

FOUNDATION COURSE
ARMED FORCES MEDICAL COLLEGE

ARMED FORCES MEDICAL COLLEGE

COMPETENCY BASED UG CURRICULUM

for

Indian Medical Graduate



FOUNDATION COURSE
ARMED FORCES MEDICAL COLLEGE

TIME-TABLE: TEACHING SCHEDULE 02 SEP 2019 - 10 FEB 2020

	0830-0930	0930-1030	1030-1100	1100 – 1300	1300-1400	1400-1600	1600-1700	1700h-1800h
MON	Physio-1	Anat-1	Break	Practical/small group teaching sessions A P B	Lunch	Dissection/DOAP	Self directed learning (Anat)	-
TUE	Anat-2	Physio-2		Practical A P B		Dissection	Self directed learning (Phy)	-
WED	Anat-3	Physio-3		Practical A P B		Bio Tutorial/small group session CM	Break	Extracurriculars/ Sports
THU	Physio-4	Anat-4		Practical A P B		Dissection	Self directed learning (Bio)	-
FRI	Biochem-1	Anat-5		Practical A P B		Dissection	Early Clinical Exposure A P B	-
SAT	Anat-6	Biochem-2		Practical A P B		Physio AETCOM	Break	Extracurriculars/ Sports

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TIME-TABLE: TEACHING SCHEDULE 11 FEB 2020 - 31 JULY 2020

	0830-0930	0930-1030	1030-1100	1100 – 1300	1300-1400	1400-1600	1600-1700	1700h-1800h
MON	Physio-1	Anat-1	Break	Practical A P B	Lunch	Dissection	Self directed learning (Anat)	-
TUE	Biochem-1	Physio-2		Practical A P B		Dissection	Self directed learning (Phy)	-
WED	Anat-2	Physio-3		Practical A P B		Bio Tut CM	Break	ECA/Sports
THU	Physio-4	Anat-3		Practical A P B		Dissection	Self directed learning (Bio)	-
FRI	Biochem-2	Anat-4		Practical A P B		Dissection	Early Clinical Exposure A P B	-
SAT	Anat-5	Biochem-3		Practical A P B		Physio AETCOM	Break	ECA/Sports

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**FOUNDATION COURSE
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1ST WEEK (ORIENTATION WEEK)

Date/Day	0600h-0630h	0830h-0930h	0930h-1030h	1030h-1100h	1100h-1200h	1200h-1300h	1300h-1400h	1400h-1500h	1500h-1600h	1600h-1700h	1700h-1800h
01 Aug 2019 1 st day	Physical Training (PT)	Ice breaking & Address by Dean & Dy Comdt	* Brief of College & Armed Forces *AFMC movie	Recess	History of Medicine & Alternate Health care system(meditation, yoga nidra , yoga ensitisation)	Overview of MBBS pgme	Lunch	Anti Ragging Policy	Enhancement of Language-1	Break	Sports -1
02 Aug 2019 2 nd day	Physical Training (PT)	AFMC Campus walk: Know your college			Introduction to 1 st year subjects & Depts. (30 minutes each to Anatomy, Physiology, Biochemistry & Comm Med)			College Mentorship Pgme	Comptr skills -1		Sports -2
03 Aug 2019 3 rd day	Physical Training (PT)	National Health Priorities & Policies	Professional Qualities & Physician's role in society		Health care delivery system in our country	Gender sensitivity in Medical Profession		Time & stress mgmt	Enhancement of Language-2		ECA/NCC -1
04 Aug 2019	Holiday/Sunday										
05 Aug 2019 4 th day	Physical Training (PT)	Visit to Teaching Depts, Skill Lab & Medical Research Unit (MRU)		Recess	Interpersonal relationships	Expectations of society & peers from doctors: Interactive session	Lunch	Concept of Bio-safety	Comptr Skills -2	Break	Sports -3
06 Aug 2019 5 th day	Physical Training (PT)	Principles of primary health care	Use of IT		Keen observation is key to success for Medical Students	Introduction to College Code of Conduct		Universal precautions & vaccinations	Enhancement of Language-3		Sports -4
07 Aug 2019 6 th day	Physical Training (PT)	Introduction to Clubs & Societies of AFMC	Healthy lifestyle incl prudent diet, role of exercise and safe sexual practices		Introduction to Clubs & Societies of AFMC	Coping skills against smoking, alcohol, Other addictions		Introduction to Research	Comptr Skills-3		ECA/NCC-2

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2ND WEEK

Date/Day	0600h-0630h	0830h-0930h	0930h-1030h	1030h-1100h	1100h-1200h	1200h-1300h	1300h-1400h	1400h-1500h	1500h-1600h	1600h-1700h	1700h-1800h
<u>08 Aug 2019</u> 7th day	Physical Training (PT)	Introduction to the art of Reflective Practice: What happened, So What, What next	Medical Ethics, Attitude & Professionalism: Interactive session	Recess	Learning Pedagogy	Community based learning	Lunch	Enhancement of Language 4-5		Break	Sports -5
<u>09 Aug 2019</u> 8th day	Physical Training (PT)	Hand Washing Techniques	Handling Biomedical/ Bio waste management		Professional Development including Ethics: An Introspection Movie I- "Shawaas"	Reflection & discussion on relevant aspect of ethics depicted in the movie		Comptr Skills -4	Sports -6		
<u>10 Aug 2019</u> 9 th day	Physical Training (PT)	Visit to Community Health Centre -1			Visit to Community Health Centre -2	Enhancement of Language 6-7		ECA/NCC-3			
<u>11 Aug 2019</u>	Holiday/Sunday										
<u>12 Aug 2019</u>		Holiday/Id-ul-Zuha		Recess	Holiday/Id-ul-Zuha		Lunch	Holiday/Id-ul-Zuha			
<u>13 Aug 2019</u> 10 th day	Physical Training (PT)	Simulation Based Learning -1			Simulation Based Learning -2	Comptr Skills 5-6		Break	Sports -7		
<u>14 Aug 2019</u> 11 th day	Physical Training (PT)	New Teaching Learning Skills -1			New Teaching Learning Skills -2	Enhancement of Language 8 & 9			ECA/NCC -4		

FOUNDATION COURSE
ARMED FORCES MEDICAL COLLEGE

3RD WEEK

Date/Day	0600h-0630h	0830h-0930h	0930h-1030h	1030h-1100h	1100h-1200h	1200h-1300h	1300h-1400h	1400h-1500h	1500h-1600h	1600h-1700h	1700h-1800h
15 th Aug 2019	Physical Training (PT)	Holiday/Independence day		Recess	Holiday/Independence day		Lunch	Holiday/Independence day			
16 Aug 2019 12 th day	Physical Training (PT)	Communication Skills: Primer	Communication with patients & their relatives: Interactive session		Professional Development including Ethics : An Introspection	Movie II		Reflection & discussion on relevant aspect of ethics depicted in the movie	Comptr Skills -7	Break	Sports -8
17 Aug 2019 13 th day	PT	Visit to Community Health Centre -3			Visit to Community Health Centre - 4	Enhancement of Language 10-11			ECA/NCC-5		
18 Aug 2019 Holiday/Sunday											
19 Aug 2019 14 th day	PT	Interaction with patients: community orientation	Obtaining Patient consent : sensitisation session	Recess	Personal Growth - Self care	Rights of a Doctor & etiquettes	Lunch	Comptr Skills -8-9		Break	Sports -9
20 Aug 2019 15 th day	PT	BLS -1 Small group hands-on session			BLS -2 Small group hands-on session	Enhancement of Language- 2-13		Sports -10			
21 Aug 2019 16 nd day	PT	First Aid -1 Small group hands-on session			First Aid -2 Small group hands-on session	Comptr Skills 10-11		ECA/NCC -6			

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4TH WEEK

Date/Day	0600h-0630h	0830h-0930h	0930h-1030h	1030h-1100h	1100h-1200h	1200h-1300h	1300h-1400h	1400h-1500h	1500h-1600h	1600h-1700h	1700h-1800h	
<u>22 Aug 2019</u> 17 th day	Physical Training (PT)	Commitment to lifelong learning as part of Physicians growth	Reflective Session: Music as a healer	Recess	Demonstration of college communication Movie	Consequences of unethical & unprofessional behaviour	Lunch	Enhancement of Language-14-15			Sports -11	
<u>23 Aug 2019</u> 18 th day	PT	Privileged communication	Importance of Documentation & Medical Records		Professional Development including Ethics: An Introspection Movie III			Reflection & discussion on relevant aspect of ethics depicted in the movie	Comptr Skills -12		Break	Sports -12
<u>24 Aug 2019</u>		Holiday/Janmashtami			Holiday/Janmashtami			Holiday/Janmashtami				
<u>25 Aug 2019</u>	Holiday/Sunday											
<u>26 Aug 2019</u> 19 th day	PT	Learning Strategy	Personal Growth	Recess	Consumer Protection Act	Immunisation requirement of Health Care professionals	Lunch	Enhancement of Language-16-17		Break	Sports -13	
<u>27 Aug 2019</u> 20 th day	PT	Needle/Scalpel stick injury	Introduction to Health care workers & their role		Learning from & communication with patients & families	Peer assisted learning		Comptr Skills 13-14			Sports -14	
<u>28 Aug 2019</u> 21 st day	PT	Hospital Visit			Role modelling	Students involvement in research		Enhancement of Language-18-19			ECA/NCC-7	

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ARMED FORCES MEDICAL COLLEGE

5TH WEEK

Date/Day	0600h-0630h	0830h-0930h	0930h-1030h	1030h-1100h	1100h-1200h	1200h-1300h	1300h-1400h	1400h-1500h	1500h-1600h	1600h-1700h	1700h-1800h
<u>29 Aug 2019</u> 22 nd day	Physical Training (PT)	Maintaining confidentiality	Working as member of Medical team	Recess	Assessment driven learning	Experience sharing by faculty & senior Cadets	Lunch	Comptr Skills 15-16		Break	Sports -15
<u>30 Aug 2019</u> 23 rd day	Physical Training (PT)	Importance of Physical & Mental Health	Integrity, honesty & respect in Medical profession		Learning strategies & self directed learning	Maintaining diary & portfolio management		Enhancement of Language-20-21			Sports -16
<u>31 Aug 2019</u> 24 th day	Physical Training (PT)	Feedback of Foundation course & Reflective writing			Professional Development including Ethics: An Introspection	Movie IV		Reflection & discussion on relevant aspect of ethics depicted in the movie	Comptr Skills-17		ECA/ NCC - 8

S. No.	Subjects/contents	Teaching hours Recommended by MCI	Teaching hours Recommended by College based on working days in August 2019
1.	Orientation	30	30
2.	Skill Module	35	35
3.	Field visit to Community Health Centre	8	8
4.	Professional Development including ethics	40	35
5.	Sports & Extracurricular activities(NCC/PT)	22	36
6.	Enhancement of language/computer skills	40	38
Total		175	182