



# Adesh Institute of Medical Sciences and Research

(A constituent College of Adesh University, Bathinda)

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## Time Table : Foundation Month 2019

Date	8-9	9-10	10-11	11-12	12-1	1-2	2-4
01 Aug 2019	Registration	Welcome address by principal	Introduction to Faculty	MBBS program	Anti ragging measures	lunch	Know Your Campus (Visit to departments of AIMSRR & facilities in AU)
02 Aug 2019	Let's know each other	The Life in Hostel (The facilities, Rules and Regulations)		The Dress Code in AIMSRR	Mentorship Program in AIMSRR	Lunch	Computer skills
03 Aug 2019	Yoga/Sports		History of Medicine	Universal Precautions	Patient safety and biohazard	Lunch	Language Skills
04 Aug 2019							
5 Aug 19	Yoga	Health challenges in India	Intro to Health Systems	Visit to SC/PHC/CHC/Tertiary Care Hospital in batches (150/4) (Visits 1 2)		Lunch	Computer Skills
6 Aug 19	Sports	National health policies	Intro to Health System	Visit to SC/PHC/CHC/Tertiary Care Hospital in batches (150/4) (Visit 3,4)		Lunch	Language Skills
7 Aug 19	The Academic Ambience		Intro to Health Systems India	Visit to SC/PHC/CHC/Tertiary Care Hospital in batches (150/4) (5,6)		Lunch	Computer Skills

8 Aug 19	Triage in Mass Situation		Intro to health system	Visit to SC/PHC/CHC/TERTIARY CARE HOSPITAL IN batches (7,8)	Lunch	Language Skills
9 Aug 19	Use of IT in health	Time Management		Gender sensitivity	First Aid (Med) (	Computer Skills
10 Aug 19	Yoga/Sports		Stress Management		First Aid (Med)	Language Skills
11 Aug 19						
12 Aug 19						
13 Aug 19	Medical Profession and Role of Physician in Society		Movie Munna Bhai MBBS		Lunch	Computer Skills
14 Aug 19	Yoga	Introduction to hobbies activity	Inter-personal relationship (ME)	First Aid (surgery)	Lunch	Language skills
15 Aug 19						
16 Aug 19						
17 Aug 19	Yoga/Sports		Vaccination	First Aid (Eye)	Lunch	Language Skills
18 Aug 19						
19 Aug 19	Visit to Science City, Kapurthala					
20 Aug 19	Yoga	Introduction to literary activities in AIMS R	Introduction to cultural activities in AIMS R	AETCOM	LUNCH	Language skills
21 Aug 19	Yoga/ Sports		Introduction to Rural India (Visit to a Village)		Lunch	Computer Skills
22 Aug 19	Yoga/Sports		Health Challenges in Slums (Visit to a Urban slum)		Lunch	Language Skills
23 Aug 19	Societal Investment in Making you a Doctor	Basic Life Support			Lunch	Computer skills

24 Aug 19						
25 Aug 19	Sports	COMMUNICATION SKILLS	AETCOM		LUNCH	Language skills
26 Aug 19	Visit to Shri Gurdwara Sahib Adesh University		Making of a Cardiologist: A talk by Cardiologist	TIME MANAGEMENT	LUNCH	Computer skills
27 Aug 19	Yoga	AETCOM		(Talks by the best graduates of AIMSRS)	LUNCH	Language skills
28 Aug 19	Yoga/Sports		AETCOM (Self-directed Learning)		LUNCH	Computer skill
29 Aug 19	Yoga	AETCOM Module 1.5: The Cadaver as my First Teacher			lunch	Language skills
30 Aug 19	Know your City: Visit to Qila Mubarak, Bathinda				lunch	Why you want to become a doctor Group discussion
31 Aug 19	Sports	The Road Ahead (Introduction to 1 <sup>st</sup> Professional subjects)			Lunch	Use of Library for learning

Sd/-

Principal

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