

Jinnah Medical & Dental College
MBBS I - Batch 26 – 2023
Foundation Module-WEEK 1

Lecture Venue: LH101

	8:30-9:20	9:25-10:15		10:45-11:35	11:40-12:30	12:30-1:00	1:00-1:45	1:45-3:15
MON Feb 13	ANATOMY Introduction to Anatomy	PHYSIOLOGY Introduction to Physiology	TEA BREAK	BIOCHEMISTRY Introduction to Biochemistry	BEHAVIORAL SCIENCES Introduction	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	ANATOMY DEMONSTRATION Terminology, Nomenclature & Planes ABC – LH102 DEF – LH 101
TUES Feb 14	ABC–Professional Communication LH 101 DEF – Biochemistry-WET LAB Lab Protocols & Solutions			ANATOMY Bone Classification	PHYSIOLOGY Body fluid compartments			PBL 1 Session 1 - Cell Biology A:SR 303 B:SR 305 C:SR 306 DEF- ANATOMY DEMONSTRATION Ossification & Blood Supply LH101
WED Feb 15	DEF – Professional Communication LH 101 ABC – Biochemistry- WET LAB Lab Protocols & Solutions			PHYSIOLOGY Homeostasis	ANATOMY Cartilage Classification			PBL 1 Session 1 - Cell Biology D:SR 303 E:SR 305 F:SR 306 ABC- ANATOMY DEMONSTRATION Ossification & Blood Supply LH101
THUR Feb 16	ANATOMY Cell & Cell Membrane	BIOCHEMISTRY Cell membrane structure		PHYSIOLOGY Cell Membrane Function	ANATOMY Tissue Preparation & Staining			ANATOMY DEMONSTRATION Joint Classification DEF – Dissection Hall ABC – LH101
FRI Feb 17	ANATOMY Cell Organelles & Nucleus	BIOCHEMIISTRY Cell Organelles, Biomedical Role & Function		PHYSIOLOGY Cell Organelle Physiological Role I	BIOCHEMISTRY Structure and properties of water			SELF STUDY

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Foundation Module-WEEK 2

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	8:30-9:20	9:25-10:15		10:45-11:35	11:40-12:30	12:30-1:00	1:00-1:45	1:45-3:15
MON Feb 20	PHYSIOLOGY Cell Organelle Physiological Role II	ANATOMY Cell Cycle & Mitosis	TEA BREAK	BIOCHEMISTRY PH & Buffer Systems	ANATOMY Meiosis & Embryonic Terms	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	ANATOMY DEMONSTRATION Muscle Classifications ABC – Dissection Hall PBL 1 Session 2 - Cell Biology D:SR 104 E:SR 307 F:SR Path Museum
TUES Feb 21	ABC–Professional Communication LH 101 DEF- ANATOMY DEMONSTRATION Nervous System Classification & Tissue Dissection Hall			ANATOMY Synovial Joints & Types	BEHAVIORAL SCIENCES Learning: Classical Conditioning			ANATOMY DEMONSTRATION Muscle Classifications DEF – Dissection Hall PBL 1 Session 2- Cell Biology A:SR 104 B:SR 105 C:SR 106
WED Feb 22	DEF-Professional Communication- LH 101 ABC- ANATOMY DEMONSTRATION Nervous System Classification & Tissue Dissection Hall			ANATOMY Cytoskeleton & Inclusions	BEHAVIORAL SCIENCES Learning: Operant Conditioning			TUTORIAL A: AM-Anatomy Tutorial 1 B: Path Museum-Anatomy Tutorial 1 C: SR302-Biochemistry Tutorial 1 D: SR303-Biochemistry Tutorial 1 E: LH101-Physiology Tutorial 1 F: Skills Lab – Hand Washing-Nursing
THUR Feb 23	BIOCHEMISTRY Carbohydrates Introduction	ANATOMY Microscopy		DEF – BIOCHEMISTRY PRACTICAL Carbohydrates I – WET LAB TUTORIAL A: SR104-Biochemistry Tutorial 1 B: SR105-Biochemistry Tutorial 1 C: SR106-Physiology Tutorial 1				TUTORIAL C: AM-Anatomy Tutorial 1 D: Path Museum-Anatomy Tutorial 1 E: SR302-Biochemistry Tutorial 1 F: SR303-Biochemistry Tutorial 1 A: LH101-Physiology Tutorial 1 B: Skills Lab – Hand Washing-Nursing
FRI Feb 24	ANATOMY Male Reproductive Organs & Spermatogenesis	BIOCHEMISTRY Monosaccharide Structure, Formation & Functions		10:45-11:30 Post PBL Session Dr. Sadaf	11:45-1:15 ABC – BIOCHEMISTRY PRACTICAL Carbohydrates I – WET LAB TUTORIAL E: AM-Anatomy Tutorial 1 F: SR302-Anatomy Tutorial 1 D: Skills Lab – Hand Washing-Nursing			SELF STUDY

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Foundation Module-WEEK 3

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	8:30-9:20	9:25-10:15		10:45-11:35	11:40-12:30	12:30-1:00	1:00-1:45	1:45-3:15
MON Feb 27	BIOCHEMISTRY Di & Oligosaccharides	ANATOMY Female Reproductive Organs & Oogenesis	TEA BREAK	BIOCHEMISTRY Polysaccharides	ANATOMY Epithelium Simple	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	ANATOMY DEMONSTRATION Somatic Nervous System & Spinal Nerves DEF-LH101 ANATOMY PRACTICAL ABC-Microscopy- DRY LAB
TUES Feb 28	ABC-Professional Communication LH 101 D: SR104-Biochemistry Tutorial 2 F: SR307-Physiology Tutorial 1 E: Skills Lab – Hand Washing-Nursing			ANATOMY Epithelium Stratified	BIOCHEMISTRY Amino Acids Structure, Classification, Properties			ANATOMY DEMONSTRATION Somatic Nervous System & Spinal Nerves ABC-LH101 ANATOMY PRACTICAL DEF-Microscopy- DRY LAB
WED March 1	DEF-Professional Communication LH 101 A: SR104-Biochemistry Tutorial 2 B: SR302-Biochemistry Tutorial 2 C: Skills Lab – Hand Washing-Nursing			BIOCHEMISTRY Peptides, Polypeptides & Biomedical Importance	ANATOMY ANS Sympathetic			DEF – BIOCHEMISTRY PRACTICAL Carbohydrates II – WET LAB A: Skills Lab – Hand Washing-Nursing B: SR105-Physiology Tutorial 1 C: AM-Anatomy Tutorial 2
THUR March 2	BIOCHEMISTRY Protein Classification, Properties & Biomedical Importance	ANATOMY ANS Parasympathetic		ABC – BIOCHEMISTRY PRACTICAL Carbohydrates II – WET LAB E: AM-Anatomy Tutorial 2 F: SR303-Anatomy Tutorial 2 D: SR105-Physiology Tutorial 1				DEF – BIOCHEMISTRY PRACTICAL Protein (Scheme & General Tests)-WET LAB A: AM-Anatomy Tutorial 2 B: SR303-Anatomy Tutorial 2 C: SR104-Biochemistry Tutorial 2
FRI March 3	DEF – BIOCHEMISTRY PRACTICAL Protein (Scheme & General Tests)-WET LAB D: AM-Anatomy Tutorial 2 E: SR104-Biochemistry Tutorial 2 F: SR302-Biochemistry Tutorial 2			BEHAVIORAL SCIENCES Learning: Social Learning Theory	PHYSIOLOGY Membrane Transport: Passive			SELF STUDY

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Foundation Module-WEEK 4

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MON March 6	ANATOMY Cell Surface Modifications	BIOCHEMISTRY Protein Structure	TEA BREAK	ANATOMY Cell Junctions	PHYSIOLOGY Membrane Transport: Active	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	ANATOMY DEMONSTRATION Cardiovascular System ABC – Dissection Hall DEF – BIOCHEMISTRY PRACTICAL Amino Acid Tests – WET LAB
TUES March 7	ABC–Professional Communication LH 101 DEF- ANATOMY DEMONSTRATION Cardiovascular System Dissection Hall			BIOCHEMISTRY Lipids: Introduction & Classification	ANATOMY Glandular Epithelium			ANATOMY DEMONSTRATION Lymphatic System DEF-Dissection Hall ABC – BIOCHEMISTRY PRACTICAL Amino Acid Tests – WET LAB
WED March 8	DEF-Professional Communication LH 101 ABC- ANATOMY DEMONSTRATION Lymphatic System Dissection Hall			ANATOMY Connective Tissue Components	BIOCHEMISTRY Fatty Acids: Chemistry, Classification, Function			TUTORIAL A: AM-Anatomy Tutorial 3 B: SR302-Anatomy Tutorial 3 C: SR303-Anatomy Tutorial 3 D: SR104-Biochemistry Tutorial 3 E: SR105- Biochemistry Tutorial 3 F: SR106- Biochemistry Tutorial 3
THUR March 9	BEHAVIORAL SCIENCES Memory I	ANATOMY Reproductive Cycles		BIOCHEMISTRY Simple (TAG) & Compound (PL) Lipids	ANATOMY Fertilization			TUTORIAL D: AM-Anatomy Tutorial 3 E: SR302-Anatomy Tutorial 3 F: SR303-Anatomy Tutorial 3 A: SR104-Biochemistry Tutorial 3 B: SR105- Biochemistry Tutorial 3 C: SR106- Biochemistry Tutorial 3
FRI March 10	ANATOMY Connective Tissue Classification	BEHAVIORAL SCIENCES Memory II		PHYSIOLOGY Membrane Transport: Bulk	BIOCHEMISTRY Steroids & Sterols			ANATOMY DEMONSTRATION Integumentary System, Skin Appendages & Fascia ABC – Dissection Hall DEF – Biochemistry Practical- WET LAB Detection of Individual Proteins

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Foundation Module-WEEK 5

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MON March 13	ANATOMY Skin	BIOCHEMISTRY Eicosanoids Biomedical Importance	TEA BREAK	ANATOMY 1 st Week Development	BEHAVIORAL SCIENCES Memory III	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	PRACTICAL DEF – ANATOMY- DRY LAB Epithelium & Skin ABC – Biochemistry- WET LAB Detection of Individual Proteins
TUES March 14	ABC-Professional Communication LH 101 ANATOMY DEMONSTRATION Integumentary System, Skin Appendages & Fascia DEF – Dissection Hall			BIOCHEMISTRY Enzymes Introduction	ANATOMY 2 nd Week Development			PRACTICAL ABC- PHYSIOLOGY PRACTICAL-WET LAB Effect of Osmotic Variations on ECF TUTORIAL D: SR104-Biochemistry Tutorial 4 E: SR302-Biochemistry Tutorial 4 F: AM-Anatomy Tutorial 4
WED March 15	DEF-Professional Communication LH 101 PRACTICAL ABC – ANATOMY- DRY LAB Epithelium & Skin			ANATOMY 3 rd Week Development	BIOCHEMISTRY Enzymes: Mechanism of Action & Kinetics			PRACTICAL DEF- PHYSIOLOGY PRACTICAL-WET LAB Effect of Osmotic Variations on ECF TUTORIAL A: SR104-Biochemistry Tutorial 4 B:AM-Anatomy Tutorial 4 C:SR302-Anatomy Tutorial 4
THUR March 16	ANATOMY Neurulation & Ectoderm with Derivatives	PHYSIOLOGY Cell Signaling I		BIOCHEMISTRY Enzymes: Factors & Inhibitors of Enzymes	ANATOMY Muscle Histology			A: AM-Anatomy Tutorial 4 B: SR305-Biochemistry Tutorial 4 C: SR105-Biochemistry Tutorial 4 D: SR302-Anatomy Tutorial 4 E: SR303-Anatomy Tutorial 4 F: SR104-Biochemistry Tutorial 4
FRI March 17	PHYSIOLOGY Cell Signaling II	ANATOMY Endoderm & Embryo Folding		MEDICAL EDUCATION Study Skills I Dr. Fadieleh	BIOCHEMISTRY Clinical Enzymology			PRACTICAL ABC – ANATOMY-DRY LAB Glandular Epithelium, Connective Tissue, Muscle DEF – BIOCHEMISTRY-WET LAB Lipid Detection

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MON March 20	ANATOMY Intraembryonic Mesoderm	PHYSIOLOGY Locomotion & Apoptosis	TEA BREAK	BIOCHEMISTRY Nucleotide Chemistry & Significance	ANATOMY Embryonic & Fetal Periods	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	PRACTICAL DEF – ANATOMY-DRY LAB Glandular Epithelium, Connective Tissue, Muscle ABC – BIOCHEMISTRY-WET LAB Lipid Detection		
TUES March 21	ABC–Professional Communication LH 101 DEF- ANATOMY DEMONSTRATION Applied Anatomy Dissection Hall			ANATOMY Fetal Membranes (Amnion, Chorion, Umbilical Cord)	ANATOMY Placenta I			TUTORIAL A:AM-Anatomy Tutorial 5 B:SR302-Anatomy Tutorial 5 C:SR104-Biochemistry Tutorial 5 DEF – BIOCHEMISTRY PRACTICAL-WET LAB Detection Factors Affecting Enzyme Activity		
WED March 22	DEF-Professional Communication LH 101 ABC- ANATOMY DEMONSTRATION Applied Anatomy Dissection Hall			ANATOMY Placenta II	BIOCHEMISTRY DNA & RNA Structure			TUTORIAL D:SR302- Biochemistry Tutorial 5 E: SR104-Biochemistry Tutorial 5 F:AM-Anatomy Tutorial 5 ABC – BIOCHEMISTRY PRACTICAL-WET LAB Detection Factors Affecting Enzyme Activity		
THUR March 23	PAKISTAN DAY							PAKISTAN DAY		
FRI March 24	BIOCHEMISTRY Vitamins: Classification, Role & Importance	ANATOMY Multiple Pregnancies		TUTORIAL A:SR302- Biochemistry Tutorial 5 B: SR104-Biochemistry Tutorial 5 C:AM-Anatomy Tutorial 5 D:SR303-Anatomy Tutorial 5 E:SR305-Anatomy Tutorial 5 F:SR105-Biochemistry Tutorial 5					SELF STUDY	

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Foundation Module-WEEK 7

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MON March 27	ANATOMY Teratogenesis (Genetic Factors)	PHYSIOLOGY Autonomic Nervous System		ANATOMY Teratogenesis (Environmental Factors)	ANATOMY Prenatal Diagnosis	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	SELF STUDY
TUES March 28	ABC–Professional Communication-LH 101 TUTORIAL D:AM-Anatomy Tutorial 6 E:SR303-Biochemistry Tutorial 6 F:SR302-Physiology Tutorial 2		TEA BREAK	TUTORIAL A:AM-Anatomy Tutorial 6 B:SR106-Physiology Tutorial 2 C:SR303-Biochemistry Tutorial 6 D:SR104- Biochemistry Tutorial 6 E:SR306-Physiology Tutorial 2 F:SR302-Anatomy Tutorial 6			SELF STUDY
WED March 29	DEF-Professional Communication-LH 101 TUTORIAL A:SR104-Biochemistry Tutorial 6 B:AM-Anatomy Tutorial 6 C:SR306-Physiology Tutorial 2			TUTORIAL A:SR306-Physiology Tutorial 2 B:SR303- Biochemistry Tutorial 6 C:AM-Anatomy Tutorial 6 D:SR106-Physiology Tutorial 2 E:SR302-Anatomy Tutorial 6 F:SR104- Biochemistry Tutorial 6			SELF STUDY
THUR March 30	SELF STUDY						
FRI March 31	BEHAVIORAL SCIENCES TEST		SELF STUDY			PRAYER	SELF STUDY
MON April 3	FOUNDATION MODULE TEST						
TUES April 4	FOUNDATION MODULE TEST						