



PACIFIC INSTITUTE OF MEDICAL SCIENCES

(A Unit of Sai Tirupati University)

Ambua Road, Village Umarda, Girwa, Udaipur- 313015 (Raj.)



FOUNDATION COURSE FOR 1st MBBS 2019-20

The course will begin in the month of August 2019 and will continue for 4 weeks and will include the following contents;

1st Week

Day/Time	9-10 am	10 am – 2 pm	2-3 pm	3-5 pm
Day 1	<ul style="list-style-type: none"> • Welcome Address • Orientation <ul style="list-style-type: none"> ○ History of PIMS & the goals ahead ○ Rules & Regulation of PIMS ○ Virtual Tour & Anti Ragging Instructions ○ Introductions of Heads and Administrative Body ○ MBBS Program (Foundation course) 		LUNCH	Hostel Allotment & Accommodation
Day 2	<ul style="list-style-type: none"> • Orientation (Cont.) <ul style="list-style-type: none"> ○ Medical facilities for students ○ Library facilities, PIMS website, student portal ○ Sports & ECA at PIMS ○ Research opportunities ○ Post MBBS opportunities 			Enrollment for batch allotment (Language/ Computer class), Distribution of ID card; Affidavit

1st Week (Contd.)

Day/Time	9-10 am	10 am – 2 pm	2-3 pm	3-5 pm
Day 3	Concepts of exercise & Physical fitness	<ul style="list-style-type: none"> • Medical Profession & Physician's role in society • MBBS Program 	LUNCH	Language/Computer
Day 4	YOGA	<ul style="list-style-type: none"> • Mentorship program • Tour of Department and Campus by faculty 		Language/Computer
Day 5	YOGA	History of Medicine, Alternate health system in the country and Tele Medicine Group Dynamics		Language/Computer
Day 6	YOGA	<ul style="list-style-type: none"> • Health care system & its delivery • National health priorities & policies 		Extra Curricular activity (Music/sports)

2nd Week

Day/Time	9-10 am	10 am – 2 pm	2-3 pm	3-5 pm
Day 1	YOGA	<ul style="list-style-type: none"> The new competency based curriculum and overview 	LUNCH	Language/Computer
Day 2	YOGA	<ul style="list-style-type: none"> Principals of primary care (general and community based care) The present genre-students 		Language/Computer
Day 3	YOGA	Gp1- BLS, Gp2- First Aid, Gp3- Blood Bank Gp4- OPD Gp5- BMW Gp6- PHC/ Community Centre		Language/Computer
Day 4	YOGA	National Vaccination Programme Hand wash/ Sanitation		Language/Computer
Day 5	Guided Meditation	Patient safety and biohazard safety, Universal Infection precaution		Language/Computer
Day 6	Importance of Nutrition & Nutritional disorders	Gp2- BLS, Teacher Gp3- First Aid, Teacher Gp4- Blood Bank Teacher Gp5- OPD Gp6- BMW Teacher Gp1- PHC/ Community Centre		Extra Curricular activity (Music/sports)

Gp 1 (1-25); Gp 2 (26-50); Gp 3 (51-75);
Gp 4 (76-100); Gp 5 (101-125); Gp 6 (126-150)

3rd Week

Day/Time	9-10 am	10 am – 2 pm	2-3 pm	3-5 pm
Day 1	YOGA	<ul style="list-style-type: none"> • Academic Ambience • AETCOM module- a brief overview 	LUNCH 	Language/Computer
Day 2	YOGA	<ul style="list-style-type: none"> • Medical Ethics and attitude • Medico legal aspects & Gender sensitivity 		Language/Computer
Day 3	YOGA	Gp3- BLS, Gp4- First Aid, Gp5- Blood Bank Gp6- OPD Gp1- BMW Gp2- PHC/ Community Centre		Language/Computer
Day 4	YOGA	<ul style="list-style-type: none"> • Communication & Professionalism • Team & Leadership skills 		Language/Computer
Day 5	Right posture and guided meditation	<ul style="list-style-type: none"> • Environmental Health Problems • Medical Care & Population Problems • Adolescent friendly exposure 		Language/Computer
Day 6	Healthy life style proper sleep and mobile	Gp4- BLS, Gp5- First Aid, Gp6- Blood Bank Gp1- OPD Gp2- BMW Gp3- PHC/ Community Centre		Extra Curricular activity (Music/sports)

4th Week

Day/Time	9-10 am	10 am – 2 pm	2-3 pm	3-5 pm
Day 1	YOGA	<ul style="list-style-type: none">• Time Management• Stree Management	LUNCH	Language/Computer
Day 2	YOGA	<ul style="list-style-type: none">• Blood, Organ and Body Donation- Anatomy		Language/Computer
Day 3	YOGA	Gp5- BLS, Gp6- First Aid, Gp1- Blood Bank Gp2- OPD Gp3- BMW Gp4- PHC/ Community Centre		Language/Computer
Day 4	YOGA	<ul style="list-style-type: none">• Air, Water, Vector Born Infections• Hospital Infection Control Programme• Personal Hygiene		Language/Computer
Day 5	Role of Music Guided Meditation	<ul style="list-style-type: none">• Documentation of Medical Records• Use of Information Technology in Medical Sciences		Language/Computer
Day 6	E-World Pros and Cons	Gp6- BLS, Gp1- First Aid, Gp2- Blood Bank Gp3- OPD Gp4- BMW Gp5- PHC/ Community Centre		Extra Curricular activity (Music/sports)

FRESHER'S PARTY OF BATCH-2019-20