

**Era's Lucknow Medical College & Hospital, Lucknow**  
**Sarfarazganj Hardoi Road, Lucknow**

Ref. No.ELMC&H/2022/6093

Date 10/11/2022

Legends for Foundation Course MBBS – 2022-23			
S. No.	Color Code	Detail	No. of Hours
1		Orientation module	32
2		Skill Module	35
3		Field visit to community health Community Orientation Module	8
4		Professional Development & Ethics module	40
5		Computer Skill	40
		Enhancement of English Language	
		Enhancement of Local Language	
6		Sports	22
		Leisure	
		Extra Curricular Activity	
7		Pandemic Module	2
Total Hours			179

10/11/2022

**Dr. (Prof.) Jamal Masood**  
Principal & CMS  
Era's Lucknow Medical College & Hospital  
Lucknow



# Era's Lucknow Medical College & Hospital, Lucknow

## FOUNDATION COURSE (PHASE - I) MBBS BATCH 2022-23

**Venue:- LT - 4 (Second Floor College Building)**

**Ref. No.ELMC&H/2022/** 6894

**w.e.f: 15.11.2022 to 20.11.2022**

**Date** 10/11/22

DAYS	8:00AM-9:00AM	9:00AM-10:00AM	10:00AM-11:00AM	11:00AM-12:00AM	12:00AM-1:00PM	1- 2 PM	2:00PM-3:00PM	3:00PM-4:00PM
Tuesday 15.11.2022	<b>FC1.4</b> <b>ICE BREAKING</b>	<b>FC1.4</b> Understanding of the rules and regulations of the institution. <b>Welcome Address:-</b> <b>Vice Chancellor , Dean &amp; Principal &amp; CMS,</b>	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>i) Medical profession</b>	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>ii) MBBS Program (Roadmap)</b>	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>iii) Introduction of foundation course</b>	<b>L U N C H</b>	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>iv) Competency Base Medical Education(CBME)</b>	<b>FC1.5</b> College campus, facilities, faculty, administrative structure, support systems and processes of the institution. <b>i) Anti-ragging measures</b>
Wednesday 16.11.2022	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>vi) Teaching learning methods (Pedagogy, Peer assisted learning, online resources, simulation)</b>	<b>FC1.5</b> College campus, facilities, faculty, administrative structure, support systems and processes of the institution. <b>ii) Attendance system</b> <b>iii) Exam system</b>	<b>FC1.10</b> <b>Awareness of the History of Medicine.</b>	<b>FC1.10</b> <b>History of alternate systems of Medicine.</b>	<b>FC1.6</b> Discuss the various career pathways and opportunities for personal growth. <b>ii) Alumni speech</b>		<b>FC1.5</b> College campus, facilities, faculty, administrative structure, support systems and processes of the institution. <b>iv) College tour (Anatomy, Physiology, Biochemistry)</b>	
Thursday 17.11.2022	<b>FC1.2</b> <b>Understanding of the Roles of an Indian Medical Graduate and relate it to the societal impact</b>	<b>FC4.6</b> <b>Understanding and respect of cultural diversities and interact with those with different cultural values.</b>	<b>FC1.4</b> Understanding of the rules and regulations of the institution. <b>i) Transition workshop</b>				<b>FC1.5</b> College campus, facilities, faculty, administrative structure, support systems and processes of the institution. <b>v) Hospital tour</b>	
Friday 18.11.2022	<b>FC1.1</b> <b>Demonstrate understanding of the role of doctors in the society and their impact</b>		<b>FC5.5</b> <b>Computer Aided Revision and Evaluation (CARE)</b>	<b>FC5.5</b> <b>Medical Animation</b>	<b>FC5.5</b> <b>Medical Game</b>		<b>FC1.5</b> College campus, facilities, faculty, administrative structure, support systems and processes of the institution. <b>vi) Medical literature &amp; Library</b>	
Saturday 19.11.2022	<b>FC4.12</b> <b>Understanding of the process of group dynamics.</b>	<b>FC4.3</b> Interaction with peers, seniors, faculty, other health care workers and patients. <b>i) Gender sensitivity + Role play</b>		<b>FC1.6</b> Discuss the various career pathways and opportunities for personal growth. <b>i) Research Opportunity</b>	<b>FC4.9</b> <b>The significance and appropriate ways of Time management.</b>		<b>Antakshari</b>	
Sunday 20.11.2022	<b>Cricket / Badminton, Chess, Carrom, Table Tennis</b>							

Copy To:

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4. Head, Dept. of Anatomy, Biochemistry, Physiology, Comm.Medicine & Psychiatry 5. Medical Education Dept,
5. Controller of Examination 7. Asst.Registrar 8. Nodal Officer 9. Attendance Section, 10. Examination Cell, 11. CARE Clerk 12. HIZ TV (Mass com)- Mr. Zeashan Ali 13. Student Consellor, 14. Gaming Section - Mr. Baqar, 15. Animation Section, 16. Photo Graphy Section, 17. Notice Board ( College), Hostel ( Boys & Girls),

10/11/2022

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Principal, & CMS

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## FOUNDATION COURSE (PHASE - I) MBBS BATCH 2022-23

### Venue:- LT - 4 (Second Floor College Building)

Ref. No.ELMC&H/2022/ 6895

w.e.f: 21.11.2022 to 27.11.2022

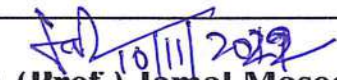
Date

10/11/22

DAYS	8:00AM-9:00AM	9:00AM-10:00AM	10:00AM-11:00AM	11:00AM-12:00AM	12:00AM-1:00PM	1- 2 PM	2:00PM-3:00PM	3:00PM-4:00PM
Monday 21.11.2022	FC4.1 Understanding of the concept of Professionalism and ethics among health care professionals.	FC4.15 Understanding of different methods of self-directed learning.		FC5.5 Medico Skill software		L U N C H	FC5.2 Oral interaction with doctor/ patient's family, and hospital staff	
Tuesday 22.11.2022	FC4.1 Understanding of the concept of Professionalism and codes of conduct and practice.		FC4.15 Understanding the Human Ethics Guideline of Government of India.		FC4.10 Understanding of importance of interpersonal relationship while working in a health care team. (i) Professional as a lifelong learner		FC4.1 Discuss the consequences of unprofessional and unethical behaviour	
Wednesday 23.11.2022	FC4.11 Understand the Personal grooming.		FC5.5 Demonstration of OPD/IPD software	PADEMIC MODULE PAN1.2 History of pandemic	PADEMIC MODULE PAN1.3 History of pandemic		FC5.1 Importance of communication at hospitals	
Thursday 24.11.2022	FC2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation	FC1.9 Discuss the principles of family practice.	FC1.9 Discuss the principles of family practice in terms Health priorities & policies.	FC4.14 Comprehend the learning pedagogy and its role in learning skills.			FC5.4 Introduction to Computers FC5.4 Important of Information Technology for Medical Student	
Friday 25.11.2022	FC3.4,3.5 Discuss the basic principles of community health and its impact on health and disease. Understanding of the structure and functioning of the community health center	FC4.2 Understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that defines the nature of the physician's work.		FC4.4 The significance of working in a health care team.			FC5.1 Barriers in communication with Patients and their relatives	
Saturday 26.11.2022	FC4.1 Understanding the concept of professional committed to profession	FC4.8 The role of Yoga and meditation in personal health.		FC3.6 demonstrate ability to obtain patient experiences through patient and family interactions and relate these experiences to impact enviornment and diseases			Mehendi/Painting/Rangoli	
Sunday 27.11.2022	Cricket / Badminton, Chess, Carrom, Table Tennis							

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## FOUNDATION COURSE (PHASE - I) MBBS BATCH 2022-23

### Venue:- LT - 4 (Second Floor College Building)

Ref. No.ELMC&H/2022/ 6895

w.e.f: 28.11.2022 to 4.12.2022

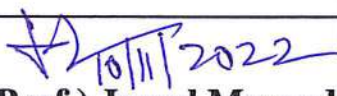
Date

10/11/22

DAYS	8:00AM-9:00AM	9:00AM-10:00AM	10:00AM-11:00AM	11:00AM-12:00AM	12:00AM-1:00PM	1- 2 PM	2:00PM-3:00PM	3:00PM-4:00PM
Monday 28.11.2022	<b>FC1.7</b> Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. <b>v) Reflection &amp; Reflective Writing</b>	<b>FC2.1</b> Perform Basic Life support in Skills lab	<b>FC2.2</b> Perform First Aid in a simulated environment	<b>FC2.5</b> Demonstrate proper hand washing and donning of gloves	<b>FC2.5</b> Demonstrate proper use of personal protective equipment	<b>L U N C H</b>	<b>FC5.2</b> Conversations	
Tuesday 29.11.2022	<b>FC3.1</b> <b>Understanding of the National Health Goals and Policies.</b>	<b>FC5.4</b> Working on MS word	<b>FC2.1</b> Perform Basic Life support in Skills lab				<b>FC5.1</b> Informing; counseling; enquiring; recommending; dealing/tackling complaints of aggressive patients.	
Wednesday 30.11.2022	<b>FC1.8</b> Understanding the role of physician at primary level of Health care delivery Understanding the role of physician at various levels of Health care delivery		<b>FC2.2</b> Perform First Aid in a simulated environment				<b>FC5.4</b> How to Create, write and Reply an Email	
Thursday 1.12.2022	<b>FC1.3</b> The expectations of the students from the Nation, society, Institution, peers, colleagues and patients and vice versa.		<b>FC2.5</b> Demonstrate proper hand washing and donning of gloves				<b>FC5.1</b> Importance of listening skills:	
Friday 2.12.2022	<b>FC4.5</b> Discuss disability competencies.		<b>FC2.5</b> Demonstrate proper use of personal protective equipment				<b>FC4.12</b> Understanding of the process of group learning	
Saturday 3.12.2022	<b>FC3.2</b> Discuss the national health scenario, demographic, socio-cultural and epidemiological issues.	<b>FC5.3</b> Importance of Non-Verbal communication for doctors		<b>FC2.8</b> Discuss the Immunization requirements of Health care professionals			<b>Singing/Playing Instrument</b>	
Sunday 4.12.2022	<b>Basket Ball / Badminton, Chess, Carrom, Table Tennis</b>		<b>Volley Ball / Badminton, Chess, Carrom, Table Tennis</b>					

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**FOUNDATION COURSE (PHASE - I) MBBS BATCH 2022-23**  
**Venue:- LT - 4 (Second Floor College Building)**

Ref. No.ELMC&H/2022/ 6897

w.e.f: 5.12.2022 to 12.12.2022

Date

10/11/22

DAYS	8:00AM-9:00AM	9:00AM-10:00AM	10:00AM-11:00AM	11:00AM-12:00AM	12:00AM-1:00PM	1- 2 PM	2:00PM-3:00PM	3:00PM-4:00PM
Monday 5.12.2022	FC5.4 Working on MS Excel	FC2.3 Follow bio-safety and universal precautions	FC2.4 Demonstrate handling and safe disposal of Biohazardous materials in a simulated environment	FC2.6 Demonstrate appropriate response to needle stick injuries	FC2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations	L U N C H	FC5.3 Planning structure and layout of written messages at hospitals:	
Tuesday 6.12.2022	FC4.3 The value, honesty and respect during interaction with peers, seniors, faculty, other health care workers and patients.		FC2.3 Follow bio-safety and universal precautions				FC5.2 ROLE PLAY	
Wednesday 7.12.2022	FC5.4 How to create Resume & Memo		FC2.4 Demonstrate handling and safe disposal of Biohazardous materials in a simulated environment				FC5.4 How to prepare Power point Presentation	
Thursday 8.12.2022	FC5.4 How to use Internet		FC2.6 Demonstrate appropriate response to needle stick injuries				FC5.3 Importance of Verbal communication for doctors	
Friday 9.12.2022	FC5.2 Local Language LOCAL JARGONS		FC2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations				FC4.11 Understand the role of mentoring.	
Saturday 10.12.2022	FC3.3 Understanding of the health care systems in India with reference to primary, secondary and tertiary level care			FC4.4 The significance of working in a health care team at different levels	FC4.1 Understanding of the concept of Professionalism and ethics among health care professionals and discuss the consequences of unprofessional and unethical behavior iii) Hippocratic Oath / Maharishi Charak Shapat		Self Study	
Sunday 11.12.2022	Volley Ball / Badminton, Chess, Carrom, Table Tennis		Football / Badminton, Chess, Carrom, Table Tennis					
Monday 12.12.2022	FC4.7 The significance and methods of stress management and risk taking behavior. i) Role of physician in society		FC4.13 Understanding of the social norms and medical profession		Self Study		Self Study	

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