



Foundation Course, Government Medical College, Kollam

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am	Program overview(O1)	Recap and Reflections	Recap and Reflections	Recap and Reflections	Recap and Reflections	Recap and Reflections
9-10 am	Ice breaking	History of Medicine,P 4, IL	Health Care System P5, IL	Universal precautions and Vaccinations and Biomedical Waste Management, P6, IL followed by Visit in groups – Preventive Clinic, Child Immunisation Clinic, Injection Room, ART Clinic, P7, Transect walk followed by SGD	Alternate systems of Medicine P 8, Panel Discussion	Meet your Mentors
10-11am	Why am I here,P 1, GA followed by SGD	Introduction to Ethics 29, Codes and Principles of Medical Ethics, IL	Team/doctor as a team builder, P6, Game followed by SGD		Understanding the language of Alternate systems - Meet a doctor from Ayurveda or Homeo	Meet your mentors
11am-12pm	Why am I here?, P2, GA followed by SGD	OV (Casualty/ OP/ IP/ Payward/First Aid) in rotation viist followed by SGD, O2	OV (OP/ IP/ Payward/First Aid/Casualty) in rotation viist followed by SGD, O4	OV (IP/ Payward/First Aid/Casualty/OP) in rotation viist followed by SGD, O6	OV (Payward/First Aid/Casualty/OP/IP) in rotation viist followed by SGD, O8	OV (First Aid/Casualty/OP/IP/ Payward) in rotation viist followed by SGD, O10
12-1pm	Who is a doctor ? P3, Panel Discussion	OV (Casualty/ OP/ IP/ Payward/First Aid) in rotation viist followed by SGD,O3	OV (OP/ IP/ Payward/First Aid/Casualty) in rotation viist followed by SGD, O5	OV (IP/ Payward/First Aid/Casualty/OP) in rotation viist followed by SGD, O7	OV (Payward/First Aid/Casualty/OP/IP) in rotation viist followed by SGD, O9	OV (First Aid/Casualty/OP/IP/ Payward) in rotation viist followed by SGD, O11
1-2 pm	Lunch					
2-3 pm	Orientation to hospital (O)- Feedback and reflections, O12	How was my first MBBS experience P9- Seniors perspective	How was my first MBBS experience P10- Seniors perspective	Discussion + Demonstartion of use of PPE, P11, SGD	Ragging legal provisions- Police P12, IL	Healthy eating, saying no to alcohol and drugs, Why a doctor needs to care for oneself?,P13, IL
3-4 pm	Need for Physical Activity, IL, O13	Overview of sports and extracurricular program , O14	Sports (I/G/Y/O)	Sports (G/Y/O/I)	EC 1, Introductory,Knowing the EC abilities of students	EC2, Introductory,Knowing the EC abilities of students
Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am	What a patient looks for in a doctor, P14, Role play +15 mt lecture with real patients and their feed back	Health as a service and the patient as a customer , P15, Role play	Emotional Intelligence, P16, IL	Is money important ?, P17, IL	Documentation, P18, Case diary and showing how to do , SGD	Skills module 28, BLS
9-10 am	Skills module 1, Introduction, IL	Skills module 3, Effective Communication, GA&IL	Skills module 5, Coping with stress, GA &IL	Skills module 7, Self awareness and Empathy, GA &IL	Skills module 9, Creative and Critical thinking, GA&IL	Skills module 29, BLS
10-11am	Skills module 2 , Interpersonal relationship, IL	Skills module 4, Effective Communication, GA&IL	Skills module 6, Coping with stress, GA &IL	Skills module 8, Self awareness and Empathy, GA&IL	Skills module 10, Creative and Critical thinking, GA&IL	Skills module 30, BLS
11am-12pm	Computer (word) IL &SGD	Using computer for SDL	Computer (excel)	Computer (ppt)	computer (social networking)	Skills module 31, BLS
12-1pm	OV (pharmacy /lab/blood bank/Reception/Record Library, O15	OV (lab/blood bank/Reception/Record Library/pharmacy), O16	OV (blood bank/Reception/Record Library/pharmacy/Lab), O17	OV (Reception/Record Library/pharmacy/Lab/blood bank) , O18	OV (Record Library/pharmacy/Lab/blood bank/Reception) , O19	Skills module 32, BLS
1-2 pm	Lunch					
2-3 pm	Language (Reading)	Language (Writing)	Language (Medical vocabulary)	Language (Patient communication)	Language (comprehension)	Language (exploring creativity within group)
3-4 pm	Sports (Y/O/I/G)	Sports (O/I/G/Y)	Sports (I/G/Y/O)	Sports (G/Y/O/I)	EC 3, Music Club/Nature club/Literary club b	EC 4- Dance/Drama Club/ Nature club/Literary club
Week 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am	Staying away from medicolegal tangles, P19, IL	Respectful care, P20, Videos and Role play	P 21, Is medicine a 9-5 job, IL	The work life balance, P22, Panel discussion	Professionalism 10, P23, Doctor as a teacher, Panel discussion	Recap and Reflections
9-10 am	Skills module 11, Problem solving, GA&IL	Skills module 13, Decision making, GA&IL	Skills module 15, Learning techniques and styles, GA &IL	Skills module 17, Knowledge and Attitude, GA&IL	Skills module 19, Knowledge and Attitude, GA&IL	Meet your mentors
10-11am	Skills module 12, Problem solving, GA &IL	Skills module 14, Decision making, GA&IL	Skills module 16, Learning techniques and styles, GA &IL	Skills module 18, Knowledge and Attitude, GA&IL	Skills module 20, Anxiety and Stress management, GA&IL	Meet your mentors
11am-12pm	Computer (word) IL &SGD	Using computer for SDL , IL and SGD	Computer (excel),IL and SGD	Computer (ppt),IL and SGD	computer (cyber safety) IL	Skills module 21, Feedback and Assessment
12-1pm	OV (Library/Principal Office/ Skill lab/ Canteen/ Superintendent Office), O20	OV (Principal Office/ Skill lab/ Canteen/ Superintendent Office/Library), O21	OV (Skill lab/ Canteen/ Superintendent Office/Library/Principal Office), O22	OV (Canteen/ Superintendent Office/Library/Principal Office/Skill lab), O23	OV (Superintendent Office/Library/Principal Office/Skill lab/Canteen) , O24	Recap&Reflections of the weeks visit , O25
1-2 pm	Lunch					
2-3 pm	Language (Reading), faciliated SGD	Language (Writing),faciliated SGD	Language (Medical vocabulary), IL	Language (Patient communication), Role play and IL	Language (comprehension), Faciliated SGD	Language (demonstarting creativity within group), Performance in the large group



3-4 pm	Sports (Y/O/I/G)	Sports (O/I/G/Y)	Sports (I/G/Y/O)	Sports (G/Y/O/I)	EC 5, Music Club/Nature cLub/Literary club b	EC 6- Dance/Drama Club/ Nature cLub/Literary club
Week 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am	The doctor as a researcher, P 24, Panel discussion	Finding solace in friends, family and God, sharing experiences, P 25	All work and no play makes jack a dull boy,P 26, Panel Discussion	The techsavvy new gen doctor, P27, Group discussion	Does a doctor need to be brilliant, P28,IL	Recap and Reflections + Being a Professional with the Community , IL
9-10 am	Primary Health Care Briefing using checklist_ (F), O26	Unethical behaviour and Misconduct, P30, Role play and SGD	The four basic ethical principles, P31, IL &SGD	Duties and responsibilities of a doctor- P32, IL and SGD	Ethical dilemmas in end care -P33, Videos and SGD	Orientation to Community, Visit to a community in Thenamala, Survey, O27,28,29
10-11am	Skills module 22, Anxiety and Stress management, GA&IL	FV	FV	Presentation and discussion of FV	Skills module 25, Time management, GA &IL	
11am- 12pm	Skills module 23, Anxiety and Stress management, GA&IL	FV	FV	Presentation and discussion of FV	Skills module 26, Time management, GA &IL	
12-1pm	Skills module 24, Anxiety and Stress management, GA&IL	FV	FV	Skills module Recap and Reflections	Skills module 27, Concluding session	
1-2 pm	Lunch	Lunch	Lunch	Lunch	Lunch	
2-3 pm	Language (Reading), faciliated SGD	Language (Writing),faciliated SGD	Language (Medical vocabulary), IL	Language (Patient communication), Role play and IL	Language (comprehension), Faciliated SGD	Language (demonstaring creativity within group), Performance in the large group
3-4 pm	Sports (Y/O/I/G)	Sports (O/I/G/Y)	Sports (I/G/Y/O)	Sports (G/Y/O/I)	EC 7, Music Club/Nature cLub/Literary club b	EC 8- With Thenmala Community
Last day	Programs from students highlighting their overall professional development and Assessment of portfolios , 2 hours of skills assessment, 6 hours of professionalism assessment (including afternoon craetivity as assessed from cultural programs based on their extracurricular					
Expansion of abbreviatio ns used	FV - Field visit to a primary and secondary setting in two batches with a structured observation checklist, IL - Interactive Lecture, SGD - Small group discussion, GA- Group activity , OV - Orientation visit, EC - Extracurricular activity, Y - Yoga, O - Outdoor games, I- Indoor games, G - Gym					
Total hours	Orientation	Language	Skills module	Professionalism including Ethics	Sports &EC	Field visit
	29	40	33 + 2 hours assessment last day , 35 hours	34+6 hours of last day assessment and performance evaluation	22	8