

DATE	DAY	8 am to 9 am	9 am to 10 am	10 am to 11 am	11 to 11.15 am	11.15 am to 12.15 am	12.15 pm to 1 pm	1 pm to 2 pm	2 pm to 3 pm	3 pm to 4 pm	4 pm to 5 pm
FOUNDATION COURSE FOR 2019-2020 Batch MBBS STUDENTS, YENEPOYA MEDICAL COLLEGE, MANGALORE											
1.8.2019	Thursday	Registration	Inaugural program-Address by VC, Dean	Know your University -Yenepeya Deemed to be University, Mangalore	Break	Orientation of parents and students	Orientation of parents and students	Break	Home away from home - Hostel life @ yen	Student welfare measures	Get to know your hostel mates - SDL
2.8.2019	Friday	Overview of MBBS course including foundation course		Ice breaking-Introduction		Ice breaking-Introduction	Campus life at Yenepeya		Ragging and how to deal with it	Home away from home - Hostel life @ yen	Extracurricular activities
3.8.2019	Saturday	Introduction to AETCOM	Rules and Regulation	Roles of IMG - Focused Group Discussion		Student mentorship programme	Student mentorship programme		Languages in Mangalore	Overview of rich linguistic pot pourri at Mangalore	Sports/Extracurricular activities
4.8.2019 Sunday											
5.8.2019	Monday	An Orientation to Yoga	Acclimatisation - Know the Coastal city of Mangalore	Drug addiction and suicide prevention guideline	Break	Yenepeya Family - Alumni association	Alternate health systems	Break	E learning @ Yenepeya-YENGAGE	SDL	
6.8.2019	Tuesday	Sports ways a life	Learning in interprofessional health care team	Health care system and delivery and health schemes		Health needs of a community - Role play	Language/Computer		Extracurricular activities		
7.8.2019	Wednesday	Library as a fountain of knowledge	Team building and group dynamics			Yenepeya students initiative for the society - Karseva & Aashrya	Doctor as a professional		Language/Computer	SDL - Swyam Course enrollement	
8.8.2019	Thursday	Etiquettes of a health care professional	Skill & competency developemnt at Yenepeya	What does it mean to be a doctor		Multiple Roles of a Doctor : Panel discussion			Language/Computer	SDL - Evolution of modern Medicine	
9.8.2019	Friday	Life skills	The foundations of communication	Personal protection, hand washing techniques		What does it mean to be a patient	Empathy - Videos & Case discussions		Language/Computer	SDL movie making competition on empathy	
10.8.2019	Saturday	History of Medicine and medical inventions - Quiz	Group activity on Skillful communication - Peer assisted			Standard precautions and Vaccination	Patient safety and biomedical Waste management		Language/Computer	Sports	
11.8.2019 SUNDAY											
12.8.2019 Monday Holiday Eid											
13.8.2019	Tuesday	Self less service - NSS	Physician's role in society	Gender sensitisation - Case scenerio	Break	Patient rights and duties	First aid using tasktraining at Simulation centre	Break	Language/Computer	Sports/Extracurricular activities	
14.8.2019	Wednesday	Yoga for stress	Introduction to bioethics			Constitution of India	Life long learner		Language / Computer	SDL	
15.8.2019	Thursday	Flag Hoisting	Prize distribution of poster competition & movie making	Talent show							
16.8.2019	Friday	Skillful use of Power point & MS word	Medical negligence	Community Engagement skills		Hospital and Simulation centre visit in groups			Language/Computer	SDL	
17.8.2019, Saturday Holiday											
18.8.2019 SUNDAY											
19.8.2019	Monday	Yoga	Story writing	Learning style and VARK Questionnaire	Break	Basic life Support training		Break	Language/Computer	SDL - Interview a patient	
20.8.2019	Tuesday	Extracurricular activities	Role of health professionals in India	Dignity of life		Language/Computer			Field visit to Anganwadi/ PHC in 2 groups	SDL - Interview a family member of a patient	
21.8.2019	Wednesday	Extracurricular activities	Public speaking skills	Alternate health systems		Altruism	Art of Reflection writing		Field visit to Anganwadi/ PHC in 2 groups	SDL - Book review	
22.8.2019	Thursday	Yoga	Skill documentation in log book and record books	Written communication		Different study techniques and SDL	Deaddiction - Technology		Language/Computer	SDL	
23.8.2019	Friday	Music therapy	Developing the skill of giving and receiving feedback	Lifestyle modification for a healthy life		Gender sensitisation	Financial planning – Get an early start		Language/Computer	Sports	
24.8.2019	Saturday	Inter personal communication	Doctor as a leader	Listening skills		Language/Computer			Language/Computer	SDL	
25.8.2019	SUNDAY	Movie at Yendurance theatre followed by discussion									
26.8.2019	Monday	Yoga	The doctor-patient relationship-Role play and Video demonstration	Non Verbal communication	Break	Work life balance - Panel discussion		Break	Field visit to Sewage treatment plant/ Water treatment plant in 2 groups	Sports	
27.8.2019	Tuesday	Extra curricularactivity	Time management	Self confidence and body language		Assessment for Computer skills			Field Visit Sewage treatment plant/ Water treatment plant in 2 groups	SDL	
28.2.2019	Wednesday	Extra curricularactivity	Doctor as a Researcher	Yenepeya Family – YUAA		Visit to Anatomy, Physiology , Biochemistry and community Medicine Department			Language/Computer	Sports	
29.2.2019	Thursday	Yoga	Swatch Bharath: What can you do at Yenepeya - Brain storming			Introduction to Humanities	How to improve your memory and concentration		Language	SDL	
30.8.2019	Friday	Dealing with Stress – Some tips	Personal and Professional Development, Portfolio & Networking			Cadaveric Oath			Assessment for Language module	SDL	
31.8.2019	Saturday	Quiz on Mangalore and Yenepeya University	reflections on Book reviewed	Elocution competition		Assessment of the Foundation course	Quality assurance (NAAC) @ Yenepeya		IQAC feedback form collection	Valedictory program	

