







Foundation Course, August 2019, Christian Medical College, Vellore

Week 1		August 1 Thursday	August 2 Friday	August 3 Saturday
8:00-9:00 AM		Welcome, Introduction to the Course, Documents, Rules and Regulations of the Institute	Prayer, Introduction	Introduction to the Work Camp
9:00-10:00 AM			Introduction to CMC	
10:00-11:00 AM			Education in the Institution	Introduction to Vellore City, Trip to the City, Visit to the Vellore Fort
11:00-12:00 PM		Introduction to the Hostels, Hostel Rules	Ice Breaking, Group Sports Activity	
12:00-1:00 PM		Lunch	Lunch	
1:00-2:00 PM				
2:00-3:00 PM		Introduction to Hostels	Learning the College Song	Sports and Extracurricular Activities
3:00-4:00 PM		Meet the Faculty, and Seniors, and Parents (3:00-6:00 pm)	Introduction to the E-learning portal, Student App	
4:00-5:00 PM				

	Orientation		Professional development and ethics		skills
	Field visit, community visit		Computer/ language		Sports/ extracurricular







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Week 2	August 5 Monday	August 6 Tuesday	August 7 Wednesday	August 8 Thursday	August 9 Friday	Aug 3 Saturday				
8:00-9:00 AM	Group Activity: Work Camp, Team Building	Walk Through Campus	Group Activity: Work Camp, Team Building	History of the Institution	Health Care Scenario in India	Research Skills, and research in the institution				
9:00-10:00 AM		Group Activity: Work Camp, Team Building		Introduction to Networked Hospitals	Group Discussions		Support Systems in the Institution			
10:00-11:00 AM						Keeping the Campus Clean		Adjusting to a new Environment	Communications Workshop	
11:00-12:00 PM										Lunch
12:00-1:00 PM						Reflection on Team Building activity	Interaction with Senior Faculty	Skills: First Aid	AETCOM Module Sociology: Selective Perception	
1:00-2:00 PM	Interaction with Senior Faculty	Fundamentals of Communication	Orientation to the Alumni, interaction with Institutional Alumni							
2:00-3:00 PM				Interaction with Senior Faculty	Fundamentals of Communication	Orientation to the Alumni, interaction with Institutional Alumni				
3:00-4:00 PM	Interaction with Senior Faculty	Fundamentals of Communication	Orientation to the Alumni, interaction with Institutional Alumni							
4:00-5:00 PM				Interaction with Senior Faculty	Fundamentals of Communication	Orientation to the Alumni, interaction with Institutional Alumni				

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Week 3	August 12 Monday	August 13 Tuesday	August 14 Wednesday	August 15 Thursday	August 16 Friday	August 17 Saturday
8:00-9:00 AM	Clinical visit: Listening to the Patient	Clinical visit: Speaking to the Patient	Clinical Visit: Practical aspects of being a good doctor: Learning from Senior Clinicians	Independence Day Flag Hoisting	Community Visit	Week 4 feedback
9:00-10:00 AM						Sociology Session
10:00-11:00 AM						Session with the Student Counsellor : Stress Management
11:00-12:00 PM						Learning to Learn: Student Perspective
12:00-1:00 PM	Lunch	Lunch	Lunch			Lunch
1:00-2:00 PM	Ethics Workshop	Library Orientation, Use of Clickers for feedback, Using the E-learning portal, Student Information System Data	Time Management and Goal Setting			Sports and Extracurricular Activities
2:00-3:00 PM						
3:00-4:00 PM						
4:00-5:00 PM						

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Week 4	August 19 Monday	August 20 Tuesday	August 21 Wednesday	August 22 Thursday	August 23 Friday	August 24 Saturday
8:00-9:00 AM	Waste Management: Waste Segregation	Sociology: Social Justice	Orientation to the Anatomy Department	Ethics Workshop	Developing Computer Skills: Individual and Group Activity	Developing Computer Skills: Individual and Group Activity
9:00-10:00 AM	Skills of Scientific Writing and Plagiarism		Orientation to the Physiology Department			
10:00-11:00 AM	Presentation Skills	Orientation to the Curriculum	Orientation to the Biochemistry Department	Reflective writing		
11:00-12:00 PM						
12:00-1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00-3:00 PM	Skills of efficient Learning	Ethics workshop	Skills: Basic Life Support	Movie: The doctor Patient relationship	Presentation Skills	Sports and Extracurricular Activities
3:00-4:00 PM	Mentorship, interaction with Mentors					
4:00-5:00 PM					Week 4 feedback	

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Week 5	August 26 Monday	August 27 Tuesday	August 28 Wednesday	August 29 Thursday	August 30 Friday	August 31 Saturday
8:00-9:00 AM	Introduction to Anatomy	Learning Skills: Biochemistry	Learning Skills Physiology	Student Research Activities and Seminars	Student Research Activities and Seminars	Student Quiz
9:00-10:00 AM	Introduction to Physiology	Learning Skills: Physiology	Learning Skills: Biochemistry			
10:00-11:00 AM	Skills: Anatomy Dissection, Respect the Cadaver	Anatomy Dissection Skills	Learning to Learn: Learning from the Cadaver			
11:00-12:00 PM						
12:00-1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	
1:00-2:00 PM						
2:00-3:00 PM	Skills: Introduction to the Histology Lab, Handling the Microscope	Skills: Introduction to the Physiology Lab.	Skills: Introduction to Biochemistry laboratory, Handling equipment and chemicals	Student Research Seminars	Student Research Activities and Seminars	Sports and Extracurricular Activities
3:00-4:00 PM			Feedback Week 5			
4:00-5:00 PM						

	Orientation		Professional development and ethics		skills
	Field visit, community visit		Computer/ language		Sports/ extracurricular