

TIME- TABLE
FOUNDATION COURSE - M.B.B.S BATCH (2019-2020)

1st Week

Time→ Date ↓ Day ↓	8-9 A.M.	9-10 A.M. Breakfast	10-11 A.M.	11-12 A.M.	12-1 P.M.	1-2 P.M. Lunch	2-3 P.M.	3-4 P.M.	4-5 P.M.
01/08/2019 Thursday	[1] Prayer + Yoga	Breakfast	Meeting With Parents + The Medical Profession And Physician's Role in Society + The MBBS Programme			Lunch	Registration For Language /Computer/Training		[2] In/Out Door Game
02/08/2019 Friday	Prayer + Yoga	Breakfast	[3] Field Visit (10 AM – 2 PM)			Lunch (2-3 PM)	Language / Computer Training (3-4 PM)		In/Out Door Game
03/08/2019 Saturday	Prayer + Yoga	Breakfast	Alternate Health System in India and History of Medicine			Lunch	Language / Computer Training		In/Out Door Game
04/08/2019 Sunday	SUNDAY								
05/08/2019 Monday	Prayer + Yoga	Breakfast	National Health Priorities and Policies			Lunch	Language / Computer Training		[4] Indoor Game
06/08/2019 Tuesday	Prayer + Yoga	Breakfast	Health Care System & Its Delivery			Lunch	Language / Computer Training		Out Door Game
07/08/2019 Wednesday	Prayer + Yoga	Breakfast	Academic Ambience			Lunch	Language / Computer Training		Self Defense

[1] **Prayer:** इतनी शक्ति हमें देना दाता (Itni Shakti Hame Dena Data)

[2] **Out Door Game:-** (1.) Cricket (2.) Football (3.) Basketball (4.) Hockey
(5.) Volley Ball (6.) Lawn Tennis

[3]. **Field Visit In Rotation:-**

[4] **Indoor Games:-** (1). Table Tennis(Girls & Boys Common Room) (2). Badminton (Girls & Boys
Common Room) (3.) Carom (Girls Hostel) (4.) Chess (Boys Hostel) (5) Ludo

Batch A - { 1 – 37} → Visit To Hospital
Batch B - { 38 – 75} → Visit To College
Batch C - { 76 – 113} → Visit To UHTC
Batch D –{114 – 150} → Visit To RHTC

Curriculum Committee Members: Dr. R. K. Goyal, Dr. Anuj Bansal, Dr. S. C. Gupta, Dr. C. K. Choudhary, Dr. Anita Kwatra, Dr. Priyamvada Sharma.

TIME- TABLE
FOUNDATION COURSE - M.B.B.S BATCH (2019-2020)

2nd Week

Time→ Date ↓ Day ↓	8-9A.M.	9-10 A.M. Breakfast	10-11 A.M.	11-12 A.M.	12-1 P.M.	1-2 P.M. Lunch	2-3 P.M.	3-4 P.M.	4-5 P.M.
08/08/2019 Thursday	[1] Prayer + Yoga	Breakfast	AETCOM Medical Ethics , Attitude, Professionalism			Lunch	Language / Computer Training		[2] In/Out Door Game
09/08/2019 Friday	Prayer + Yoga	Breakfast	Universal Precautions & Vaccination			Lunch	Language / Computer Training		In/Out Door Game
10/08/2019 Saturday	Prayer + Yoga	Breakfast	[3] ← Field Visit → (10 AM – 2 PM)			Lunch (2-3 PM)	Language / Computer Training (3-4 PM)		In/Out Door Game
11/08/2019 Sunday	SUNDAY								
12/08/2019 Monday	Holiday (EID)								
13/08/2019 Tuesday	Prayer + Yoga	Breakfast	Patient Safety & Biohazard Safety			Lunch	Language / Computer Training		Out Door Game
14/08/2019 Wednesday	Prayer + Yoga	Breakfast	Principles of Primary Care			Lunch	Language / Computer Training		Self Defense

[1] **Prayer:** इतनी शक्ति हमें देना दाता (Itni Shakti Hame Dena Data)

[2] **Out Door Game:-** (1.) Cricket (2.) Football (3.) Basketball
(4.) Hockey (5.) Volley Ball (6.) Lawn Tennis

[3]. **Field Visit In Rotation:-** Batch A - { 1 – 37} → Visit To Hospital
Batch B - { 38 – 75} → Visit To College
Batch C - { 76 – 113} → Visit To UHTC
Batch D - {114 – 150} → Visit To RHTC

[4] **Indoor Games:-** (1). Table Tennis (Girls & Boys Common Room)
(2). Badminton (Girls & Boys Common Room)
(3.) Carom (Girls Hostel) (4.) Chess (Boys Hostel) (5) Ludo

Curriculum Committee Members: Dr. R. K. Goyal, Dr. Anuj Bansal, Dr. S. C. Gupta, Dr. C. K. Choudhary, Dr. Anita Kwatra, Dr. Priyamvada Sharma.

TIME- TABLE
FOUNDATION COURSE - M.B.B.S BATCH (2019-2020)

3rd Week

Time→ Date ↓ Day ↓	8-9A.M.	9-10 A.M. Breakfast	10-11 A.M.	11-12 A.M.	12-1 P.M .	1-2 P.M. Lunch	2-3 P.M.	3-4 P.M.	4-5 P.M.
15/08/2019 Thursday	Prayer + Yoga	Breakfast	Flag Hoisting & Patriotic Songs By Students, Cultural Activity/ Sports (Races)			Lunch	Language / Computer Training		[2] In/Out Door Game
16/08/2019 Friday	Prayer + Yoga	Breakfast	Communication			Lunch	Language / Computer Training		In/Out Door Game
17/08/2019 Saturday	Prayer + Yoga	Breakfast	Learning Including Self Directed Learning			Lunch	Language / Computer Training		In/Out Door Game
18/08/2019 Sunday	SUNDAY								
19/08/2019 Monday	Prayer + Yoga	Breakfast	Basic Life Support			Lunch	Language / Computer Training		[4] Indoor Game
20/08/2019 Tuesday	Prayer + Yoga	Breakfast	Time Management & Stress Management			Lunch	Language / Computer Training		Out Door Game
21/08/2019 Wednesday	Prayer + Yoga	Breakfast	← Field Visit → (10 AM – 2 PM)			Lunch (2-3 PM)	Language / Computer Training (3-4 PM)		Self Defense

[1] **Prayer:** इतनी शक्ति हमें देना दाता (Itni Shakti Hame Dena Data).

[2] **Out Door Game:-** (1.) Cricket (2.) Football (3.) Basketball
(4.) Hockey (5.) Volley Ball (6.) Lawn Tennis.

[3]. **Field Visit In Rotation:-** Batch A - { 1 – 37} → Visit To Hospital
Batch B - { 38 – 75} → Visit To College
Batch C - { 76 – 113} → Visit To UHTC
Batch D – {114 – 150} → Visit To RHTC.

[4] **Indoor Games:-** (1). Table Tennis (Girls & Boys Common Room)
(2). Badminton (Girls & Boys Common Room)
(3.) Carom (Girls Hostel) (4.) Chess (Boys Hostel) (5) Ludo.

Curriculum Committee Members: Dr. R. K. Goyal, Dr. Anuj Bansal, Dr. S. C. Gupta, Dr. C. K. Choudhary, Dr. Anita Kwatra, Dr. Priyamvada Sharma.

TIME- TABLE
FOUNDATION COURSE - M.B.B.S BATCH (2019-2020)

4th Week

Time→ Date ↓ Day ↓	8-9 A.M.	9-10 A.M. Breakfast	10-11 A.M.	11-12 A.M.	12-1 P.M.	1-2 P.M. Lunch	2-3 P.M.	3-4 P.M.	4-5 P.M.
22/08/2019 Thursday	Prayer + Yoga	Breakfast	Movie Show			Lunch	Language / Computer Training		[2] In/Out Door Game
23/08/2019 Friday	Prayer + Yoga	Breakfast	Fire Safety Measures			Lunch	Language / Computer Training		In/Out Door Game
24/08/2019 Saturday	HOLIDAY (JANMASHTMI)								
25/08/2019 Sunday	SUNDAY								
26/08/2019 Monday	Prayer + Yoga	Breakfast	← Field Visit → (10 AM – 2 PM)			Lunch (2-3 PM)	Language / Computer Training (3-4 PM)		[4] Indoor Game
27/08/2019 Tuesday	Prayer + Yoga	Breakfast	First Aid			Lunch	Language / Computer Training		Out Door Game
28/08/2019 Wednesday	Prayer + Yoga	Breakfast	Disaster Management			Lunch	Language / Computer Training		Out Door Game
29/08/2019 Thursday	Prayer + Yoga	Breakfast	Extempore Activities			Lunch	Language / Computer Training		Out Door Game
30/08/2019 Friday	Prayer + Yoga	Breakfast	Movie- 3 Idiot			Lunch	Language / Computer Training		Out Door Game
31/08/2019 Saturday	Prayer + Yoga	Breakfast	Fresher Party			Lunch	Language / Computer Training		Out Door Game

[1] **Prayer:** इतनी शक्ति हमें देना दाता (Itni Shakti Hame Dena Data)

[2] **Out Door Game:-** (1.) Cricket (2.) Football (3.) Basketball (4.) Hockey
(5.) Volley Ball (6.) Lawn Tennis

[3]. **Field Visit In Rotation:-**

Batch A - { 1 – 37} → Visit To Hospital
Batch B - { 38 – 75} → Visit To College
Batch C - { 76 – 113} → Visit To UHTC
Batch D - {114 – 150} → Visit To RHTC

[4] **Indoor Games:-** (1.) Table Tennis(Girls & Boys Common Room) (2.) Badminton (Girls & Boys Common Room) (3.) Carom (Girls Hostel) (4.) Chess (Boys Hostel) (5) Ludo

Curriculum Committee Members: Dr. R. K. Goyal, Dr. Anuj Bansal, Dr. S. C. Gupta, Dr. C. K. Choudhary, Dr. Anita Kwatra, Dr. Priyamvada Sharma.