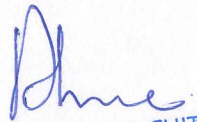


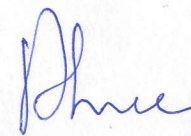
Overview of FOUNDATION COURSE at Believers Church Medical College, Thiruvalla, Kerala

August 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Prayer, Personal development Orientation to College, facilities Regulations, Discipline Student support & Mentoring Professional Dev.: Reflections, Language & Computer	2 Prayer, Personal development Orientation to Hospital Vision, Mission, Values Tour of Hospital Reflective Practice	3 Prayer, Personal development Orientation to MBBS course Learning style transition Reflection on career as doctor Extra Curricular Sports & Leisure, Movie
4	5 Prayer, Personal development Orientation to Community Health Care Center, system Alternate Systems Reflections : experiential learning Language & Computer	6 Prayer, Personal development Orientation Biohazards,safety Check-up, Immunization Faculty Mentoring & System Reflections: Personal safety	7 Prayer, Personal development Skills: Learning Styles Skills:Study Skills -Anatomy Self Directed, Peer Assisted Reflections on Learning	8 Prayer, Personal development Skills: Learning a skill Skills: Time Management Stress Management Coping & Resilience	9 Prayer, Personal development Skill: Simulation Based Learning Skill:Basic Life Support (BLS) Skill: First Aid Reflection & Reflective Practice	10 Holiday - Second Saturday
11	12 Holiday -Bakr Eid	13 Prayer, Personal development Study Skills -Physiology Skills: Scientific Writing Use of Online Resources Briefing: Competitions & Awards Language & Computer	14 Prayer, Personal development Formative & Summative Exam writing an Essay Question Study Skills - Biochemistry & preparation for Exams Language & Computer	15 Flag Hoisting Talent Competitions Independence Day	16 Prayer, Personal development Health Team for RCH Key HealthInformant Interview Q&A with OBG & Paed Reflections & Briefing Language & Computer	17 Festivals of India Holiday -Janmashtami
18	19 Prayer, Personal development Research for Professional Development Tools for Data Collection Reflection on learning	20 Prayer, leadership roles Art of interviewing Inter-personal communication Data Collection Professional Role model Empathy, Compassion	21 Prayer, leadership roles Learning Data Analysis Team-work, Leadership & effective communication Reflection on learning	22 Prayer, leadership roles Learning Data Analysis Scientific Writing (Written Communication) Reflection on learning	23 Prayer, leadership roles Data presentation skills Effective Communication Reflective log ,Talent Nite	24 Prayer, leadership roles Assessment of learning Feedback on Module Extra Curricular Sports Talent Nite / Movie
25	26 Prayer, Personal development Humanities Movie, Stories/ Discussion for perspective transformation Empathy, Compassion Language & Computer	27 Prayer, Personal development Professionalism Observing, interviewing Positive Role models Reflections on above	28 Holiday - Ayyankali	29 Prayer, Personal development Professional Ethics Reflections on above Language & Computer	30 End of Course Exam: Assessment of Learning Mentor-Student debrief Student, Faculty Feedback	31 Reflections: Foundation Course White-Coat Ceremony Talent show, Awards Parent-Mentor meeting Submission of Log-book


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All days	8-9 am: Personal & Professional Development 3:00 pm Professional development - Role of Reflections
Week 1 (30 hrs)	9 am-3 pm Orientation (College, Hospital, Hostel, Regulations, support systems)
8 hrs	Field Visit to Community Health Center
Week 2 (35 hrs)	Skills Module: Learning, Writing, get ready for exam 9 am-3pm (improving Personal effectiveness)
All Weeks (4 hrs/week)	Extra Curricular Sports & Leisure (Socialization, Team-work, Leadership, Self Esteem)
Week 3 (8+32=40 hrs)	Professional Development in Community (Research, Communication, Team-work, Leadership)
Week 4	Humanities, Professionalism, Ethics (including Values, Compassion, Empathy, inter-personal relationships)
All days (40 hrs)	3:30 -4:30 pm Language (English, Malayalam) & Computer



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