

**1<sup>st</sup> YEAR MBBS (SESSION 2022-2023)**

**TIMETABLE OF Foundation MODULE**

**WEEK1: Theme 1: Orientation**

<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 -12:50 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>
Wednesday	<u>Curriculum Overview</u> Dr. Naheed Mahsood	<u>Anatomy</u> Orientation Dr. Shahab	<u>Biochemistry</u> Orientation Dr. Amin ul Haq	<u>Physiology</u> Orientation Dr. Amjad Zaman	<u>Orientation</u> Assessment Strategies Dr. Naveed Afzal		<u>COLLEGE ORIENTATION</u> (Visit in Groups)	
Thursday	<u>Reception</u> Auditorium	<u>WELCOME ADDRESS</u> & <u>WHITE COAT CEREMONY</u>		<u>HOSPITAL ORIENTATION</u>			<u>HOSPITAL ORIENTATION</u>	
Friday	<u>Research</u> Purpose of health research Dr. Fatima	<u>Histology</u> Cell structure Dr. Waqar		<u>Biochemistry</u> Biochemical structure of cell & mitochondria Dr. Farida		<u>JUMMA BREAK</u>	<u>Islamiyat</u> <u>/Pak Studies</u>	

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**TIMETABLE OF Foundation MODULE**  
**WEEK 2: Theme 2: Cell**

<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 - 12:50 pm</u>		<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>	
<b>Monday</b>	<b>Anatomy</b> Anatomical terms and positions <b>Dr. Najma</b>	<b>PRIME: Behavioral Sciences</b> Health and behavioral sciences <b>Dr. Wajid/ Dr. Amer Abbas</b>	<b>Physiology</b> Cell Membrane-1 <b>Dr. Riffat Sultana</b>	<b>Physiology</b> Homeostasis <b>Dr. Amjad Zaman</b>	<b>Biochemistry</b> RNA & DNA-1 <b>Dr. Nabila</b>	<b>P r a c t i c a l  B r e a k</b>	<b>Anatomy</b> Introduction to embryology <b>Dr. Waqar</b>	<b>Pathology</b> Cell Injury <b>Dr. Saima Nadeem</b>
<b>Tuesday</b>	<b>Anatomy</b> Cell structure <b>Dr. Waqar</b>	<b>PRIME: Behavioral Sciences</b> Bio psychosocial model of health care (LGF) <b>Dr. Wajid/ Dr. Amer Abbas</b>	<b>Biochemistry</b> RNA & DNA-2 <b>Dr. Nabila</b>	<b>PRACTICAL'S</b> <u>Batch A: Physiology Practical-1</u> <u>Batch B: Histology Practical-1</u> <u>Batch C: Study Skills SLRC</u> <u>Batch D: Biochemistry Practical-1</u>			<b>PRIME: RESEARCH</b> Types of health research <b>Dr. Tauseef Aman</b>	
<b>Wednesday</b>	<b>Physiology</b> Cell Membrane-2 <b>Dr. Riffat Sultana</b>	<b>PHYSIOLOGY (SGD)</b> Cell Membrane Potential <b>Dr. Ushna/ Dr. Shandar/ Dr. Farhan</b>		<b>PRACTICAL'S</b> <u>Batch A: Histology Practical-1</u> <u>Batch B: Study Skills SLRC</u> <u>Batch C: Biochemistry Practical-1</u> <u>Batch D: Physiology Practical-1</u>			<b>Biochemistry (SGD)</b> Cell <b>Dr. Gulnaz/ Dr. Farida/ Dr. Bela</b>	
<b>Thursday</b>	<b>Physiology</b> Movements of the Cell <b>Dr. Riffat Sultana</b>	<b>Biochemistry</b> RNA & DNA-3 <b>Dr. Nabila</b>	<b>Forensic Medicine</b> Introduction to forensic medicine <b>Dr. Anwar ul Haq</b>	<b>PRACTICAL'S</b> <u>Batch A: Study Skills SLRC</u> <u>Batch B: Biochemistry Practical-1</u> <u>Batch C: Physiology Practical-1</u> <u>Batch D: Histology Practical-1</u>			<b>Research</b> Research process <b>Dr. Fatima</b>	<b>Biochemistry</b> RNA & DNA-4 <b>Dr. Nabila</b>
<b>Friday</b>	<b>Physiology</b> Cell Repolarization & Depolarization <b>Dr. Riffat Sultana</b>		<b>DSL</b> <b>(Library)</b>	<b>PRACTICAL'S</b> <u>Batch A: Biochemistry Practical-1</u> <u>Batch B: Physiology Practical-1</u> <u>Batch C: Histology Practical-1</u> <u>Batch D: Study Skills SLRC</u>			<b><u>Jumma Break</u></b>	<b>ISLAMIYAT/ PAK STUDIES</b>

**Physiology Practical 1:** introduction to instruments

**Anatomy Practical 1:** Dr. Najma Attaullah: Microscope and histology of cell

**Biochemistry Practical 1:** Identification of Instrument and Titration

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**TIMETABLE OF Foundation MODULE**  
**WEEK 3: Theme 2: Cell, Theme 3: Growth & Development**

<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 - 12:50pm</u>	<b>P r a y e r  B r e a k</b>	<u>01:05 - 02:00 pm</u>	<u>02:00 - 03:00 pm</u>	
<b>Monday</b>	<b>Anatomy</b> Mitosis/Meiosis <b>Dr. Waqar</b>		<b>Community Medicine</b> Introduction to Community Medicine <b>Dr. Raheela</b>	<b>Pharmacology</b> Introduction to Pharmacology <b>Dr.Hameed</b>	<b>Pharmacology</b> Drug receptors, Routes of administration & trans membrane drug transport. <b>Dr. Fahad</b>		<b>Biochemistry</b> Buffers <b>Dr. Shakila</b>	<b>PRIME</b> Study Skills <b>Dr. Naveed</b>	
	<b><u>Theme 3: Growth &amp; Development</u></b>								
<b>Tuesday</b>	<b>PRACTICAL'S</b> <u>Batch A: Physiology Practical-2</u> <u>Batch B: Histology Practical-2</u> <u>Batch C: Biochemistry Practica-2</u> <u>Batch D: IT Skills SLRC</u>		<b><u>Auditorium Hall</u></b> Naat Khwani, Hamd & Qirrat Competition		<b>Anatomy</b> Epithelium <b>Dr. Shahab</b>		<b>Anatomy</b> Spermatogenesis <b>Dr. Waqar</b>		
<b>Wednesday</b>	<b>Anatomy</b> Oogenesis/ovarian cycle <b>Dr. Waqar</b>		<b>Biochemistry</b> Carbohydrates-I <b>Dr. Sikandar</b>	<b>PRACTICAL'S</b> <u>Batch A: Histology Practical-2</u> <u>Batch B: Biochemistry Practica-2</u> <u>Batch C: IT Skills SLRC</u> <u>Batch D: Physiology Practical-2</u>			<b>Biochemistry</b> Chemistry of acids & bases <b>Dr. Shakila</b>	<b>PRIME</b> Professionalism <b>Dr. Naheed Mahsood</b>	
<b>Thursday</b>	<b>Anatomy</b> Fertilization <b>Dr. Waqar</b>	<b>Anatomy</b> Blastocyst formation <b>Dr. Waqar</b>	<b>Community Medicine</b> Determinants of Health <b>Dr. Tauseef Aman</b>	<b>PRACTICAL'S</b> <u>Batch A: Biochemistry Practical-2</u> <u>Batch B: IT Skills SLRC</u> <u>Batch C: Physiology Practical-2</u> <u>Batch D: Histology Practical-2</u>			<b>Biochemistry</b> Importance of surface tension & viscosity in our body <b>Dr. Shakila</b>	<b>PRIME</b> Working of Memory <b>Dr. Naveed</b>	
<b>Friday</b>	<b>Anatomy</b> Implantation/anomalies <b>Dr. Waqar</b>		<b>Community Medicine</b> Disease causation <b>Dr. Tauseef Aman</b>	<b>PRACTICAL'S</b> <u>Batch A: IT Skills SLRC</u> <u>Batch B: Physiology Practical-2</u> <u>Batch C: Histology Practical-2</u> <u>Batch D: Biochemistry Practical-2</u>			<b><u>Jumma Break</u></b>	<b>ISLAMİYAT/ PAK STUDIES</b>	

**Anatomy Practical-2:** Epithelium: **Dr. Najma Attaullah**  
**Physiology Practical-2:** Smear Preparation

**Biochemistry Practical-2:** Detection of monosaccharide's  
**IT Skills:** Creation of college accounts/ emails/LMS -**Altaf/Yasir Aman**

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**TIMETABLE OF Foundation MODULE**  
**WEEK 4: Theme 3: Growth & Development**

<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 -12:50pm</u>	<b>P r a y e r  B r e k</b>	<u>01:05-02:00 pm</u>	<u>02:00-03:00 pm</u>
<b>Monday</b>	<b>Biochemistry</b> Carbohydrates-II <b>Dr. Sikandar</b>	<b>PRIME: Research</b> Designing a questionnaire <b>Dr. Fatima</b>	<b>PRIME</b> Leadership <b>Dr. Naheed Mahsood</b>	<b>Community Medicine</b> Levels of prevention <b>Dr. Tauseef Aman</b>	<b>Community Medicine</b> Chain of infections <b>Dr. Tauseef Aman</b>		<b>SPORTS</b>	
<b>Tuesday</b>	<b>Anatomy</b> Second week of development <b>Dr. Waqar</b>	<b>PRIME</b> Trust and its Attributes <b>Dr. Wajid/ Dr. Amer Abbas</b>	<b>Biochemistry</b> Carbohydrates-III <b>Dr. Sikandar</b>	<b>Batches</b> <u>Batch A: Physiology Practical-3</u> <u>Batch B: Histology Practical-3</u> <u>Batch C: Biochemistry Practica-3</u> <u>Batch D: Pathology Practical</u>			<b>Biochemistry</b> Structure & Functions of GAGs <b>Dr. Sikandar</b>	<b>Sports</b>
<b>Wednesday</b>	<b>Anatomy</b> Decidual development of membranes <b>Dr. Waqar</b>	<b>Biochemistry</b> Carbohydrates-V <b>Dr. Sikandar</b>		<b>Batches</b> <u>Batch A: Histology Practical-3</u> <u>Batch B: Biochemistry Practica-3</u> <u>Batch C: Pathology Practical</u> <u>Batch D: Physiology Practical-3</u>			<b>Anatomy</b> Epithelium <b>Dr. Shahab</b>	<b>Anatomy</b> Histology of glands-1 <b>Dr. Shahab</b>
<b>Thursday</b>	<b>Anatomy</b> Third week of development <b>Dr. Waqar</b>		<b>PATHOLOGY</b> Apoptosis & Necrosis <b>Dr. Saima Nadeem</b>	<b>Batches</b> <u>Batch A: Biochemistry Practical-3</u> <u>Batch B: Pathology Practical</u> <u>Batch C: Physiology Practical-3</u> <u>Batch D: Histology Practical-3</u>			<b>Biochemistry</b> Carbohydrates SGD <b>Dr. Sikandar /Dr Farida</b>	
<b>Friday</b>	<b>Anatomy</b> Fourth week of development <b>Dr. Waqar</b>		<b>PRIME</b> Attitude in Health Professionals <b>Dr. Wajid/ Dr. Amer Abbas</b>	<b>Batches</b> <u>Batch A: Pathology Practical</u> <u>Batch B: Physiology Practical-3</u> <u>Batch C: Histology Practical-3</u> <u>Batch D: Biochemistry Practica-3</u>			<b>Jumma Break</b>	
								<b>ISLAMIYAT/ PAK STUDIES</b>

**Anatomy Practical 3:** Epithelium **Dr. Najma Attaullah**  
**Biochemistry Practical 3:** Detection of reducing/non reducing sugar

**Physiology Practical 3:** Oil immersion lens  
**Pathology Practical:** Sterilization

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**TIMETABLE OF Foundation MODULE**  
**WEEK 5: Theme 4: Human Body Tissues, Bones & Joints**

<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 -12:50pm</u>		<u>01:05-0200 pm</u>	<u>02:00-03:00 pm</u>	
<b>Monday</b>	<b>Anatomy</b> Fourth week of development <b>Dr. Waqar</b>		<b>Anatomy</b> General anatomy of muscles <b>Dr. Najma Attaullah</b>	<b>Batches</b> <u>Batch A: Physiology Practical 4</u> <u>Batch B: Histology Practical 4</u> <u>Batch C: Skill lab Medicine</u> <u>Batch D: Biochemistry Practical 4</u>		<b>P r a y e r  B r e a k</b>	<b>Anatomy (SGD)</b> Classification of bones <b>GROUP-A</b> (Dr.Hira) <b>GROUP-B</b> (Dr. Wajahat) <b>GROUP-C</b> (Dr. Qurat ul ain)		
<b>Tuesday</b>	<b>FUN FAIR</b>						<b>FUN FAIR</b>		
<b>Wednesday</b>	<b>Radiology</b> Introduction to X-rays <b>(to be nominated by Chairperson)</b>	<b>PRIME: Behavioral Science</b> Professional identity Strengths and weaknesses <b>Dr. Wajid/ Dr. Ameer Abbas</b>	<b>Anatomy</b> Introduction to the nervous system <b>Dr. Qurat ul ain</b>	<b>Batches</b> <u>Batch A: Histology Practical 4</u> <u>Batch B: Skill lab Medicine</u> <u>Batch C: Biochemistry Practical 4</u> <u>Batch D: Physiology Practical 4</u>			<b>Biochemistry (SGD)</b> GAG's <b>Dr. Sikandar /Dr. Sosan</b>		
<b>Thursday</b>	<b>SPORTS DAY</b>						<b>SPORTS DAY</b>		
<b>Friday</b>	<b>Anatomy</b> Development of placenta <b>Dr. Waqar</b>		<b>Anatomy</b> Lymphatic System <b>Dr. Wajahat</b>	<b>Batches</b> <u>Batch A: Skill lab Medicine</u> <u>Batch B: Biochemistry Practical 4</u> <u>Batch C: Physiology Practical 4</u> <u>Batch D: Histology Practical 4</u>			<b><u>Jumma Break</u></b>	<b>ISLAMIYAT/ PAK STUDIES</b>	

**Anatomy Practical-4:** Histology of glands **Dr. Najma Attaullah**

**Biochemistry Practical -4:** Detection of Polysaccharides in a solution **Dr. Sikandar/ Ms. Shakeela**

**Physiology Practical -4:** Neubar's Chamber

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**TIMETABLE OF Foundation MODULE**  
**WEEK 6: Theme Human Body Tissues, Bones & Joints**

<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::50pm</u>		<u>01:05-0200 pm</u>	<u>02:00-03:00 pm</u>
<b>Monday</b>	<b>Physiology</b> Autonomic Nervous System <b>Dr. Zubia Shah</b>		<b>Anatomy</b> Fascia/ligaments/tendons <b>Dr. Qaiser</b>	<b>Batches</b> Batch A: DSL library Batch B: Physiology Practical Batch C: Anatomy museum Batch D: Skill lab surgery	<b>P r a y e r  B r e a k</b>	<b>Pathology</b> Acute Inflammation <b>Dr. Munir</b>	
<b>Tuesday</b>	<b>Anatomy</b> Integumentary system <b>Dr. Hira</b>	<b>Pathology</b> Chronic inflammation <b>Dr. Khalid Javed</b>	<b>Batches</b> Batch A: Physiology Practical Batch B: : Anatomy museum Batch C: Skill lab Surgery Batch D: DSL library	<b>PRIME</b> Personal Development Plan (PDP) <b>Dr. Onaiza</b>		<b>LMS orientation session</b> <b>Dr Naveed /Dr Afsheen</b>	
<b>Wednesday</b>	<b>Anatomy</b> Histology of connective tissue <b>Dr. Shahab</b>	<b>PRIME</b> Ethical Principles <b>Dr. Naveed Afzal</b>	<b>Batches</b> Batch A: : Anatomy museum Batch B Skill lab Surgery Batch C: DSL library Batch D: Physiology Practical	<b>Physiology</b> Autonomic Receptors <b>Dr. Zubia Shah</b>			
<b><u>Blood Module</u></b> <b><u>Week-1 (Theme-1 Pallor and swelling)</u></b>							
<b>Thursday</b>	<b>Anatomy</b> Introduction to Hematopoietic system <b>Dr. Qurat ul ain</b>	<b>Anatomy</b> Histology of lymph nodes and tonsil <b>Dr. Waqar</b>	<b>Batches</b> Batch A: Skill lab Surgery Batch B: DSL library Batch C: Physiology Practical Batch D: : Anatomy museum	<b>Community Medicine</b> Epidemiology of blood <b>Dr. Mustafa Waheed</b>			
<b>Friday</b>	<b>Anatomy</b> Gross anatomy of tonsil/lymph node <b>Dr. Qurat ul ain</b>	<b>Physiology</b> Introduction to blood <b>Dr. Afsheen</b>	<b>Biochemistry</b> Introduction to hemi synthesis /degradation <b>Dr. Amin</b>	<b>DSL</b> Library	<b>Jumma Break</b>		<b>ISLAMIYAT/ PAK STUDIES</b>

**Physiology Practical:** Bleeding and Clotting Time (to be nominated by chairman)