

NRS MEDICAL COLLEGE
138 A.J.C BOSE ROAD, KOLKATA-14

FOUNDATION COURSE 2025

Goal: The goal of the Foundation Course is to prepare a learner to study medicine effectively.

Objectives:

(a) Orient the learner to:

- The medical profession and the physician's role in society
- The MBBS programme • Alternate health systems i.e. AYUSH in India and history of Medicine
- Medical ethics, attitudes and professionalism
- Health care system, its delivery and visits to health centers
- National health programmes and policies
- Universal precautions and vaccinations
- Patient safety and biohazard safety
- Principles of primary care (general and community based care)

Mental Health

- The academic ambience

(b) Enable the learner to acquire enhanced skills in:

- Language
- Interpersonal relationships
- Communication emphasis on clinico-laboratory communication
- Learning including self-directed learning
- Time management
- Stress management, Mental Health
- Use of information technology, and artificial intelligence

(c) Train the learner to provide:

- First-aid
- Basic /cardiopulmonary/emergency life support

In addition to the above, learners maybe enrolled in one of the following programmes which will be run concurrently:

- Local language programme
- English language programme
- Computer skills

These may be done in the last two hours of the day.

These sessions must be as interactive as possible. Sports (to be used through the Foundation Course as protected 04 hours/week). Leisure and extracurricular activity (to be used through the Foundation Course). Institutions shall develop learning modules and identify the appropriate resource persons for their delivery. The time committed for the Foundation Course may not be used for any other curricular activity. The Foundation Course shall have a minimum of 75% attendance of all students mandatorily. This will be certified by the Principal/Dean of the College.

Subjects/Contents Teaching hours:

Orientation Module including History of Indian Medicine: 15

Skills Module: 15

Community orientation module: 5

Professional Development and Ethics Module (P&E) including Mental health: 20

Enhancement of Language and Computer Skills Module including Clinico-laboratory communication: 10

Sports and Extra Curricular Activities: 15

Total 80 hours

Foundation Course Schedule for MBBS Session 2025-2026

Day no	Date	Day	Topic with time			Break	Topic with Time
			09.00 am- 10.30 am	10.30 am-12 noon	12 noon-1.00 pm	1.00 pm-2.00 pm	02.00 pm-04.30 am
1	23.09.25	Tuesday	Orientation: Role of a Physician (PRINCIPAL)	Orientation: MBBS Program (DEAN)	History of Indian Medicine (GENERAL MEDICINE)	-	Professional development (G & Obs) Dr. Mini Sengupta
2	24.09.25	Wednesday	Medical Ethics I (FMT)	Introduction to AYUSH Systems (COM MED)	National Health Programs & Policies (COM MED)	-	Clinico-Lab Communication (PATHOLOGY & BIOCHEMISTRY)
3	25.09.25	Thursday	Patient Safety & Universal precautions (MICRO)	Skills: Cardiopulmonary Life Support (CPR) -Basic and advance (Anaesthesia CCU)	Interpersonal Relationships (G &Obs. & Psychiatry)	-	Language Proficiency (Eng.) (Interactive Session) (G&O)

PUJA HOLIDAY (26.09.2025 – 07.10.2025)

4	08.10.25	Wednesday	Introduction to Mental Health (PSY)	Communication Skills (Community Medicine)	Enhancing Learning Techniques (Physiology)	-	Language Proficiency (ENG) (Interactive Session) (G & O)
5	09.10.25	Thursday	Skills: Handling Emergencies (G&O)	Advanced First Aid (SURGERY)	Communication in Clinical Settings (PAED)	-	Language Proficiency (BENG) (Interactive Session) (Anatomy)
6	10.10.25	Friday	Mental Health: Stress Management (PSYCHIATRY)	Ethics in Clinical Practice II (FMT)	Time Management Skills (ANAT)	-	Language Proficiency (BENG) (Interactive Session) (G&O)
7	11.10.25	Saturday	Community Orientation: Health Care System (COM MED)	Skills: First Aid (GEN SURGERY)	Vaccination (COM MED)	-	
Sunday (12.10.2025)							
8	13.10.25	Monday	Group A -Community Orientation: Visit to Health Centre + Interaction with local health care provider Group B -Basic computer skill with AI followed by library				

			Group C- Library followed by Sports and Extracurricular activity Group D- Visit to different departments of Hospital
9	14.10.25	Tuesday	Group B- Community Orientation: Visit to Health Centre + Interaction with local health care provider Group C- Basic computer skill with AI followed by library Group D- Library followed by Sports and Extracurricular activity Group A- Visit to different departments of Hospital
10	15.10.25	Wednesday	Group C- Community Orientation: Visit to Health Centre + Interaction with local health care provider Group D- Basic computer skill with AI followed by library Group A- Library followed by Sports and Extracurricular activity Group B- Visit to different departments of Hospital
11	16.10.25	Thursday	Group D- Community Orientation: Visit to Health Centre + Interaction with local health care provider Group A- Basic computer skill with AI followed by library Group B- Library followed by Sports and Extracurricular activity Group C- Visit to different departments of Hospital

12	17.10.25	Friday	Reflection on Health Care Delivery (COM MED)	Review of National Health Programs (COM MED)	Biohazard and Biomedical Waste Management (MICRO + Nursing + Infection Control committee)		
13	18.10.25	Saturday	Skills Recap & Group Discussion (Plastic SURGERY)	Feedback and Review of Modules Assessment (BIOCHEMISTRY/ANATOMY/)	Summary of Foundation Course Closing ceremony (Office of Dean)	-	

Group A-Roll Number 1-64

Group B- Roll Number 65-120

Group C-Roll Number 121-180

Group D-Roll Number 181 onwards

First year MBBS classes (Anatomy, Physiology, Biochemistry) will start from 23rd September, 2025 for the session 2025-2026

Signature
02/9/25
Principal
N.R.S. Medical College
Kolkata - 14