

Report on Foundation course for MBBS Students (2025-26)

Date: 22/09/2025-08/10/2025

Venue: Malabar Medical College Hospital & Research Centre, Modakkallur, Kozhikode.

The Foundation course for MBBS; 16th Batch was conducted from 22nd Sept – 8th October 2025 as per the guidelines of the National Medical Commission. The Program aimed to orient the students to the medical profession, introduce the values, roles and responsibilities of their chosen field. It also aimed the skill development, ethics, attitude, team work and leadership quality.

FOUNDATION COURSE SCHEDULE - MBBS (2025-26 BATCH)

DATE /DAY	TIME	TOPIC/SESSION	RESOURCE PERSON/DEPT.	REMARKS
22/09/2025 Monday	10 am	Inaugural Function	Principal All Faculties from Anatomy, Physiology, Biochemistry and Community Medicine	Formal inauguration in presence of faculties, parents and students.
		Hostel allotment and campus familiarization	Administrative Team	Students introduced to hostel and campus facilities.
23/09/2025 Tuesday	8-9am	How to write reflection (value added course)	MEU-Dr. Sili (Pathology) Dr. Nizam Dr. Shyam Krishnan	Overview of reflection writing
	9-10am	MBBS Orientation Program	Dr. George (Community Medicine) Dr. Nimmy Dr. Gopalakrishna	Overview of curriculum, learning methods and Professional pathway.
	10.15am- 12-15pm	Ice- Breaking	Dr. Hema Mrs. Aswathy Dr. Muhsina Mrs. Varna	To increase interaction and bonding among students. (Two Batches)

	1.15-4pm	Orientation to Campus –I	<u>Academics :</u> Dr. Rafeeq, Mrs. Santhi, Dr. Nourjahan <u>Clinical:</u> Biochem- Dr. Aswathi, Dr. Revathy Physio-2	Divide students in two batches Familiarizing departments and labs in the campus
	11.15-12.15pm	Rules and Regulation	Principal Dr. Divya, Dr. Nimmy	Talk regarding Rules and discipline in the campus
	1.15-4pm	Orientation to Campus- II	<u>Academics :</u> Dr.Ravdeep, Dr.Gopalakrishna Physiology-1 Dr. Nourjahan <u>Clinical :</u> Physiology-1 Dr. Aswathi, Dr. Revathy, Dr. Nizam	Divide students in two batches Familiarizing departments and labs in the campus
25/09/2025 Thursday	10.15-11.15am	Phase I Faculty Introduction	Concerned departments All Faculty	Introduced Faculties of 1 st yr subjects
	11-15-12.15pm	Campus Programme-	Dr. Krishnaraj (C. Medicine)	Students participated in “Yuvajanolsava” Program by Asianet
	1.15-3.30pm	BLS- Skill Lab/First Aid- 1	Dr. Anushma (ED) Dr. Vishal (Surgery) Dr. Anju (Ortho) Dr. Nizam Dr. Nourjahan Dr. Muhsina	Hands on CPR & Emergency response skill Management of fracture bleeding splinting
26/09/2025	8-12pm	(Batch A) FAP Batch (B) Introduction to Health Care System + National Health Goals	Dr. George Jacob (Community Medicine)	Structure and functioning of health care delivery in India

Friday	1.15-4pm	BLS-Skill Lab/First Aid-2	Dr. Siddharth (ED) Dr. Abhishek Nair (Surgery) Dr. Sanjay (Ortho) Dr. Nizam Mrs. Pibini Dr. Nourjihana Mrs. Neethu	Hands on CPR & Emergency response skill Management of fracture bleeding splinting
27/09/2025 Saturday	10-11am	Mentorship	Dr. Athira (Pathology) Dr. Nimmy	Faculty Mentorship Introduction
	11.15-12.15	Alternate Health system	Dr. Gopalakrishna Dr. Nimmy	Over view of Ayurveda, Homeopathy, Siddha, Unani systems
	1.15-2.15pm	Accessing online resources	Mrs. Anusha	Use of digital health resources and data base
	2.15-3.15pm	Principles of Primary care in General community	Dr Binoop (C. Medicine) Dr. Revathy	Health care system in India
28/09/2025 Sunday		Assignments- Skit / Reels/Posters/Group Activity	Group of 25 students	Assigned for group activity
29/09/2025 Monday	10.15-11-15am	Flipped classroom, Exam cell	Dr. Rijesh Mrs. Shamna Dr. Rafeeq	Teaching method Role of exam cell
	11.15 – 12.15 pm	Role of Indian Medical Graduate	Dr. Rijesh Dr. Geslin Dr. Nizam	Competencies of Medical graduate,
	1.15-4pm	English / Native language/ PPT skills	Dr. Paul/Mrs. Ambili/Dr. Anu Dr. Nimmy Dr. Aswathi	Effective patient communication in local language, introduction to digital tools
03/10/2025 Friday	10.15-11.15am	Ethics and Professionalism, Students Support Group(SSGP)	Dr. Neena Priyadarshini (Forensic Medicine) Dr. Geslin	Over view of Professionalism as a doctor Support networks.

	11.15-12.15pm	Emphasis on Clinico - Laboratory Communication and skills	Dr. Sily & Dr. Jithara Dr. Hema	Professional Communication skill Enhancement
	1.15-4pm	Assignment presentation	Students Mrs.Santhimol Dr. Smriti Mrs. Prajitha	Assignment present by students.
04/10/2025 Saturday	10.15-12.15pm	Stress Management (Value added course)	Dr. Varsha Psychiatry Dr. Nimmy Dr. Hema	Coping with stress, Mental well being
	1.15-2.15 pm	Drugs & Narcotics	SI , Excise Department Dr. Nimmy	Awareness regarding Drugs and Narcotics.
	2.15 – 4pm	Time Management (Value Added Course)	Dr. Vinod Dr. Nimmy	Over view of time management
06/10/2025 Monday	9-10 am	Election - Class Representative	All Faculty Dr. Revathy Mrs.Santhimol	Mr. Harshid & Miss. Athulya elected as representatives
	10.15-11.15pm	Introduction to SDL	Dr. Anu (Pharmacology) Dr. Gopal	
	11.15-12.15pm	Introduction to AI	Dr. Krishnaraj Dr. Nizam	
	1.15-2.15pm	Bio Medical waste disposal, Bio Hazard Management	Dr. Shailaja PG Micro	
	2.15-4pm	Universal precaution - Infection prevention in clinical practice	Dr. Gulsiv PG Micro	
07/10/2025 Tuesday	8-12pm	(Batch A) FAP Batch (B) Introduction to Health Care System + National Health Goals	Community Medicine CM (PG)	
	1.15 – 3 pm	Certificate distribution	Dr. Hema All faculties	
	3-4 pm	Students Council Meeting	Students Union Dr.Nimmy	

08/10/2025 Wednesday	10.15-12.15pm	Role of Doctors in Society	Panel discussion- Dr. Shaki Vati Dr. Lakshmi Ophthalmology Dr. Padmaja Dr. Sinu Sathyan Psychiatry Dr. Rejeesh OBG Anat -Mrs. Aswathi Bio- Dr. Jasla	
	1.15-2.15pm	Immunization	Community Medicine CM (PG) Anat- Dr. Gopalakrishna	
	2.15-3.15pm	Introduction to NAAC	Dr. Sobin Sunny CM PG/ Bio- Dr. Hasna	
	3.15-4pm	Meditation & Wrap -up session	Mr.Vivek, Isha Foundation Dr.Nizam	



Inaugural Function



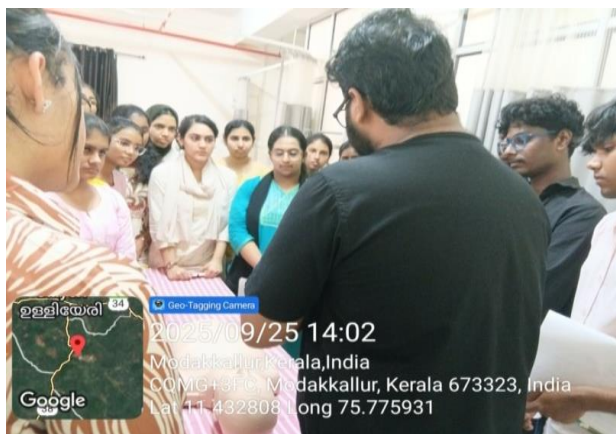
Dr. Sily Sreedhar 's class on Reflection



Ice Breaking Session



Introducing ED Department



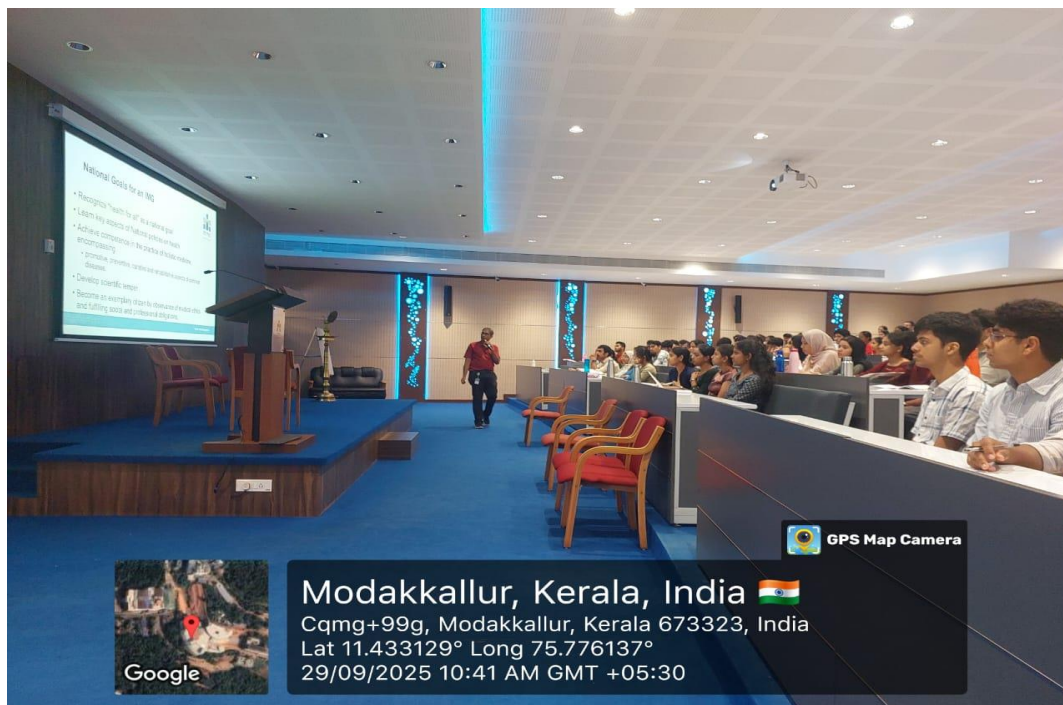
First Aid / BLS Classes



Class on Mentorship by Dr. Athira



Talk on Primary care in general community by Dr. Kannian Binub



Flipped classroom. Session by Dr. Rijesh.

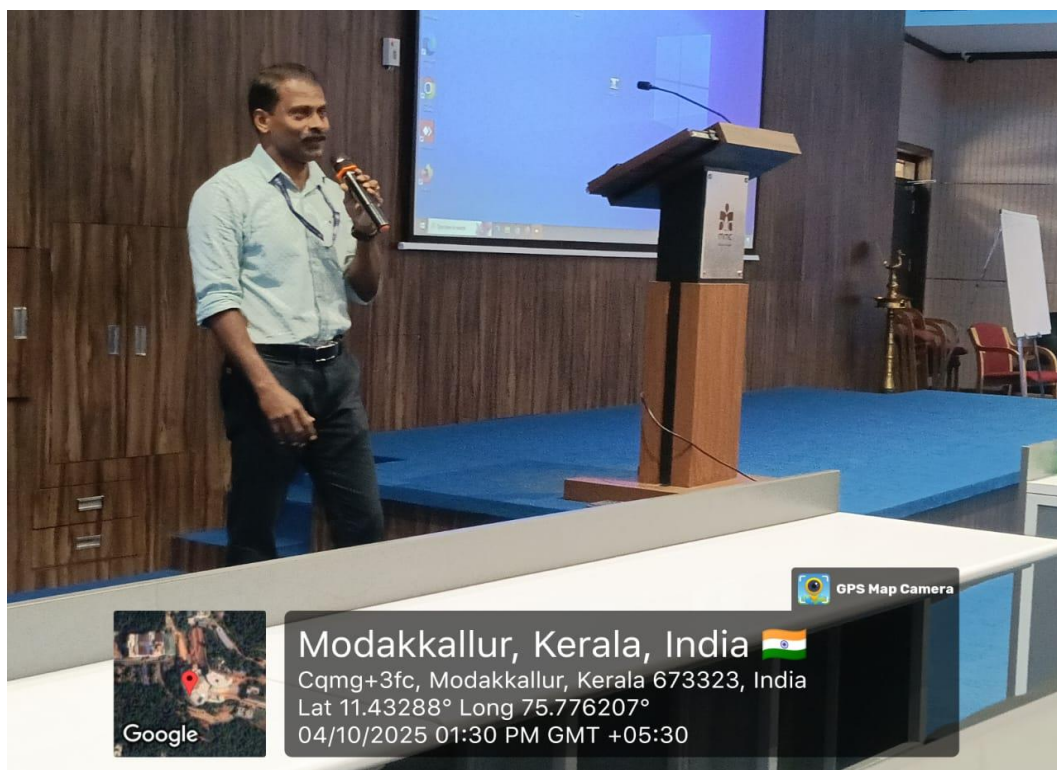




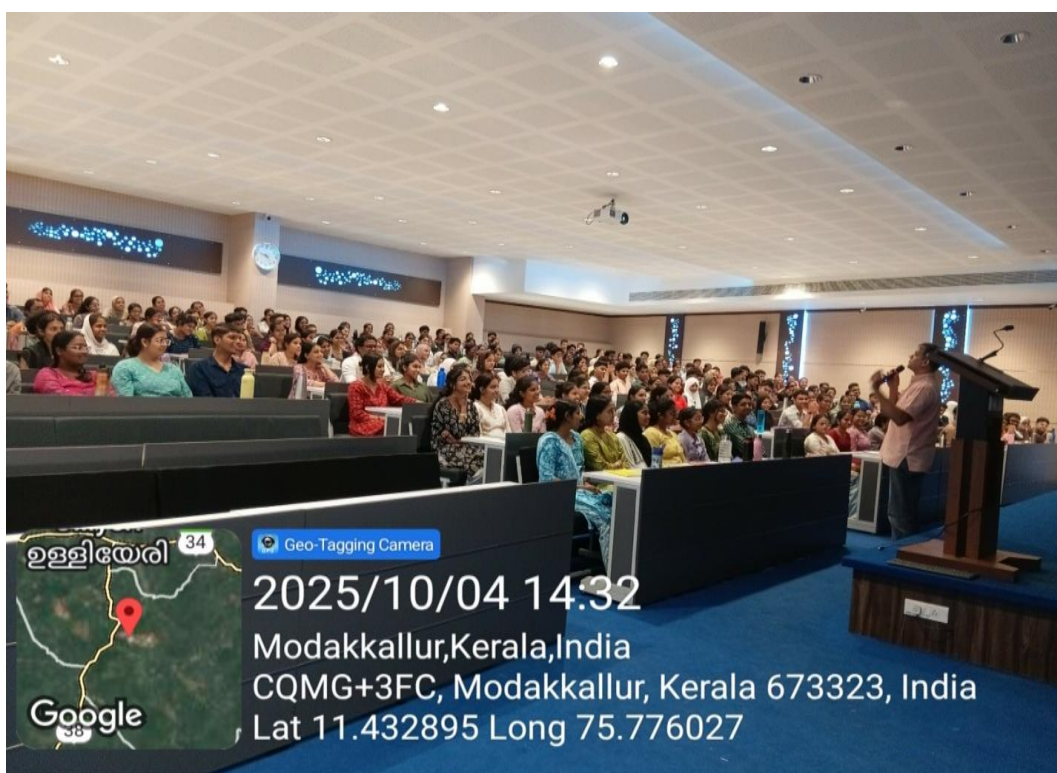
Skit and mime presentation as a part of assignment



Stress management class by Dr. Varsha



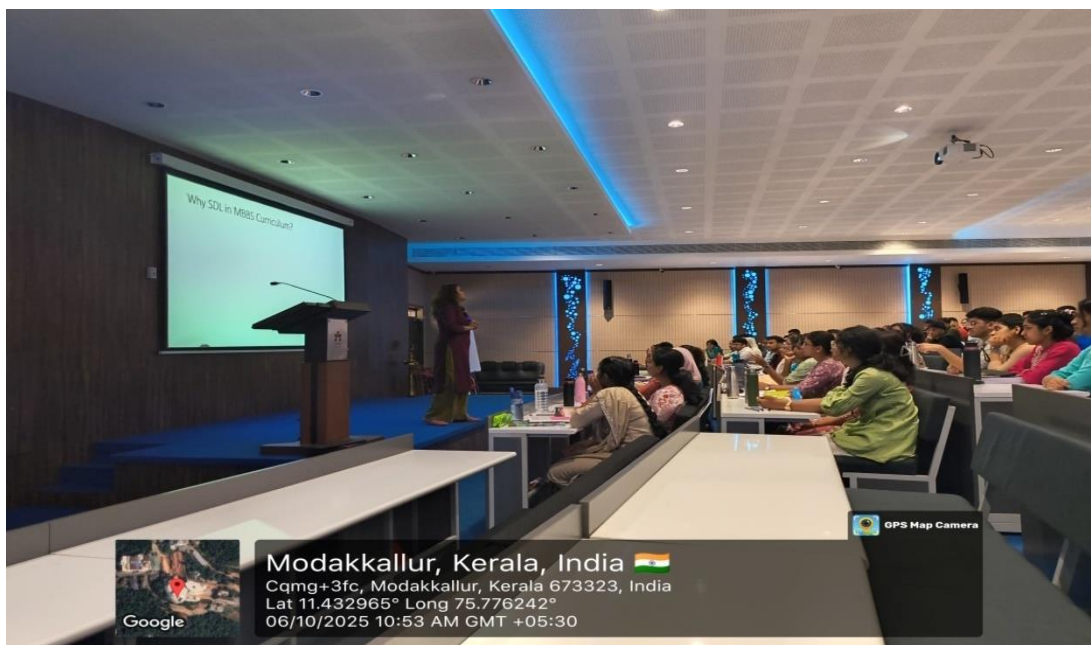
Class on drugs and narcotics by Mr. Jayaraj, Excise Inspector



Dr. Vinod's session on Time management



Selection of Class Representatives



Overview of SDL

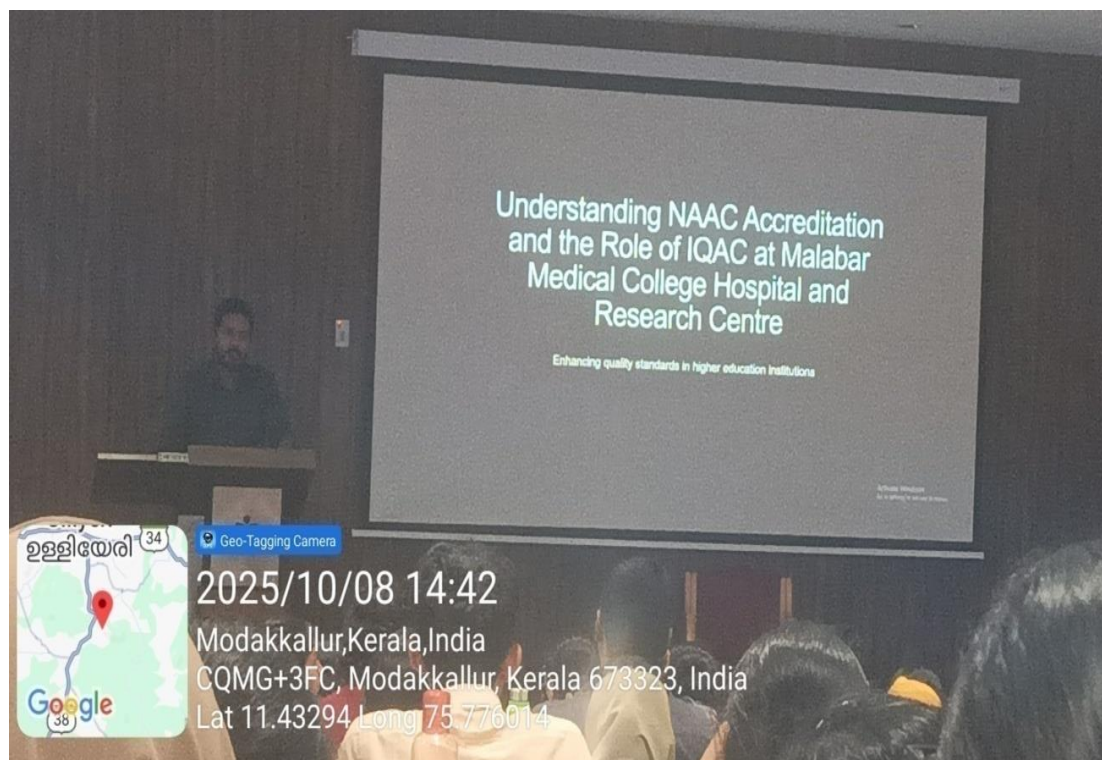


Certificate distribution for the students after successful completion of Foundation Course by Dr. Ashalatha & Dr. Meera, Dept. of Anatomy.





Introduction of students to NAAC by the NAAC Coordinator Dr. Sobin Sunny, Assistant Professor, Department of Community Medicine.



Reflection and course Conclusion

The medical foundation course, spanning the academic year 2025-2026, has successfully concluded providing a vital bridge for incoming medical students. This report summarizes the foundation course's effectiveness in achieving its core objectives, namely: preparing students for the rigors of medical education, fostering essential professional skills, and facilitating a smooth transition into the collegiate environment. Through a combination of academic modules, practical skill training and personal development sessions, the medical foundation course has proven to be an invaluable component of the undergraduate curriculum.

By continuing to refine and enhance the medical foundation course, the institution can ensure that every new cohort of medical students is equipped with the best possible start to their medical education and career.