

FOUNDATION COURSE -FIRST MBBS -CHENGALPATTU MEDICAL COLLEGE											
Date	8 am - 9am	9 am - 10am	10am - 11am	11am -12pm	12pm - 1pm	1pm - 2pm	2pm - 3pm	3pm - 4pm			
1	Inaugration & White Coat ceremony					<b>LUNCH</b>	Inaugration & White Coat ceremony				
2	Pre evaluation	Introduction to Orientation Programme	Ice Breaking session, Group dynamics & mentors Allottment		Antirragging measures		Introduction to Yoga				
3	Reflection of Day 1	History of Medicine	Extracurricular activities	Medical Ethics & Professionalism			AETCOM 1.1				
4	<b>SUNDAY</b>										
5	Stress management & Time Management		A1 & A2 Yoga Demo/ Meditation Demo ; B1 & B2 Urban Health centre					Universal Precautions			
6	Medical Terminologies		B1 & B2 Yoga Demo/ Meditation ; A1 & A2 Urban Health centre					Library Vist/e-learning/Literature Search/ Workshop on professional quality			
7	Hospital Tour										
8	A1 & A2 Yoga Demo/ Meditation Demo ; B1 & B2 Basic Life Support		Extracurricular activities	Biomedical Waste Management				Library Vist/e-learning/Literature Search/ Workshop on professional quality			
9	B1 & B2 Yoga Demo/ Meditation Demo ; A1 & A2 Basic Life Support		Extracurricular activities	Biohazards Safety				how to plan time / Communication skills			
10	<b>SECOND SATURDAY</b>										
11	<b>SUNDAY</b>										
12	<b>BAKRID</b>										
13	Yoga & Meditation	A1 & A2 Rural Health Centre Visit ; B1 & B2 AETCOM 1.5 dissection hall tour						A1 & A2 Rural Health Centre Visit ; B1 & B2 language skills & Communication			
14	Yoga & Meditation	B1 & B2 Rural Health Centre Visit ; A1 & A2 AETCOM 1.5 dissection hall tour						B1 & B2 Rural Health Centre Visit ; A1 & A2 language skills & Communication			
15	<b>INDEPENDENCE DAY</b>										
16	Yoga & Meditation	Medical Emergencies			Surgical Emergencies				procedures of organ donation		
17	Yoga & Meditation	Alternate Health System (siddha, ayurvedha,unani)	Noncommunicable disease( NCD)	Life style Modifications & Healthy Living				SPORTS			
18	<b>SUNDAY</b>										
19	Yoga & Meditation	A1 BLS ;A2 Casualty/ TAEI/ ICU;B1 Blood Bank / central lab ; B2 Labour ward / pediatrics			Medical Research & ICMR				sensitizing and educating the community on NCD		
20	Yoga & Meditation	A2 BLS;A1 Casualty/ TAEI/ ICU;B2 Blood Bank / central lab ; B1 Labour ward / pediatrics			Career pathway & personal growth				Road Safety & Rules		
21	Yoga & Meditation	B1 BLS;B2 Casualty/ TAEI/ ICU;A1 Blood Bank / central lab ; A2 Labour ward / pediatrics			Medical Records & Documentation				Your Expectations & Dreams		

22	Yoga & Meditation	B2 BLS;B1 Casualty/ TAEI/ ICU;A2 Blood Bank / central lab ; Labour ward / pediatrics		A1	Health for all / Health Care System
23	<b>JANMASHTAMI</b>				
24	Yoga & Meditation	College Student Council (Constitution, Activities & Achievements)	Senior Student Experience	National Health Policies & Priorities	
25	<b>SUNDAY</b>				
26	Yoga & Meditation	Community Village Visit- health survey			
27	Yoga & Meditation	Immunization & National Immunization Schedule	Gender Harassment Awareness		
28	Tree Plantation	Green Club Activities	TN Dr.MGR University Guidelines		
29	Yoga & Meditation	Introduction to Anatomy	Learning about how to learn Anatomy		
30	Yoga & Meditation	Introduction to Physiology	Learning about how to learn Physiology		
31	Yoga & Meditation	Introduction to Biochemistry	Learning about how to learn Biochemistry		

<b>Addiction</b>	
<b>Sports</b>	
A1 & A2 E-Learning; B1 & B2 language skills & Communication	
Fire safety	Disaster management
A1 & A2 Local language Communication skills; B1 & B2 Extracurricular activities	
B1 & B2 Local Language Communication Skills; A1 & A2 Extracurricular activities	
<b>Student Feedback</b>	
<b>Post Evaluation</b>	