technique <b>DOAP</b>	Patient & Drug Safety and Biohazard Safety <b>SGD</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Excel Sheet <b>SGD</b>	Sports and Extracurricular Activities
8 <sup>th</sup> Aug, 2019 Thurs	Sources of drugs and dosage form <b>LECTURE</b>	First Aid <b>DOAP</b>		<b>LUNCH BREAK</b>	Universal precautions and Vaccinations <b>SGD</b>	
9 <sup>th</sup> Aug, 2019 Fri	Concept of Professional Ethics <b>LECTURE</b>	Local & Universal Language Learning- Hindi <b>LECTURE</b>	Hand washing technique <b>DOAP</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic, PowerPoint Presentation <b>DOAP</b>	Sports and Extracurricular Activities
10 <sup>th</sup> Aug, 2019 Sat	Prescription writing Skills <b>DOAP</b>	Visit to Emergency, OPDs, wards, ICU, CCU, NICU		<b>LUNCH BREAK</b>	Motivational Lecture and Social responsibility <b>INTERACTIVE SESSION</b>	Sports and Extracurricular Activities

Principal  
Government Medical College  
KATHUA

13 <sup>th</sup> Aug, 2019 Tue	Team work Skills <b>LECTURE</b>		Local & Universal Language Learning- Hindi <b>INTERACTIVE SESSION</b>	Yoga, Meditation and Stress Management <b>SGD</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Excel Sheet  <b>DOAP</b>	Sports and Extracurricular Activities
14 <sup>th</sup> Aug, 2019 Wed	Local & Universal Language Learning- Dogri <b>INTERACTIVE SESSION</b>	Motivational Lecture and Social responsibility <b>INTERACTIVE SESSION</b>	Team work Skills <b>INTERACTIVE SESSION</b>	Basic Communication Skills <b>INTERACTIVE SESSION</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Excel Sheet <b>LECTURE</b>	Sports and Extracurricular Activities
16 <sup>th</sup> Aug, 2019 Fri	Basic Communication Skills <b>LECTURE</b>	Team work Skills <b>INTERACTIVE SESSION</b>		Routes of Drug Adminstration <b>SGD</b>	<b>LUNCH BREAK</b>	Community Health Problems <b>SGD</b>	Sports and Extracurricular Activities
17 <sup>th</sup> Aug, 2019 Sat	Visit to CHC, Introduction to Health Workers and their role; Introduction to and interaction with patients; understanding health problems and health care needs of community. <b>SCENARIO BASED</b>				<b>LUNCH BREAK</b>	Local & Universal Language Learning- Urdu <b>LECTURE</b>	Sports and Extracurricular Activities
19 <sup>th</sup> Aug, 2019 Mon	Principles of Primary Care <b>LECTURE</b>	Basic Communi cation Skills <b>INTERAC TIVE SESSION</b>	Conse quences of unethical and unprofess ional Behaviour <b>LECTURE</b>	Yoga, Meditation and Stress Management <b>PERFORMANCE SESSIONS UNDER EXPERT GUIDANCE</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representa tion ( Tables, Bar Diagram, LineDiagra m, Pie Chart) <b>LECTURE</b>	Sports and Extracurricular Activities

Principal  
Government Medical College  
KATHUA

20 <sup>th</sup> Aug, 2019 Tue	Principles of Family Practice <b>LECTURE</b>	Prescription writing Skills <b>DOAP</b>	Time Management <b>INTERACTIVE SESSION</b>	Self-directed Learning (SDL) <b>LECTURE</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representation (Tables, Bar Diagram, Line Diagram, Pie Chart) <b>LECTURE</b>	Sports and Extracurricular Activities
21 <sup>st</sup> Aug, 2019 Wed	Value of Integrity, honesty and respect during interactions with peers, seniors, faculty and other health care workers and patients <b>SGD</b>	Functioning as part of a Health Care Team/ Value of Integrity, honesty and respect during interactions with peers, seniors, faculty and other health care workers and patients <b>SCENARIO BASED</b>  Rotation in Batches: Roll No. 1-50 and 51-100			<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representation (Tables, Bar Diagram, Line Diagram, Pie Chart) <b>DOAP</b>	Sports and Extracurricular Activities
22 <sup>nd</sup> Aug, 2019 Thurs	Introduction to CBME, Basics of AETCOM and Importance of Mentoring <b>LECTURE</b>	Significance of working in a health care team/ Understanding of importance of interpersonal relationships while working in a health care team  <b>SCENARIO BASED</b> Rotation in Batches: Roll No. 1-50 and 51-100			<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representation (Tables, Bar Diagram, Line Diagram, Pie Chart) <b>DOAP</b>	Sports and Extracurricular Activities
23 <sup>rd</sup> Aug, 2019 Fri	Disability competencies <b>LECTURE</b>	Significance of working in a health care team /Understanding of importance of interpersonal relationships while working in a health care team <b>SCENARIO BASED</b> Rotation in Batches: Roll No. 1-50 and 51-100			<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representation (Tables, Bar Diagram,	Sports and Extracurricular Activities

Principal  
Government Medical College  
KATHUA

						Line Diagram, Pie Chart <b>DOAP</b>	
26 <sup>th</sup> Aug, 2019 Mon	Understanding Nutritional Issues and Health Economic Issues <b>SGD</b>	Understanding and respect of cultural diversities and interact with those of different cultural values. <b>SCENARIO BASED</b>			<b>LUNCH BREAK</b>	Computer Skills: Basic, PowerPoint Presentation <b>LECTURE</b>	Local & Universal Language Learning-Dogri <b>LECTURE</b>
27 <sup>th</sup> Aug, 2019 Tue	Internet surfing, Medical Literature Reviewing and Retrieving <b>SGD</b>	Biomedical Waste Handling and Management <b>LECTURE &amp; VIDEOS</b>	Local & Universal Language Learning - Dogri <b>INTERACTIVE SESSION</b>	Needle Stick/ Scalpel injury <b>SGD</b>	<b>LUNCH BREAK</b>	Computer Skills: Basic and Data Representation ( Tables, Bar Diagram, Line Diagram, Pie Chart) <b>INTERACTIVE SESSION</b>	
28 <sup>th</sup> Aug, 2019 Wed	Local & Universal Language Learning-Kashmiri <b>LECTURE</b>	Internet surfing, Medical Literature Reviewing and Retrieving <b>INTERACTIVE SESSION</b>	Understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that defines the nature of the physician's work <b>INTERACTIVE SESSIONS/VIDEOS</b>	Yoga, Meditation and Stress Management <b>PERFORMANCE SESSIONS UNDER EXPERT GUIDANCE</b>	<b>LUNCH BREAK</b>	Medical use of Mobile (App) and other Soft wares <b>INTERACTIVE SESSION</b>	Computer Skills: Basic, PowerPoint Presentation <b>LECTURE</b>
29 <sup>th</sup> Aug, 2019 Thurs	Basic Communication Skills <b>LECTURE</b>	Understanding Nutritional Issues and Health Economic Issues <b>SGD</b>		Yoga, Meditation and Stress Management <b>PERFORMANCE SESSIONS UNDER EXPERT GUIDANCE</b>	<b>LUNCH BREAK</b>	Immunization requirement of health care professional <b>LECTURE</b>	Computer Skills: Basic, PowerPoint Presentation <b>DOAP</b>

Principal  
Government Medical College  
KATHUA



30 <sup>th</sup> Aug, 2019 Fri	Internet surfing, Medical Literature Reviewing and Retrieving <b>INTERACTIVE SESSION</b>	Understanding of the process of group learning and group dynamics & Collaborative Learning <b>INTERACTIVE SESSION</b>	Basic Life Support and Resuscitation Skills <b>LECTURE/HANDS ON EXPERIENCE</b>		<b>LUNCH BREAK</b>	Local & Universal Language Learning-Urdu <b>INTERACTIVE SESSION</b>	Computer Skills: Basic, PowerPoint Presentation <b>DOAP</b>
31 <sup>st</sup> Aug, 2019 Sat	Team work Skills <b>INTERACTIVE SESSION</b>	Local & Universal Language Learning-Kashmiri <b>LECTURE</b>	Important Scientific Websites, important Medical journals and importance in continuous updating <b>SGD</b>	Comprehending the learning Pedagogy and its role in learning skills <b>LECTURE</b>	<b>LUNCH BREAK</b>	Local & Universal Language Learning-Kashmiri <b>INTERACTIVE SESSION</b>	Computer Skills: Basic, PowerPoint Presentation <b>DOAP</b>

Dr. Sulman Choudhary  
Principal & Chairperson

Govt. Medical College  
Kathua  
Principal  
Government Medical College  
KATHUA

No: - GMC/Kathua/EST/2019-20/1281-1286  
Dated:- 23/09/2019

Copy to information to the:-

1. Principal Secretary to Govt. Health & Medical Education Department, Civil Secretariat, J&K, Srinagar.
2. Dr Dinesh K Badyal, Professor, Department of pharmacology & Medical Education, Convener (Advance Course), MCI Nodal Centre, Christian Medical College and Hospital, Ludhiana, Secretary General, Medical Council of India, Pocket-14, Sector-8, Dwarka Phase-1, New Delhi-110077.
3. HOD all \_\_\_\_\_
4. Dr Sabita Yograj, Co-ordinator- Curriculum committee and Medical Education Unit, Professor & Head, Dept. of Physiology, GMC, Kathua shall coordinate for implementation of foundation course, Medical Education Unit/Curriculum Committee under the supervision of Principal and Dean, GMC, Kathua.
5. Office Copy.