

**CHETTINAD HOSPITAL AND RESEARCH INSTITUTE  
MBBS 2021-22 BATCH  
FOUNDATION COURSE [FC] – PROPOSED SCHEDULE**

The foundation course topics shall be covered for the MBBS 2021-22 Batch on **all days** from Week 1 onwards till completion

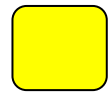
## **COLOUR CODING KEY - TOTAL FC = 220 HOURS**



**ORIENTATION = 30 hours**



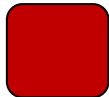
**SKILLS MODULE = 36 hours**



**PROFESSIONAL DEVELOPMENT INCLUDING ETHICS and AETCOM  
= 64 hours**



**FIELD VISITS TO COMMUNITY HEALTH CENTRES = 8 hours**



**ENHANCEMENT OF LANGUAGE / COMPUTER SKILLS = 52 hours**



**SPORTS and EXTRACURRICULAR ACTIVITIES = 30 hours**

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 1

DAY	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
MON	<b>Sports &amp; Extra-Curricular Activities –</b> <i>Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	<b>Dean’s Address to the batch on their conduct throughout the MBBS course –</b> <i>Dr. Pichai Balashanmugam, Dean, CHRI</i>
TUE	<b>Language skills -</b> <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i>	<b>University rules regarding examination and attendance –</b> <i>Controller of Examinations, CARE</i>
WED	<b>Computer Skills -</b> <i>conducted by the Information Technology Department of CARE</i>	<b>The Phase 1 Medical Curriculum –</b> <i>Dr. Sanjay Andrew, Professor and HOD, Department of Physiology as well as Coordinator, MEU, CHRI.</i> <b>Overview of Phase 2 Medical Curriculum –</b> <i>Dr. Vijayashree, Professor and HOD, Department of Pathology as well as Member, MEU, CHRI</i>
THUR	<b>Computer Skills -</b> <i>conducted by the Information Technology Department of CARE</i>	<b>Overview of Phase 3A Medical Curriculum –</b> <i>Dr. Priya, Professor, Department of ENT, CHRI</i> <b>Overview of Phase 3B Medical Curriculum –</b> <i>Dr. Vigneshwaran, Professor, Department of General Medicine as well as Member, MEU, CHRI</i>
FRI	<b>Sports &amp; Extra-Curricular Activities –</b> <i>Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	<b>Patient safety &amp; Bio-hazard safety</b> <i>Dr. Vijayashree, Professor and HOD, Department of Pathology, CHRI</i>
SAT	<b>Academic activity regulated by the Department of Physiology</b>	<b>Principles of Primary Health Care –</b> <i>Dr. Suganthi, Associate Professor, Department of Community Medicine, CHRI</i>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 2

DAY	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
MON	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Electives in CHRI - Dr. Vijayashree, Professor and HOD, Department of Pathology as well as Member, MEU, CHRI / The learning management system of CHRI – Mr. Venkatesan and the Department of Information Technology, CHRI, CARE</b>
TUE	<b>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</b>	<b>The learning management system of CHRI – Mr. Venkatesan and the Department of Information Technology, CHRI, CARE (continued)</b>
WED	<b>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</b>	<b>Orientation to the teaching faculty of Phase 1</b>
THUR	<b>Computer Skills - conducted by the Information Technology Department of CARE</b>	<b>Orientation to the teaching faculty of Phase 1 (continued)/The Medical Profession and role of the physician in society – Dr. Vigneshwaran, Professor, Department of General Medicine, CHRI</b>
FRI	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Integrating into the Academic Ambience – Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI and Dr. Sanjay Andrew, Professor and HOD, Department of Physiology, CHRI</b>
SAT [ONLINE]	<b>Academic activity regulated by the Department of Physiology</b>	<b>National Health priorities &amp; policies – Dr. Nirupama, Tutor, Department of Community Medicine, CHRI</b>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 3

DAY	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
MON	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Universal precautions &amp; vaccinations – Dr. D. R. Vedapriya, Professor and HOD, Department of Community Medicine, SVMCHRC, Puducherry</b>
TUE	<b>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</b>	<b>Healthcare System in India and its Delivery – Dr. Nirupama, Tutor, Department of Community Medicine, CHRI</b>
WED	<b>Computer Skills - conducted by the Information Technology Department of CARE</b>	<b>An overview of Library Usage in CHRI – Mr. Arumugam, Head Librarian, CARE</b>
THUR	<b>Computer Skills - conducted by the Information Technology Department of CARE</b>	<b>Principles of E – learning - Dr. Anithu, Assistant Professor, Department of Physiology, CHRI</b>
FRI	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Orientation for Hospital and Central Lab visit – Regulated by Dept. of Biochemistry</b>
SAT	<b>Academic activity regulated by the Department of Physiology</b>	<b>Orientation for visit to Animal House – Regulated by Dept. of Biochemistry</b>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 4

<b>DAY</b>	<b>4 PM – 6 PM</b>	<b>6.15 PM – 8 PM [ONLINE]</b>
<b>MON</b>	<i>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	<i>An overview of use of Skills Laboratory in pre- clinical course - Ms. Princy, Chief Instructor, LAERDAL</i>
<b>TUE</b>	<i>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i>	<i>Learning strategies – Dr. M. S. Arathi, Associate Professor, Department of Anatomy, CHRI</i>
<b>WED</b>	<i>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i>	<i>Managing stress throughout the medical course - Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI</i>
<b>THUR</b>	<i>Computer Skills - conducted by the Information Technology Department of CARE</i>	<i>Managing stress throughout the medical course - Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI</i>
<b>FRI</b>	<i>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	<i>An update of management of medical records - Dr. Prabhakaran, Professor, Department of General Surgery, CHRI</i>
<b>SAT [ONLINE]</b>	<b>Academic activity regulated by the Department of Physiology</b>	<i>Simulation based learning – Dr. L. Karpagavel, Professor, Department of Biochemistry, CHRI</i>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 5

DAY	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
<b>MON</b>	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Essentials of First-aid and Must-Know guidelines of First-aid Delivery – Dr. B. Kanchanamala, Professor, Department of Anaesthesiology, Government Medical College, Omandurar Government Estate, Chennai</b>
<b>TUE</b>	<b>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</b>	<b>Essentials of First-aid and Must-Know guidelines of First-aid Delivery – Dr. B. Kanchanamala, Professor, Department of Anaesthesiology, Government Medical College, Omandurar Government Estate, Chennai</b>
<b>WED</b>	<b>Computer Skills - conducted by the Information Technology Department of CARE</b>	<b>Managing stress throughout the medical course - Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI / Principles of group dynamics for integrated learning - Dr. Sanjay Andrew, Professor and HOD, Department of Physiology as well as Coordinator, MEU, CHRI</b>
<b>THUR</b>	<b>Computer Skills - conducted by the Information Technology Department of CARE</b>	<b>Research methodology in Healthcare – Director, Research, CARE</b>
<b>FRI</b>	<b>Sports &amp; Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</b>	<b>Community based learning – Dr. Arvind and Dr. Vinoth Gnana Chellaiyan, Assistant Professors, Department of Community Medicine, CHRI</b>
<b>SAT</b>	<b>Academic activity regulated by the Department of Physiology</b>	<b>Principles of Biosafety in the Laboratory – Dr. Sumathy S., Professor and HOD, Department of Biochemistry, CHRI</b>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 6

DAY	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
MON	Sports & Extra-Curricular Activities – <i>Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	Essentials of First-aid and Must-Know guidelines of First-aid Delivery – <i>Dr. B. Kanchanamala, Professor, Department of Anaesthesiology, Government Medical College, Omandurar Government Estate, Chennai / Essential Principles of Basic Life Support for the medical student - Dr. Swaminathan, Assistant Professor, Department of Anaesthesiology, CHRI</i>
TUE	Language skills - <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i>	Time management – <i>Mr. C. N. Ramgopal, Professor, Counselling Psychology, Faculty of AHS, CHRI</i>
WED	Language skills - <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i>	Interpersonal relationships and developing interpersonal communication – <i>Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI</i>
THUR	Computer Skills - <i>conducted by the Information Technology Department of CARE</i>	Interpersonal relationships and developing interpersonal communication – <i>Dr. Kailash, Associate Professor, Department of Psychiatry, CHRI</i>
FRI	Sports & Extra-Curricular Activities – <i>Coordinated by Mr. Kirubalan, Sports Coordinator, CARE</i>	Essential principles of self directed learning - <i>Dr. T. K. Balaji, Professor, Department of Anatomy, CHRI / What a Medical Student must expect as a Health Professional – Dr. Priyadarshini, Professor and HOD, Department of Microbiology, CHRI</i>
SAT [ONLINE]	Academic activity regulated by the Department of Physiology	Core principles of the Doctor-Patient relationship - <i>Dr. Prabhakaran, Professor, Department of General Surgery, CHRI</i>



## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 7

DAY	8.30 AM – 12.30 PM	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
MON	Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable	Sports & Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE	Role of the Doctor in fulfilling the society's needs - Dr. Sabari Sridhar O T, Professor and HOD, Department of Psychiatry, CHRI / History of Medicine and Alternate Health Systems in the country – Dr. D Raja, Professor, Department of Community Medicine, CHRI
TUE		Computer Skills - conducted by the Information Technology Department of CARE	Music and healing - Dr. Sanjay Andrew, Professor and HOD, Department of Physiology, CHRI
WED	<b>WHITE COAT CEREMONY</b>	Sports & Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE	Medicine and Humanities - Department of Counseling Psychology, FAHS, CARE
THUR	Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable	Computer Skills - conducted by the Information Technology Department of CARE	Principles of Attitude and Communication for the Medical Graduate - Dr. Sanjay Andrew, Professor and HOD, Department of Physiology as well as Coordinator, MEU, CHRI and Dr. Vijayashree, Professor and HOD, Department of Pathology as well as Member, MEU, CHRI
FRI		Sports & Extra-Curricular Activities – Coordinated by Mr. Kirubalan, Sports Coordinator, CARE	
SAT		Academic activity regulated by the Department of Physiology	

**Chettinad Hospital & Research Institute**

**Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 8**

<b>DAY</b>	<b>4 PM – 6 PM</b>	<b>6.15 PM – 8 PM [ONLINE]</b>
<b>MON</b>	<b>Language skills - <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i></b>	<b>Principles of Attitude and Communication for the Medical Graduate - <i>Dr. Sanjay Andrew, Professor and HOD, Department of Physiology as well as Coordinator, MEU, CHRI and Dr. Vijayashree, Professor and HOD, Department of Pathology as well as Member, MEU, CHRI</i></b>
<b>TUE</b>	<b>Computer Skills - <i>conducted by the Information Technology Department of CARE</i></b>	<b>Essential Principles of Medical Ethics &amp; Professionalism – <i>MEU, CHRI</i></b>
<b>WED</b>	<b>Language skills - <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i></b>	
<b>THUR</b>	<b>Computer Skills - <i>conducted by the Information Technology Department of CARE</i></b>	
<b>FRI</b>	<b>Language skills - <i>coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</i></b>	<b>Yoga and its impact on health - <i>Dr. Koyeli Girigoswami, Associate Professor, FAHS</i></b>
<b>SAT [ONLINE]</b>	<b>Academic activity regulated by the Department of Physiology</b>	<b>Group dynamics – <i>Dr. Sanjay Andrew, Prof. &amp; HOD, Dept. of Physiology, CHRI</i></b>

## Chettinad Hospital & Research Institute

### Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 9

DAY	8.30 AM – 12.30 PM	12.30 PM – 1.15 PM	1.15 PM - 4 PM	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
<b>MON</b>	<b>Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI.</b> Batch A – General Medicine OP Batch B – Visit to Blood Bank and Blood grouping done for students Batch C – Hepatitis B vaccine	<b>L U N C H</b>	Batch A - Use of Skills Laboratory in pre-clinical course with hands-on training - Ms. Princy, Chief Instructor, LAERDAL / Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI – Batch B - ENT OP / Batch C – Ophthalmology OP	Sports & Extra-Curricular Activities included as part of regular curriculum	<b>Group dynamics – Dr. Sanjay Andrew, Prof. &amp; HOD, Dept. of Physiology, CHRI</b>
<b>TUE</b>	<b>Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI.</b> Batch B – General Medicine OP Batch C – Visit to Blood Bank and Blood grouping done for students Batch A – Hepatitis B vaccine		Batch B - Use of Skills Laboratory in pre-clinical course with hands-on training - Ms. Princy, Chief Instructor, LAERDAL / Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI – Batch C - ENT OP / Batch A – Ophthalmology OP	<b>Language skills - coordinated by Mr. Murugavel, Assistant Professor, Department of Biochemistry</b>	
<b>WED</b>	<b>Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI.</b> Batch C – General Medicine OP Batch A – Visit to Blood Bank and Blood grouping done for students Batch B – Hepatitis B vaccine		Batch C - Use of Skills Laboratory in pre-clinical course with hands-on training - Ms. Princy, Chief Instructor, LAERDAL / Medical Check-up: Coordinated by Dr. Anuradha, Associate Professor, Department of Biochemistry, CHRI – Batch A - ENT OP / Batch B – Ophthalmology OP	<b>Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable</b>	

DAY	8.30 AM – 12.30 PM	12.30 PM – 1.15 PM	1.15 PM - 4 PM	4 PM – 6 PM	6.15 PM – 8 PM [ONLINE]
THUR	FIRST IA THEORY EXAMINATIONS		<b>FOUNDATION COURSE – CONTACT SESSIONS -</b> <i>Field visit to community health centres, in small batches [A1. B1, C1], and evaluation [A2. B2, C2]</i>	Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable	
FRI				Sports & Extra-Curricular Activities included as part of regular curriculum	<b>Pandemic Module:</b> <b>F.1: History of Outbreaks, Epidemics and Pandemics –</b> <i>Coordinated by the Department of Microbiology, CHRI</i>
SAT					

**Chettinad Hospital & Research Institute**

**Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 10**

DAY	8.30 AM – 12.30 PM	12.30 PM – 1.15 PM	1.15 PM - 4 PM
MON	<p align="center"><b>FIRST IA PRACTICAL EXAMINATIONS AND THEORY VIVA</b></p>	<p align="center"><b>L U N C H</b></p>	<p align="center"><b>FOUNDATION COURSE – CONTACT SESSIONS - <i>Field visit to community health centres, in small batches [A2, B2, C2], and evaluation [A1, B1, C1]</i></b></p>
TUE			
WED			
THUR			<p align="center"><b>FOUNDATION COURSE – CONTACT SESSIONS - <i>student reflections on the field visits to community health centres and evaluation</i></b></p>
FRI			
SAT [ONLINE]	<p align="center"><b>Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable</b></p>		

**Chettinad Hospital & Research Institute**

**Proposed Phase 1 Timetable for Foundation Course of MBBS 2021-22 Batch: WEEK 11**

<b>DAY</b>	<b>8.30 AM – 12.30 PM</b>	<b>6.15 PM – 8 PM [ONLINE]</b>
<b>MON</b>	<b>Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable</b>	<b>FEEDBACK regarding the conduct of FOUNDATION COURSE</b>
<b>TUE</b>		
<b>WED</b>	<i>Hospital and Central laboratory visit - coordinated by Dr. Santhini, Associate Professor, Department of Biochemistry, CHRI / Visit to Central Library - coordinated by Mr. Arumugam, Head Librarian, CARE / Visit to Animal House – coordinated by Dr. Satyamurthy, Associate Professor, Department of Biochemistry, CHRI - All three batches in rotation</i>	
<b>THUR</b>	<b>Academic activity regulated by all the three Departments handling Phase I as per the proposed timetable</b>	<b>OPEN HOUSE</b>
<b>FRI</b>		
<b>SAT</b>		