


**Tomo Riba Institute of Health and Medical Sciences, Arunachal Pradesh**  
**Foundation Course Time table for MBBS Batch 2023-2024**

<b>Foundation course at a glance</b>		
<b>Sl.No</b>	<b>Subjects/Contents</b>	<b>Hours</b>
1.	Orientation	30
2.	Skills Modules	34
3.	Field visit to community health center	08
4.	Introduction to professional development & AETCOM module	40
5.	Sports, Yoga and extracurricular activities	16
6.	Enhancement of language/computer skills	32
	<b>Total</b>	<b>160</b>

- Foundation course will be in a single block for two (02) weeks and remaining topics will spread over every Saturdays in the following six (06) months.
- The time committed for the foundation course may not be used for any other curricular activity.
- Foundation course will have compulsory 75% attendance.


To  
MEU Department, TRIHMS

  
Dean & Principal  
Tomo Riba Institute of Health &  
Medical Sciences (TRIHMS)  
Arunachal Pradesh  
Naharlagun

**Foundation Course Schedule for First Professional MBBS, 2023-24 Batch (First Week: - Orientation)**

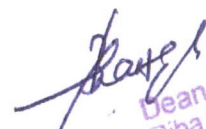
Day & Date	8-10 AM	10-10.30 AM	10:30-11:30 AM	11:30-1 PM	1-2 PM	2-3 PM	3-4 PM
Friday 01.09.2023	<b>INDUCTION CEREMONY</b>	<b>Tea Break</b>	Welcome address, Interaction of Students & Faculty Members. Rules & regulations of the institute  Director/Dean, Faculties	Continuation of program	<b>Lunch Break</b>		
Monday 04.09.2023	Physician's role & responsibility to society & community  Director		Hostel rules & regulations  Dr. Marinda Panggeng, Deputy Hostel Warden	Library rules & regulations  Dr. Binita Singha, Incharge Central Library		Visit to Anatomy department	Sports-  Dr. Gomi Basar, AP, Biochemistry
Tuesday 05.09.2023	MBBS Program – Examinations & University rules, attendance, Phase wise distribution of periods, honor's & awards etc.  Dr. Shyamal Kumar Bhattacharya, Dean & Principal		MBBS Program – Demonstrate the roles of IMG & relate it to the societal impact  Dr Pallavi Boro, AP, Community medicine	MBBS Program – Role of various levels of health care delivery system, skill requirements & certification  Dr. Jampa, DHS		Visit to Physiology Department	Sports-  Dr. Kipa Tubing, Senior Resident, Ophthalmology

VENUE – LECTURE HALL (NURSING COLLEGE)

  
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Day & Date	8-10 AM	10 -10.30 AM	10:30-11:30 AM	11:30-1 PM	1-2 PM	2-3 PM	3-4 PM
Wednesday 06.09.2023	MBBS Program- Discuss the various career pathways & opportunities for personal growth  Dr N K Bezbaruah, HOD, Anatomy	<b>Tea Break</b>	Health Care delivery system in India  Dr. Anoop Dev, HOD, Community Medicine	Demonstrate understanding of the MBBS curriculum & its relation the career pathways  Dr Praveen Kumar, Associate Prof. Physiology	<b>Lunch Break</b>	Visit to Biochemistry department	Sports-  Mr. E. Santhanakrishnan Tutor, Anatomy
Thursday 07.09.2023	Alternate Health System & its importance in the country  Dr Memem Pankham CHO (A) ICR		Discuss the principles of family practice  Dr Debarshi Paul, AP, Community medicine	History of Medicine  Dr Janhavi Jaywant Deshpande, HOD, General Medicine		Visit to para-clinical departments  Dr Prashanth, Tutor, PSM & Dr Deepak, Tutor, Pharmacology	Sports-  Dr. Kemba Padu, AP, Emergency Medicine
Friday 08.09.2023	Universal precautions& vaccinations  Dr Ashok L. Dethé, HOD, Pediatrics		Voluntary Blood Donation/Organ donation & Body donation  Dr Hage Nobin, I/C HOD, Pathology	Academic ambience  Dr Biraj Kumar Das, HOD, ENT		Visit to clinical departments & hospital Including central library, pharmacy, Blood bank, MRD  Dr D. Mara (Tutor, Anatomy), Dr. Henter Jini (Tutor, Physiology), Smt. E Shruti (Tutor Biochemistry in collaboration with clinical faculties	

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Day & Date	8-10 AM	10-10:30 AM	10:30-11:30 AM	11:30-1 PM	1-2 P M	2-3 PM	3-4 PM
Saturday 09.09.2023	Computer Skill NERIST, Nirjuli Dr Prashanth, Tutor, PSM & Dr Deepak, Tutor, Pharmacology as supervisors	<b>TEA BREAK</b>	Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli	<b>LUNCH BREAK</b>	Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli
Sunday 10.09.2023	Computer Skill NERIST, Nirjuli Mr E Santhanakrishnan & Dr D Mara Tutors, Anatomy as supervisors		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli
Monday 11.09.2023			Extracurricular activities – Dr. Manumati , AP, Anatomy Dr. Astami Jamoh, AP, Pharmacology	Extracurricular activities – Dr. Manumati , AP, Anatomy Dr. Astami Jamoh, AP, Pharmacology		Sports – Dr Amarnath, AP, Physiology	Sports – Dr Amarnath, AP, Physiology
Tuesday 12.09.2023	Language skill (Outsourcing) Mr Antho Rukbo		National health priorities & policies Dr Demeng (NHM) <i>Dr. Debarshi Paul,</i>	Principles of primary care Dr Amrita Sarkar, Associate prof. Community medicine <i>Asst. Prof., Community Medicine</i>		Sports- Dr. Ronya	Sports- Dr. Ronya

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Day & Date	8-10 AM	10-10:30 AM	10:30-11:30 AM	11:30-1 PM	1-2 PM	2-3 PM	3-4 PM
Wednesday 13.09.2023	Yoga Dr. Papi Gungli (GDMO, 1 <sup>st</sup> APPBN, Chimpu, ICC)	<b>TEA BREAK</b>	Language skill (Outsourcing) Mr Antho Rukbo	Language skill (Outsourcing) Mr Antho Rukbo	<b>LUNCH BREAK</b>	Sports- Dr. Rinchin	Sports- Dr. Rinchin
Thursday 14.09.2023	Yoga Dr. Papi Gungli (GDMO, 1 <sup>st</sup> APPBN, Chimpu, ICC)		Language skill (Outsourcing) Mr Antho Rukbo	Language skill (Outsourcing) Mr Antho Rukbo		Extracurricular activities- Dr. Mingam Pertin Dr Binita	Extracurricular activities- Dr. Mingam Pertin Dr Binita
Friday 15.09.2023	Yoga Dr. Papi Gungli (GDMO, 1 <sup>st</sup> APPBN, Chimpu, ICC)		Language skill (Outsourcing) Mr Antho Rukbo	Language skill (Outsourcing) Mr Antho Rukbo		Extracurricular activities – Dr. Dajum Mara/Mrs Shruti	Extracurricular activities – Dr. Dajum Mara/Mrs Shruti
Saturday 16.09.2023	Computer Skill NERIST, Nirjuli Dr Henter & Dr Persia Tutors, Physiology as supervisors		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli
Sunday 17.09.2023	Computer Skill NERIST, Nirjuli Dr Iyir, Tutor, Biochemistry Dr Kimo Ori, Tutor, Community medicine as supervisors		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli		Computer Skill NERIST, Nirjuli	Computer Skill NERIST, Nirjuli

  
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