

## A.J.INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE

### FOUNDATION COURSE FOR THE 1 YEAR M.B.B.S(2019-2020)

Time	9-10	10-10.45	10.45-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	
01.08.2019	Inauguration and Orientation Programme					Lunch Break	White Coat Ceremony			
02.08.2019	Introduction to Medical Profession	Library/IT/Academic Dept			Campus Tour					
03.08.2019	Introduction to MBBS course- Rules and Regulations	Rules and regulations for university exams, attendance	Tea Break	Interaction with Pre and Para faculty – Mentorship programme						
04.08.2019	SUNDAY									
05.08.2019	GENERAL HOLIDAY									
06.08.2019	Professional qualities of a physician	Being a medical student	Tea Break	Expectations of societies and patients from doctors		Lunch Break	Why I want to become a doctor?	Experience by Interns		
07.08.2019	Introduction to alternate health systems	Health care delivery system	Tea Break	National Health Programmes			First Aid			
08.08.2019	Universal Precautions	Vaccinations, Biohazards	Tea Break	Hand washing techniques, Biomedical Safety			Basic Life Support		Sports	
09.08.2019	Medical Etiquettes	Unethical Behaviour	Tea Break	Violence against Doctors, Medical Negligence			Basic Life Support		Sports	
10.08.2019	Language									
11.08.2019	SUNDAY									
12.08.2019	GENERAL HOLIDAY									
13.08.2019	Interpersonal relationships	Leadership and team work	Tea Break	Nursing Care and Medicine		Lunch Break	Debate		Sports	
14.08.2019	Introduction	ICMR-STs	Tea Break	Importance of General			Computer Skills		Sports	

	to research	project		Knowlegde in Medical Profession			
15.08.2019	INDEPENDENCE DAY						
16.08.2019	PSM- FIELD VISIT						
17.08.2019	Community Based Learning						
18.08.2019	SUNDAY						
19.08.2019	Career pathways during and after MBBS	Public awareness activities	Tea Break	Visit to Blood Bank and Central Diagnostic Lab	LUNCH BREAK	Computer Skills	Sports
20.08.2019	New learning and teaching methodologies		Tea Break	Evidence Based Medicine		Language	Sports
21.08.2019	Field Visits					Extracurricular Activities	Sports
22.08.2019	How to perform better in exams?		Tea Break	Maintainence of log book and portfolios		Language	Sports
23.08.2019	GENERAL HOLIDAY						
24.08.2019	Self directed learning		Tea Break	Language			
25.08.2019	SUNDAY						
26.08.2019	Patient consent	Confidentiality	Tea Break	Privileged Communication	LUNCH BREAK	Computer Skills	Sports
27.08.2019	Yoga	Healthy Lifestyle	Tea Break	Nutrition		Extracurricular Activities	Sports
28.08.2019	Group Learning	Learning Pedagogy	Tea Break	E-learning		Panel Discussion	Sports
29.08.2019	Personal grooming, self care	Mental Health and Stress Management				Language	Sports
30.08.2019	Simulation based learning (Skill Lab)					Simulation based learning (Skill Lab)	Sports
31.08.2019	Closing session with feedbacks and reflections						

12

**A.J. INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE, MANGALORE**  
**TIME TABLE FOR 1<sup>st</sup> YEAR MBBS STUDENTS**

DAYS	9 - 10	10 - 11	11 - 12	12 - 1	<b>L U N C H</b>	2 - 4	4-5
SUNDAY	PHYSIOLOGY	BIOCHEMISTRY	GROSS - DISSECTION			Histology Practical 1.1 Physiology Practical 1.2 Biochemistry Practical 1.3	AETCOM
TUESDAY	ANATOMY	PHYSIOLOGY	GROSS - DISSECTION			Histology Practical 1.2 Physiology Practical 1.3 Biochemistry Practical 1.1	COMMUNITY MEDICINE
WEDNESDAY	BIOCHEMISTRY	ANATOMY	GROSS - DISSECTION			Histology Practical 1.3 Physiology Practical 1.1 Biochemistry Practical 1.2	SPORTS AND EXTRA CURRICULAR ACTIVITIES
THURSDAY	PHYSIOLOGY	ANATOMY	GROSS - DISSECTION			EARLY CLINICAL EXPOSURE	
FRIDAY	ANATOMY	PHYSIOLOGY	BIO-CHEMISTRY	ANATOMY		ANATOMY	
SATURDAY	BIOCHEMISTRY	ANATOMY	PHYSIOLOGY	BIO-CHEMISTRY (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> ) / COMMUNITY MEDICINE (2 <sup>nd</sup> , 4 <sup>th</sup> )			

**A.J.INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE, MANGALURU**

**UG – CURRICULUM: CBME - 2019-20**

	<b>Month</b>	<b>Anatomy</b>	<b>Physiology</b>	<b>Biochemistry</b>
<b>1<sup>st</sup> Quarter</b>	August 2019	Foundation Course		
	September 2019	<b><u>General Anatomy:</u></b> AN 1.1 – 1.2 AN 2.1 – 2.6 AN 3.1 – 3.3 AN 4.1 – 4.5 AN 5.1 – 5.8 AN 6.1 – 6.3 AN 7.1 – 7.8 AN 8.1 – 8.6 <b><u>Upper limb:</u></b> AN 9.1 – 9.3 AN 10.1 – 10.13 AN 11.1 – 11.6 <b><u>Gen. Histology:</u></b> AN 65.1 – 65.2 AN 66.1 – 66.2 AN 67.1 – 67.3 AN 68.1 – 68.3 AN 69.1 – 69.3 AN 70.1 – 70.2 AN 71.1 – 71.2 AN 72.1	<b><u>GENERAL PHYSIOLOGY:</u></b> PY 1.1 - 1.9  <b><u>BLOOD:</u></b> PY 2.1 - 2.10 PY 2.11	<b><u>Cell structure-</u></b> BI 1.1 <b><u>Membrane transport-</u></b> BI 1.1 <b><u>Chemistry</u></b> <b><u>Carbohydrates</u></b> -BI - 3.1 <b><u>Extracellular matrix -</u></b> BI 9.1,9.2
	October 2019	<b><u>Upper limb:</u></b> AN 12.1 – 12.15 AN 13.1 – 13.8 AN 14.1 – 14.4 <b><u>Thorax:</u></b> AN 21.1 – 21.11 AN 22.1 – 22.7 AN 24.1 – 24.6	<b><u>NEURO MUSCULAR PHYSIOLOGY:</u></b> PY 3.1 - 3.11  <b><u>CARDIO VASCULAR SYSTEM:</u></b> PY 5.1 - 5.7 PY 2.11	<b><u>Hemoglobin</u></b> <b><u>Chemistry –</u></b> BI 5.2 <b><u>Chemistry of Nucleic acid-</u></b> BI 7.1 <b><u>Biological Oxidation-</u></b> BI 6.6
November 2019	<b><u>Gen. Embryology:</u></b> AN 76.1 – 76.2 AN 77.1 – 77.6 AN 78.1 – 78.5 AN 79.1 – 79.6 AN 80.1 – 80.7 AN 81.1 – 81.3 <b><u>Thorax (contd.):</u></b> AN 23.1 – 23.7 AN 25.1 – 25.9	<b><u>CARDIO VASCULAR SYSTEM:</u></b> PY 5.8 - 5.11 PY 2.11	<b><u>Enzymes-</u></b> BI 2.1 – 2.7 <b><u>Minerals</u></b> -BI 6.9, 6.10 <b><u>Metabolism of carbohydrates-</u></b> BI 3.2 – 3.10	
	1 <sup>st</sup> Internal			

**A.J.INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE, MANGALURU**  
**2019-20**

	<b>Month</b>	<b>Anatomy</b>	<b>Physiology</b>	<b>Biochemistry</b>
II Quarter	December 2019     Vacation	<b><u>Lower limb:</u></b> AN 15.1 – 15.5 AN 16.1 – 16.6 AN 17.1 – 17.3 AN 18.1 – 18.7 AN 19.1 – 19.7 AN 20.1 – 20.10	<b><u>RESPIRATORY SYSTEM:</u></b> PY 6.1, 6.2, 6.3, 6.7 PY 6.4, 6.5, 6.6 <b>PY 2.11, 2.12, 2.13</b>	<b><u>Lipid Chemistry –</u></b> BI 4.1 <b><u>Lipid Metabolism-</u></b> BI 4.2 -4.7 <b><u>Acid base balance -</u></b> BI 6.7, 6.8
	January 2019	<b><u>Abdomen &amp; Pelvis:</u></b> AN 44.1 – 44.7 AN 45.1 – 45.3 AN 46.1 – 46.5 AN 47.1 – 47.14 AN 48.1 – 48.8	<b><u>GASTRO INTESTINAL SYSTEM:</u></b> PY 4.1, 4.2, 4.3,4.6, 4.8 PY 4.2, 4.3, 4.5, 4.7, 4.8, 4.9 <b><u>EXCRETORY SYSTEM:</u></b> PY 7.1 - 7.3 PY 7.3 - 7.9 <b>PY 5.12 – 5.16</b>	<b><u>Water &amp; electrolyte balance –</u></b> BI 6.7 <b><u>Vitamins-</u></b> BI 6.5 <b><u>Renal function test and abnormalities –</u></b> BI 6.13, 6.14, 6.15
	February 2019	<b><u>Abdomen &amp; Pelvis (contd.):</u></b> AN 49.1 – 49.5 AN 50.1 – 50.4 AN 51.1 – 51.2 AN 52.1 – 52.8 AN 53.1 – 53.4 AN 54.1 – 54.3 AN 55.1 – 55.2  <b><u>Genetics:</u></b> AN 73.1 – 73.3 AN 74.1 – 74.4 AN 75.1 – 75.5	<b><u>ENDOCRINES:</u></b> PY 8.1 - 8.2 <b>PY 3.14, 3.15, 3.16</b> 3.18, <b>PY 4.10</b>	<b><u>Haem metabolism –</u></b> BI 6.11,6.12 <b><u>Liver function test and abnormalities –</u></b> BI 6.12, 6.14 <b><u>Genetics –</u></b> BI 6.2, 6.3, 6.4
	II Internal			

2019-20

	<b>Month</b>	<b>Anatomy</b>	<b>Physiology</b>	<b>Biochemistry</b>
III Quarter	March 2019	<b><u>Head &amp; Neck:</u></b> AN 26.1 – 26.7 AN 27.1 – 27.2 AN 28.1 – 28.10 AN 29.1 – 29.4 AN 32.1 – 32.2	<b><u>ENDOCRINES:</u></b> PY 8.2 - 8.6 <b><u>CENTRAL NERVOUS SYSTEM:</u></b> PY 10.1 - 10.3 <b><u>PY 6.8, 6.9, 6.10</u></b>	<b><u>Hormone action TFT-</u></b> BI 6.14,6.15 <b><u>Diabetes mellitus –</u></b> BI 3.9 <b><u>Free radicals and antioxidants –</u></b> BI 7.5, 7.6, 7.7 <b><u>Chemistry of proteins</u></b>
	April 2019	<b><u>Head &amp; Neck (contd.):</u></b> AN 30.1 – 30.5 AN 31.1 – 31.5 AN 33.1 – 33.5 AN 34.1 – 34.2 AN 35.1 – 35.10 AN 36.1 – 36.5	<b><u>CENTRAL NERVOUS SYSTEM:</u></b> PY 10.4 , 10.6 <b><u>PY 10.11</u></b> <b><u>REPRODUCTIVE SYSTEM:</u></b> PY 9.1 - 9.12	<b><u>Metabolism of amino acids –</u></b> BI 5.1, 5.5 <b><u>Integration of metabolism –</u></b> BI 6.1 <b><u>Xenobiotics in disease –</u></b> BI 7.5 <b><u>Nutrition –</u></b> BI 1-8.5
	May 2019	<b><u>Head &amp; Neck (contd.):</u></b> AN 37.1 – 37.3 AN 38.1 – 38.3 AN 39.1 – 39.2 AN 40.1 – 40.5 AN 41.1 – 41.3 AN 42.1 – 42.3 AN 43.1 – 43.9	<b><u>CENTRAL NERVOUS SYSTEM:</u></b> PY 10.5, 10.7,10.8, 10.9, 10.10, 10.12 <b><u>SPECIAL SENCES:</u></b> PY 10.13 - 10.19 <b><u>PY 10.11, 10.20</u></b> <b><u>PY 11.13, 11.14</u></b>	<b><u>Immunity –</u></b> BI 10.3-10.5 <b><u>Metabolism of cancer –</u></b> BI 10.1,10.2 <b><u>Vaccine development –</u></b> BI 10.5
	June 2019	<b><u>Neuroanatomy:</u></b> AN 56.1 – 56.2 AN 57.1 – 57.5 AN 58.1 – 58.4 AN 59.1 – 59.3 AN 60.1 – 60.3 AN 61.1 – 61.3 AN 62.1 – 62.6 AN 63.1 – 63.2 AN 64.1 – 64.3	<b><u>INTEGRATED PHYSIOLOGY:</u></b> PY 11.1 - 11.12	<b><u>Automation and quality control –</u></b> BI 11.16 <b><u>Biomedical waste management –</u></b> BI 11.1
	III Internal / University Exam			