

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE -WEEK 1

Lecture Venue: LH001

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00		1:30-3:00
MON May 4						LUNCH BREAK	
TUES May 5	HEMATOPOIETIC MODULE TEST			HEMATOPOIETIC MODULE TEST			HEMATOPOIETIC MODULE TEST
WED May 6	HEMATOPOIETIC MODULE TEST			HEMATOPOIETIC MODULE TEST			HEMATOPOIETIC MODULE TEST
THUR May 7	9:00-10:30 ABC-Professional Communication-LH001 ANATOMY DEMONSTRATION Clavicle & Sternum Osteology & Attachment DEF-Dissection Hall- Dr. Mishaal			11:15-12:45 DEF-Professional Communication-LH001 ABC – SKILLS LAB BLS / Choking-CHS		SELF STUDY / EXTRA CURRICULAR	1:30-3:00 ANATOMY DEMONSTRATION Scapula Osteology & Attachment DEF-Dissection Hall - Dr. Bilal ABC – SKILLS LAB BLS / Choking-CHS
FRI May 8	ANATOMY DEMONSTRATION Clavicle & Sternum Osteology & Attachment ABC-Dissection Hall – Dr. Haider DEF – SKILLS LAB BLS / Choking-CHS			11:15-12:45 ANATOMY DEMONSTRATION Scapula Osteology & Attachment ABC-Histology Lab – Dr. Noman DEF – SKILLS LAB BLS / Choking-CHS			PRAYER

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE -WEEK 2

Lecture Venue: LH001

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00			1:30-3:00	
MON May 11	ANATOMY Musculoskeletal System Introduction Dr. Baqir	PHYSIOLOGY Neuron Structure Dr. Shahameen		ANATOMY Sternoclavicular & Acromioclavicular Joints Dr. Sahrish	MEDICAL EDUCATION Review of Blood Module Exam Dr. Nadia	LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR	PBL 1.1 A: AM1 D: LH001 B: AM2 E: TR2 C: TR1 F: TR4	
TUES May 12	ANATOMY Pectoral Region Dr. Baqir	PHYSIOLOGY Resting Membrane Potential Dr. Alina		ANATOMY Mammary Gland: Gross & Development Dr. Meesam	BIOCHEMISTRY Extracellular Matrix I Glycosaminoglycans Dr. Naveed			PBL 1.2 A: TR1 D: AM1 B: TR2 E: AM2 C: TR4 F: LH001	
WED May 13	ANATOMY Mammary Gland: Histology Dr. Nadia	BIOCHEMISTRY Extracellular Matrix II Collagen & Elastin Mrs. Sabeela		BEHAVIORAL SCIENCE Psychometric Testing: Defining Intelligence Debra Lobo	ANATOMY Scapular Region & Rotator Cuff Muscles Dr. Meesam			PHYSIOLOGY PRACTICAL 1 Power Lab Introduction DEF: PHYSIO LAB ANATOMY DEMONSTRATION Humerus Osteology & Attachment ABC: Dissection Hall-Dr. Simran	
THUR May 14	9:00-10:30 ABC-Professional Communication-LH001 ANATOMY DEMONSTRATION Models & 3D Dissection DEF-Dissection Hall-Dr. Sahrish			11:15-12:45 DEF-Professional Communication-LH001 ANATOMY DEMONSTRATION Models & 3D Dissection ABC-Dissection Hall-Dr. Mishal					PHYSIOLOGY PRACTICAL 1 Power Lab Introduction ABC: PHYSIO LAB ANATOMY DEMONSTRATION Humerus Osteology & Attachment DEF: Dissection Hall-Dr. Noman
FRI May 15	BIOCHEMISTRY Vitamin C Dr. Naveed	PHYSIOLOGY Graded Potential Dr. Faiza		11:15-12:05 BEHAVIORAL SCIENCES Constructing Intelligence Tests Debra Lobo	12:10-1:00 PBL 1.3 Post PBL Session				PRAYER

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 3

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00		1:30-3:00
MON May 18	PHYSIOLOGY Action Potential Dr. Faiza	ANATOMY Shoulder Joint & Movements Dr. Baqir		11:15-12:45 ANATOMY DEMONSTRATION Axilla (Boundaries, Contents, Axillary Artery, Vein & Lymph Nodes) ABC-Dissection Hall-Dr. Sahrish BIOCHEMISTRY PRACTICAL 1 Calcium & Phosphate Estimation DEF: BIOCHEM LAB			ANATOMY DEMONSTRATION Axilla (Boundaries, Contents, Axillary Artery, Vein & Lymph Nodes) DEF-Dissection Hall-Dr. Bilal BIOCHEMISTRY PRACTICAL 1 Calcium & Phosphate Estimation ABC: BIOCHEM LAB
TUES May 19	9:00-9:50 BIOCHEMISTRY Vitamin D Dr. Naveed	9:55-10:45 ANATOMY Brachial Plexus Dr. Baqir		11:15-12:45 PHYSIOLOGY PRACTICAL 2 Electromyography (EMG) ABC-PHYSIO LAB D: TR1-Biochemistry Tutorial 1 E: SL-Wound Management-Surgery F: AM1-Anatomy Tutorial 1			PHYSIOLOGY PRACTICAL 2 Electromyography (EMG) DEF-PHYSIO LAB A: TR1-Biochemistry Tutorial 1 B: SL-Wound Management-Surgery C: AM1-Anatomy Tutorial 1
WED May 20	9:00-9:50 ANATOMY Brachial Plexus Injuries Dr. Baqir	9:55-10:45 PHYSIOLOGY Nerve Fiber Injury, Degeneration & Regeneration Dr. Alina	TEA BREAK	11:15-12:05 BEHAVIORAL SCIENCES Issues in Intelligence Testing Debra Lobo	12:10-1:00 ANATOMY Anterior Arm Compartment Dr. Nadia	LUNCH BREAK	ANATOMY DEMONSTRATION Radius Osteology & Muscle Attachments DEF: Dissection Hall-Dr. Simran A: SL - Wound Management-Surgery B: TR1-Biochemistry Tutorial 1 C: TR2-Biochemistry Tutorial 1
THUR May 21	9:00-10:30 ABC-Professional Communication-LH001 D: AM1-Anatomy Tutorial 1 E: AM2-Anatomy Tutorial 1 F: SL-Wound Management-Surgery			11:15-12:45 DEF-Professional Communication-LH001 A: AM1-Anatomy Tutorial 1 B: AM2-Anatomy Tutorial 1 C: SL-Wound Management-Surgery			ANATOMY DEMONSTRATION Radius Osteology & Muscle Attachments ABC: Dissection Hall-Dr. Bilal D: SL-Wound Management-Surgery E: TR1-Biochemistry Tutorial 1 F: TR2-Biochemistry Tutorial 1
FRI May 22	ANATOMY Posterior Arm Compartment Dr. Sahrish	BIOCHEMISTRY Calcium & Phosphate Metabolism Dr. Naveed		PHYSIOLOGY Skeletal Muscle Physiological Properties Dr. Faiza	ANATOMY Bone Histology Dr. Meesam		2:00-3:00 LH001 - ISLAMIAT – Mr. Zahid Ali LH002 - ETHICS (Non-Muslims) – Dr. Atif

SELF STUDY / EXTRA CURRICULAR ACTIVITIES

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 4

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00			1:30-3:00	
MON May 25	ANATOMY Cubital Fossa Contents Dr. Sahrish	BIOCHEMISTRY Amino Acid Reactions Ms. Sabeela		BIOCHEMISTRY PRACTICAL 2 ALP Estimation DEF: BIOCHEM LAB A: AM1-Anatomy Tutorial 2 B:TR1-Physiology Tutorial 1 C:TR2-Physiology Tutorial 1		LUNCH BREAK	SELF STUDY / EXTRA CURRICULAR ACTIVITIES	BIOCHEMISTRY PRACTICAL 2 ALP Estimation ABC: BIOCHEM LAB D: AM1-Anatomy Tutorial 2 E:TR1-Physiology Tutorial 1 F:TR2-Physiology Tutorial 1	
TUES May 26	BEHAVIORAL SCIENCES Sleep Stages Debra Lobo	ANATOMY Elbow Joint & Anastomosis Dr. Baqir		11:15-12:45 ANATOMY DEMONSTRATION Ulna Osteology & Muscle Attachments ABC: Dissection Hall-Dr. Farooq D:TR1-Physiology Tutorial 1 E: AM1-Anatomy Tutorial 2 F: AM2-Anatomy Tutorial 2				ANATOMY DEMONSTRATION Ulna Osteology & Muscle Attachments DEF: Dissection Hall-Dr. Nadia A:TR1-Physiology Tutorial 1 B: AM1-Anatomy Tutorial 2 C: AM2-Anatomy Tutorial 2	
WED May 27	EID UL ADHA			EID UL ADHA					EID UL ADHA
THUR May 28	EID UL ADHA		TEA BREAK	EID UL ADHA					EID UL ADHA
FRI May 29	EID UL ADHA			EID UL ADHA					EID UL ADHA

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 5

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00			1:30-3:00
MON June 1	ANATOMY Radio-Ulnar Joint Dr. Sahrish	PHYSIOLOGY Neuromuscular Junction Disorders Dr. Sara		BEHAVIORAL SCIENCES Circadian Rhythms Debra Lobo	ANATOMY Forearm Anterior Compartment Dr. Sahrish		LUNCH BREAK	PHYSIOLOGY PRACTICAL 3 Nerve Conduction Velocity (NCV) ABC: PHYSIO LAB ANATOMY DEMONSTRATION Hand Bones & Small Joints DEF: Dissection Hall-Dr. Haider
TUES June 2	ANATOMY Forearm Posterior Compartment Dr. Nadia	BIOCHEMISTRY Ammonia Metabolism Ms. Sabeela		11:15-12:05 BEHAVIORAL SCIENCES Sleep Hygiene Debra Lobo	12:10-1:00 ANATOMY Wrist Joint & Carpal Tunnel Dr. Meesam			PHYSIOLOGY PRACTICAL 3 Nerve Conduction Velocity (NCV) DEF: PHYSIO LAB ANATOMY DEMONSTRATION Hand Bones & Small Joints ABC: Dissection Hall-Dr. Mishaal
WED June 3	9:00-9:50 ANATOMY Muscles & Hand Spaces Dr. Baqir	9:55-10:45 PHYSIOLOGY Skeletal Muscle Contraction Mechanism & ECC Dr. Sara	TEA BREAK	11:15-12:05 ANATOMY Skeletal Muscle & Cartilage Histology Dr. Nadia	12:10-1:00 ANATOMY Hand Blood Vessels & Nerves Dr. Sahrish			ANATOMY DEMONSTRATION Models & 3D Dissection ABC-Dissection Hall-Dr. Simran D: TR1-Biochem Tutorial 2 E: TR2-Biochem Tutorial 2 F: AM1-Anatomy Tutorial 3
THUR June 4	9:00-10:30 ABC-Professional Communication-LH001 D: AM1-Anatomy Tutorial 3 E: AM2-Anatomy Tutorial 3 F: TR1-Biochem Tutorial 2			11:15-12:45 DEF-Professional Communication-LH001 A: AM1-Anatomy Tutorial 3 B: AM2-Anatomy Tutorial 3 C: TR1-Biochem Tutorial 2				ANATOMY DEMONSTRATION Models & 3D Dissection DEF-Dissection Hall-Dr. Bilal A: TR1-Biochem Tutorial 2 B: TR2-Biochem Tutorial 2 C: AM1-Anatomy Tutorial 3
FRI June 5	9:00-9:50 ANATOMY Upper Limb Cutaneous Supply, Lymphatics & Superficial Veins Dr. Meesam	9:55-10:45 BIOCHEMISTRY Urea Cycle Ms. Sabeela			11:15-12:05 ANATOMY Upper Limb Neurovasculature Dr. Nadia	12:10-1:00 ANATOMY Upper Limb Injuries Dr. Sahrish		
							SELF STUDY / EXTRA CURRICULAR ACTIVITIES	

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 6

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45					1:30-3:00
MON June 8	9:00-9:50 ANATOMY Unobserved OSPE Upper Limb Dr. Baqir	9:55-10:45 BIOCHEMISTRY Phenylalanine & Tyrosine Metabolism Dr. Shaista		11:15-12:05 PHYSIOLOGY Exercise Muscle Adaptation Dr. Shahameen	12:10-1:00 ANATOMY Thigh Deep Fascia, Modification & Inguinal Ligament Dr. Baqir		ANATOMY DEMONSTRATION Upper Limb Surface Anatomy & Normal Radiology ABC: Dissection Hall-Dr. Bilal DEF: Histology Lab-Dr. Mishaal
TUES June 9	PHYSIOLOGY DAY			PHYSIOLOGY DAY			PHYSIOLOGY DAY
WED June 10	9:00-10:30 ANATOMY DEMONSTRATION Hip Bone I ABC-Histology Lab-Dr. Haider DEF-Dissection Hall-Dr. Noman		TEA BREAK	11:15-12:05 BIOCHEMISTRY Tryptophan Metabolism & Disorders Dr. Shaista	12:10-1:00 ANATOMY Gluteal Region Muscles & Neurovasculature Dr. Baqir	LUNCH BREAK	ANATOMY DEMONSTRATION Hip Bone II ABC: Dissection Hall-Dr. Noman DEF: Histology Lab-Dr. Haider
THUR June 11	9:00-10:30 ABC-Professional Communication-LH001 ANATOMY DEMONSTRATION Models & 3D Dissection DEF-Dissection Hall-Dr. Simran			11:15-12:45 DEF-Professional Communication-LH001 ANATOMY DEMONSTRATION Models & 3D Dissection ABC-Dissection Hall-Dr. Bilal			ANATOMY DEMONSTRATION Femur Osteology & Attachment ABC: Dissection Hall-Dr. Sahrish DEF: Histology Lab-Dr. Nadia
FRI June 12	ANATOMY Femoral Triangle & Sheath Dr. Baqir	BIOCHEMISTRY Sulphur Containing Amino Acids Dr. Shaista		11:15-12:45 ANATOMY PRACTICAL 1 Bone, Skeletal Muscle & Cartilage Histology ABC: HISTO LAB – Dr. Nadia ANATOMY DEMONSTRATION Thigh Anterior Compartment DEF: Dissection Hall-Dr. Sahrish			
SELF STUDY / EXTRA CURRICULAR ACTIVITIES							

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 7

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00		1:30-3:00	
MON June 15	9:00-10:30 ANATOMY PRACTICAL 1 Bone, Skeletal Muscle & Cartilage Histology DEF: HISTO LAB-Dr. Bilal ANATOMY DEMONSTRATION Thigh Anterior Compartment ABC: Dissection Hall-Dr. Mishaal		TEA BREAK	ANATOMY Thigh Medial Compartment Dr. Nadia	ANATOMY Lumbosacral Plexus Formation Dr. Meesam	LUNCH BREAK	ANATOMY DEMONSTRATION Tibia Osteology & Attachment ABC: Dissection Hall-Dr. Haider D: TR1-Biochem Tutorial 3 E: TR2-Biochem Tutorial 3 F: AM1-Anatomy Tutorial 4	
TUES June 16	9:00-10:30 ANATOMY DEMONSTRATION Tibia Osteology & Attachment DEF: Histology Lab-Dr. Haider A: TR1-Biochem Tutorial 3 B: TR2-Biochem Tutorial 3 C: AM1-Anatomy Tutorial 4			ANATOMY Lumbosacral Plexus Lesions Dr. Meesam	ANATOMY Hip Joint Movements & Anastomosis Dr. Baqir		ANATOMY DEMONSTRATION Fibula Osteology & Attachment ABC: Dissection Hall-Dr. Simran DEF: Histology Lab-Dr. Nadia	
WED June 17	ANATOMY Thigh Posterior Compartment Dr. Baqir	BIOCHEMISTRY Branched Amino Acids Dr. Shaista		ANATOMY Popliteal Fossa Dr. Baqir	ANATOMY Knee Joint, Genicular Anastomosis, Locking, Unlocking Dr. Meesam		PHYSIOLOGY PRACTICAL 4 SMT & Summation DEF: PHYSIO LAB ANATOMY DEMONSTRATION Models & 3D Dissection ABC-Dissection Hall-Dr. Simran	
THUR June 18	9:00-10:30 ABC-Professional Communication-LH001 D: AM1-Anatomy Tutorial 4 E: AM2-Anatomy Tutorial 4 F: TR1-Biochem Tutorial 3			11:15-12:45 DEF-Professional Communication-LH001 A: AM1-Anatomy Tutorial 4 B: AM2-Anatomy Tutorial 4 C: TR1-Biochem Tutorial 3			PHYSIOLOGY PRACTICAL 4 SMT & Summation ABC: PHYSIO LAB ANATOMY DEMONSTRATION Models & 3D Dissection DEF-Dissection Hall-Dr. Nadia	
FRI June 19	9:00-10:30 ANATOMY DEMONSTRATION Foot Osteology DEF: Dissection Hall-Dr. Bilal ABC: Histology Lab-Dr. Nadia			11:00-11:50 ANATOMY Leg Anterior & Lateral Compartment Dr. Sahrish	11:55-12:45 ANATOMY Leg Posterior Compartment Dr. Nadia		2:00-3:00 LH001 - ISLAMIAT – Mr. Zahid Ali LH002 - ETHICS (Non-Muslims) – Dr. Atif	

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LOCOMOTOR MODULE – WEEK 8

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45					1:30-3:00
MON June 22	9:00-9:50 ANATOMY Cartilage & Joints Development & Congenital Anomalies Dr. Meesam	9:55-10:45 ANATOMY Limb Development & Congenital Anomalies Dr. Sahrish		11:15-12:05 BIOCHEMISTRY Carbon Skeleton Amino Acid Catabolism Dr. Shaista	12:10-1:00 ANATOMY Superior & Inferior Tibiofibular Joins & Movements Dr. Sahrish	LUNCH BREAK	BIOCHEMISTRY PRACTICAL 3 Chromatography DEF: BIOCHEM LAB A: AM1-Anatomy Tutorial 5 B: AM2-Anatomy Tutorial 5 C: TR1-Anatomy Tutorial 5
TUES June 23	9:00-9:50 ANATOMY Ankle Joint, Movement & Retinacula Dr. Baqir	9:55-10:45 ANATOMY Foot Arches Dr. Nadia		11:15-12:05 ANATOMY Sole Layers Dr. Nadia	12:10-1:00 ANATOMY Foot Neurovasculature Dr. Nadia		BIOCHEMISTRY PRACTICAL 3 Chromatography ABC: BIOCHEM LAB D: AM1-Anatomy Tutorial 5 E: AM2-Anatomy Tutorial 5 F: TR1-Anatomy Tutorial 5
WED June 24	ASHURA			ASHURA			ASHURA
THUR June 25	ASHURA			ASHURA			ASHURA
FRI June 26	9:00-9:50 ANATOMY Lower Limb Cutaneous Supply, Lymphatics & Superficial Veins Dr. Sahrish	9:55-10:45 ANATOMY Paraxial Mesoderm Development Dr. Nadia	TEA BREAK	11:15-12:05 ANATOMY Muscle Development Dr. Meesam	12:10-1:00 ANATOMY Lower Limb Injuries Dr. Sahrish		2:00-3:00 SELF STUDY
SELF STUDY / EXTRA CURRICULAR ACTIVITIES							

Jinnah Medical & Dental College
MBBS I - Batch 29 – 2026
LOCOMOTOR MODULE – WEEK 9

Lecture Venue: LH001 (Building B)

	9:00-9:50	9:55-10:45		11:15-12:05	12:10-1:00			1:30-3:00	
MON June 29	9:00-10:30 ANATOMY DEMONSTRATION Lower Limb Neurovasculature ABC: Dissection Hall-Dr. Noman D:TR1-Physiology Tutorial 2 E: AM1-Anatomy Tutorial 6 F: AM2-Anatomy Tutorial 6			11:00-12:30 ANATOMY DEMONSTRATION Lower Limb Neurovasculature DEF: Dissection Hall-Dr. Haider A:TR1-Physiology Tutorial 2 B:TR2-Physiology Tutorial 2 C: AM1-Anatomy Tutorial 6				PHYSIOLOGY PRACTICAL 5 Fatigue & Tetanization DEF: PHYSIO LAB A: AM1-Anatomy Tutorial 6 B: AM2-Anatomy Tutorial 6 C: TR1-Biochem Tutorial 4	
TUES June 30	9:00-10:30 ANATOMY DEMONSTRATION Lower Limb Surface Anatomy & Normal Radiology ABC: Dissection Hall-Dr. Mishaal DEF: Histology Lab-Dr. Nadia			11:00-12:30 PHYSIOLOGY PRACTICAL 5 Fatigue & Tetanization ABC: PHYSIO LAB D: AM1-Anatomy Tutorial 6 E: TR1-Biochem Tutorial 4 F: TR2-Biochem Tutorial 4				SELF STUDY	
WED July 1	ANATOMY DEMONSTRATION On Spectra Lower Limb / Upper Limb DEF: Dissection Hall-Dr. Sahrish A: TR1-Biochem Tutorial 4 B: TR2-Biochem Tutorial 4 C:TR4-Physiology Tutorial 2		TEA BREAK	ANATOMY DEMONSTRATION On Spectra Lower Limb / Upper Limb ABC: Dissection Hall-Dr. Simran D: TR1-Biochem Tutorial 4 E:TR2-Physiology Tutorial 2 F:TR4-Physiology Tutorial 2		LUNCH BREAK		SELF STUDY	
THUR July 2	LOCOMOTOR MODULE TEST			LOCOMOTOR MODULE TEST				BEHAVIORAL SCIENCES TEST Monday, August 10, 2026	
FRI July 3	LOCOMOTOR MODULE TEST			LOCOMOTOR MODULE TEST				July 4-August 3, 2026 Summer Break 4 weeks	