

Era's Lucknow Medical College & Hospital, Lucknow

FOUNDATION COURSE (PHASE-I) MBBS BATCH 2025-26

Venue - LT - 4 (College Building 2nd floor)

w.e.f: 13-10-2025 to 29-10-2025

Date

13/10/2025

Ref. No.ELMC&H2025/

4309

Ref. No.ELMC&H2025/ 1307										
W.E.T. 13-10-2025 to 17-10-2025										
DATE	DAY	8:00AM-9:00AM	9:00AM-10:00AM	10:00AM-11:00AM	11:00AM-12:00PM	12:00PM-1:00PM	1-2 PM	2:00PM-3:00PM	3:00PM-4:00PM	4:00PM-5:00PM
13-10-2025	MONDAY	Reporting to Institute (Familiarization to Campus)						L U N C H	Reporting to Institute (Familiarization to Campus)	
14-10-2025	TUESDAY	Reporting to Institute (Familiarization to Campus)							Familiarization to Campus (Biometric Registration)	
15-10-2025	WEDNESDAY	Reporting to Institute (Familiarization to Campus)					FC1.4 Understanding of the rules and regulations of the institution. Welcome Address Hippocratic Oath / Maharishi Charak Shapath Vice Chancellor , Pro Vice Chancellor Additional Director Administration Dean & Principal & CMS, Heads of Phase - 1 Proctor Chief Warden	FC4.1 Parent Teacher Meeting & Heads of Phase - 1 Department With All Faculty	Familiarization to Campus (Biometric Registration)	
16-10-2025	THURSDAY	FC1.7 Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. Introduction of foundation course Teaching learning methods (Pedagogy, Peer assisted learning, online resources, simulation) Dr. Sonia Jaiswal	FC1.5 College campus, facilities, faculty, administrative structure, support systems and processes of the institution. Attendance system Exam system Dr. (Prof.) Anu Chandra Dr. (Prof.) Taskeen Raza	FC1.5 College campus, facilities, faculty, administrative structure, support systems and processes of the institution. Anti-ragging measures Dr. (Prof.) Nirupma Lal	FC1.4 ICE BREAKING Dr. Geetanjali Srivastava Dr. Gazala Afrin Dr. Nidhi Singh	FC1.7 Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. Competency Base Medical Education(CBME) Dr. (Prof.) MMA Faridi	L U N C H	FC1.6 Discuss the various career pathways and opportunities for personal growth. Alumni speech Dr. Avadh Kapoor	FC1.5 College campus, facilities, faculty, administrative structure, support systems and processes of the institution Medical literature & Library Visit Dr. Kashif Khan & Team	Valley Ball / Badminton, Chess, Carrom, Table Tennis Dr. Hemlata Rathore Dr. Asmita Dr. Aman
17-10-2025	FRIDAY	FC3.1 Understanding of the National Health Goals and Policies. Dr. Ruby Khatoun	FC1.10 Awareness of the History of Medicine Dr. (Prof.) Jamal Masood	FC4.3 Interaction with peers, seniors, faculty, other health care workers and patients. Gender sensitivity Dr. (Prof.) Nirupma Lal	FC1.5 College campus, facilities, faculty, administrative structure, support systems and processes of the institution. iv) College tour (Anatomy, Physiology, Biochemistry) Dr. Geetanjali Srivastava, Dr. Nidhi Singh, Dr. Gazala Afrin			FC5.2 (Oral interaction with doctor/ patient's family, and hospital staff) Principles of Management - I Dr. Gulshia Rizvi	FC1.2 Understanding of the Roles of an Indian Medical Graduate and relate it to the societal impact Prof. Uma Gupta	Yoga Mrs. Anjali Mishra Dr. Khushboo Dr. Adil Dr. Asmita

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18-10-2025	SATURDAY	PANL2 History of Outbreaks Dr. Zoha Deebs Khan	FC3.3 Understanding of the health care systems in India with reference to primary, secondary and tertiary level care Dr. Abid Asghar	FC1.6 Discuss the various career pathways and opportunities for personal growth. Research Opportunity Dr. (Prof.) Sharique Ahmad	FC4.12 Understanding of the process of group dynamics Dr. Vineta Tiwari	FC1.7 Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways MBBS Program (Roadmap) Dr. (Prof.) MMA Faridi	L U N C H	Crickat / Badminton, Chess, Carrom, Table Tennis Dr. Varsha Dr. Adil Dr. Neha	Crickat / Badminton, Chess, Carrom, Table Tennis Dr. Varsha Dr. Adil Dr. Neha	
19-10-2025	SUNDAY	Sunday - Holiday								
20-10-2025	MONDAY	FC4.10 Understanding of importance of interpersonal relationship while working in a health care team. Professional as a lifelong learner Dr. (Prof.) Tariq Mahmood	FC1.7 Understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways. Reflection & Reflective Writing Dr. Siddhartha Chandel	FC5.4 How to prepare Power point Presentation Mr. Abhishek Nigam	FC4.15 Understanding of different methods of self-directed learning Dr. (Prof.) MMA Faridi	FC4.1 Understanding of the concept of Professionalism and ethics among health care professionals Dr. Raghvendra Singh	L U N C H	FC5.5 Computer Aided Revision and Evaluation (CARE) + Medical Game Medical Animation Dr. Sonia Jainwal Mr. Israr	FC4.6 Understanding and respect of cultural diversities and interact with those with different cultural values Dr. Nirupma Lal	Volley Ball / Badminton, Chess, Carrom, Table Tennis Dr. Hemlata Dr. Aamir Dr. Aman
21-10-2025	TUESDAY	Diwali - Holiday								
22-10-2025	WEDNESDAY	Goverdhan Pooja - Holiday								
23-10-2025	THURSDAY	FC4.9 The significance and appropriate ways of Time management Dr. (Prof.) Brijesh Rathore	FC4.3 The value, honesty and respect during interaction with peers, seniors, faculty, other health care workers and patients Dr. Annu Ankita	FC5.4 AI & Medicine Dr. (Prof.) R K Garg	FC5.3 Introduction to Communication Ms. Saleha Jafri	FC3.6 To obtain patient experiences through patient and family interactions and relate these experiences to impact of environment and diseases Dr. (Prof.) Prabha Srivastava	L U N C H	FC5.1 (Importance of listening skills) Organizational Behaviour - I Dr. Samreen Naqvi	FC3.2 Discuss the national health scenario, demographic, socio-cultural and epidemiological issues Dr. Avi Singh	Football / Badminton, Chess, Carrom, Table Tennis Dr. Swati Dr. Varsha Dr. Khushboo

for

Signature

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24-10-2025	FRIDAY	FC4.4 The significance of working in a health care team Dr. Asfia Khan	FC5.1 (Barriers in Communication with Patients and their relatives) Organizational Behaviour - II Dr. Samreen Naqvi	FC1.4 Understanding of the rules and regulations of the institution. Transition workshop Hon'ble Pro Vice Chancellor, Dr. Prof. Farzana Mahdi Dr. (Prof.) Anuja Bhargava Dr. (Prof.) Priyanka Shukla	FC4.8 The role of Yoga and meditation in personal health Dr. (Prof.) Seema Singh	FC4.1 Happiness and Communication Ms. Ingeela Kazmi	L U N C H	FC4.4 Self Discovery Dr. Shazia Fatima	FC3.4, FC3.5 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 Dr. (Prof.) Jamal Masood Dr. Sumaiya Ahmad	Cricket / Badminton, Chess, Carrom, Table Tennis Dr. Samir Dr. Adil Dr. Aman
25-10-2025	SATURDAY	FC4.11 Understand the role of mentoring Dr. Sontu Jalrawai	PANI.3 History of Epidemics & Pandemic Dr. Prince Kapoor	FC4.11 Introduction to happiness Dr. (Prof.) Meeta Ghosh	FC5.3 Communication Skill Ms. Saleha Jafri	FC5.2 (Conversations) Principles of Management - II Dr. Gulshia Rizvi		Antakshari Dr. Adil Dr. Aman Dr. Monika	Football / Badminton, Chess, Carrom, Table Tennis Dr. Swati Dr. Varsha Dr. Neha	
26-10-2025	SUNDAY	Sunday - Holiday								
27-10-2025	MONDAY	FC4.15 Understanding the Human Ethics Guideline of Government of India Dr. Haroon Rashid	FC2.5 Demonstrate proper hand washing and donning of gloves Dr. Digvijay Chaudhary	FC2.2 Perform First Aid in a simulated environment Dr. Anjalatchi + Team			L U N C H	FC2.5 Demonstrate proper hand washing and use of personal protective equipment Dr. Abid Asghar + Team		Singing/Playing Instrument Dr. Dilsha Dr. Adil Dr. Neha
28-10-2025	TUESDAY	FC2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation Dr. Prince Kapoor	FC2.8 Discuss the Immunization requirements of Health care professionals with Medico Skill Dr. Ruby Khatoun	FC2.1 Perform Basic Life support in Skills lab with Game Skill Dr. Neha Samreen Khan + Team				FC5.5 Medico Skill software + Demonstration of OPD/IPD software Dr. Geetanjali Srivastava Mr. Ali Abbas Zaidi	FC4.3 Emotions and Emotional Intelligence Ms. Abeer Shahid	Singing/Playing Instrument Dr. Dilsha Dr. Adil Dr. Khushboo
29-10-2025	WEDNESDAY	FC4.5 Discuss disability competencies Dr. Avadh Kapoor	FC2.3 Follow bio-safety and universal precautions Dr. Sana Siddiqui	FC2.6 Demonstrate appropriate response to needle stick injuries Dr. Gazala Afrin	FC2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations Dr. Sana Siddiqui + Team			FC4.13 Spiritual Happiness Dr. Saleha Jafri	Mehendi / Painting Dr. Khushboo Dr. Varsha Dr. Swati	

Copy To:

1. P.S. to Hon'ble Chancellor
2. P.S. to Hon'ble Pro-Chancellor
3. P.S. to Hon'ble Vice Chancellor
4. P.S. to Hon'ble Pro-Vice Chancellor
5. Controller of Examination
6. Department of Anatomy, Biochemistry, Physiology, Community Medicine
7. Medical Education Department
8. Asst.Registrar
9. Attendance Section
10. Examination Cell
11. Care Clerk
12. His TV -Mr. Zeeshan
13. Student Counsellor
14. Gaming Section - Mr. Baqar
15. Animation Section - Mr. Ali Zaidi
16. Photo Graphic Section
17. Library - Internet Section
18. Notice Board (College), Hostel (Boys & Girls),

Dr. (Prof.) Jamal Masood

Principal & CMS

Era's Lucknow Medical College & Hospital

Lucknow