

Foundation 1 module

Week 1 (ORIENTATION WEEK)

Day/Time	8:00-10:00	10:00-11:00	11:00-12:00	12:00-2:00
Mon 30th Jan 2023	Reception & Registration of students	White coat ceremony and Launching ceremony of Integrated Modular Curriculum		
Tues 31st Jan 2023	Visit to Biochem-AB Visit to Physio- CD Visit to Anatomy-EF	Introduction to curriculum Dean Basic Sciences Dr. M Shahzad farooq	Introduction to IT Department Aimen Bokahari	Ice Breaking Activity
Wed 1st Feb 2023	Visit to Biochem-EF Visit to Physio- AB Visit to Anatomy-CD	Introduction to teaching & learning strategies Medical Edu Ayesha Ayub	Peer mentoring	Visit to Pharma Lab- AB Visit to Patho Lab- CD Visit to Forensic & community medicine- EF
Thur 2nd Feb 2023	Visit to Biochem-CD Visit to Physio- EF Visit to Anatomy-AB	Introduction to Physiology Dr Hooria Amir	Introduction to Biochemistry Dr. Shahzad Farooq	Visit to Pharma Lab- EF Visit to Patho lab- AB Visit to Forensic & community medicine- CD
Fri 3rd Feb 2023	8:00-9:00 Pakistan studies / Islamiat	9:00-10:00 Principals of Anatomy	Study Skills Medical Education Dr. Sumera Badar	Introduction to PRIME BS Dr. Imtiaz Dogar
Sat 4th Feb 2023	8:00-9:00 Model of health care BS Dr. Imtiaz Dogar	Introduction to Pharmacology Dr. Attiya Anwar	Introduction to Anatomy Anatomy Department Dr. Humaira Gulnaz	Introduction to community Medicine Dr. Razi Zaidi Visit to Pharma Lab- CD Visit to Patho lab- EF Visit to Forensic & community medicine- AB

Foundation 1 Module

(WEEK 2) Cell and Genetics

Day / Time	8:00-9:40	9:40-10:00	10:00- 10:50	10:50-11:40	11:40- 12:10	12:10-2:00	
MON 6-2-23	Biochem-A Physio-B Histo-C Anatomy D, E, F	B R E A K	Physio- L-1 Cell functions 1	Bio-L- 1 Cell Membrane	SDL	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUE 7-2-23	Biochem-D Physio-E Histo-F Anatomy A, B, C		Physio –L -2 Cell functions 2	Histo-L-1 Introduction of Histology		Biochem-EF Physio- AB Anatomy-CD	
WED 8-2-23	Biochem-B Physio-C Histo-A Anatomy D, E, F		Physio-L3 Homeostasis	Bio –L-2 Sub- cellular Organelles		Biochem-CD Physio- EF Anatomy-AB	
THUR 9-2-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Physio –L-4 control systems of body	Embryo-L-1 Meiosis		Introduction to assessment Medical Edu	Introduction to Forensic Med
FRI 10-2-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 SDL	10:20-11:30 Bio L-3 Cell membrane	11:30-12:10 Islamiyat/ Pak studies			
SAT 11-2-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	PRIME Ethics BS	Embryo-L-2 Chromosomal Abnormalities	SDL	Bio –L-4 Cell membrane	Introduction to Patho

PRACTICALS

Biochemistry-P1__ Introduction to lab techniques

Physiology –P1 ___ Functions of microscope

Histology-P1_____Cell shapes

Gross anatomy 1. Terms of movements2. Structure met in dissection3.Integumentary system

SGD

Biochemistry: Bio markers

Physiology: cellular organelles

Anatomy: Terms of positions

Foundation 1 Module

WEEK 3 (GROWTH & DEVELOPMENT OF HUMAN BODY)

Day/Time	8:00-9:40	9:40-10:00	10:00- 10:50	10:50-11:40	11:40-12:20	12:20-2:00	
MON 13-2-23	Biochem-A Physio-B Histo-C Anatomy D, E, F		Physio-L-5 Transport mechanisms across the cell 1	Bio- L-5 cell membrane 2	SDL	<u>SGDs</u> Biochem-AB Physio- CD Anatomy-EF	
TUES 14-2-23	Biochem-D Physio-E Histo-F Anatomy A, B, C		Histo-L-2 Cytoskeleton	Bio-L-6 Water, PH & buffers		Biochem-EF Physio- AB Anatomy-CD	
WED 15-2-23	Biochem-B Physio-C Histo-A Anatomy D, E, F		Histology L-3 Simple epithelium	Embryology L-3 Cell Cycle and Mitosis		Biochem-CD Physio- EF Anatomy-AB	
THUR 16-2-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Embryo L-4 Spermatogenesis	Bio-L-7 Body buffer system		12:20-1:10 Community medicine Lecture Determinants of Health	1:10-2:00 p.m Pharmacology Routes of administration of drugs
FRI 17-2-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D,E,F	9:30-10:20 PRIME Attitude, Attention & Concentration BS	10:20-11:30 Embryo L-5 Oogenesis	11:30-12:10 Islamiyat/ Pak studies			
SAT 18-2-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	Histo-L-4 Cell surface Modification	Pharma-L 1 Transport of drug across cell membrane			SDL

Practicals

Histo-P2_____Simple epithelium

Bio-P2_____Acid base titration & preparation of 0.1V NaOH solution

Physio–P2 Body temperature

Anatomy: General anatomy of bones, Gross anatomy 1.Fascia & Bursae 2.Introduction to nervous system 3.Typical spinal nerve

SGD

Biochemistry: ionization of water, weak acids and bases

Physiology: Cell junctions

Foundation1 Module

WEEK 4 (GROWTH & DEVELOPMENT)

Day/Time	8:00-9:40	9:40-10:00	10:00- 10:50	10:50-11:40	11:40- 12:20	12:20-2:00	
MON 20-2-23	Biochem-A Physio-B Histo-C Anatomy D, E, F		Physio-L-6 Transport mechanisms across the cell 2	Anat- L-1 Osteology	SDL	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUES 21-2-23	Biochem-D Physio-E Histo-F Anatomy A, B, C		BIO-L-9 Nucleode-1	Embryo L-6 Menstrual Cycle		Biochem-EF Physio- AB Anatomy-CD	
WED 22-2-23	Biochem-B Physio-C Histo-A Anatomy D, E, F		Bio L-10 Nucleotide -2	Embryo L-7 Fertilization		Biochem-CD Physio- EF Anatomy-AB	
THUR 23-2-23	Biochem-E Physio-F Histo-D AnatomyA,B,C		Physio-L-7 Body temperature regulations 1	EMBRYO L-8 1 st week of development 1		12:20-1:10 Histo-L5 Stratified epithelium	Bio L-11 Importance of viscosity, surface tension
FRI 24-2-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME Professionalism BS	10:200-11:30 Physio-L-8 Body temperature regulations 2	11:30-12:10 Islamiyat/ Pak studies			
SAT 25-2-23	Biochem-F Physio-D Histo-E Anatomy: A,B,C	BREAK	Physio-9 Abnormalities in body temperature	Embryo L-9 1 st week of development 2	SDL	Bio L-12 Nucleotide -3	Histo-L-6 Glandular Epithelium

Practical:

Physiology: study of hemocytometer

Histology_____ Stratified epithelium

Biochemistry: Detection of monosaccharides

Gross anatomy

1. Classification of bones 2. Neurovascular supply of bones 3. Ossification of bone

SGDs

Biochemistry -Ion exchange resin

Physiology- Body temperature regulation and abnormalities

Gross Anatomy-general anatomy of muscle

Co-Curricular Week

Day/Time	8:00-9:00	9:00-10:00	
MON 27-2-23	Anatomy Lec	Anatomy Lec	
TUES 28-2-23	Anatomy Lec	Anatomy Lec	
WED 1-3-23	Biochem Lec	Biochem Lec	
THUR 2-3-23	Biochem Lec	Biochem Lec	
FRI 3-3-23	Physiology Lec	Physiology Lec	
SAT 4-3-23	Physiology Lec	Physiology Lec	

Foundation 1 Module

(WEEK 5) Human Body tissues, bones & joints

Day/time	8:00-9:40	9:40-10:00	10:00- 10:50	10:50-11:40	11:40-12:20	12:20-2:00	
MON 6-3-23	Biochem-A Physio-B Histo-C AnatomyD,E,F	B R E A K	Bio L-12 Structural classification and properties of carbohydrates -1	Embryo L-10 2 nd week of development	SDL	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUES 7-3-23	Biochem-D Physio-E Histo-F AnatomyA,B,C		Embryo L-11 Uteroplacental Circulation	Histo L-7 Connective tissue -1		Biochem-EF Physio- AB Anatomy-CD	
WED 8-3-23	Biochem-B Physio-C Histo-A AnatomyD,E,F		Biochem L-13 Structural classification and properties of carbohydrates -3	Embryo L-12 3 rd week of development 1		Biochem-CD Physio- EF Anatomy-AB	
THUR 9-3-23	Biochem-E Physio-F Histo-D AnatomyA,B,C		Physio L-10 Composition of blood	Embryo L-13 3 rd week of development 2		12:20-1:10 Histo Lecture Connective tissue -2	1:10-2:00 Formative assessment Anatomy
FRI 10-3-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D,E,F	9:30-10:20 PRIME Professional Identity Formation BS	10:200-11:30 Embryo L-14 Development of 4 th week 1	11:30-12:10 Islamiyat/ Pak studies			
SAT 11-3-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	Physio L-11 Erythropoiesis	Histo L-8 Integumentary system	SDL	Embryo L-15 Development of 4 rd week 2	Biochem L14 Structural classification and properties of carbohydrates -2

Practicals: Biochemistry--Detection of reducing and non-reducing sugars
Physiology--RBC count
Histology--Glandular epithelium
Gross anatomy 1. Classification of joints1, 2 and 3

SGDs
Biochemistry: biologically important nucleotides
Physiology: blood composition and functions
Anatomy: muscles 2

Foundation 1 Module

(WEEK 6) Human Body tissues, bones & joints

	8:00-9:40	9:40-10:00	10:00-10:50	10:50-11:40	11:40-12:20	12:20-2:00	
MON 13-3-23	Biochem-A Physio-B Histology-C Anatomy D, E, F	B R E A K	Embryo L-16 Fetal period	GA Skin, fascia, ligament	S D L	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUES 14-3-23	Biochem-D Physio-E Histology-F Anatomy A, B, C		Embryo L-17 Fetal membranes 1	Biochemistry L-15 proteoglycans		Biochem-EF Physio- AB Anatomy-CD	
WED 15-3-23	Biochem-B Physio-C Histology-A Anatomy D, E, F		Embryo L-18 Placenta 1	GA Vascular and lymphatic system		Biochem-CD Physio- EF Anatomy-AB	
THUR 16-3-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Embryo L-19 Placenta 2	Biochemistry L-16 Mono and di and homo polysaccharides		Community Med Lec Disease Causation	Paeds Birth Defects
FRI 17-3-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME Professional Identity with Strength & Weakness BS	10:200-11:30 Biochem L-17 RNA translation and gene regulation	11:30-12:10 Islamiyat/Pak studies			
SAT 18-3-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	Embryo-20 Multiple pregnancies	Biochemistry L-18 Heteropolysaccharides with biomedical importance	SDL	Embryo-21 Prenatal diagnosis and birth defects	Community Med Lec Chain of Infection

PRACTICALS

Biochemistry: detection of starch

Physiology: Estimation of HB

Histology: connective tissue 1

Anatomy: Gross anatomy 1. Cartilage and epiphysis 2. Types of circulation and classification 3. Anastomosis (arterial and venous)

SGD

Biochemistry: stereoisomerism in carbohydrates

Physiology: erythropoiesis regulation

Anatomy: Radiographic anatomy

BLOOD AND IMMUNOLOGY 1 MODULE

WEEK 1

Day/time	8:00-9:40	9:40-10:00	10:00-10:50	10:50-11:40	11:40-12:20	12:20-2:00	
MON 20-3-23	Biochem-A Physio-B Histology-C Anatomy D, E, F	B R E A K	Physio-L-12 Hemoglobin	Bio-L-19 Chemistry of Hemoglobin	S D L	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUES 21-3-23	Biochem-D Physio-E Histology-F Anatomy A, B, C		Histo-L-9 Spleen	Bio-L-20 Metabolism of hemoglobin		Biochem-EF Physio- AB Anatomy-CD	
WEDNES 22-3-23	Biochem-B Physio-C Histology-A Anatomy D, E, F		Physio- L-13 Blood indices	Bio-L-21 Normal & Abnormal HB		Biochem-CD Physio- EF Anatomy-AB	
THUR 23-3-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Bio L-22 Introduction to Vitamin	C. Med Lec Levels of prevention		End of module assessment Anatomy	
FRI 24-3-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME PDP BS	10:200-11:30 Physio- L-14 Anemia	11:30-12:10 Islamiyat/Pak studies			
SAT 25-3-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	PRIME Reflective portfolio (BS)	C-MED Epidemiology & prevention of anemia	SDL	Patho-L Iron deficiency & Hemolytic anemia	Formative assessment physiology

PRACTICALS

Biochemistry: urine I (determination of normal urine)

Physiology: Hematocrit (peaked cell volume)

Histology: spleen

Gross anatomy:

1. Clavicle
2. Attachment of clavicle
3. scapula

SGD

Biochemistry: iron metabolism

Physiology: hemoglobinopathies

Anatomy: Radiographic anatomy

Blood and Immunology 1 Module

(WEEK 2)

Day and Date	8:00-9:40	9:40-10:00	10:00-10:50	10:50-11:40	11:40-12:20	12:20-2:00	
MON 27-3-23	Biochem-A Physio-B Histology-C Anatomy D, E, F	B R E A K	Physio-L-15 WBC Types & Counts	Histo-L-10 Thymus	S D L	SGDs Biochem-AB Physio- CD Anatomy-EF	
TUES 28-3-23	Biochem-D Physio-E Histology-F Anatomy A, B, C		Physio-L-16 Neutrophil & monocyte role in infection	Bio-L 23 Immunoglobulin Classification structure & function		Biochem-EF Physio- AB Anatomy-CD	
WED 29-3-23	Biochem-B Physio-C Histology-A Anatomy D, E, F		Physio-L-17 Reticuloendothelial system	Bio-L 24 Vit B complex B1& B5		Biochem-CD Physio- EF Anatomy-AB	
THUR 30-3-23			Pakistan day				
FRI 31-3-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME Communication skills (BS)	10:200-11:30 Physio L-18 Immunity	11:30-12:10 Islamiyat/Pak studies			
SATUR 1-4-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	Break	Physio L-19 Role of lymphocytes in immunity 1	C.M Immunization vaccinology	SDL	Bio L-25 Vitamin A Metabolism	Pharma Drugs used in treatment of anemia

PRACTICALS

Biochemistry: urine II (Hematuria)

Physiology: Measurement of osmotic fragility of RBC

Histology: Thymus

Gross anatomy: 1. Attachment of scapula 2. Bony features of humerus 3. Attachment of humerus

SGD

Biochemistry: Hemoglobinopathies

Physiology: Leukocytosis and Leukemias

Anatomy: DSL (scapula)

(3rd to 8th April 2023)



Blood and Immunology 1 Module

WEEK 3

Day/time	8:00-9:40	9:40-10:00	10:00-10:50	10:50-11:40	11:40-12:20	12:20-2:00
MON 10-4-23	Biochem-A Physio-B Histology-C Anatomy D, E, F	B R E A K	Physio –L-20 Role of lymphocytes in immunity 2	Histo-L-11 Lymph node	S D L	SGDs Biochem-AB Physio- CD Anatomy-EF
TUE 11-4-23	Biochem-D Physio-E Histology-F Anatomy A, B, C		Physio-L-21 Complement System	Bio-L-26 Metabolism of vit B2-B3		Biochem-EF Physio- AB Anatomy-CD
WED 12-4-23	Biochem-B Physio-C Histology-A Anatomy D, E, F		Physio-L-22 Hemostasis 1	Bio-L-26 Metabolism of Vit B6-B7		Biochem-CD Physio- EF Anatomy-AB
THUR 13-4-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Physio-L-23 Hemostasis-2	Forensic Medico legal Importance of blood group		Formative assessment Anatomy
FRI 14-4-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME Leadership and management (Med Edu)	10:20-11:30 Physio-L-24 Blood coagulation mechanism 1	11:30-12:10 Islamiyat/Pak studies		
SAT 15-4-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	Physio-L-25 Blood coagulation mechanism 2	Bio-L-27 Plasma proteins	SDL	Physio-26 Blood group. ABO System C.M Epidemiology of blood born disease

PRACTICALS

Biochemistry: Urine III (normal urine analysis)

Physiology: Blood Groups

Histology: lymph node

Gross anatomy:

1. Bony features of radius
2. Attachment of radius
3. Bony features of ulna

SGD

Biochemistry: immunoglobulins and clinical importance

Physiology: autoimmune diseases and allergies

Anatomy: DSL (scapular movements)

Blood and Immunology 1 Module

WEEK 4

Day/Date	8:00-9:40	9:40-10:00	10:00-10:50	10:50-11:40	11:40-12:20	12:20-2:00
MON 17-4-23	Biochem-A Physio-B Histology-C Anatomy D, E, F	B R E A K	Physio –L-27 Blood group Rh-system	Bio-L-28 Metabolism of vit E	S D L	SGDs Biochem-AB Physio- CD Anatomy-EF
TUE 18-4-23	Biochem-D Physio-E Histology-F Anatomy A, B, C		Physio-28 Transfusion reactions	Bio-L-29 Hemoglobin derivatives		Biochem-EF Physio- AB Anatomy-CD
WED 19-4-23	Biochem-B Physio-C Histology-A Anatomy D, E, F		Physio –L-29 Bleeding disorders	BioL-30 Metabolism of Vitamin K		Biochem-CD Physio- EF Anatomy-AB
THUR 20-4-23	Biochem-E Physio-F Histo-D Anatomy A, B, C		Histo-L-12 Tonsil	Bio-L-31 Vitamins		Assessment/Assignments Of Physiology
FRI 21-4-23	8:00-9:30 Biochem-C Physio-A Histo-B Anatomy D, E, F	9:30-10:20 PRIME Introduction to research (C.Med)	10:20-11:30 SDL	11:30-12:10 Islamiyat/Pak studies		
SAT 22-4-23	Biochem-F Physio-D Histo-E Anatomy A, B, C	BREAK	Pharma Drugs affecting coagulation	PRIME Research Hypothesis (C.Med)		

PRACTICALS

Biochemistry: Urine IV

Physiology: ESR

Histology: Palatine tonsils

Gross anatomy:

1. Attachment of ulna
2. Carpal bones
3. Bony features of ileum

SGD

Biochemistry: Vitamin like substances

Physiology: Thromboembolic diseases & Bleeding disorder

Anatomy: Cutaneous supply of upper limb

MONDAY	Eid Ul Fitr
TUESDAY	
WEDNESDAY 26th April 2023	Block A Assessment Written
THURSDAY	OSPE Block A
FRIDAY	OSPE Block A
SATURDAY	OSPE Block A