



SRI SIDDHARTHA
MEDICAL COLLEGE & HOSPITAL

Recognized by the National Medical Commission, New Delhi
Constituent College of Sri Siddhartha Academy of Higher Education
Accredited 'A+' by NAAC

FOUNDATION

COURSE

1ST YEAR MBBS

(2025 - 2026 BATCH)

Venue: Anatomy LT, SSMC

MEU Coordinator: Dr. Manjunath GN

Foundation Course In-Charge: Dr. Arun Hebbar JN

FOUNDATION COURSE for 1st MBBS 2025 - 26 BATCH

(06/10/2025 - 18/10/2025)

The Foundation Course for Phase I MBBS students of the academic year 2025–26 will commence on October 06, 2025, and will continue for a period of two weeks in accordance with the guidelines of the National Medical Commission (NMC). This program marks the beginning of the MBBS journey and is designed to orient students to the medical profession, help them adapt to the institutional environment, and introduce them to the essential skills required for their academic and professional growth. Attendance in the Foundation Course is compulsory for all students.

Students are required to report to the campus on or before October 05, 2025, so that hostel allotment and admission-related formalities may be completed in time. During the Foundation Course, students are expected to strictly adhere to the prescribed dress code. Women are required to wear saree, salwar kameez, or churidar with loose-fitting trousers, while men must wear a formal full-sleeved shirt and trousers. Formal footwear is mandatory. Casual attire such as jeans, leggings, sleeveless garments, or deep-necked tops is not considered appropriate during the program.

As part of the course, students are instructed to bring a yoga mat since yoga and wellness sessions will form an integral component of the schedule. To facilitate a smooth academic beginning, each student will be provided with a welcome kit containing stationery, aprons, scrubs, textbooks, and a stethoscope during the orientation program.

The Foundation Course will conclude with a Valedictory ceremony, after which the regular MBBS classes will formally commence. Parents and guardians are requested to kindly ensure that their wards comply with the above instructions so that the program can be conducted in an orderly and meaningful manner.

FOUNDATION COURSE for 1st MBBS 2025 - 26 BATCH

Day 1	06/10/25	Monday
-----	07/10/25	GH – Valmiki Jayanthi
Day 2	08/10/25	Wednesday
Day 3	09/10/25	Thursday
Day 4	10/10/25	Friday
Day 5	11/10/25	Saturday
-----	12/10/25	Sunday
Day 6	13/10/25	Monday
Day 7	14/10/25	Tuesday
Day 8	15/10/25	Wednesday
Day 9	16/10/25	Thursday
Day 10	17/10/25	Friday
Day 11	18/10/25	Saturday
-----	19/10/25	Sunday

Venue: Anatomy LT (9.15 am - 4.00 pm)
SSMC Ground (4.00 pm - 6.00 pm)

MEU CO-ORDINATOR
Dr. Manjunath GN

FOUNDATION COURSE IN-CHARGE
Dr. Arun Hebbar JN

FOUNDATION COURSE for 1st MBBS 2025 - 26 BATCH

Day 1		06/10/2025 Monday
Staff In-charge: Dr. Vinod Kumar		
Timing	Topic & Resource person	Signature
09.15 – 09.45 am	Inauguration: Dr. M.B Sanikop, Principal, SSMC	
09.45 – 10.30 am	FC 1.7 - Overview of MBBS curriculum Dr Manjunath GN, Professor of Pharmacology, SSMC	
10.30 - 11.00 am	FC 1.4 - Rules & regulations of Institution Dr. Prabhakara GN, Vice Principal, SSMC	
11.15 – 11.45 am	FC 1.5 - Introduction to Departments & concerned staff Dr. Sathish Babu, Prof of Surgery, SSMC	
11.45 – 12.15 pm	FC 1.2 - Understanding roles of Indian Medical Graduate Dr. Dwarakanath, Dept of OBG, SSMC	
12.15 – 01.00 pm	FC 4.11 - Mentorship program Dr Hema Puranik AR, Dept of Anatomy	
02.00 – 04.00 pm	FC 1.5 - Rules & regulations of Hostel, Hostel visit Dr. Prashanth Kumar Goudappala, SSMC	
Day 2		08/10/2025 Wednesday
Staff In-charge: Dr. Kavyashree A N		
Timing	Topic & Resource person	Signature
09.15 - 10.00 am	FC 3.2 - National Health Scenario, Demographic, Sociocultural & Epidemiological issues Dr Cheluve Gowda, Prof of Community medicine	
10.00 - 11.00 am	FC 3.1 - National Health Goals & policies Dr Bharathnag, Dept of Community medicine	
11.15 – 12.00 pm	FC 1.1 - Role of Doctor in society & its impact Dr Ramya KS, Dept of Community medicine	
12.00 – 01.00 pm	FC 3.5 - Structure and functioning of CHC Dr Viqar Ahmed, Dept of Community medicine	
02.00 – 02.30 pm	FC 1.10 - History of Medicine & alternate systems of Medicine Dr Mathew, PG, Dept of Community medicine	
02.30 – 03.00 pm	FC 3.3 - Health care delivery system – levels of health care Dr. Savitha Rani, Dept of Community medicine	
03:00 – 03:30 pm	FC 2.8 - Immunization requirements of Health care professionals Dr Veena, Dept of Community medicine	
03:30 – 04:00 pm	FC 1.5 – Introduction to sports facilities Dr Chandrashekar, Professor of Microbiology and Mr. Shashikumar K, Physical Education Director, SSMC	

FOUNDATION COURSE for 1st MBBS 2025 - 26 BATCH

Day 3		09/10/2025 Thursday	
Staff In-charge: Dr. Arifuddin M K			
Timing	Topic & Resource person		Signature
09.15 – 10.00 am	FC 2.3 - Bio-safety and universal precautions Dr Halesh, Dept of Microbiology		
10.00 - 11.00 am	FC 2.7 - Management of BMW in accordance with National Regulations Dr Savitha Rani, Dept of Community medicine		
11.15 – 12.00 pm	FC 2.5 - Proper hand washing and use of personal protective equipment Dr Girish Babu, Dept of Microbiology		
12.00 – 01.00 pm	FC 2.6 - Appropriate response to needle stick injuries Dr Prashanth, Dept of Microbiology		
02.00 – 03.00 pm	FC 2.4 - Handling and safe disposal of Biohazardous materials in a simulated environment Dr Atiya, Dept of Microbiology		
03.00 – 04.00 pm	FC 5.3 – Communication skills Dr Subramaya K, Dept of Pediatrics Surgery		
Day 4		10/10/2025 Friday	
Staff In-charge: Dr. Prashanth Kumar Goudappala			
Timing	Topic & Resource person		Signature
09.15 - 10.15 am	FC 4.12 - Group learning & group dynamics Dr. Kavyashree, HoD Anatomy, SSMC		
10.15 - 11.00 am	FC 4.14 - Different methods of self-directed learning Dr. Geetha, HoD Pathology		
11.15 – 12.00 pm	FC 4.4 - Significance of working in a health care team Dr. Nikath, Dept of OBG		
12.00 – 01.00 pm	FC 4.13 - Pedagogy and its role in learning skills Dr. Manjunath GN, Dept of Pharmacology		
02.00 – 03.00 pm	FC 4.15 - Collaborative learning Dr Chaitra H, Dept of Pathology		
03.00 – 04.00 pm	FC 5.4 - Basic computer skills Mrs. Bhoomika, Dept of CSE, SSIT		

FOUNDATION COURSE for 1st MBBS 2025 - 26 BATCH

Day 5		11/10/2025 Saturday
Staff In-charge: Dr. Hema Puranik AR		
Timing	Topic & Resource person	Signature
9.15 - 10.15 am	FC 1.9 - Principles of family practice Dr Varsha, Dept of Community medicine	
10.15 - 11.00 am	FC 4.7 - Stress management and risk-taking behavior. Dr Sathyanarayana, Dept of Psychiatry	
11.15 – 12.00 pm	FC 4.10 - Interpersonal relationship while working in a health care team Dr Namratha, Dept of OBG	
12.00 – 1.00 pm	FC 1.3 - Expectations of the students from the Nation, society, Institution, peers, colleagues and patients and vice versa. Dr. Narasimha Murthy KM, Dept of Pharmacology	
Day 6		13/10/2025 Monday
Staff In-charge: Dr. Bindurani MK		
Timing	Topic & Resource person	Signature
09.15 - 10.15 am	FC 5.1 - Communicate with patient and families, be aware of barriers to communication and appropriate ways to respond. Dr Suma, Dept of Medicine	
10.15 – 11.00 am	FC 4.9 - Time management Dr. Arun Hebbar JN, Dept of Pharmacology	
11.15 – 12.00 pm	FC 2.2 - Perform First Aid in a simulated environment venue – Skill lab Emergency Medicine Department	
12.00 – 01.00 pm	FC 2.2 - Perform First Aid in a simulated environment venue – Skill lab Emergency Medicine Department	
02.00 – 04.00 pm	FC 5.2 – History of Kannada, awareness of local language, demonstrate use of local language in patient and peer interactions Dr Rangaswamy and Dr Swamy	

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Day 7 14/10/2025 Tuesday		
Staff In-charge: Dr. Shilpakala LB		
Timing	Topic & Resource person	Signature
09.15 – 01.00 pm	FC 2.1 - Basic Life support in Skills lab (Batch A) Emergency Medicine Department	
	FC 3.4 - Basic principles of community health and its impact on health and disease – Visit to UHTC (Batch B) Dr Viqar Ahmed	
	FC 3.6 - Patient experiences through patient and family interactions (Batch C) RHTC- Dr Veena	
02.00 – 03.00 pm	FC 4.1 - Professionalism and ethics Dr Chandru, Dept of Forensic medicine	
03.00 – 04.00 pm	FC 4.2 - Compassion, altruism, integrity, duty, responsibility and trust Dr Somesh Anand Pattan, Dept of Psychiatry	
Day 8 15/10/2025 Wednesday		
Staff In-charge: Dr. Ravi Bhaskar		
Timing	Topic & Resource person	Signature
09.15 – 01.00 pm	FC 2.1 - Basic Life support in Skills lab (Batch b) Emergency Medicine Department	
	FC 3.4 - Basic principles of community health and its impact on health and disease – Visit to UHTC (batch C) Dr Viqar Ahmed	
	FC 3.6 - Patient experiences through patient and family interactions (batch A) RHTC- Dr Veena	
02.00 – 03.00 pm	FC 4.3 - Value, honesty and respect during interaction with peers, seniors, faculty, other health care workers and patients Dr Jyothiswarup, Dept of ENT	
03.00 – 04.00 pm	FC 1.5 - Visit to library	

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Day 9		16/10/2025 Thursday
Staff In-charge: Dr. Anjana		
Timing	Topic & Resource person	Signature
09.15 – 01.00 pm	FC 2.1 - Basic Life support in Skills lab (Batch C) Emergency Medicine Department	
	FC 3.4 - Basic principles of community health and its impact on health and disease – Visit to UHTC (Batch A) Dr Viqar Ahmed	
	FC 3.6 - Patient experiences through patient and family interactions (Batch B) RHTC- Dr Veena	
02.00 – 03.00 pm	Fc 2.9 - Significance of documentation in patient care and the proper method of documentation Dr Swarup Dev, Dept of ENT	
03.00 – 03.30 pm	FC 4.8 - Yoga and meditation in personal health Dr. Srinath, Professor, Dept of Surgery	
03:30 – 04:00 pm	FC 4.6 - Gender equity and sensitization Dr. Pooja Jadav, Dept of Psychiatry	
Day 10		17/10/2025 Friday
Staff In charge: Dr. Arifuddin M K		
Timing	Topic & Resource person	Signature
09.15 – 10.15 am	Introduction to Research Dr. Nandini T, HoD Pharmacology, SSMC	
10.15 – 11.00 am	FC 5.5 – Literature Search Dr. Siri, Dept of Pediatrics	
11.15 – 12.00 pm	ICMR-STs projects Dr. Varsha, Dept of Community medicine	
12.00 – 1.00 pm	Writing reflections Dr. Kavyashree, HoD Anatomy, SSMC	
02.00 – 03.00 pm	Fc 1.8 - Role of physician at various levels of Health care delivery Dr Vinay K, Dept of Medicine	
03.00 – 04.00 pm	FC 4.5 – Disability Dr. Shridhar, Dept of Orthopedics	

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Day 11			18/10/2025 Saturday		
Timing		Topic & Resource person			Signature
9.00am - 4:00pm		Valedictory function			

Curriculum committee In-charge

Principal