

# Dhanalakshmi Srinivasan Medical College & Hospital Perambalur

## FOUNDATION COURSE FOR FIRST MBBS

Duration : 1 month  
(1<sup>st</sup> August to 31<sup>st</sup> August, 2019)

### Foundation Course Committee

Position	Name of the faculty	Department
Head	Dr. Maragathamani Elangovan	Dean
Convener	Dr. M. Anbarasi	Physiology
Coordinator	Dr. N. Srinivasaragavan	Physiology
Members	Dr. S. Manoranjitham	Anatomy
	Dr. G. Kavitha	Biochemistry
	Dr. C. Kannan	Community Medicine

### Guide to the schedule



ORIENTATION MODULE



SKILLS MODULE



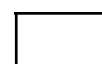
PROFESIONAL  
DEVELOPMENT AND ETHICS



FIELD VISIT TO COMMUNITY  
HEALTH CENTRE



LANGUAGE/COMPUTER SKILLS



SPORTS/ EXTRACURRICULAR  
ACTIVITIES

## Schedule for Foundation Course

<b>ORIENTATION MODULE</b>	
Time	Session
<b>01.08.19 (Thursday)</b>	
9:00 to 10:00 AM	Inauguration and Welcome address by the Dean
10:00 to 11:00 AM	Self-introduction by faculty and students
11: 00 to 11:15 AM	Tea break
11:15 to 12:00 PM	Group Task: WHY YOU CHOSE THIS PROFESSION? MODERATOR: MEU FACULTY
12:00 to 1:00 PM	“Who is a doctor?” DR. T. NEELAKANTAN, Medical Superintendent
1:00 to 2:00 PM	Lunch break
2:00 to 4:30 PM	Batch allotment and departments visit in batches (All three pre-clinical departments)
<b>02.08.19 (Friday)</b>	
8:30 to 9:30 AM	Journey of an Indian Medical Graduate Dr. M. ANBARASI, Professor of Physiology
9:30 to 10:30 AM	History of medicine Dr. M. SURESH, Professor of Pathology
10:30 to 11:30 AM	Alternate health systems DR. M. ELANGO VAN, Professor of Anatomy.
11:30 to 11:45 AM	Tea break
11:45 AM to 1:00 PM	Ethics, attitude and professionalism DR. P. VIJAIANANTH, Professor of Medicine
1:00 to 2:00 PM	Lunch break
2:00 to 4: 30 PM	Library visit in batches

	<b>03.08.19 (Saturday)</b>
<b>8:30 to 9:30 AM</b>	<b>Health care system and Delivery Dr. K. KARTHIKEYAN, Professor of Community Medicine</b>
<b>9:30 to 10:30 AM</b>	<b>National health priorities and policies Dr. ROCK BRITTO, Assistant Professor of Community Medicine</b>
<b>10:30 to 11:30 AM</b>	<b>Universal Safety precautions DR. SAGEERA BANU, Associate Professor of Microbiology</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Universal Vaccination Program Dr. G. RAJKUMAR, Professor of Pediatrics</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Hospital visit in three batches 1. Blood bank and central laboratory 2. Wards and OPDs 3. ICU and ED ALL PRECLINICAL DEPARTMENTS</b>
	<b>04.08.19 (Sunday) - Holiday</b>
	<b>05.08.19 (Monday)</b>
<b>8:30 to 9:30 AM</b>	<b>Patient safety and biohazard safety MR. ASHOK KATTA, Assistant Professor of Biochemistry.</b>
<b>9:30 to 10:30 AM</b>	<b>Principles of primary care</b>
<b>10:30 to 11:30 AM</b>	<b>Dr. S. VIJAYALAKSHMI, Associate Professor of Community Medicine</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>What is a casualty? Dr. J. GEETHA, Associate Professor of Anaesthesia</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>ROLE PLAY BY STUDENTS ON BIOHAZARD SAFETY</b>

**SKILLS MODULE, FIELD VISIT, PROFESIONAL DEVELOPMENT INCLUDING ETHICS,  
SPORTS & EXTRACURRICULAR ACTIVITIES, LANGUAGE & COMMUNICATION SKILLS**

<b>Time</b>	<b>Session</b>
<b>06.08.19 (Tuesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>How to gain from lectures? DR.K.R. ARUNKUMAR, Associate Professor of Anatomy</b>
<b>9:30 to 10:30 AM</b>	<b>Reflections from lecture DR. T. DHINESHKUMAR, Assistant Professor of Anatomy</b>
<b>10:30 to 11:30 AM</b>	<b>First aid DR. R. RAMACHANDRAN, MD Emergency Physician</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Basics of communication in medicine DR. S.R. NIRMAL, Associate Professor of Psychiatry</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4:30 PM</b>	<b>Group dynamics DR. M. ANBARASI, Professor of Physiology</b>
<b>07.08.19 (Wednesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Introduction to Learning strategies DR. M. ANBARASI, Professor of Physiology</b>
<b>9:30 to 10:30 AM</b>	<b>Group learning DR. V.C. SURESH CHANDER, Professor of Microbiology</b>
<b>10:30 to 11:30 AM</b>	<b>Basic life support DR. J. GEETHA, Associate Professor of Anaesthesia</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Role play on emergencies followed by group dynamics Contribution from senior students</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Sports</b>

<b>08.08.19 (Thursday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Self-directed learning</b> <b>DR. M. SURESH, Professor of Pathology</b> <b>Group activity and feedback on SDL</b>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Panel discussion</b> <b>“Doctor as a catalyst of social change”</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Extra-curricular activities – debate</b>
<b>09.08.19 (Friday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Learning from public</b> <b>Dr. ROCK BRITTO, Assistant professor of Community</b> <b>Medicine</b>
<b>9:30 to 10:30 AM</b>	<b>Visit to community health centre</b> <b>Community Medicine Faculty</b>
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>1:00 to 2:00 PM</b>	<b>Lunch</b>
<b>2:00 to 4: 30 PM</b>	<b>Extra-curricular activities – challenge shows</b>
<b>10.08.19 (second Saturday) - Holiday</b>	
<b>11.08.19 (Sunday) - Holiday</b>	

<b>12.08.19 (Monday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Peer assisted learning DR. G. RAJKUMAR, Professor of Paediatrics</b>
<b>9:30 to 10:30 AM</b>	<b>Group activity by peers</b>
<b>10:30 to 11:30 AM</b>	<b>Importance of language in medicine DR. G. KAVITHA, Associate Professor of Biochemistry</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Stress management DR. S.R. NIRMAL, Associate Professor of Psychiatry</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>A Batch – Native language skills (DR.M. ELANGO VAN, Professor of Anatomy)  B Batch – Students’ General Health checkup and Vaccination  C batch – Computer skills (DR. S. TAMILARASAN, Assistant Professor of community medicine</b>
<b>13.08.19 (Tuesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Assessment driven learning followed by Group activity DR. K.R. ARUNKUMAR, Associate Professor of Anatomy</b>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	<b>Winning a rapport with patients – Casualty visit  DR.T. DHINESHKUMAR - AP of Anatomy  DR. S. EZHILNILA – AP of Physiology  DR. VIJAYAPRIYA – AP of Biochemistry</b>
<b>11:30 to 11:45 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>B Batch – Native language skills (DR.M. ELANGO VAN, Professor of Anatomy)  C Batch – Students’ General Health checkup and Vaccination  A batch – Computer skills (DR. S. TAMILARASAN, Assistant Professor of community medicine )</b>

<b>14.08.19 (Wednesday)</b>	
<b>8:30 to 9:30 M</b>	<b>Simulation based learning</b> <b>DR. M. SARAVANAKUMAR, Professor of Pharmacology</b>
<b>9:30 to 10:30 AM</b>	<b>Use of online resources</b> <b>DR. M. ANBARASI, Professor of Physiology</b>
<b>10:30 to 11:30 AM</b>	<b>Demonstration of online resources</b> <b>DR. M. ANBARASI, Professor of Physiology</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Time management</b> <b>DR. G. KAVITHA, Associate Professor of Biochemistry</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>C Batch – Native language skills (DR.M. ELANGO VAN, Professor of Anatomy)</b> <b>A Batch – Students’ General Health checkup and Vaccination</b> <b>B batch – Computer skills ((DR. S. TAMILARASAN, Assistant Professor of community medicine )</b>
<b>15.08.19 (Thursday) – Independence Day</b> <b>Flag hoisting ceremony</b>	
<b>16.08.19 (Friday)</b>	
<b>8:30 to 9:30 M</b>	<b>Assessment of learning styles by VAK Questionnaire</b> <b>DR. S. EZHILNILA, Assistant Professor of Physiology</b>
<b>9:30 to 10:30 AM</b>	<b>Winning a rapport with patients – OPD visit</b> <b>DR.T. DHINESHKUMAR - AP of Anatomy</b> <b>DR. S. EZHILNILA – AP of Physiology</b> <b>DR. I. VIJAYAPRIYA – AP of Biochemistry</b>
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Sports activity – Importance of Yoga</b> <b>DR.R.BHUVANESHWARI, MSc Yoga, NGO, Perambalur</b>

<b>17.08.19 (Saturday)</b>	
<b>8:30 to 9:30 AM</b>	<b>How to be professional?</b>  <b>Learning by Role play</b>  <b>DR. G. RAJKUMAR, Professor of Paediatrics</b>  <b>DR. P. VIJAIANATH, Professor of Medicine</b>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Bio-waste management</b>  <b>DR. M. SUKANYA, Assistant Professor of Microbiology</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Extra- curricular activities – talent shows</b>
<b>18.08.19 (Sunday) - Holiday</b>	
<b>19.08.19 (Monday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Coping with your classmates</b>  <b>DR. N. SRINIVASA RAGAVAN, Associate Professor of</b>  <b>Physiology</b>
<b>9:30 to 10:30 AM</b>	<b>Sympathy and empathy</b>  <b>Role play demonstration</b>  <b>DR. C.R.M. KARTHIKEYAN, Assistant Professor of</b>  <b>Surgery</b>
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Importance of maintaining records</b>  <b>DR.J.S. ARUNKUMAR, Assistant Professor of Forensic</b>  <b>Medicine</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Social media – boon or bane?</b>  <b>Debate by students</b>  <b>Moderator: DR. S. VIJAYALAKSHMI, Associate</b>  <b>Professor</b>  <b>of Community Medicine</b>



<b>20.08.19 (Tuesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Accountability and responsibility as a medical student DR. T. NEELAKANTAN, Medical Superintendent</b>
<b>9:30 to 10:30 AM</b>	<b>Must-know Medico-legal aspects DR.J.S. ARUNKUMAR, Assistant Professor of Forensic Medicine</b>
<b>10:30 to 11:30 AM</b>	
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Medicine is a team work DR. I. VIJAYAPRIYA, Assistant Professor of Biochemistry</b>
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Workshop in biomedical handling DR. N. RAJKUMAR, Associate Professor of Microbiology MR. ASHOK KATTA, Assistant Professor of Biochemistry</b>
<b>21.08.19 (Wednesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Gender, caste, minority and sexuality in medicine DR. E. KAMALA, Associate Professor of Anatomy, Bioethics Chairperson</b>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	<b>Group activity for “<i>Working as a health team</i>” DR.M.ANBARASI, Professor of Physiology DR. K.R. ARUNKUMAR, Associate Professor of Anatomy</b>
<b>11:30 to 11:45 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>1:00 to 2:00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Smartphones in learning medicine DR. ROCK BRITTO, Assistant Professor of Community Medicine</b>

<b>22.08.19 (Thursday)</b>	
<b>8:30 AM to 1:00 PM</b>	<b>Visit to community health centre Community Medicine Department faculty</b>
<b>2:00 to 4: 30 PM</b>	<b>Sports events</b>
<b>23.08.19 (Friday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Art of practice of medicine</b>
<b>9:30 to 10:30 AM</b>	<b>DR. N. SRINIVASA RAGAVAN, Associate Professor of Physiology</b>
<b>10:30 to 11:30 AM</b>	<b>Health seeking behavior of a community DR. NEETHU GEORGE, Assistant Professor of Community Medicine</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Student Symposium on political economy of healthcare in India Moderator: DR. M. ELANGO VAN</b>
<b>1:00 to 2: 00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Extra-curricular activities – Literary events</b>
<b>24.08.19 (Saturday)- Holiday</b>	
<b>25.08.19 (Sunday) - Holiday</b>	
<b>26.08.19 (Monday)</b>	
<b>8:30 to 9:30 AM</b>	<b>Computer skills assessment and feedback</b>
<b>9:30 to 10:30 AM</b>	<b>DR. K.R.ARUNKUMAR, Associate Professor of Anatomy DR. ANBARASI, Professor of Physiology</b>
<b>10:30 to 11:30 AM</b>	<b>DR. G. KAVITHA, Associate Professor of Biochemistry</b>
<b>11:45 AM to 1:00 PM</b>	<b>DR. ROCK BRITTO, AP of Community Medicine</b>
<b>1:00 to 2: 00 PM</b>	<b>Lunch break</b>
<b>2:00 to 4: 30 PM</b>	<b>Does Music heal? – Student Debate Moderator: DR.R. MANORANJITHAM, Professor of Anatomy</b>

<b>27.08.19 (Tuesday)</b>	
<b>8:30 to 9:30 AM</b>	<b>The dead teaches the living DR. K.R.ARUNKUMAR, Associate Professor of Anatomy</b>
<b>9:30 to 10:30 AM</b>	<b>Sociology in medicine DR. JOSEPHINE JEBA, Professor of Sociology, Holy cross College of arts and science.</b>
<b>10:30 to 11:30 AM</b>	<b>Tea break</b>
<b>11:30 to 11:45 AM</b>	<b>Teaching ethics using Short film as a tool DR. P. VIJAIANANTH, Associate Professor of Medicine</b>
<b>11:45 AM to 1:00 PM</b>	<b>Lunch break</b>
<b>1:00 to 2: 00 PM</b>	<b>Sports events</b>
<b>2:00 to 4: 30 PM</b>	<b>28.08.19 (Wednesday)</b>
<b>8:30 to 9:30 AM</b>	<b>“Donate life” DR. R. GANAVI, Associate Professor of Pediatrics</b>
<b>9:30 to 10:30 AM</b>	<b>“Rights and responsibilities of a patient” DR. J.S. ARUNKUMAR, Assistant Professor of Forensic Medicine</b>
<b>10:30 to 11:30 AM</b>	<b>“Humour in Medicine” DR. P.R.PRABHU ELANGO, Professor of Paediatrics</b>
<b>11:30 to 11:45 AM</b>	<b>Tea break</b>
<b>11:45 AM to 1:00 PM</b>	<b>Extra-curricular activities Poem/ painting/sketching on “Dead teaches living”</b>
<b>1:00 to 2: 00 PM</b>	<b>Lunch break</b>
<b>2:00 to 3: 00 PM</b>	<b>Basics of Biomedical Research DR. K.KARTHIKEYAN, Professor of Community Medicine</b>
<b>3:00 to 4: 30 PM</b>	<b>Reflections of the past month DR. NEETHU GEORGE DR. S. TAMILARASAN</b>

	<p><b>29.08.19 (Thursday)</b></p> <p><b>30.08.19 (Friday)</b></p>
<b>8:30 to 9:30 AM</b>	<p><b>Language and communication skills – workshop</b></p> <p><b>DR. BALAKRISHNAN, Professor of English Literature</b></p> <p><b>St. Joseph’s College of Arts and Science.</b></p>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>2:00 to 4: 30 PM</b>	
	<p><b>31.08.19 (Saturday)</b></p>
<b>8:30 to 9:30 AM</b>	<p><b>Language and communication skills – workshop</b></p> <p><b>DR. BALAKRISHNAN, Professor of English Literature</b></p> <p><b>St. Joseph’s College of Arts and Science.</b></p>
<b>9:30 to 10:30 AM</b>	
<b>10:30 to 11:30 AM</b>	
<b>11:45 AM to 1:00 PM</b>	
<b>1:00 to 2: 00 PM</b>	<p><b>Lunch</b></p>
<b>2:00 to 4:30 PM</b>	<p><b>Mentorship Program</b></p>