Lokmanya Tilak Municipal Medical College & General Hospital, Sion, Mumbai-22 CBME based Phase I Teaching Schedule - 2019-20 Batch

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.15am/08.30am/09.00am	Physiology (Lec)	Anatomy (Lec)	Physiology (Lec)	Anatomy (Lec)	Physiology (Lec)	Anatomy (Lec)
09.15am/10.00am	Physiology (Lec)	Anatomy (Lec)	Physiology (Lec)	Anatomy	Physiology (Lec)	Anatomy (Lec)
10.15am - 10.30am	Recess		Recess	Anatomy (Lec) Anatomy (Lec) Biochemistry (Lec) Biochemistry (Lec) (Lec)	(LCC)	
10.30am/11.00am	Biochemistry (Lec)	Anatomy	Community Medicine	Anatomy		Early Clinical
11.30am	Dam Physiology (Prac) (Lec)	AETCOM	(Prac)		Exposure	
12.30pm – 01.30pm			Lunch Break			01.00pm–01.30pm
01.30pm – 02.30pm	Physiology/ Biochemistry (SGT/T/I)	Anatomy (Prac, I)	Physiology/ Biochemistry (SGT/T/I)	Anatomy (Prac, I)	Physiology/ Biochemistry (SGT/T/I)	Self-Directed Learning
02.30pm – 03.30pm	Physiology/	Anatomy (SGT)	Physiology/	Anatomy (SGT)	Physiology/ Biochemistry	Self-Directed Learning
03.30pm – 04.30pm	 Biochemistry (Prac) 	Anatomy (T)	Biochemistry (Prac)	Anatomy (T)	(Prac)	Self-Directed Learning
04.30pm – 05.30pm	Sports	Sports				

[Abbreviations -Lec - Lecture, Prac - Practical, SGT - Small Group Teaching, T - Tutorial, I -Integrated Teaching]

Sports – 2hrs/week

Self-Directed Learning - 3hrs/week, By rotation between Anatomy, Physiology, Biochemistry, Community Medicine

Early Clinical Exposure - 2hrs/week, By rotation between Anatomy, Physiology, Biochemistry

	Lokman	iya Tilak Municipal Medical Colleg	e & Hospital, Sion, Mumbai-22	
		CBME based Annual Timetable fo	r Phase I 2019.20 Batch	
		1 st September to 1 st De	cember 2019	
	ΑΝΑΤΟΜΥ	PHYSIOLOGY	BIOCHEMISTRY	COMMUNITY MEDICINE
Lectures	Anatomical Terminology (AN1) (1Hr) Gross Anatomy – Inferior Extremity (AN15 to 20)(12Hrs) Gross Anatomy – Abdomen and Pelvis (AN44 to 49)(15Hrs) General Anatomy (AN1 to 7)(6Hrs) General Histology (AN65 to 72)(6Hrs) Systemic Histology – Gastrointestinal System, Liver, Gall bladder, Pancreas, Urinary System, Female Reproductive System, Male Reproductive System (AN52) (7Hrs) General Embryology (AN76 to 81)(6Hrs) Systemic Embryology – Alimentary System, Urinary System, Female Reproductive System, Male Reproductive System, Male Reproductive System, Diaphragm (AN52)(7Hrs)	General physiology- PY1.1- 1.5,1.9(5 hrs) Nerve – PY3.1-3.6,1.8(8 hrs) Muscle – PY3.7-3.11,3.13(8hr) Blood – PY2.1-2.10(15hrs) G.I.T. –PY 4.1-4.9(11hrs) Renal system -PY7.1-7.6(9hrs) Reproductive system –PY9.1- 9.9(9hrs)	Cell-Bio-1.1 (1Hr) Chemistry of Carbohydrates – Bio-3.1 (2 Hrs) Chemistry of Lipids –Bio-4.1 (3 Hrs) Chemistry of Proteins –Bio-5.1 (1 Hrs) Digestion & Absorption- Bio- 3.2,3.3, 4.2 & 5.3 (3 Hrs) Hemoglobin- structure Bio- 5.2(1hr) Hemoglobin Meta- Bi-6.11,6.12 (3 Hrs) Vitamin K , folic acid & B12, Iron – Bi 6.5, 6.39, 6.10 (2 Hr) Biological Oxidation –Bi 6.6(2 Hrs) Acid Base Balance & Water Electrolyte Balance- Bi 6.7 (4 Hrs) RFT, Renal failure, Nephrotic syndrome LFT- Bi 6.13,11 to 6.14 (2 Hrs) ECM, Vitamin C- Bi-9.1 & 9.2, 6.5 (3 Hrs) Vitamin D, Ca, Ph Bi- 6.5, 6.9,6.10 (2Hrs) Immunity Bi-10- to 10.5 (3 Hrs)	Concept of Public Health -1.1 (1 hr) Concept of Health- Definition & Dimensions of Health, Concept of wellbeing - 1.2 (1 hr) Concept of Disease- Epidemiological triad of Disease, Multifactorial Causation- 1.3 (1 hr) Concept of Disease- Natural History of Disease- Natural History of Disease- 1.4 (1 hr) Levels of Prevention & modes of intervention - 1.5 (2 hrs) Health Education, IEC, BCC- 1.6 (1 hr) – Def, Approach, models & Principles of health education Indicators of Health- 1.7 (1 hr) Communication for Health Education- Communication Process & Types of communication - 1.9 (1 hr) Community Diagnosis- 17.2 (1 hr)
Demonstr ation/ Small group/	Anatomical Terminology (AN1)(1Hr) Ethics in Anatomy (AN82)(1Hr)	Total SGT (pract) = 68hrs 1. Hematology (Demo)- PY2.12,2.13	Interpretation of ABG - Bi 6.8, 11.16 (1Hrs) Interpretation of LFT, RFT- Bi- 6.15 (2 Hrs)	SGT - Determinants of Health 1.2 (1 hr)

DOAP sessions	Osteology - Inferior Extremity (AN14)(5Hrs) Osteology – Abdomen and Pelvis (AN53)(2Hrs) Radiography, Living Anatomy and Surface marking - Inferior Extremity (AN20)(3Hrs) Radiography - Abdomen and Pelvis (AN54)(2Hrs) Living Anatomy and Surface marking - Abdomen and Pelvis (AN55)(2Hrs) Sectional Anatomy - Abdomen and Pelvis (AN 51)(1Hr)	 nerve- muscle –(Demo)- PY3.18(6) hrs Hematology (DOAP)- PY2.11 Clinical examination(DOAP)- PY4.10,11.13,5.12 Muscle (DOAP)-PY3.14 BLS (DOAP)-PY11.14 Renal-(SGT)-PY7.9 Nerve (SGT)-PY3.17 Muscle (SGT)-PY3.12 Revision(SGT)-30 hrs 	SGOT, SGPT Bi-2.2 (2Hrs) Lab Equipments, Safety & BMW- Bi-11.1 (2 Hrs) Buffers- Bi-11.2 (2 Hrs) Normal Urine – Bi 11.3 (1 Hrs) Colorimetry & Spectrophotometry - Bi-11.6 , 11.18- 1 Hrs Electrolyte analysis by ISE – Bi- 11.16 (1 Hr) Revision- 5 hrs	DOAP - Methods in Health Education (Part I) - 1.6 & 4.1 (1hr)
Practicals	Dissection - Inferior Extremity (AN15 to 20)(18Hrs) Dissection - Abdomen and Pelvis (AN44 to 49)(40Hrs) Histology - General Histology (AN65 to 72)(14Hrs) Systemic Histology – GIT, Liver, Gall bladder, Pancreas, Urinary System, FRS, MRS (AN52)(18Hrs)		Normal Urine – Bi 11.4 (2 Hrs) Practical estimation Creatinine, - Bi 11.7,11.21,11.23 (3 Hrs) Estimation of Blood Urea- Bi- 11.21 (3 Hrs) Estimation of Calcium- Bi-11.11 (3 hrs) Estimation of Phosphorus-Bi- 11.11 (3 Hrs) Estimation of Bilirubin- Bi-11.12- (3 Hrs) Estimation of SGOT, SGPT Bi- 11.13 (2 Hrs) Estimation of ALP- Bi-11.14 (3 Hrs) Revison-10 hrs	NIL

	11 th December 2019 to 25 th February 2020					
	ΑΝΑΤΟΜΥ	PHYSIOLOGY	BIOCHEMISTRY	COMMUNITY MEDICINE		
Lectures	Gross Anatomy–Superior Extremity - Pectoral region, Breast (AN9),Axilla, Shoulder and Scapular region (AN10), Joints - Pectoral girdle (AN13) (10Hrs) Gross Anatomy – Thorax (AN21 to 24)(8Hrs) Gross Anatomy – Head, Neck (AN27 to 43)(13Hrs) Neuroanatomy (AN56 to 63)(13Hrs) Genetics (AN73 to 75)(6Hrs) Systemic Histology – Respiratory System (AN25), Salivary glands, Tongue, Endocrine glands, Eye, Ear (AN43), Nervous System (AN64)(5Hrs)` Systemic Embryology – Respiratory System, Circulatory system (AN25), Face, Palate, Tongue, Branchial apparatus, Eye, Ear, Endocrine glands (AN43), Nervous System (AN64)(11Hrs)	Renal system –(PY7.6-7.8)4 hrs Reproductive –(PY9.10-9.12) 3 hrs Respiratory system- (PY6.1-6.7) 16 hrs cardiovascular system(PY5.1-5.11) – 18hrs CR changes during exercise- (PY11.4)2hrs Neurophysiology –(PY10.1-10.4) 8 hrs Endocrinology- (PY8.4)3 hrs	Enzymes, Pancreatitis – Bio- 2.1,2.3 to 2.7 (4 Hrs) Metabolism of Carbohydrates- Bi- 3.4-3.7 (5 Hrs) Metabolism of Lipids- Bi- 4.3,4.4 ,4.6, including beta Oxidation- Bi-6.6 (Hrs-4) Metabolism of Proteins- Bi- 5.4, 9.3 (Hrs- 7) Integration- Bi 6.1 (1 Hrs) Nucleic acid Chemistry- Bi-7.1 (2 Hrs) Nucleic acid metabolism, Gout – Bi 6.2 to 6.4 (02 Hrs) Genetics-Bi-7.2 -7.4 (6 Hrs) Coenzyme Vitamins in detail- Bi- 6.5 (3 Hrs) Diabetes Mellitus Integration - Bi-3.8,3.9 (2 hrs)	Primary Health Care- Definition/ Principles/Elements- 17.3 (2 hrs) Health Care Delivery in India- 17.5 & Health care to community – 17.1 (2 hrs) National Health Policy & MDG's/ SDG's- 17.4 (1 hr)		
Demonstr ation/ Small group/ DOAP sessions	Osteology - Superior Extremity – Clavicle, Scapula, Humerus (AN8)(3Hrs) Osteology – Thorax (AN21)(2Hrs)` Osteology – Head, Neck (AN26)(6Hrs) Radiography, Living Anatomy	Total SGT=pract.62 hrs+ tutorial 15hrs=77 hrs 1. cardiac muscle graphs(DEMO)-PY3.18 2. Examination of Respiratory system (DOAP) -PY6.8-6.10	Interpretation of lipid Profile Bi- 4.5 & 4.7 (1 Hr) Interpretation of lab tests related to Proteins- bi-5.5 (1 Hr) Amino acid Chromatography, Paper, TLC - Bi 11.5 & 11.16(2 Hrs) Protein electrophoresis, PAGE-	Methods in Health Education (Part II) - 1.6 & 4.1 (1 hr) Barriers of Communication - Methods to Overcome & Improving Barriers - 4.1 (1 hr) (AETCOM module 1.4)		

and Surface marki (AN25)(3Hrs) Radiography, Livin and Surface marki Neck (AN43)(3Hrs)	4. Examination of CVS (DOAP)- PY5.12-5.16 ng - Head, 5. Revision- 22 hrs	DNA Isolation Bi-11.16 (1 Hrs)	
Brain and Spinal coProsectionsto 63)(16Hrs)	ord (AN56		
Dissection – Superi Extremity - Pector Breast (AN9),Axilla and Scapular region Joints - Pectoral gi (AN13)(10Hrs) Dissection – Thora 24)(15Hrs) Dissection – Head, (AN27 to 43)(60Hr Systemic Histology Respiratory System Salivary glands, To Endocrine glands, (AN43), Nervous S (AN64) (14Hrs)PracticalsImage: Comparison of the system of the syste	al region, a, Shoulder on (AN10), rdle ax (AN21 to , Neck rs) y – m (AN25), ongue, Eye, Ear	Estimation of TP, Albumin & AG Ratio – Bi-11.8,11.21 & 11.22 (3 Hrs) Estimation of Total Cholesterol, HDL Cholesterol Bi-11.9 (3 Hrs) Estimation of Triglycerides- Bi - 11.10 (3 Hrs) Estimation of Plasma glucose- Bi-11.21 (3 Hrs) Revision- 15hrs	(Concepts in Demography, Demographic Profile of India) Calculations of Demographic Indicators 1.8 & Calculation of Health Indicators- 1.7 (2 hrs)

	6 th March to 31 st August 2020						
	ΑΝΑΤΟΜΥ	PHYSIOLOGY	BIOCHEMISTRY	COMMUNITY MEDICINE			
Lectures	Gross Anatomy –Superior Extremity – Arm and cubital fossa, Forearm, Hand (AN11 to 13)(13 Hrs) Systemic Embryology – Development of upper and lower limb (AN13, 20)(6Hrs) Gross Anatomy– Vertebral column (AN50)(2Hrs) Integrated teaching (55Hrs) Revision – Embryology and Histology(23Hrs)	Neurophysiology(PY10.4- 10.10) 15 hrs Endocrinology(8.1-8.5) – 9 hrs Sp. Senses(10.13-10.19)- 10 hrs Infancy(11.6) – 1 hr,Aging(11.7) - 1 hr, temperature regulation(11.1- 11.3)- 2 hrs,sedentary life style(11.5)- 1 hr, meditation(11.12) - 1 hr,brain death(11.11) – 1 hr	Thyroid function tests, iodine & Adrenal function tests- Bi 6.9,6.10 6.13,6.14 (2 Hrs) Xenobiotics- Bi-7.5 (1 Hrs) Antioxidants,Oxidative stress, Vit E, Selenium Bi- 7.6,7.7,6.5,6.9,6.10- (4 Hrs) Nutrition- Bi-8.1-8.5 (4 Hrs) Minerals- Bi-6.9,6.10 (2 Hrs) Cancer Bi-10.1,10.2 (2 Hrs) CSF-Bi-11.15- (1 Hrs) Energy content of food, fatty acids- Bi 11.23 7 11.24 (2 Hrs) Vitamin A –Bi- 6.5 (1 Hr)	Introduction- Nutrition, Common Source of Various Nutrients - 5.1 (1 hr) Nutritional Requirements According to Age/ Sex/ Activity/ Physiology - 5.1 (1 hr) Nutritional Surveillance, Nutrition Education & Rehabilitation - 5.5 (1 hr) Food Hygiene and Food Adulterations - 5.7 (1 hr) Food Fortification & Food Additives - 5.8 (1 hr)			
Demonstr ation/ Small group/ DOAP sessions	Osteology - Superior Extremity – Radius, Ulna, Articulated hand (AN8)(4Hrs) Radiography, Living Anatomy and Surface marking – Superior Extremity (AN13)(3Hrs) Vertebral column (AN50)(2Hrs) Revision – Superior and Inferior Extremity, Thorax, Abdomen, Pelvis, Head, Neck, Neuroanatomy (27Hrs)	Total(SGT)-pract 34 hrs+ tutorial 42 hrs= 76 hrs1. Clinical examination of nervous system(DOAP)- PY10.11,10.202. Perimetry(DOAP)- PY10.203. Growth chart & anthropometry(SGT)- PY11.9-11.104. EEG(SGT)-PY10.12SGTSGT (Tutorial) – 42hrs Revision- 37	Interpretation of Thyroid function tests & Adrenal function tests- Bi-6.15 (2 Hrs) Abnormal Urine, Proteinuria, oedema Bi-11.4, 11.20 (02 Hrs) ELISA – Bi-11.16, (2 Hrs) Immunodiffusion- Bi-11.16 (1 Hr) Autoanalyser- Bi-11.16 (2 Hrs) Quality Control Bi-11.16 (2 Hrs) Rationale of biochemical tests in following conditions. Diabetes Mellitus, Dyslipidemia, Myocardial Infarction, Renal failure, Nephrotic syndrome, Proteinuria, oedema, Gout, Jaundice, Liver diseases, Pancreatitis, Disorders of Acid Base Balance – Bi- 11.17 (24 Hrs)	SGT Demonstration of Simple Tests to Identify Food Adulteration- 5.7 (1 hr) Common Nutritional Deficiency Diseases- Epidemiology, Prevention & Control – 5.3 & Community Nutrition Programs & Nutritional Policy - 5.6 (3 hrs) DOAP Nutritional Assessment of an Individual (Child/ Adult) - 5.2 (1 hr) Nutritional Assessment of Family & Community - 5.2 (1 hr) Diet planning- Individual - 5.4			

Revision- 6 hrs	(1 hr)
	Diet planning- Family -5.4
	(1 hr)
	SGT
	Communication Skills in Health
	– 1.9 (2 hrs)
	(with AETCOM module 1.4-
	Foundation of
	Communication)
	Doctor Patient Relationship -
	1.10 (2 hrs)
	(with AETCOM module 1.1,
	•
	1.2, 1.3) Case Discussion- Doctor
	Patient Relationship - 1.10
	(1 hr)
	DOAP
	Verbal & Non-verbal
	Communication- 1.9 (1 hr)
	Determinants of Doctor
	Patient Relationship- 1.10
	(1 hr)
	Data collection from wards
	(Patient/ Relatives) or
	Observation in wards (Rounds)
	Health Education / Counselling
	Activity- ward & OPD- 4.2
	(1 hr)
	Health Education/ Counselling
	Activity – Family / Community-
	4.2 (1 hr)
	Conducting Evaluation of
	Health Education Activity done
	in ward/ OPD/ Community -

				4.3 (1 hr)
Practicals	Dissection –Superior Extremity (AN11 to 13)(30Hrs) Revision – Superior and Inferior Extremity, Thorax, Abdomen, Pelvis, Head, Neck, NeuroanatomyProsections, Histology (110Hrs)		Abnormal Urine Bi-11.4,11.20 (02 Hrs) Revision- 10 hrs	Food we eat and Nutritive value - Nutrition I & II practical - 5.1 (3 hrs)
Early Clinical Exposure & Self- Directed Learning	 Clinical Anatomy of Inferior Extremity, Abdomen and Pelvis(13Hrs) Clinical Anatomy of Thorax, Head, Neck, Neuroanatomy Clinical Anatomy of Superior Extremity, Vertebral column (3Hrs) (Total – 36hrs) 	 Visit to blood bank Anaemia & jaundice ward visit Clinical examination of CVS (ward) Clinical examination of RS (ward) Clinical examination normal and abnormal Lung function tests-x-ray/PFT/ spirometry Clinical examination of abdomen (ward) Visit to dialysis centre/CRF patients Thyroid /diabetes mellitus patients (OPD) Pregnancy/parturition 	 Visit to Blood sample collection area- Bi -11.1 Visit to Clinical Biochemistry Laboratory - Bi -11.16,11.17 Visit to Emergency Laboratory- ABG analysis- Bi -6.8 & 11.16 Visit to Dialysis Unit- Bi - 6.13 to 6.15 Visit to Nutrition Rehabilitation Centre- Bi -18.1 to 18.5 Visit to Endocrine OPD- Bi -6.13 to 6.15 Visit to Thalessemia Centre - Bi -6.12 (Total – 30 hrs) 	 Identification of Multiple Causative Factors for two Common Diseases- 1.3 (1hr)- (ward/family) Current National Health Indicators for India - 17.4 (1 hr) Demographic trends in India - 1.8 (1 hr) Food customs in family / community (1 hr) Preparation of Tool for Evaluation- Health Education Program/ Session (1 hr)

	videos	
	11. Clinical examination of CNS (ward)	
	12. visit to ENT/Ophthalmic OPD	
	(Total-30 Hrs)	

AETCOM: Total -34 Hrs

Module 1.1: What does it mean to be a doctor?- 8 Hrs

Module 1.2: What does it mean to be a patient?- 8 Hrs

Module 1.3: The doctor-patient relationship- 7 Hrs

Module 1.4: The foundations of communication: 1 - 7 Hrs

Module 1.5: The cadaver as our first teacher- 4 Hrs

Formative Assessment -1:

Theory – Anatomy -2ndDec, Physiology - 3rdDec, Biochemistry - 4thDec 2019 Practical – 5th, 6th, 7th, 9th, 10th Dec 2019

Formative Assessment -2:

Theory – Anatomy- 26th Feb, Physiology- 27thFeb, Biochemistry - 28thFeb 2020 Practical – 29thFeb, 2nd,3rd, 4th, 5th March 2020

Formative Assessment -3:Preliminary Examination:

Theory - Anatomy- 6th, 7thJuly, Physiology- 9th, 10thJuly, Biochemistry - 13th, 14thJuly

Practical – 16th, 17th, 20th, 21st, 22nd July 2020

31st July 2020 – Internal Assessment should be ready

Physiology – Gadre Memorable Exam: 3rd August 2020

Anatomy Dr. B. M. Bhargava Competitive Exam: 6th August 2020

Biochemistry Sate level Quiz: 14th August 2020

Trinity- Undergraduate students international conferemnce: 16th to 21st March 2020

Annual scientific meet of Staff & research society: 3rd& 4th April 2020

Ashwamedh- Students cultural festival : 16th to 19th April 2020

Winter Vacation: 20th Oct 2019 to 3rd Nov 2019

Summer Vacation: 2nd May 2020 to 15th May 2020 (Vacations – subject to MUHS Academic Calendar 2019-2020 expected)

Subjectwise teaching hours as per MCI requirement

Subjects	Lectures (hours) as per MCI norms	Actual hours allotted	Small group teaching/tutorials/integrat ed learning/practical(hours) as per MCI norms	Actual hours allotted	Self directed learning(hour s) as per MCI norms	Actual hours allotted	Total (hours) as per MCI norms	Actual hours allotted
Human Anatomy	220	220	415	415	40	40	675	675
Physiology	160	160	310	310	25	25	495	495
Biochemistry	87		143		20		250	250
Early clinical exposure	90 (to be equally divided in all three subjects)	30	30	30	30	30	90	90
Community Medicine	20	20	27	27	5	5	52	52
AETCOM			26	26	8	8	34	34
Sports and extracurricular activities							60	60
Formative assessments & term examinations							80	80
Total							1736	1736