

Report on Foundation Course for MBBS Students 2024–25

Date: 14th–28th October 2024

Venue: Malabar Medical College Hospital & Research Centre, Modakkallur

The Foundation Course for the MBBS batch of 2024–25 was conducted from 14th–28th October 2024 as per the guidelines of the National Medical Commission. The program aimed to orient the newly admitted students to the medical profession, instil essential values, and equip them with basic skills for their journey as future doctors.

Inaugural Ceremony – 14th October 2024

The course commenced with an inaugural function attended by the Principal, faculty members, and parents. Students were allotted hostel accommodations and introduced to the campus facilities.

Professional Development and Orientation

Sessions were conducted on:

- **Orientation to the MBBS Programme** – An overview of the curriculum, teaching-learning methods, and expectations from students.
- **Academic Regulations and Campus Orientation** – Rules, code of conduct, and support systems available on campus.
- **Roles of Indian Medical Graduates** – Understanding the attributes expected of a competent and compassionate physician.

Skills Module

Students underwent training in:

- **Basic Life Support (BLS)** by emergency medicine faculty.
- **First Aid Skills** for orthopaedic and surgical emergencies.
- **Hospital Orientation** – Visits to the blood bank, central laboratory, emergency department, and inpatient wards.

Community Orientation

- Introduction to **Community Health Care System** and **National Health Goals**.
- **Family Adoption Programme** initiated by the Department of Community Medicine to foster community connection and continuity of care.
- Sessions on **Immunization Practices** and **Alternate Systems of Medicine**.

Professionalism & Ethics

- **Doctor–Patient Relationship** and **Universal Precautions** in clinical settings.
- **Mental Health Awareness** session by the Psychiatry Department.

- Discussions on **Biomedical Waste Management** and **Biohazard Safety**.

Language and Computer Skills

- Training in **English Language Proficiency** and **Native Language Communication** for effective patient interaction.
- **Basic Computer Skills** including medical data handling.

Student Support & Extracurricular Activities

- Introduction to the **Student Council** and **Mentorship Programme**.
- Cultural activities to promote bonding and teamwork.
- Daily **reflection writing** to encourage self-assessment and integration of learning.

The course concluded with feedback from students and faculty. The Foundation Course successfully prepared the fresh MBBS entrants for their academic journey by blending professional orientation, skill-building, community exposure, and personal development.

Foundation Course for MBBS Students 2024–25 – Detailed Schedule

Date	Session / Topic	Resource Person / Department	Remarks
14 October 2024	Inaugural Function	Principal, Faculty	Formal inauguration in presence of faculty, parents & students.
	Hostel Allotment & Campus Familiarization	Administrative Team	Students introduced to hostel and campus facilities.
15 October 2024	Roles of Indian Medical Graduate (IMG)	Dr. Rijesh	Orientation to attributes & competencies of medical graduates.
	Hospital Orientation (Blood Bank, Central Lab, ED, Hostel)	Hospital Admin & Faculty	Guided hospital visit to understand infrastructure & patient care areas.
16 October 2024	Orientation to MBBS Programme	Dr. Narayanan P.V.	Overview of curriculum, learning methods & professional pathways.
	Academic Regulations & Campus Orientation	Faculty from Preclinical Subjects	Rules, discipline, attendance, and support systems.

17 October 2024	Basic Life Support (BLS)	Dr. Sudha Anil Kumar & ED Team	Hands-on CPR & emergency response skills.
	First Aid – Orthopedic/Surgical	Surgery/Orthopedics Faculty	Management of fractures, bleeding, splinting.
18 October 2024	Community Health Care System	Community Medicine Dept.	Structure & functioning of healthcare delivery in India.
	National Health Goals	Community Medicine Dept.	Discussion on NHP targets and public health priorities.
19 October 2024	Accessing Online National Health Resources	Library Staff & Faculty	Use of digital health resources and databases.
21 October 2024	Alternate Systems of Medicine	Dr. Gopalakrishna	Overview of Ayurveda, Homeopathy, Siddha, and Unani systems.
	Microbiology Safety, Biohazard Management, Biomedical Waste Disposal	Dr Shailaja TS	Infection control & environmental safety measures.
22 October 2024	Immunization Practices	Dr. Sobin Sunny	National immunization schedule, cold chain management.
	Panel Discussion – Preventive Health	Community Medicine Dept.	Interactive discussion with students.
23 October 2024	Mental Health Awareness	Psychiatry Dept.	Coping with stress, mental well-being.
	Native Language Communication Skills	Language Faculty	Effective patient communication in local language.
	Computer Skills	IT Department	Introduction to digital tools & medical record systems.

24 October 2024	Doctor–Patient Relationship & Universal Precautions	Dr. Krishna Raj	Ethics, safety & infection prevention in clinical practice.
	English Language Proficiency	Language Faculty	Professional communication enhancement.
25 October 2024	Student Support Group (SSGP) & Mentorship	Dr. Sily SreeDharan	Faculty mentorship introduction & support networks.
	Cultural Activity	Student Council	Promoting interaction, teamwork & creativity.
26 October 2024	Family Adoption Programme – Introduction	Community Medicine Dept.	Linking students to community families for long-term care.
27 October 2024	Family Adoption Programme – Field Visits	Community Medicine Dept.	Community-based patient interaction & baseline data collection.



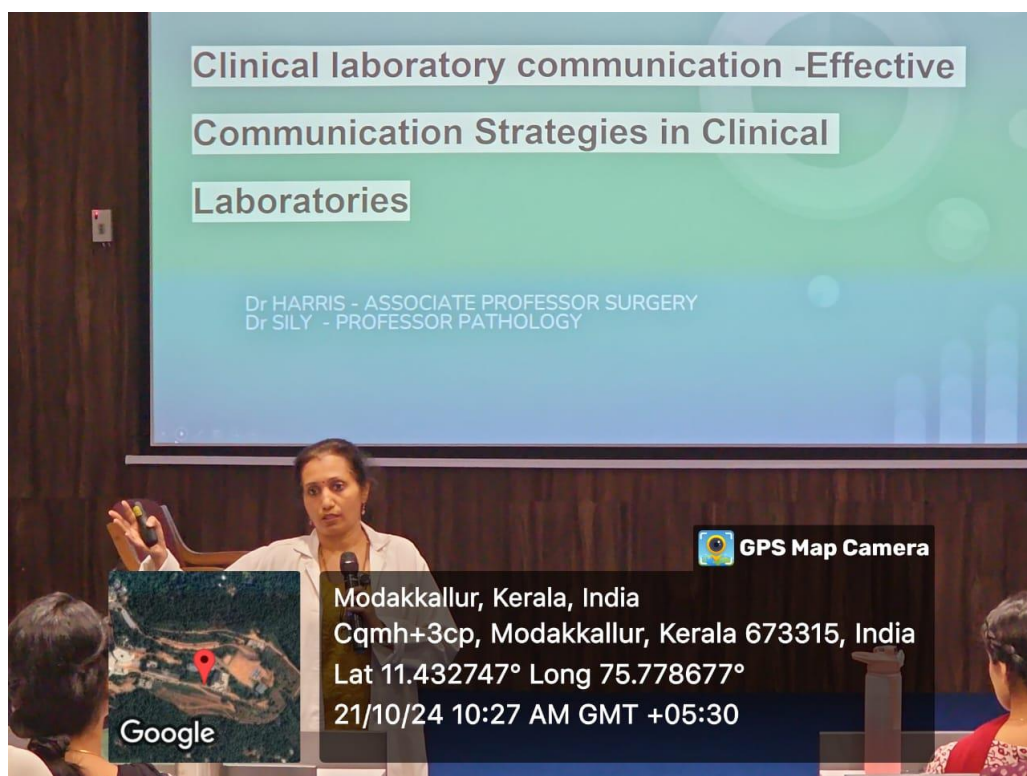
Dr Sudha Anil performing CPR and Basic Life Support Demonstration and training for the new students



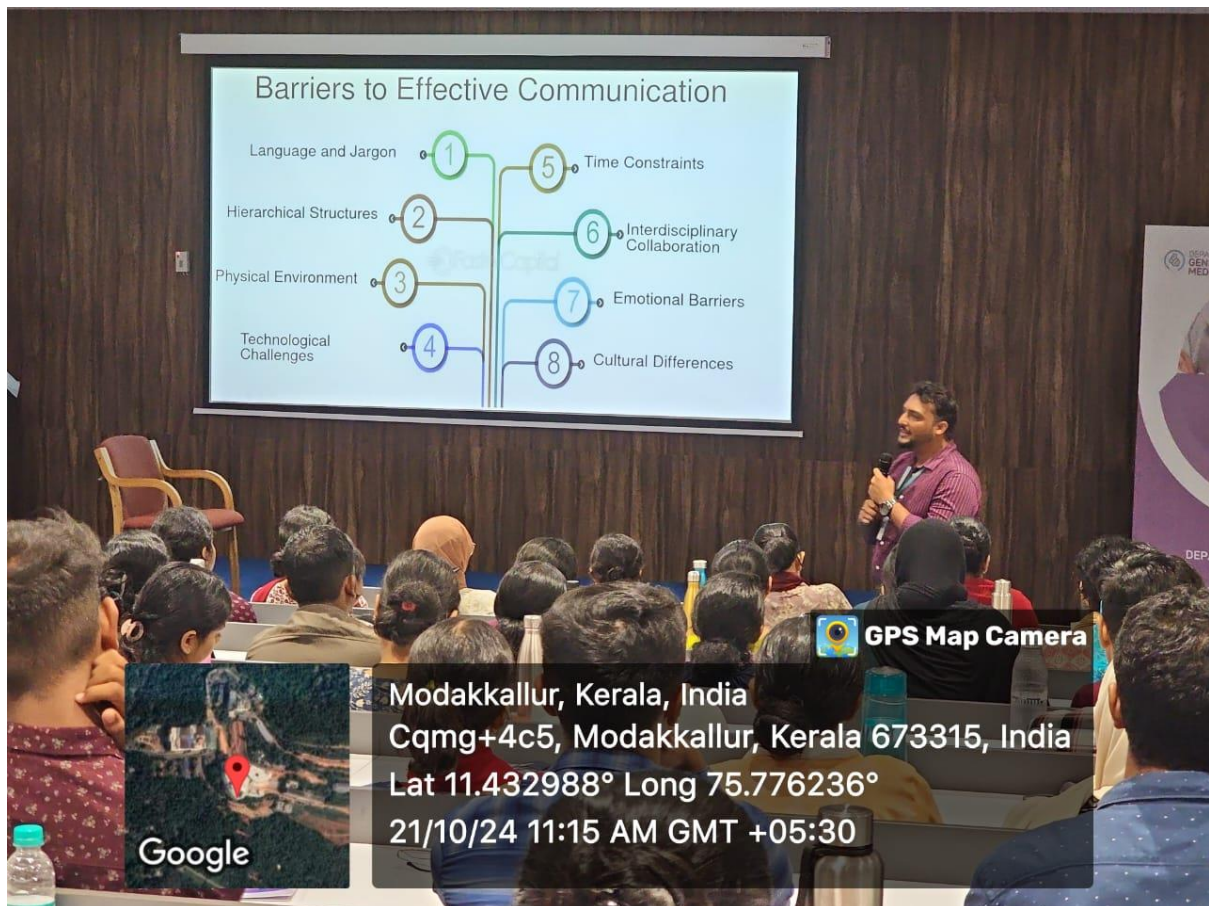
Introduction to First Aid Practices by Dr Rijesh Professor, Department of Orthopaedics



Dr Gopalakrishna Enlightening the students on Alternate systems of Medicine



Dr Sily Sreedharan orienting the students to Clinical Laboratory communication



Dr Harris Presenting the topic of effective communication skills to the New Batch



Orientation to Immunization conducted by Dr Shilpa Karir Associate Professor, Department of Community Medicine



Introduction of Students to NAAC By the NAAC Coordinator Dr Sobin Sunny, Assistant Professor, Department of Community Medicine



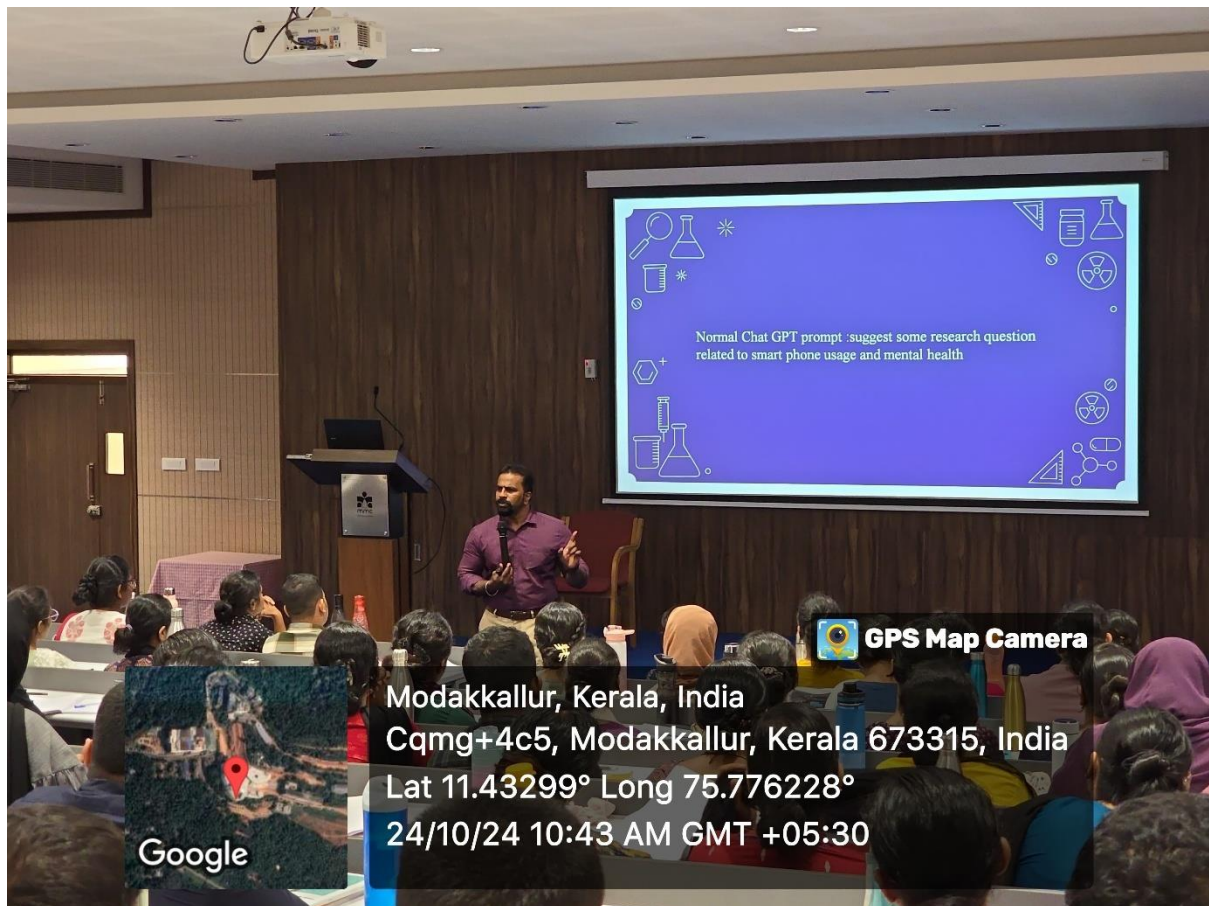
Students union Avyuktha Members Addressing the students



Orientation to communicative skills in Malayalam and English



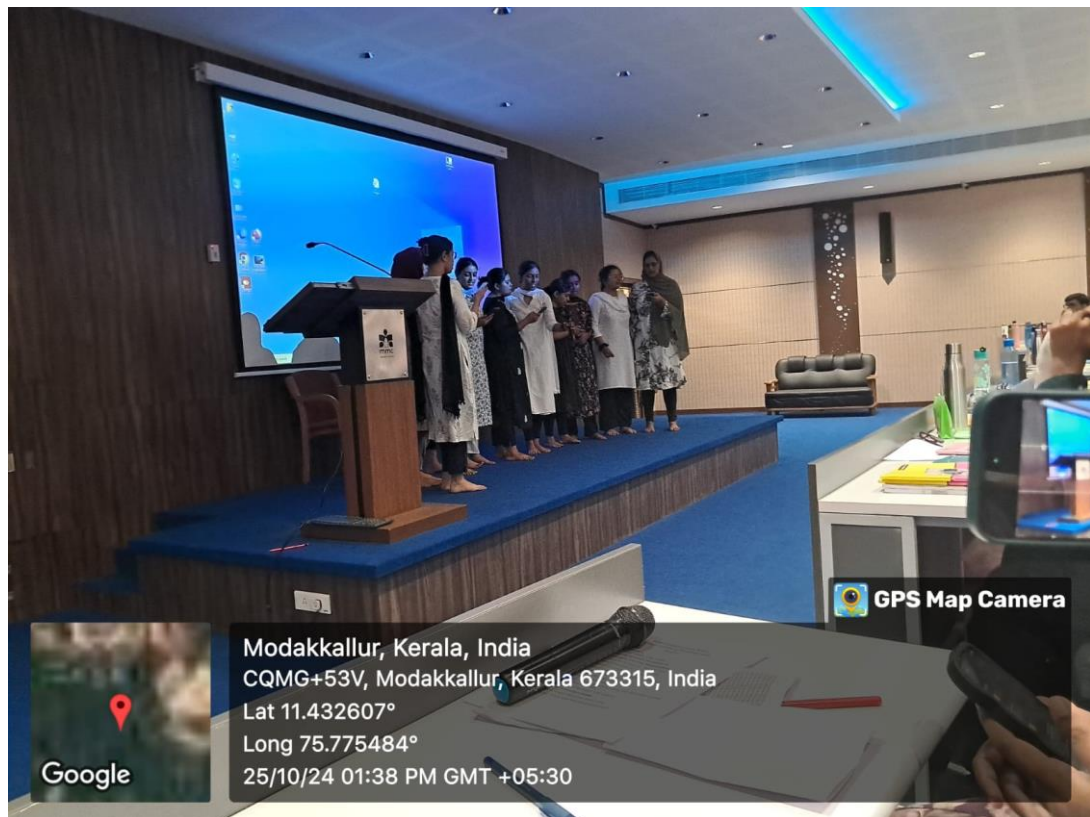
Orientation to essentials of Computer skills: preparation of a Power point presentation by Dr Anu Chandran, Associate Professor, Department of Pharmacology



Dr Krishnaraj, Associate Professor, Department of Community Medicine enlightening the students on proper and ethical use of Artificial intelligence in Medical Education.



Selection of Class Representatives



Cultural activities presented by the students of 2024-25 batch





Certificate distribution for the students after successful completion of foundation course

Reflections and Course Conclusion

Throughout the program, students maintained **daily reflective writing** to consolidate learning experiences. The course concluded with a feedback session where students expressed appreciation for the orientation, practical skills, and exposure gained.

The Foundation Course succeeded in creating a smooth transition from pre-university learning to the professional medical environment, instilling in students the values, skills, and awareness essential for their future role as compassionate and competent doctors.

Schedule for Foundation course 2024-25

Malabar Medical College Hospital and Research Centre Modakkallur Foundation Course for First year MBBS 2024-25 Batch

Date & Day	8am-9am	9-am-10am	10-10.15 am	10.15am-11.15am	11.15am-12.15pm	12.15 to 1.15 pm	1.15-2.15pm	2.15 to 3.15pm	3.15 to 4pm
14/10/24 Mon	Inaugural function		T e a k B r e a k	Inaugural function			Hostel allotment		
15/10/24 Tue	IMG Roles and Goals Dr. Rijesh			ICE Breaking section			Orientation to the Campus Academic block/ Blood bank/ Central Lab/ ED, ground & hostel		
16/10/24 Wed	Rules and regulation Dr. Narayanan P V			Orientation to the Campus Academic block/ Blood bank/ Central Lab/ ED, ground & hostel			Orientation to the Campus Academic block/ Blood bank/ Central Lab/ ED, ground & hostel		
17/10/24 Thu	Skill: First Aid- Orthopedic / Surgery BLS- Dr. Sudha Anil Kumar and ED			MBBS Programme Dr. Ramidha V P			Skill: First Aid- Orthopedic / Surgery BLS- Dr. Sudha Anil Kumar and ED		
18/10/24 Fri	Skill: First Aid- Orthopedic / Surgery BLS- Dr. Sudha Anil Kumar and ED			Introduction to Health Care system Community Medicine			Skill: First Aid- Orthopedic / Surgery BLS- Dr. Sudha Anil Kumar and ED		
19/10/24 Sat	Introduction to Phase I Curriculum			Ethics and professionalism Forensic Medicine			Accessing Online resources Librarian	National Health Goals Community Medicine	Principal of Primary Care (General and Community) Community Medicine
20/10/24 Sun									

20/10/24 Sun		T e a B r e a k		L u n c h B r e a k				
21/10/24 mon	Communication Clinico-Laboratory Dr Harris		Communication Clinico-Laboratory Dr Sily		Alternate system of medicine Dr. Gopalakrishna	Biomedical waste management Biohazard- Microbiology	Reflections	
22/10/24 Tue	Immunization Community Medicine		Panel Discussion		NAAC Dr Sobin Sunny	Student Council		
23/10/24 Wed	Native language /English Computer Skill		Mental Health Psychiatry Dr. Varsha		Native language /English Computer Skill			
24/10/24 Thu	Native language /English Computer Skill		AI Dr. Krishna Raj		Universal Precautions Doctor and patient safety- Microbiology	Native language /English Computer Skill		
25/10/24 Fri	Mentorship and SSGP Dr. Ramidha V P		Cultural activity		SDL Dr. Sily	Reflections Presented By the students		
26/10/24 Sat	Family Adoption program Department of Community Medicine		Family Adoption program Department of Community Medicine		Family Adoption program Department of Community Medicine			
27/10/24 Sun								