

1st YEAR MBBS (SESSION 2022-2023)

TIME TABLE OF MSK MODULE

Week 1: Theme 1: Orientation and Shoulder Pain

<u>Day/Date</u>	<u>08:00 – 08:50 am</u>	<u>08:50- 09:40 am</u>	<u>09:40 - 10:30 am</u>	<u>10:30 - 12:20 pm</u>	<u>12:20 – 01:10 pm</u>	<u>01:10 - 02:00 pm</u>
<u>Theme 1: Orientation and Shoulder Pain</u>						
Monday	<u>AUDITORIUM</u> BLOCK-A (PAPER)					
Tuesday	<u>EXAM HALL</u> BLOCK-A (OSPE)					
Wednesday	<u>Batches</u> <u>Batch A: Biochemistry SGD</u> <u>Batch B: Anatomy Practical</u> <u>Batch C: Physiology LMS</u> <u>Batch D: Skill lab Medicine</u>	<u>Physiology</u> Energetics of muscle contraction Dr. Riffat Sultana	<u>Batches</u> <u>Batch A: Anatomy Practical</u> <u>Batch B: Physiology LMS</u> <u>Batch C: Skill lab Medicine</u> <u>Batch D: Biochemistry SGD</u>	<u>PRIME: Research</u> Research title/rationale/operational definitions Dr. Ambreen		
Thursday	<u>Anatomy</u> Pectoral region Dr. Qaiser	<u>PRIME: Behavioral science</u> Leadership & Management Skills Dr. Naheed	<u>Batches</u> <u>Batch A: Skill lab medicine</u> <u>Batch B: Biochemistry SGD</u> <u>Batch C: Anatomy Practical</u> <u>Batch D: Physiology LMS</u>	<u>Anatomy SGD</u> Osteology of scapula GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		
	<u>08:00 – 08:50 am</u>	<u>08:50- 09:40 am</u>	<u>09:40 - 10:30 am</u>	<u>10:30 - 12:10 pm</u>	<u>12:10 – 01:00 pm</u>	
Friday	<u>PRIME: Behavioral science</u> Stress and its management Dr. Wajid/ Dr. Amer Abbas	<u>Biochemistry</u> Vitamin-A+D Dr. Gulnaz		<u>Batches</u> <u>Batch A: Physiology LMS</u> <u>Batch B: Skill Medicine</u> <u>Batch C: Biochemistry SGD</u> <u>Batch D: Anatomy Practical</u>	<u>Anatomy</u> Shoulder Joint Dr. Hira	

Anatomy-Practical: Histology of Bone Dr. Najma Attaullah

Physiology Practical: LMS

Biochemistry SGD Vitamin-D Dr. Sikandar / Dr. Saima Shaheen

1st YEAR MBBS (SESSION 2022-2023)

TIME TABLE OF MSK MODULE

Week 2: Theme 1: Orientation and Shoulder Pain

<u>Day/Date</u>	<u>08:00 – 08:50 am</u>	<u>08:50- 09:40 am</u>	<u>09:40 - 10:30 am</u>	<u>10:30 - 12:20 pm</u>	<u>12:20 - 02:00 pm</u>
<u>Theme 1: Orientation and Shoulder Pain</u>					
Monday	<u>Biochemistry</u> Classification of amino acids Dr. Kalsoom	<u>Anatomy SGD</u> Osteology of humerus GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		<u>Batches</u> <u>Batch A: Anatomy LMS</u> <u>Batch B: Physiology LMS</u> <u>Batch C: Skill Surgery</u> <u>Batch D: Biochemistry SGD</u>	<u>Anatomy</u> Axilla Dr. Qaiser
Tuesday	<u>Biochemistry</u> Vitamin-E+K Dr. Gulnaz		<u>PRIME: Behavioral science</u> Personality Dr. Wajid/ Dr. Amer Abbas	<u>Batches</u> <u>Batch A: Biochemistry SGD</u> <u>Batch B: Anatomy LMS</u> <u>Batch C: Physiology LMS</u> <u>Batch D: Skill lab Surgery</u>	<u>Anatomy SGD</u> Axillary Lymph Nodes Dr. Qaiser/ Dr. Najma/ Dr. Shimmi/ Dr. Khush Bakht
Wednesday	<u>Pharmacology</u> NSAIDS, Analgesics, Corticosteroids Dr. Shams	<u>PRIME: Behavioral science</u> Motivation Dr. Wajid/ Dr. Amer Abbas	<u>Biochemistry</u> Structure of proteins Dr. Kalsoom	<u>Batches</u> <u>Batch A: Skill lab Surgery</u> <u>Batch B: Biochemistry SGD</u> <u>Batch C: Anatomy LMS</u> <u>Batch D: Physiology LMS</u>	<u>Anatomy</u> Scapular region Dr. Qaiser
Thursday	<u>Biochemistry</u> Structure of proteins Dr. Kalsoom	<u>Anatomy</u> Brachial plexus Dr. Qaiser		<u>Batches</u> <u>Batch A: Physiology LMS</u> <u>Batch B: Skill Surgery</u> <u>Batch C: Biochemistry SGD</u> <u>Batch D: Anatomy LMS</u>	<u>PRIME: Research</u> Formulation of research question Dr .Fatima
Friday	EID HOLIDAYS				

- **Anatomy-Practical:** LMS
- **Biochemistry Practical :** Detection of Sulphur containing Amino Acids **Dr. Sikandar**
- **Physiology-Practical:** LMS

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TIME TABLE OF MSK MODULE

Week 3: Theme 1: Orientation and Shoulder Pain, Theme 2: Weak grip and painful hand

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00pm</u>	<u>12:00 - 01:00pm</u>		<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>
Monday	LABOUR DAY						LABOUR DAY	
Tuesday	<u>Anatomy</u> Anterior compartment of arm Dr. Qaiser	<u>Pharmacology</u> Neuromuscular blocking agents Dr. Shams	<u>Biochemistry</u> Classification of minerals, Iodine Sources, functions & Deficiency Dr. Sikandar	<u>PRIME: Behavioral Science</u> Coping skills and defense mechanism Dr. Wajid/ Dr. Amer Abbas	<u>PRIME:</u> Use of social media Dr. Naveed Afzal	P R A Y E R B R E A K	<u>Anatomy SGD</u> Osteology of Radius GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)	
	Theme 2: Weak grip and painful hand							
Wednesday	<u>Radiology</u> Radiology of upper limb (to be nominated by Chairperson of Department)	<u>Anatomy</u> Posterior compartment of arm Dr. Qaiser	<u>Biochemistry</u> Function of proteins and Separation methods of protein-1 Dr. Kalsoom	<u>Anatomy</u> Cubital Fossa Dr. Wajahat	<u>Biochemistry</u> Ca, Phosphorous & Magnesium Dr. Sikandar		<u>Anatomy SGD</u> Osteology of Ulna GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)	
Thursday	<u>Anatomy</u> Nerves and vessels of arm Dr. Qaiser	<u>Biochemistry</u> Function of proteins and Separation methods of protein-2 Dr. Kalsoom	<u>Anatomy</u> Anterior compartment of Forearm Dr. Qurat ul ain	<u>Physiology SGD</u> Action potential in skeletal Muscle Dr. Fazeelat / Dr. Ushna/ Dr. Nighat				
Friday	<u>Anatomy</u> Posterior compartment of Forearm Dr. Qaiser	<u>Anatomy</u> Elbow Joint Dr. Hira	<u>Anatomy SGD</u> Tennis Elbow Dr. Qaiser/ Dr. Najma/ Dr. Shimmi/ Dr. Gule Lala	<u>Jumma Break</u>	ISLAMİYAT/ PAK STUDIES			

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TIME TABLE OF MSK MODULE

Week 4: Theme 2: Weak grip and painful hand

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00 pm</u>	<u>12:00 - 01:00 pm</u>	P r a y e r B r e a k	<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>	
Theme 2: Weak grip and painful hand									
Monday	Biochemistry Sources, functions & deficiency manifestation of Sulphur , Copper & Cobalt Dr. Sikandar	Anatomy SGD Forearm Models GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		Batches <u>Batch A: Anatomy Practical</u> <u>Batch B: Physiology LMS</u> <u>Batch C: Skill lab Surgery</u> <u>Batch D: Biochemistry</u>			Anatomy Nerves of Forearm Dr. Qaiser	Biochemistry Sources, functions & deficiency manifestation of Sodium , Potassium & Chlorine Dr. Sikandar	
Tuesday	Anatomy Vessels of Forearm Dr. Qaiser	Biochemistry Fluoride & Lithium sources, functions and deficiency Dr. Sikandar	Biochemistry Toxic element Dr. Sikandar	Batches <u>Batch A: Biochemistry</u> <u>Batch B: Anatomy Practical</u> <u>Batch C: Physiology LMS</u> <u>Batch D: Skill lab Surgery</u>			Anatomy SGD Hand Bones Osteology GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		
Wednesday	HOLIDAYS								
Thursday	HOLIDAYS								
Friday	HOLIDAYS								

Anatomy-Practical: Histology of Muscles **Dr. Najma Attaullah**

Biochemistry Practical: Detection of cyclic Amino Acids **Dr. Sikandar**

Physiology Practical: LMS

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TIME TABLE OF MSK MODULE

Week 5: Theme 2: Weak grip and painful hand

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00 pm</u>	<u>12:00 - 01:00 pm</u>	<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>
Theme 2: Weak grip and painful hand							
Monday	Anatomy Muscles of Hand Dr. Qaiser		Anatomy Palmar Aponeurosis and palmar compartments Dr. Waqar		Batches <u>Batch A: Skill lab Surgery</u> <u>Batch B: Biochemistry</u> <u>Batch C: Anatomy Practical</u> <u>Batch D: Physiology LMS</u>	P r a y e r B r e a k	Biochemistry SGD Molybdenum, Selenium Zinc, Chromium, Manganese and Silicon Dr.Bela/ Dr. Sosan/ Dr. Sikandar
Tuesday	Anatomy Synovial sheets of hand Dr. Waqar	Anatomy SGD Carpel tunnel syndrome Dr. Qaiser/ Dr. Najma/ Dr. Khush Bakht/ Dr. Gule Lala		Batches <u>Batch A: Physiology LMS</u> <u>Batch B: Skill lab Surgery</u> <u>Batch C: Biochemistry</u> <u>Batch D: Anatomy Practical</u>	Anatomy Vessels of Hand Dr. Qaiser		
Wednesday	Anatomy Cutaneous innervation of upper limb Dr. Hira	Physiology Mechanics of skeletal muscle contraction Dr. Zubia		Anatomy Histology of Cartilage Dr. Shahab	Anatomy Development of upper limb Dr. Waqar		Anatomy SGD Dorsum of Hand GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)
Thursday	Anatomy Surface anatomy of upper limb Dr. Waqar	Anatomy Introduction to Lower limb of upper limb Dr. Qaiser	Anatomy Histology of muscle Dr. Shahab		Biochemistry SGD Sodium, Potassium and Iron Dr.Bela/ Dr. Saima/ Dr. Sikandar		Anatomy SGD Osteology of Hip Bone GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)
Friday	MSK (Upper limb) MODULE VIVA Group: A Roll No: 1 to 49 (Anatomy) Group: B Roll No: 50 to 99 (Biochemistry) Group: C Roll No: 100 to 147 (Physiology)		MSK (Upper limb) MODULE VIVA Group: A Roll No: 1 to 49 (Physiology) Group: B Roll No: 50 to 99 (Anatomy) Group: C Roll No: 100 to 147 (Biochemistry)				MSK (Upper limb) MODULE VIVA Group: A Roll No: 1 to 49 (Biochemistry) Group: B Roll No: 50 to 99 (Physiology) Group: C Roll No: 100 to 147 (Anatomy)

Anatomy-Practical: Histology of Muscles **Dr. Najma Attaullah**

Biochemistry Practical: Detection of cyclic Amino Acids **Dr. Sikandar**

Physiology Practical: LMS

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TIME TABLE OF MSK MODULE

Week 6: Theme 3: Pain Lower limb/ limping

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00 pm</u>	<u>12:00 - 01:00 pm</u>		<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>	
	Theme 3: Pain Lower limb/ limping								
Monday	<u>Physiology</u> Characteristics of whole muscle contraction Dr. Riffat	<u>Physiology</u> Muscles remodeling Dr. Farida	<u>Anatomy</u> Hip Bone Dr. Qaiser/Wajahat	<u>Batches</u> <u>Batch A: Anatomy Practical</u> <u>Batch B: Physiology LMS</u> <u>Batch C: Skill lab Medicine</u> <u>Batch D: Biochemistry</u>		P r a y e r B r e a k	<u>Anatomy SGD</u> Osteology of Femur GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		
Tuesday	<u>Anatomy</u> Hip Joint Dr. Wajahat	<u>Anatomy</u> Gluteal region Dr. Qaiser		<u>Batches</u> <u>Batch A: Biochemistry</u> <u>Batch B: Anatomy Practical</u> <u>Batch C: Physiology LMS</u> <u>Batch D: Skill lab Medicine</u>			<u>Anatomy SGD</u> Gluteal region (Models) GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)		
Wednesday	<u>Anatomy</u> Anterior compartment of Thigh Dr. Qaiser		<u>DSL</u> Library	<u>Batches</u> <u>Batch A: Skill lab Medicine</u> <u>Batch B: Biochemistry</u> <u>Batch C: Anatomy Practical</u> <u>Batch D: Physiology LMS</u>			<u>Anatomy SGD</u> Sciatic Nerve Dr. Qaiser/ Dr. Najma/ Dr. Shimmi/ Dr. Gule Lala		
Thursday	<u>Anatomy</u> Femoral Triangle-1 Dr. Waqar	<u>Anatomy</u> Medial compartment of Thigh Dr. Qaiser		<u>Batches</u> <u>Batch A: Physiology LMS</u> <u>Batch B: Skill lab Medicine</u> <u>Batch C: Biochemistry</u> <u>Batch D: Anatomy Practical</u>			<u>Anatomy SGD</u> Tibia & Fibula Dr. Qaiser/ Dr. Najma/ Dr. Gule Lala/ Dr. Khush Bakht		
Friday	<u>Anatomy</u> Femoral Triangle-2 Dr. Waqar	<u>Anatomy</u> Posterior compartment of Thigh Dr. Qaiser		<u>Anatomy SGD</u> Femoral Hernia Dr. Qaiser/ Dr. Najma/ Dr. Shimmi/ Dr Gule Lala			<u>Jumma Break</u>	ISLAMIYAT/ PAK STUDIES	

Anatomy-Practical: Histology of Cartilage **Dr. Najma Attaullah**

Biochemistry Practical: Xanthoprotic test **Miss. Shakeela**

Physiology Practical: LMS

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TIME TABLE OF MSK MODULE

Week 7: Theme 4: Bony arches and fracture of foot/ Backache/ Muscle weakness and fatigue

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00 pm</u>	<u>12:00 - 01:00 pm</u>		<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>
Theme 4: Bony arches and fracture of foot/ Backache/ Muscle weakness and fatigue								
Monday	<u>Community Medicine</u> Back pain Dr. Aleina	<u>Physiology</u> Neuromuscular junction & transmission Dr. Sarah Shahid		<u>Batches</u> Batch A: Anatomy Practical Batch B: DSL anatomy museum Batch C: Skill lab Surgery Batch D: Biochemistry		P r a y e r B r e a k	<u>Anatomy</u> Knee Joint Dr. Qaiser	<u>Physiology</u> Myasthenia gravis & Neuromuscular drugs Dr. Riffat
Tuesday	<u>Anatomy</u> Vessels of Thigh Dr. Waqar	<u>Anatomy</u> Popliteal fossa Dr. Qurat ul Ain		<u>Batches</u> Batch A: Biochemistry Batch B: Anatomy Practical Batch C: DSL anatomy museum Batch D: Skill lab Surgery			<u>Biochemistry SGD</u> Minerals-1 Dr. Nabila/ Dr. Farida/ Dr. Bela/ Dr. Anum	
Wednesday	<u>Anatomy</u> Anterior compartment of leg-1 Dr. Qaiser	<u>Anatomy</u> Nerves of Thigh Dr. Najma	<u>Community Medicine</u> MSK diseases Dr. Aleina	<u>Batches</u> Batch A: Skill lab Surgery Batch B: Biochemistry Batch C: Anatomy Practical Batch D: DSL anatomy museum			<u>Biochemistry SGD</u> Minerals-2 Dr. Gulnaz/ Dr. Farida/ Dr. Bela	
Thursday	<u>Physiology SGD</u> Myasthenia Gravis Dr.Shandar/ Dr. Nighat/ Dr. Fazeelat		<u>Anatomy</u> Anterior compartment of leg-2 Dr. Qaiser	<u>Batches</u> Batch A: DSL anatomy museum Batch B: Skill lab Surgery Batch C: Biochemistry Batch D: Anatomy Practical			<u>Anatomy (SGD)</u> Lumbosacral plexuses Dr. Qaiser	
Friday	<u>Community Medicine</u> Epidemiology & prevention of MSD Dr. Aleina	<u>Anatomy</u> Lateral compartment of leg Dr. Waqar	<u>Anatomy</u> Posterior compartment of leg Dr. Qaiser	<u>Biochemistry SGD</u> Minerals-3 Dr. Nabila/ Dr. Farida/ Dr. Bela/ Dr. Anum			<u>Jumma Break</u>	

Biochemistry Practical: Salt saturation test **Dr. Saima Shaheen**

Anatomy Practical: LMS

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TIME TABLE OF MSK MODULE

Week 8: Theme 4: Bony arches and fracture of foot/ Backache/ Muscle weakness and fatigue

<u>Day/Date</u>	<u>08:00 - 09:00 am</u>	<u>09:00- 10:00 am</u>	<u>10:00 - 11:00 am</u>	<u>11:00 - 12:00 pm</u>	<u>12:00 - 01:00 pm</u>		<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>
Theme 4: Bony arches and fracture of foot/ Backache/ Muscle weakness and fatigue								
Monday	Physiology Excitation contraction coupling Dr. Riffat	Physiology (SGD) Neuromuscular Dr. Sarah / Dr. Farida/ Dr. Bahr e Karam/ Dr. Farhan		Batches <u>Batch A: Anatomy Practical</u> <u>Batch B: DSL anatomy museum</u> <u>Batch C: Skill lab Medicine</u> <u>Batch D: Biochemistry</u>		P r a y e r B r e a k	Anatomy SGD Knee Joint Dr. Qaiser/ Dr. Najma/ Dr. Shimmi/ Dr. Khush Bakht	
Tuesday	Anatomy Development of bone/ Cartilage Dr. Waqar	Physiology (SGD) Difference between skeletal & smooth muscles contraction Dr. Afsheen/Dr. Sarah / Dr. Farida		Batches <u>Batch A: Biochemistry</u> <u>Batch B: Anatomy Practical</u> <u>Batch C: DSL anatomy museum</u> <u>Batch D: Skill lab Medicine</u>			Anatomy SGD Anterior Compartment of Leg Dr. Qaiser/ Dr. Najma/ Dr. Gule Lala/ Dr. Khush Bakht	
Wednesday	Pathology Bone Pathology-1 Dr. Tehmina	Anatomy Nerves & Vessels of leg Dr. Waqar		Batches <u>Batch A: Skill lab Medicine</u> <u>Batch B: Biochemistry</u> <u>Batch C: Anatomy Practical</u> <u>Batch D: DSL anatomy museum</u>			Anatomy SGD Osteology of foot GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)	
Thursday	Pathology Bone Pathology-2 Dr. Tehmina	Anatomy Dorsum of foot Dr. Qaiser		Batches <u>Batch A: DSL anatomy museum</u> <u>Batch B: Skill lab Medicine</u> <u>Batch C: Biochemistry</u> <u>Batch D: Anatomy Practical</u>			Anatomy SGD Foot models GROUP-A (Dr.Hira) GROUP-B (Dr. Wajahat) GROUP-C (Dr. Qurat ul ain)	
Friday	Physiology Nervous & hormonal control of smooth muscle contraction Dr. Afsheen	Anatomy Cutaneous innervation of lower limb and surface anatomy of lower limb Dr. Qaiser		Physiology Differences between skeletal & smooth muscle contraction Dr. Farida			Jumma Break	ISLAMIYAT/ PAK STUDIES

Anatomy-Practical: LMS

Biochemistry Practical: LMS