Autonomous State Medical College,Sultanpur, Uttar Pradesh

TIME TABLE - FOUNDATION COURSE (MBBS BATCH 2026-27)

NMC Requirements (Hrs)	Lunch	Orientation (15)	Skills (15)	Community Orientation and Field Visit (5)	Professional +Ethics	Language/ Computer (10)	Sports +Extracurricular (15)	Pandemic (2)	
Date	Day	9:00- 10:00 AM	10:00- 11:00 AM	11:00- 12:00 AM	12:00- 1:00 PM	1:00 - 2:00 PM	2:00 - 3:00 PM	3:00 - 4:00 PM	4:00- 5:00 PM
September 28, 2026	Monday	FC1.5 Virtual tour to ASMC Sultanpur-Dr Surendra Yadav	FC1.1 Physicians role in the society FC1.2 Role of Indian Medical Graguate and Relate it to Societal Impact-Dr Sanjay Kumar Singh	FC1.7 MBBS Curriculum and foundation course-Dr Suparna Dubey	Lunch	Language-English FC 5.3 Demonstrate ability to communicate and learn in English -Dr Anita Maurya	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi		
September 29, 2026	Tuesday	FC1.8 Role of Physician at various levels of health care delivery-Dr Pawan Singh	FC 2.8 Discuss the Immunization requirements of Health care professionals-Dr Ashish Vijaykrishna Banerjee (community medicine)		Lunch	FC1.3 Expectation of Student from Nation,Society,Institution,Colleges and Peer-Dr Suparna Dubey	FC 4.2 Demonstrate understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that defines the nature of the physician's work-Dr Manish (Micro)	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi	
September 30, 2026	Wednesday	FC 4.8 Understand the role of Yoga and meditation in personal health -Dr. Sanjay (Patho)	FC 4.9 Time Management-Dr Salil Kumar Srivastava	FC1.10 History of Medicine & Alternate Systems- Dr R P Dwivedi	Lunch	FC1.4 Rules & Regulations of Institution- Dr.Pratibha Tripathi	FC 2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation-Dr. R.K .Tiwari	Language Hindi FC 5.2 Demonstrate use of local language in patient and peer interactions -Dr Madhuri Singh	
october 01,2026	Thursday	FC1.6 Future carrier opportunities post MBBS-Dr Amrita	FC1.8 Importance of nutrition-Dr Dharamraj (P)	FC1.8 Organ donation-Dr Surendra Yadav	Lunch	FC2.5 Hand Wash & Sanitation (Role Play)-Dr Aparna (Micro)	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi		

Amit

प्रधानाचार्य
स्वशासी राज्य चिकित्सा महाविद्
सुलतानपुर

october 02,2026	Friday								
october 03,2026	Saturday	CM FC 3.3,3.4 & 3.5 Visit to CHC (All Faculty & JR - Community Department)			Lunch	FC 2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations-Dr Manisha (Micro)	Computer FC 5.4 Demonstrate basic computer skills - Dr Payal Singh	Language-Hindi FC 5.1 Demonstrate ability to communicate with patient and families, be aware of barriers to communication and appropriate ways to respond -Dr Anshuman Singh	
october 04,2026	Sunday								
october 05,2026	Monday	FC 4.3 Discuss the value, honesty and respect during interaction with peers, seniors, faculty, other health care workers and patients-Dr R K Tiwari	Language-English FC 5.3 Demonstrate ability to communicate and learn in English -Dr Anita Maurya		Lunch	FC 4.4 Discuss the significance of working in a health care team-Dr Saurabh Jiaswal	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi		
october 06,2026	Tuesday	FC 4.5 Discuss disability competencies-Dr Jitesh Kumar Yadav (anestheia)	CM FC 3.1 Demonstrate understanding of the National Health Goals and Policies -Dr Ashish Vijaykrishna Banerjee	FC 2.2 Perform First Aid in a simulated environment-Dr Anuj Jain	Lunch	FC 4.6 Demonstrate understanding and respect of cultural diversities and interact with those with different cultural values- Dr Indersen Gautam (Medicine)	FC 4.7 Discuss the significance and methods of stress management and risk taking behavior-Dr Pradeep kumar (Psychiatry)	FC 2.3 Follow bio-safety and universal precautions-Dr Rajeev Kumar	

प्रधानाचार्य
स्वशासी राज्य चिकित्सा महाविद्यालय
सुलतानपुर

october 07,2026	wedenesday	FC 4.1 Demonstrate understanding of the concept of Professionalism and ethics among health care professionals and discuss the consequences of unprofessional and unethical behavior-Dr Sabahat Hasan	FC 3.6 Demonstrate ability to obtain patient experiences through patient and family interactions and relate these experiences to impact of environment and diseases - Dr Rakesh Kumar Bharti	FC 4.10 Demonstrate understanding of importance of interpersonal relationship while working in a health care team-Dr Sandeep Kumar Baranwal	Lunch	FC 4.11 Understand the role of mentoring-Dr Manoj Kumar	FC 2.1 Perform Basic Life support in Skills lab- Dr Mohd Nadeem Khan	Language-English FC 5.3 Demonstrate ability to communicate and learn in English -Dr Anita Maurya
october 08,2026	Thursday	FC 4.12 Demonstrates understanding of the process of group learning and group dynamics-Dr Amber Kesarwani	Computer FC 5.4 Demonstrate basic computer skills - Dr Payal Singh	4.13 Comprehend the learning pedagogy and its role in learning skills-Dr Ram Prakash Dwivedi	Lunch	Computer FC 5.5 Demonstrate ability for accessing online resources-Dr Payal Singh	FC 2.4 Demonstrate handling and safe disposal of Biohazardous materials in a simulated environment-Dr Juhi Singh	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi

Amit

प्राचार्य
स्वशासी राज्य चिकित्सा महाविद्यालय
सुलतानपुर

october 09,2026	Friday	FC 2.5 Demonstrate proper hand washing and use of personal protective equipment- Dr.Abbas (microbiology)	FC 4.14 Demonstrates understanding of different methods of self-directed learning-Dr Amrita (Pathology)	FC 4.15 Understand collaborative learning-Dr Swati Rai	Lunch	FC 2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations-Dr Saumya Singh	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi		
october 10,2026	Saturday	FC 3.2 Discuss the national health scenario, demographic, socio-cultural and epidemiological issues - Dr Rajeev Kumar	FC 2.4 History of Pandemic management & Concepts of biohazards and infection control programme -Dr Manish Singh(microbiology)		Lunch	FC 2.6 Demonstrate appropriate response to needle stick injuries- Dr Dharmraj Maurya	Sports-Dr Anshuman Singh & Dr Pratibha Tripathi		
october 11,2026	Sunday								
october 12,2026	Monday	FC1.5 Orient themselves to the college campus, facilities, faculty, administrative structure, support systems and processes of the institution-All Faculty							

प्रधानाचार्य
स्वशासी राज्य चिकित्सा महाविद्यालय
सुलतानपुर