








**MES MEDICAL COLLEGE , PERINTHALMANNA
MALAPPURAM DISTRICT, KERALA STATE**

**CBME CURRICULUM
FOUNDATION COURSE
(AUGUST 2019)**

-  **ORT - ORIENTATION**
-  **L/C - LANGUAGE/COMPUTER**
-  **SM - SKILLS MODULE**
-  **P&E - PROFESSIONALISM & ETHICS**
-  **S - SPORTS**
-  **EC - EXTRA CURRICULAR ACTIVITIES**
-  **FIELD VISIT**

MES MEDICAL COLLEGE, PERINTHALMANNA
FOUNDATION COURSE TIME TABLE
MBBS 2019– 2020 BATCH

DAY	8.00 AM- 9.00AM	9.00AM- 10.00AM	10.00AM- 11.00AM	11.00AM- 12.00 PM	12.00PM- 1.00PM	1.00PM- 2.00PM	2.00PM – 3.00PM	3.00PM – 4.00PM	
THURSDAY 01/08/2019	ORT 1		ORT 2	ORT 3		B R E A K	ORT 3	ORT 4 (3PM-5PM)	
FRIDAY 02/08/2019	ORT 5			ORT 6	ORT 7		BREAK	ORT 8	L1/ C 1 (3PM-5PM)
SATURDAY 03/08/2019	ORT 9		ORT 10	ORT 11			L 2/ C 2		

FOUNDATION COURSE TIME TABLE
MBBS 2019– 2020 BATCH

DAY	7.00AM 8.00AM	9.00AM - 10.00AM	10.00AM- 11.00AM	11.00AM- 12.00PM	12.00PM- 1.00PM	1.00PM - 2.00PM	2.00PM – 3.00PM	3.00PM – 4.00PM
MONDAY 05/08/2019	S1	ORT 12		ORT 13		B R E A K	L 3 / C 3	
TUESDAY 06/08/2019	S2	ORT 14		ORT 15			L4 / C 4	
WEDNESDAY 07/08/2019	S3	ORT 16		ORT 17			SM 1	
THURSDAY 08/08/2019	S 4	P&E 1	P&E 2	P&E 3	P&E 4		L 5 / C 5	
FRIDAY 09/08/2019	EC 1	P&E 5	P&E 6		BREAK		P&E 7	SM 2 (3PM-5PM)
SATURDAY 10/08/2019	HOLIDAY							

FOUNDATION COURSE TIME TABLE
MBBS 2019– 2020 BATCH

DAY	7.00AM – 8.00AM	9.00AM-10.00AM	10.00AM-11.00AM	11.00AM-12.00PM	12.00PM-1.00PM	1.00PM-2.00PM	2.00PM – 3.00PM	3.00PM – 4.00PM	
MONDAY 12/08/2019	S 5	P&E 8				B R E A K	SM 3		
TUESDAY 13/08/2019	S 6	P&E 9		SM 4			L6/ C 6		
WEDNESDAY 14/08/2019	S 7	P&E 10		SM 5			SM 6		
THURSDAY 15/08/2019	HOLIDAY								
FRIDAY 16/08/2019	EC 2 (8AM-9AM)	P&E 11 (9AM-11AM)		L 7 / C 7 (11AM-12PM)	BREAK		L 7 / C 7 (2PM-4PM)		
SATURDAY 17/08/2019	S 8	FIELD VISIT- PHC					L 8 / C 8		

FOUNDATION COURSE TIME TABLE
MBBS 2019– 2020 BATCH

DAY	7.00AM – 8.00AM	9.00AM- 10.00AM	10.00AM- 11.00AM	11.00AM- 12.00PM	12.00PM- 1.00PM	1.00PM - 2.00PM	2.00PM- 3.00PM	3.00 PM– 4.00PM
MONDAY 19/08/2019	S 9	P&E 12				B R E A K	L9 / C 9	
TUESDAY 20/08/2019	S 10	SM 7					L 10/ C10	
WEDNESDAY 21/08/2019	S 11	P&E 13					SM 8	
THURSDAY 22/08/2019	S 12	SM 9					L 11 / C 11	
FRIDAY 23/08/2019	EC 3	P&E 14 (8AM-12PM)			BREAK		L12 / C 12 (2PM-5PM)	
SATURDAY 24/08/2019	EC 4 (8AM-9AM)	FIELD VISIT- SUB CENTER					L 13 / C 13	

FOUNDATION COURSE TIME TABLE

MBBS 2019– 2020 BATCH

DAY	7.00AM – 8.00AM	9.00AM- 10.00AM	10.00AM- 11.00AM	11.00AM- 12.00PM	12.00PM- 1.00PM	1.00 PM- 2.00PM	2.00PM – 3.00PM	3.00PM – 4.00PM	
MONDAY 26/08/2019	S 13	P&E 15			B R E A K		SM 10		
TUESDAY 27/08/2019	S 14	SM 11					L 14 / C 14		
WEDNESDAY 28/08/2019	S 15	P&E 16					L 15/ C15		
THURSDAY 29/08/2019	S 16	SM 12					L 16 / C 16		
FRIDAY 30/08/2019	EC 5 (8AM-9AM)	SM 13 (9AM-12PM)					BREAK	L17 / C17	
SATURDAY 31/08/2019	EC 6 (8AM-9AM)	P&E 17	L 18/ C 18				L 19/ C19		

FOUNDATION COURSE – ORIENTATION(ORT)

SESSION	DATE	TOPIC	TIME
ORT 1 (2 hr)	01/08/2019 (THURSDAY)	MBBS program by Dean <ul style="list-style-type: none"> • Curriculum Description • Career Pathways & Personal growth • Role at various level of healthcare delivery system • Skill requirement and certification • Examinations • University rules regarding examination and attendance 	8AM - 10AM
ORT 2 (1 hr)		Mentors meet Academic ambience	10AM - 11AM
ORT 3 (3 hr)		<ul style="list-style-type: none"> • Ice breaking 	11AM-1PM
		<ul style="list-style-type: none"> • University rules, Exam, attendance by Curriculum committee member 	2PM-3PM
ORT 4 (2 hr)		Visit to library, Hospital& sports Area	3PM-5PM
ORT 5 (3 hr)	02/08/2019 (FRIDAY)	<u>Panel Discussion</u> The medical profession and its role in society <ul style="list-style-type: none"> • Expectation of society from doctors • Expectation of patients from doctors • Expectation of profession from its members • Roles and responsibility of doctors 	8AM-11AM
ORT 6 (30 mint)		Reflection	11AM-11.30AM
ORT 7 (30 mint)		Discussion	11.30AM-12PM
ORT 8 (1hr)		Movie	2PM-3PM

ORT 9 (2 hr)	03/08/2019 (SATURDAY)	Universal precautions by Microbiology department <ul style="list-style-type: none"> • Personal Protective equipments • Spill Management • Hand Hygiene • Post Exposure Prophylaxis • Sterilization and Disinfectant 	8AM-10AM
ORT 10 (1 hr)		Patient safety biohazard by microbiology department <ul style="list-style-type: none"> • Categories • Segregation 	10AM-11 AM
ORT 11 (2 hr)		Immunization for health professions <ul style="list-style-type: none"> • Introduction • Group activity • Discussion 	11 AM-1PM
ORT 12 (2 hr)	05/08/2019 (MONDAY)	History of medicine <ul style="list-style-type: none"> • Quiz competition • Lecture 	9AM-11AM
ORT 13 (2 hr)		Alternate system of Medicine by outside faculties	11AM-1PM
ORT14 (2 hr)	06/08/2019 (TUESDAY)	Principles of primary health care <ul style="list-style-type: none"> • Equitable distribution • Intersectorial coordination • Appropriate technology • Community Participation 	9AM-11AM
ORT 15 (2 hr)		Health care delivery system in Indian relevance delivery <ul style="list-style-type: none"> • Symposium by medical students on health care delivery system of UK, USA, Thailand, Srilanka 	11AM-1PM
ORT 16 (2 hr)	07/08/2019 (WEDNESDAY)	Panel discussion on National health priorities	9AM-11AM
ORT 17 (2 hr)		Reflection feedback of orientation program	11AM-1PM

Total Orientation = 30 Hours

FOUNDATION COURSE - SKILL MODULE(SM)

SESSION	DATE	TOPIC	TIME
SM 1 (2 hr)	07/08/2019 (WEDNESDAY)	First aid <ul style="list-style-type: none"> • General introduction • Different case scenarios (angina, epilepsy, snake bite, burns, choking, spine and neck injury, poisoning) 	2PM-4PM
SM 2 (2 hr)	09/08/2019 (FRIDAY)	Basic life support <ul style="list-style-type: none"> • Introduction • Basic steps • Hands on exercise 	3PM-5PM
SM 3 (2 hr)	12/08/2019 (MONDAY)	Gender sensitivity	2PM-4PM
SM 4 (2 hr)	13/08/2019 (TUESDAY)	Interpersonal relationship	11AM-1PM
SM 5 (2 hr)	14/08/2019 (WEDNESDAY)	Stress management <ul style="list-style-type: none"> • General introduction • Exercises • Meditation • Peer sharing • Paper mosaic art 	11AM-1PM
SM 6 (2 hr)		Time management <ul style="list-style-type: none"> • General introduction • Self assessment • Time management strategies • Planning study time 	2PM-4PM
SM 7 (4 hr)	20/08/2019 (TUESDAY)	Learning <ul style="list-style-type: none"> • Student-Centered Learning • Teacher-Facilitated Guidance • Relevant and Valuable Curriculum 	9AM-1PM
SM 8 (2 hr)	21/08/2019 (WEDNESDAY)	Creative thinking <ul style="list-style-type: none"> • Design methods • Vertical thinking 	2PM-4PM

SM 9 (4 hr)	22/08/2019 (THURSDAY)	Leadership <ul style="list-style-type: none"> • Introduction • Leadership Style • Characteristics • The Power of Purpose • Forming, Storming, Performing • Delegation 	9AM-1PM
SM 10 (2 hr)	26/08/2019 (MONDAY)	Problem solving <ul style="list-style-type: none"> • Explain the Six-Step Problem-Solving Process. • Demonstrate the use of the problem-solving process. • Appreciate the uses of the problem-solving process • Evaluate its effectiveness in achieving the goals 	2PM-4PM
SM 11 (4 hr)	27/08/2019 (TUESDAY)	Critical thinking <ul style="list-style-type: none"> • Importance of Critical thinking • Reading and writing with a critical eye • Critical thinking and working with others 	9AM-1PM
SM 12 (4 hr)	29/08/2019 (WEDNESDAY)	Decision making <ul style="list-style-type: none"> • Introduction • Different steps of decision making • Techniques 	9AM-1PM
SM 13 (3 hr)	30/08/2019 (FRIDAY)	Information technology – use and misuse <ul style="list-style-type: none"> • General Introduction • Effect of technology in social life 	9AM-12PM

Total skill module = 35 Hours

FOUNDATION COURSE - FIELD VISIT COMMUNITY HEALTH CENTER

SESSION	DATE	VENUE	TIME	HOURS ALLOTTED
FIELD VISIT 1	17/08/2019 (SATURDAY)	PHC	9AM-1PM	4 hours
FIELD VISIT 2	24/08/2019 (SATURDAY)	SUB CENTER	9AM-1PM	4 hours

Total field visit = 8 Hours

FOUNDATION COURSE – PROFESSIONALISM & ETHICS(P&E)

SESSION	DATE	TOPIC	TIME
P&E 1 (1 hr)	08/08/2019 (THURSDAY)	Ethics - Exploratory Session - Small Group Discussion	9AM-10AM
P&E 2 (1 hr)		Principles of Ethics - Interactive Lecture	10AM-11AM
P&E 3 (1 hr)		Code of conduct -Group discussion	11AM-12PM
P&E 4 (1 hr)		<ul style="list-style-type: none">• Introduction to Professionalism -Role-play	12PM-1PM
P&E 5 (1 hr)	09/08/2019 (FRIDAY)	<ul style="list-style-type: none">• Malayalam movie clips related to ethical practice-	9AM-10AM
P&E 6 (2 hr)		<ul style="list-style-type: none">• Reflection• Duties of Physicians to their patients• Symposium by students	10AM-12PM
P&E 7 (1 hr)		<ul style="list-style-type: none">• Responsibilities of the physicians to each other, to the public, to the Para-medical professionals• Interactive lecture	2PM-3PM

P&E 8 (4 hr)	12/08/2019 (MONDAY)	Panel Discussion -Opinion of Senior Doctors, Nurses, Attendants, (former) patients & bystanders regarding interactions	9AM-1PM
P&E 9 (2 hr)	13/08/2019 (TUESDAY)	<ul style="list-style-type: none"> • Value of Honesty and respect in professional interactions-Clinical Scenarios -Think pair and Share • Empathy - Relating to Patients Experience of the Disease: Interactive Lecture 	9AM-11AM
P&E 10 (2 hr)	14/08/2019 (WEDNESDAY)	<ul style="list-style-type: none"> • Introduction to Group Dynamics -Interactive Lecture • Group activity on group dynamics 	9AM-11AM
P&E 11 (2 hr)	16/08/2019 (FRIDAY)	<ul style="list-style-type: none"> • Doctors responsibilities as a member of a Healthcare Team - Interactive Lecture + Buzz Session • Working as a part of a healthcare team - Symposium - Reflective Writing Assignment 	9AM-11AM
P&E 12 (4 hr)	19/08/2019 (MONDAY)	<ul style="list-style-type: none"> • Communication skills • Types of communication • Barriers of communications • Listening skills and responding • Role play & Group discussion 	9AM-1PM
P&E 13 (4 hr)	21/08/2019 (WEDNESDAY)	<ul style="list-style-type: none"> • Effective Doctor-patients communication • Video Assisted Lecture • Discussion on news paper based cases. • Effective interaction with family - Video Assisted Lecture 	9AM-1PM
P&E 14 (4 hr)	23/08/2019 (FRIDAY)	<ul style="list-style-type: none"> • Family allotment for Rapport building • Reflection 	8AM-12PM
P&E 15 (4 hr)	26/08/2019 (MONDAY)	<ul style="list-style-type: none"> • Patient Confidentiality – Lecture • Introduction to Evidence • Clinical Visit — Communication with the Patient 	9AM-1PM

P&E 16 (4 hr)	28/08/2019 (WEDNESDAY)	<ul style="list-style-type: none"> • Introduction to Documentation • Documentation in Medical Practice - Case Based Discussion • Reflections on interaction, confidentiality and communication 	9AM-1PM
P&E 17 (2 hr)	31/08/2019 (SATURDAY)	Assessment	9AM-11AM

Total Professional Development including Ethics = 40 Hours

FOUNDATION COURSE - SPORTS AND EXTRACURRICULAR ACTIVITIES(S&EC)

SESSION	DATE	TOPIC	TIME
S 1 (1 hr)	05/08/2019 (MONDAY)	Stretching Exercises	7AM-8AM
S 2 (1 hr)	06/08/2019 (TUESDAY)	Yoga and Meditation	7AM-8AM
S 3 (1 hr)	07/08/2019 (WEDNESDAY)	Yoga and Meditation	7AM-8AM
S 4 (1 hr)	08/08/2019 THURSDAY	Yoga and Meditation	7AM-8AM
EC 1 (1 hr)	09/08/2019 (FRIDAY)	Song	7AM-8AM
S 5 (1 hr)	12/08/2019 (MONDAY)	Cricket	7AM-8AM
S 6 (1 hr)	13/08/2019 (TUESDAY)	Carroms	7AM-8AM
S7 (1 hr)	14/08/2019 (WEDNESDAY)	Football	7AM-8AM

EC 2 (1 hr)	16/08/2019 (FRIDAY)	Dance	8AM-9AM
S 8 (1 hr)	17/08/2019 (SATURDAY)	Chess	7AM-8AM
S 9 (1 hr)	19/08/2019 (MONDAY)	Volleyball	7AM-8AM
S 10 (1 hr)	20/08/2019 (TUESDAY)	Table tennis	7AM-8AM
S 11 (1 hr)	21/08/2019 (WEDNESDAY)	Basket ball	7AM-8AM
S 12 (1 hr)	22/08/2019 (THURSDAY)	Badminton	7AM-8AM
EC 3 (1 hr)	23/08/2019 (FRIDAY)	Skit	7AM-8AM
EC 4 (1 hr)	24/08/2019 (SATURDAY)	Mime	8AM-9AM
S 13 (1 hr)	26/08/2019 (MONDAY)	Gym	7AM-8AM
S 14 (1 hr)	27/08/2019 (TUESDAY)	Gym	7AM-8AM
S 15 (1 hr)	28/08/2019 (WEDNESDAY)	Gym	7AM-8AM
S 16 (1 hr)	29/08/2019 (THURSDAY)	Gym	7AM-8AM
EC 5 (1 hr)	30/08/2019 (FRIDAY)	Film making	8AM-9AM
EC 6 (1 hr)	31/08/2019 (SATURDAY)	Music instruments	8AM-9AM

Total sports and extracurricular activities= 22 Hours

* Students will be divided to batches and activities will be done in rotation

FOUNDATION COURSE - LANGUAGE AND COMPUTER SKILL (L&C)

SESSION	DATE	TOPIC		TIME
		LANGUAGE	COMPUTER	
L&C 1 (2 hr)	02/08/2019 (FRIDAY)	Basic Grammar	Introduction to Microsoft word	2PM-4PM
L&C 2 (2 hr)	03/08/2019 (SATURDAY)	Basic Grammar	Hands on exercise on Introduction to Microsoft word	2PM-4PM
L&C 3 (2 hr)	05/08/2019 (MONDAY)	Evaluation	Introduction to Microsoft excel	2PM-4PM
L&C 4 (2 hr)	06/08/2019 (TUESDAY)	Listening	Hands on exercise on Introduction to Microsoft excel	2PM-4PM
L&C 5 (2 hr)	08/08/2019 (THURSDAY)	Speech	Introduction to Microsoft PowerPoint	2PM-4PM
L&C 6 (2 hr)	13/08/2019 (TUESDAY)	Monologue	Hands on exercise on Introduction to Microsoft PowerPoint	2PM-4PM
L&C 7 (3 hr)	16/08/2019 (FRIDAY)	Group discussion	Document preparation	11AM-12PM 2PM-4PM
L&C 8 (2 hr)	17/08/2019 (SATURDAY)	Multitasking	Basics of evidence based research as useful for a clinical doctor	2PM-4PM
L&C 9 (2 hr)	19/08/2019 (MONDAY)	Making Notes	Practice session on evidence based research	2PM-4PM
L&C 10 (2 hr)	20/08/2019 (TUESDAY)	Comprehension Practice	Introduction to software used in medical field	2PM-4PM
L&C 11 (2 hr)	22/08/2019 (THURSDAY)	Reading	Practice session on software used in medical field	2PM-4PM
L&C 12 (3 hr)	23/08/2019 (FRIDAY)	Writing	Data base searching useful for a medical doctor	2PM-5PM
L&C 13 (2 hr)	24/08/2019 (SATURDAY)	Short Writing	Practice session on data base searching	2PM-4PM
L&C 14 (2 hr)	27/08/2019 (TUESDAY)	Essays	Use of interactive board	2PM-4PM
L&C 15 (2 hr)	28/08/2019 (WEDNESDAY)	Speaking	Practice session on interactive board	2PM-4PM

L&C 16 (2 hr)	29/08/2019 (THURSDAY)	Extempore Speech	Health information system	2PM-4PM
L&C 17 (2 hr)	30/08/2019 (FRIDAY)	Group Activity	Practice session on health information system	2PM-4PM
L&C 18 (2 hr)	31/08/2019 (SATURDAY)	Debate	Effectiveness of training programs on computer skills	11AM-1PM
L&C 19 (2 hr)		Evaluation	Reflection and evaluation	2PM-4PM

Total Language/computer Module = 40 Hours