

FOUNDATION COURSE TIME TABLE – 2026 BATCH

Date / day	8-9 am	9-10 am	10-11 am	11-12 am	12 am-1 pm	1-2 pm	2-3 pm	3-4 pm
28/09/2026 Monday		Visit to Anatomy department		Hostel rules and regulations Dr Bindu Singh (Anatomy)	L	Visit to Physiology department		
29/09/2026 Tuesday		Visit to PSM Department			U	Hostel rules and regulations Dr Raj Kumar (Biochemistry)	Visit to Biochemistry department	
30/09/2026 Wednesday		PD&E- Coping with mental stress (Dr Ajeet Chaudhary) Psychiatry Department)	Introduction to modern scientific medicine Dr Sudhir Yadav Medicine Department	SKILL- source of information in health sciences Medicine- Dr Raj Kishore Medicine Department	N	Physical activity & health (Dr Manoj Yadav)	Learning resources at B R D Medical college , Gorakhpur CENTRAL LIBRARY (Department Of Physiology)	Future course opportunities, post MBBS (Department Of Biochemistry)
01/10/2026 Thursday		PD&E- Ethics in Medical Literature- Plagiarism (Dr Anushree) Pharmacology Department LT1	Physicians (IMG) role in NPH & Society (Dr Harish Tiwari) (Community Medicine) LT1	Introduction to Information technology, e- classrooms and artificial intelligence. Dr Amit Gupta (Pathology department) LT1	C	Ability to communicate to a patient Dr Abhay Pandey (Department Of Physiology)	Cultural competencies & diversity sensitization Dr Satya Prakash (Department Of Biochemistry)	Awareness to Blood Donation SGD Dr Archana Tripathi (Department Of Pathology)
03/10/2026 Saturday		Physician's role &	Goals & Expectations of	Overview of first phase MBBS	H	PD&E- Medical Ethics-	National Health Goals/ Community	Language English/Hindi/Bhojpuri

		responsibility to society & the community (Dr Raj Kumar) (Biochemistry)	Interactive Learning (Dr Vibha Singh) Department Of Pathology LT1	curriculum and MBBS programme Dr Shilpa Singh (Anatomy) LT1		Introduction (LT1) Dr. Bechan Gautam Medicine	Health Goals Dr Neha Priyanka (Department Of Community Medicine)	(Department Of Physiology)
05/10/2026 Monday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	Empathy in patient encounter (Department Of Physiology)	Teamwork in Medicine (Azhar Ali Khan) Department of Medicine LT1	Bio-Medical Waste Management (Dr Sarita) (Microbiology) (LT1)	LUNCH	University Exam- Rules & Regulations; summative assessment Dr Shilpa Singh (Anatomy) LT1	PD&E- Professionalism in IMG (Dr Yogesh Pal) Surgery Department	Ethics of social medial use by medical professionals Dr Pradeep Yadav (Forensic Department)
06/10/2026 Tuesday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	Commitment to lifelong learning as an important part of physicians growth (Department Of Biochemistry)	• SKILL- BLS (Anaesthesia) Roll no 1-50 • Visit to UHTC- Chargawan Roll no- 51- 100 • Visit to hospital campus (Biochemistry Department) Roll no- 101-150		LUNCH	History of Medicine LT1 (Dr Ankur Poddar) (Medicine Department)	Adjusting to the new environment (Dr Amil H Khan, Psychiatry Department)	Principles of primary care (general and community based care) (Dr Ajeet Pratap Singh) Medicine Department
07/10/2026 Wednesday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	Importance of research in medicine (Dr Anita Mehta) Department Of Pediatrics	• SKILL- BLS (Anaesthesia) Roll no 51- 100 • Visit to UHTC- Chargawan Roll no- 101-150 • Visit to hospital campus (Department Of Anatomy) Roll no- 1-50		LUNCH	SKILL- Effective Communication Skills (Dr Priyanka Gautam) Community Medicine (LT1)	PD&E- Self directed learning & peer assisted learning (Dr Sunita Bharti) Pathology Department LT3	Interdisciplinary collaboration in health care (working with nurses, allied health professionals) (Dr Gagan Gupta)

08/10/2026 Thursday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	Role of a physician in health care system (Department Of Biochemistry)	• SKILL- BLS (Anaesthesia) Roll no 101-150 • Visit to UHTC- Chargawan Roll no- 1- 50 • Visit to hospital campus (Department Of Physiology) Roll no- 51-100 •	LUNCH	Role of IMG & Societal/ Patients Expectations – Dr Aditya Pathak ENT	Stakeholders in National Health Policies & Goals Dr Shradha Mishra (Community Medicine)	Sports & EC (Sports Ground) (Department Of Biochemistry)
09/10/2026 Friday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	PD&E- Time management (Dr Vinay Singh) (Physiology Department)	• SKILL- FIRST AID (Anaesthesia) Roll no 1-50 • Visit to RHTC- Pipraich Roll no- 51- 100 • Computer Skills (Anatomy Department) Roll no- 101-150	LUNCH	SKILLS- Biosafety (Dr Kraty Agrawal) Department of Microbiology LT1	Concept of Statistics in Medicine (Dr Dilip Kumar) (Statistician) LT1	Concept of Management for IMG (Dr Archana Bundela) Department Of Pathology LT2
10/10/2026 Saturday	Yoga & Meditation Dr Raj Kumar (Biochemistry) Dr Rupam Kumar (Community Medicine)	Occupational Hazards of IMG & how to prevent them-1 (Dr Neha Priyanka) (Community Medicine) LT1	• SKILL- FIRST AID (Anaesthesia) Roll no 51-100 • Visit to RHTC- Pipraich Roll no- 101- 150 • Computer Skills (Physiology Department) Roll no- 1-50	LUNCH	Occupational Hazards of IMG & how to prevent them-2 (Dr Shalini Singh) (Community Medicine)	Gender Sensitivity & Sexual Harassment (Vishakha Committee) (Dr Vani Aditya) Obs & Gynae LT1	PD&E: Medicolegal aspects of Ethics (Dr Sanjeet Soni) (Forensic)
12/10/2026 Monday		SKILL- Effective Non-Verbal	• SKILL- FIRST AID (Anaesthesia Department) Roll no 101-150	LUNCH	Introduction to Alternative Medicine	PD&E- Animal Ethics- Concept (Dr RP Yadav)	PD&E: Privileged Communication LT1

		Communication (Dr Nazma Malik) (Obs & Gynae) LT1	- Visit to RHTC- Pipraich Roll no- 1- 50 - Computer Skills (Biochemistry Department) Roll no- 51-100			(Dr Anushree) Pharmacology	(Vet Officer) LT1	(Dr Soumya Agrawal) (Department Of Anatomy)
13/10/2026 Tuesday		Mental health of students (Dr Ajeet Chaudhary) (Psychiatry) LT1	PD&E: Medical Ethics & Etiquettes (Dr Mamun Khan) Radiology LT1	PD&E: concept of independence, beneficence & Non-Maleficence (Dr Yogendra Singh) Anatomy LT1	LUNCH	White coat ceremony		Sports & EC (Sports Ground) Anatomy department
14/10/2026 Wednesday		Medical documentation & record keeping (Dr Gagan Gupta) LT1	PD&E Informed concent (Dr Ankita) (Obs & Gynae) LT1	Introduction to IECHR (Institutional Ethics Committee for Human Research) (Dr Amresh Singh) (Microbiology) LT1	LUNCH	PD&E: Confidentiality (Dr Shaila Mitra) (Pathology) LT1	PD&E: Communication Skill & Etiquettes- Social Media (Dr Anant Prakash), (Physiology)	Sports & EC (Sports Ground) Physiology department

Foundation course Coordinator

Dr Bindu Singh