

MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE MIRPUR

DEPARTMENT OF MEDICAL EDUCATION



Foundation-I Module

1ST YEAR MBBS (BATCH-18)

BLOCK: A

CLASS OF 2026-27

DURATION: 5 WEEKS

FROM: 26-01-2026 TO 25-02-2026

MODULE CODE: MBBS-001

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Disclaimer:

The development of study guides and the associated curriculum is an iterative process of quality enhancement, informed by stakeholder feedback. All elements—including content, delivery modes, scheduled hours, and assessment—are subject to periodic review and potential revision. Students are advised that the provided topics and learning outcomes represent the essential foundation for approximately 70% of examinations. The remainder will be derived from lecture content and directives issued by course instructors.

Instructions:

1. Maintain a minimum attendance of 85% in all scheduled academic activities otherwise will not be allowed to sit in annual exam.
2. Adhere strictly to the prescribed college uniform and professional dress code at all times.
3. Demonstrate professionalism and respect toward peers, faculty, staff, and patients.
4. Uphold academic integrity and ethical conduct in all learning and assessment activities.
5. Comply with all institutional policies regarding conduct, use of facilities, and digital etiquette.

1. Module Team

s.no	Name	Department	Role
1.	Prof.Dr.Col Shafqat Ali	Anatomy	HOD
2.	Prof. Dr. M. Naqib	Biochemistry	HOD
3.	Prof. Dr. Ayyaz Ahmed	Physiology	HOD
4.	Dr. M Junaid Khan	DME	Assistant Professor

2. Our vision statement

To be a renewed nationwide and world class academia maintaining a prominent role in medical education, innovative research and delivery of best health care services of international standards.

3. Our mission statement

To take this medical college to the international ranking by providing healthcare professional's excellent knowledge, extraordinary skill sets, leadership in research and empathy with Islamic Sprit.

4. Module Mapping of MBBS Program

Module Mapping (MBBS Program)

Tentative

Year	Blocks	Modules			Horizontal Module			
1 st year	A	Foundation-I (5-weeks)	Blood & Immunology -I (5-weeks)		Quran Kareem		PRIME <i>(Professionalism, Research, Identity formation, Management & leadership, Ethics)</i>	
	B	Locomotor/MSK-I (8-weeks)		Pak Study/Islamite				
	C	CVS – I (4-weeks)	RES – I (4-weeks)			English Expository Writing		
2 nd year	D	Gastrointestinal, Hepatobiliary and Metabolism Module -I (9-weeks)	Renal-I (3-weeks)	M1=ENT M2=EYE				Arts & Humanities
	E	Neurosciences 1A (6-weeks)	Neurosciences 1B (5-weeks)					
	F	Endocrine – I (4-weeks)	Repro – I (3-weeks)					
3 rd year	G	Foundation - II	Infection & Inflammation-II		/Capstone/Observer ship	Clerkship, Electives,		
	H	Multisystem-I	Blood & Immunology-II	Locomotor/MSK-II				
	I	CVS - II	RES – II					
4 th year	J	Neurosciences-II						
	K	GIT & Hepatobiliary - II						
	L	Renal-II	Endo & Repro- II					
PRIME Year	N	Foundation-III	Blood & Immunology-III	Locomotor/MSK-III				
	O	Cardiorespiratory-III						
	P	Renal-III	Endo & Repro-III					
	Q	Neurosciences-III	GIT & Hepatobiliary-III	Multisystem-III				

- 1st Year MBBS: 3 blocks, 5 Modules-27 weeks (945 Hours/AY)
- 2nd Year MBBS: 3 blocks 6 Modules – 30 weeks (1050 Hours/AY)

Per week teaching hours=35

Total weeks/hours are tentative

PRIME Year: Year of Professionals Ready for Innovative Medical Excellence

PRIME: Professionalism, Research, Identity formation, Management & leadership, Ethics.

5. What Is A Study Guide?

The Purpose and Structure of a Study Guide

A study guide serves as the central contract and roadmap between the educational program and the student. Its primary purpose is to demystify the learning process by clearly communicating how a module is organized, managed, and assessed. It empowers students to take ownership of their learning by providing all necessary information to plan their studies, identify appropriate resources and support, and understand precisely how their performance will be evaluated.

The essential components of this study guide includes:

- **Module Identification:** Code, title, teaching hours, and placement within the curriculum.
- **Personnel & Coordination:** Clear points of contact (Module Coordinator, teaching faculty), enabling students to seek the right help efficiently.
- **Module & Theme Objectives:** A precise list of what students are expected to know, understand, and be able to do by the module's end, directly mapped to program and PMDC competencies.
- **Teaching-Learning Methods:** A description of the instructional strategies employed (e.g., interactive lectures, small group discussions, lab sessions, case-based learning) and their role in achieving the objectives.
- **Learning Resources & Support**
This component directs students to the tools for successful learning.
- **Curated Resource List:** A categorized list of essential and recommended resources, including core textbooks, key journal articles, vetted online links, and specific software or simulation tools.
- **Timetable & Schedule:** A structured overview of the teaching sequence, including dates, topics, and formats (e.g., lectures, practicals).
- **Assessment Strategy:** A detailed breakdown of all formative (continuous) and summative assessments, including their format, weighting, schedule, and how they contribute to the final grade.
- **Rules and Policies:** Clear statements on examination rules, grading criteria, policy on late submissions, academic integrity, and the appeals process.

In summary, a well-constructed study guide transforms a module from a series of disjointed events into a coherent, transparent, and manageable learning journey. It is a fundamental tool for achieving constructive alignment and enhancing the student learning experience.



6. Recommended List Of Icons



Introduction To Case



For Objectives



Critical Questions



Assessment



Resource Material

7. Organization of Module

Introduction:

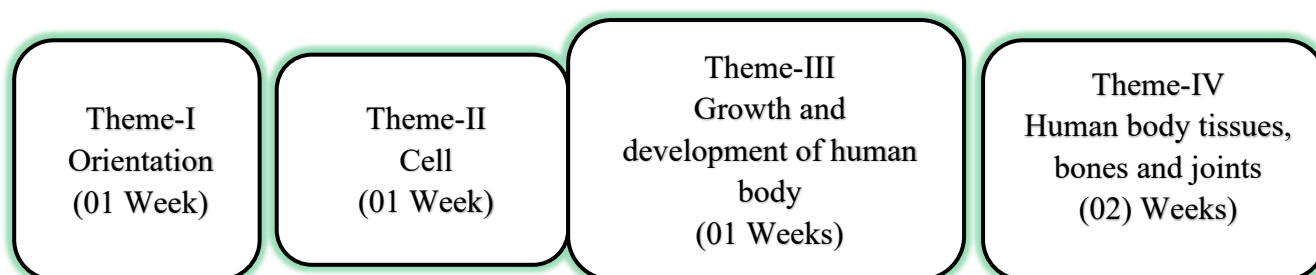
This initial module spans six weeks and serves as the critical foundation for your medical education at MIMC Mirpur. It is designed to acclimate you to the rigors and culture of medical school while establishing the essential scientific building blocks upon which your entire future knowledge will rest. You will be introduced to the core principles of anatomy, physiology, and human development. Concurrently, the module integrates foundational instruction in medical education itself, the PRIME framework, and introductory behavioral sciences, bridging the gap between basic science and the humanistic practice of medicine from the very start.

Rational

Entering medical school represents a significant transition, requiring both academic and professional orientation. A student must not only grasp complex scientific concepts but also understand the context of health, disease, and the ethical responsibilities of the medical profession. This module addresses this need by first providing a clear roadmap of the curriculum and learning environment. Before progressing to the intricate details of organ systems and pathology, students must achieve mastery over fundamental underlying concepts in cell biology, tissue organization, and human development. This foundational knowledge is not isolated; it is presented as the essential framework upon which all future learning and clinical competencies will be constructed, ensuring you have a solid platform for understanding more advanced, integrated topics in the modules to follow. Themes & duration

Themes

The Foundation-I Module at MIMC Mirpur is structured around four interconnected themes, delivered over a focused six-week period.



The first theme is Orientation, which occupies one week. This critical phase begins your formal journey with official welcomes and ceremonies, followed by a comprehensive introduction to the faculty, the various basic science departments, and the overall structure of the medical curriculum. You will become familiar with essential academic resources, including recommended textbooks and key digital tools. Furthermore, this orientation provides practical training in the core skills required for modern medical study, such as effective literature search strategies, IT proficiency, and the use of software for assignments, data management, and presentations.

The second theme is The Cell, a one-week intensive study of the fundamental unit of life. This segment delves into the structural and functional organization of the cell, exploring processes like cell division and the intricate mechanisms of cellular membrane transport. It establishes core physiological principles such as homeostasis and membrane potential, alongside the chemistry of buffers and nucleic acids. The theme also introduces pivotal concepts of cell injury, cellular communication through receptors, and the basic pharmacological principles governing drug administration and transport across membranes, linking cellular biology to clinical application.

The third theme, Growth and Development of the Human Body, extends over one weeks. It provides a comprehensive overview of human life from conception, detailing embryonic and fetal development stages.

This biological journey is complemented by instruction in foundational chemistry relevant to medical science, including the properties of acids, bases, carbohydrates, surface tension, and viscosity. The theme then expands its scope to public health and disease principles, examining the broad determinants of health, models of disease causation, the chain of infection, and the various levels of disease prevention, thereby connecting individual biology to population health.

The fourth and final theme, Human Body Tissues, Bones & Joints, occupies the remaining two weeks. This theme focuses on the macroscopic and microscopic organization of the human body, starting with anatomical terminology and an introduction to the integumentary, musculoskeletal, lymphatic, and nervous systems. A significant portion is dedicated to histology, the study of tissues, with detailed analysis of epithelial and connective tissues, their specializations, and structures like the basement membrane. The theme concludes by integrating related concepts, including the function of the autonomic nervous system, the structure of glycosaminoglycans in connective tissue, and the pathological processes of necrosis and inflammation, alongside a discussion of their medicolegal importance.

8. Teaching and learning strategies

How You Will Learn:

This guide outlines the diverse learning methods you will experience, each carefully chosen to help you grow from a student of science into a capable, independent future clinician. Think of this as your map to not only *what* you will learn, but *how* you will learn most effectively.

Part 1: Learning Together – Facilitated Sessions

These sessions provide the foundation, context, and interactive space to build knowledge with your peers and faculty.

- a. **Interactive Lectures:** These are not passive events. In lecture hall, your teacher will introduce core concepts and clinical principles using slides, animations, and real patient stories. We encourage you to engage—ask questions, respond to polls, and connect the dots live. This is where the roadmap for each topic is drawn.
- b. **Small-Group Sessions:** This is where knowledge becomes skill. In smaller classrooms, you will roll up your sleeves with a facilitator and a group of peers.
 - In **Tutorials**, you'll discuss clinical cases, clarify challenging concepts from lectures, and learn through discussion and debate.
 - In **anatomical dissection**, your group will engage directly with the reality of the human body from the very first session. Your mission is to explore, map, and trace the architecture of tissues—identifying key landmarks, surface contours, and gross anatomical features while following the precise pathways of neurovascular and lymphatic systems. This hands-on exploration actively animates and integrates the principles from your anatomy, histology, and embryology lectures, transforming theoretical knowledge into a tangible, three-dimensional understanding—mirroring the very essence of foundational discovery and clinical reasoning.
 - **Practical Demonstrations** in labs will bring the textbook to life, allowing you to see, touch, and understand the human body and its functions.
 - **Small Group Discussions (SGDs)**, here, you will engage in focused, collaborative exploration of core topics guided by a facilitator. These sessions emphasize dialogue, peer feedback, and the application of knowledge, helping you refine your clinical thinking and deepen your understanding in a supportive, interactive setting.
 - **Journal Club** sessions will train you to critically evaluate new medical research, a skill vital for a lifetime of evidence-based practice.

Part 2: Learning on Your Own – The Engine of Mastery

True expertise in medicine requires you to become the director of your own learning. These are your key tools.

- **Directed Self-Learning (DSL):** Consider this structured, independent practice. For specific modules, you will be given clear tasks, objectives, and a list of resources. Your job is to work through them independently. This builds the disciplined study habits and foundational understanding you need. Faculty are there to guide you if you hit a roadblock.
- **Self-Directed Learning (SDL):** This is the ultimate goal of your professional development in which you take full responsibility. You will identify your own learning gaps (“I don’t understand heart murmurs well enough”), set your own goals, seek out your own resources, and assess your progress. The college provides the support—the library, online databases, and faculty office hours—but you drive the process. This is the skill that will sustain your clinical competence for decades.

We are here to guide you in this transition from learning what we teach, to learning what you need to know. Embrace each method—the collaborative and the independent—as essential parts of your growth into a physician.



9. Learning Objectives

General Learning Outcomes

By the end of this module the students would be able to;

Knowledge

1. Explain the structure of the system-based MBBS curriculum.
2. Differentiate the roles of various scientific disciplines in understanding the human body and its diseases.
3. Describe the structure, function, and biochemical composition of a cell.
4. Compare the types of cell division and correlate genetic principles with clinical conditions.
5. Outline the basic structural organization of the human body.
6. Classify the basic tissues of the human body.
7. Explain the mechanisms that maintain physiological homeostasis.
8. Describe the stages of embryonic and fetal development and correlate them with congenital malformations.
9. Explain the physiological importance of pH and buffer systems.
10. Describe the biochemistry of carbohydrates and nucleic acids.
11. Define the chemical principles of acids, bases, pH, and buffer solutions.
12. Explain the physiological importance of surface tension and viscosity.
13. Describe the spectrum of cellular adaptations, growth, differentiation, and injury.
14. Summarize the basic concepts of medical ethics, professionalism, clinical research, memory, and learning.

Skills

15. Demonstrate basic laboratory techniques and the proper use of a microscope.
16. Identify basic tissue types under a microscope.
17. Adhere to standard laboratory protocols and safety procedures.
18. Perform fundamental biochemical analyses for carbohydrates.
19. Prepare solutions of specified concentrations.

Attitude

20. Consistently adhere to established laboratory protocols and safety standards.
21. Actively participate in all class and practical sessions.
22. Maintain the discipline and decorum of the college.
23. Follow institutional norms and regulations.
24. Collaborate and communicate effectively within teams of colleagues and teachers.
25. Uphold principles of professionalism and ethics in all interactions with patients, cadavers, peers, and faculty.
26. Demonstrate reflective practice by self-assessing personal performance.

10. Specific learning objectives

1 Theme-1 (Orientation)

S No.	Topic	Learning Objectives	Teaching Strategy	Hours	Assessment Tools
ANATOMY					
1	Anatomy and its sub Branches	Define anatomy and its branches. Describe purpose of study of anatomy and its branches.	LGIS	1	MCQs/SAQs Viva
PHYSIOLOGY					
2	Physiology and its sub Branches	Define physiology Enumerate the branches of physiology.	LGIS	1	MCQs/SAQs Viva
BIOCHEMISTRY					
3	Introduction to biochemistry and its implication in medicine	Define biochemistry. Discuss the role of biochemistry in medicine.	LGIS	1	MCQs/SEQs Viva
PATHOLOGY					
4	Introduction to pathology and its implication in medicine	Define pathology. Enumerate the different branches of pathology in medicine. Identify different sampling and processing techniques in different branches of pathology.	LGIS	1	MCQs/SAQs
PHARMACOLOGY					
5	Introduction to Pharmacology and its role in modern Medicine	Define pharmacology and role of pharmacology in medicine. Define the pharmacodynamics and pharmacokinetics.	LGIS	1	MCQs/SAQs
COMMUNITY MEDICINE					
6	Introduction to Community Medicine and its implication	Describe Role of community medicine/public health in health care system.	LGIS	1	MCQs/SAQs
FORENSIC MEDICINE					
7	Introduction to Forensic Medicine and Toxicology	Define Forensic Medicine, forensic pathology and state Medicine. Identify the Branches of Forensic Medicine. Describe the History of Forensic	LGIS	1	MCQs/SEQs

		Medicine. Discuss the scope of Forensic Medicine. Identify the essential facilities for medico legal investigation. Define Medical Jurisprudence.			
8	Pakistan Medical Commission, Consent.	Describe the structure and functions of Pakistan Medical Commission.	LGIS	1	MCQs/SAQs
MEDICAL EDUCATION					
9	Curriculum structure Teaching learning strategies	Discuss the curriculum and modules. Describe the use of study guides (not to be assessed). Differentiate between various teaching & learning strategies. Enlist various assessment tools & assessment policy.	LGIS	1	Formative
10	Importance of IT skills	Define IT and its importance.	Demonstration	2	MCQs
IT Skills					
11	MS word skills PowerPoint skills Excel sheet	Prepare the assignment on MS word. Prepare the presentation on power point Use the excel sheet.	Demonstration	2	MCQs
Library					
12	Literature search and library resources	Literature search skills.	Lecture	1.5	Formative

MIT	HOURS
Total LGIS	10.5
Total Demonstration/Practical	4
Total SGDs	0
Total SDLs	0
Total teaching hours	14.5

Theme-2 (Cell)

S No.	Topic	Learning Objectives	Teaching Strategy	Hours	Assessment Tools
ANATOMY					
1	Cell structure and its Organelles	Describe the cell as a living unit of body. Describe the structure of cell and its organelles. Describe the structure of cytoplasmic organelles of the cell & correlate it with their functions. Describe cytoplasmic inclusions and secretory granules Explain the cytoskeleton.	LGIS	1	MCQs/SAQs Viva
2	Nuclear structure & Components	Describe the structure of the nucleus, nucleolus & chromosome and their functions in cell integrity.	LGIS	1	MCQs/SAQs Viva
3	Cell division Mitosis, Meiosis	Explain the process of cell division. Explain various stages of cell cycle. Explain the process of Meiosis Describe karyotyping. Explain the non-disjunction of chromosomes. Correlate the process of non-disjunction with chromosomal abnormalities.	Tutorial/demo	1.5	MCQs/SAQs Viva
PHYSIOLOGY					
5	Cell membrane physiology Cell structure and Organization	Explain Intra cellular and extra cellular environment. Correlate cytoplasmic organelles with their functions.	LGIS	1	MCQs/SAQs Viva
6	Homeostasis	Define homeostasis. Describe the Homeostatic mechanism of major functional systems. Describe the characteristics of control systems with examples.	LGIS	1+1+1	MCQs/SAQs Viva
7	Membrane potential Membrane physiology	Define membrane potential. Describe ionic conc. differences across cell membrane.	LGIS	1	MCQs/SAQs Viva

		Explain the Nernst equation. Explain origin of normal resting membrane potential.			
8	Cell organelle and Movements of cell	Discuss briefly cell organelle Explain the amoeboid movement of cells. Describe the ciliary movements.	LGIS	1	MCQs/SAQs Viva
9	Depolarization & Repolarization	Explain the role of voltage gated Na ⁺ and K ⁺ channels in action potentials. Discuss the changes in conductance of Na and K channels with changes in membrane potentials.	LGIS	1	MCQs/SAQs Viva
BIOCHEMISTRY					
10	Cell biochemistry	Explain the Bio-chemical composition of cell organelles and cytoplasm. Describe the chemical structure of mitochondrial membrane. Explain the biochemical importance of mitochondrial membrane.	LGIS	1	MCQs/SAQs Viva
11	Nuclear Membrane	Describe Bio-chemical structure of nuclear membrane and its functions.	LGIS	1	MCQs/SAQs Viva
12	RNA & DNA	Define and explain nucleotides and nucleosides. Describe the components of nucleotides. Describe the functions of Nucleotides. Describe the types of nucleic acids. Differentiate between RNA and DNA.	LGIS	1	MCQs/SAQs Viva
13	Non-vesicular transport	Define non-vesicular transport and describe different forms of passive transport Outline the factors affecting passive transport Define active transport and describe its different forms Explain the role of ATP in active transport			

		Elaborate the mechanism of secondary active transport with example			
14	Vesicular transport	Define vesicular transport and describe exocytosis and endocytosis Differentiate among pinocytosis, phagocytosis and receptor mediated endocytosis Describe the applied aspects of physiology of vesicular and non-vesicular transport.			
15	Buffer	Define Buffer and its role in maintenance of body PH. Define colloidal state and Henderson Hassel Balch equation. Define adsorption and how it occurs. Explain ion exchange resin.	LGIS	1	MCQs/SAQs Viva
16	Cellular membrane transport mechanism	Explain membrane transport. Discuss passive diffusion, active transport, and facilitated transport via a channel or carrier. Describe and evaluate the role of ion gradients, co transporters, and ATP in active transport mechanisms.	LGIS	2	MCQs/SAQs Viva
PATHOLOGY					
17	Cell injury	Classify the various causes of cell injury. Describe the response of a normal cell to stimuli. Describe the mechanism of cell injury. Describe mechanisms of cellular adaptations.	LGIS	1	MCQs/SAQs
PHARMACOLOGY					
18	Routes of administration of drugs	Enlist the routes of administration of a drug.	LGIS	1	MCQs/SAQs
19	Transmembrane Drug Transport	Explain how drugs are transported across cell membrane and factors affecting it.	LGIS	1	MCQs/SAQs

20	Receptor and cellular basis	Enlist the types of drug receptors.	LGIS	1	MCQs/SAQs
LAB WORK					
HISTOLOGY					
21	The Microscope	Identify parts of microscope. Demonstrate operation of microscope. Describe the method of focusing slide at different magnifications. Follow the specified norms of lab work.	Demonstration /Practical	2	OSPE
PHYSIOLOGY					
22	Introduction/Lab Equipments	Introduction to lab techniques. Identify the equipment used in lab work.	Demonstration /Practical	2	OSPE
BIOCHEMISTRY					
23	PH and buffers solutions	Define normal solution Define standard solution. Prepare 0.1N solution of NaOH. Prepare 0.1N solution of HCL. Measure the PH of given solution	Demonstration /Practical	2	OSPE
Small Group Discussions (SGDs)					
ANATOMY					
24	Anatomical nomenclature	Explain the basics of Anatomical Nomenclature	SGD	1.5	MCQs/SAQs
PHYSIOLOGY					
25	Review of functions of Mitochondria, Endoplasmic Reticulum, Golgi apparatus, Lysosomes	Describe the functions of Mitochondria, Endoplasmic Reticulum, Golgi complex and Lysosomes	SGD	1.5	MCQs/SAQs
BIOCHEMISTRY					
26	Ion Exchange Resin, Adsorption	Describe ion exchange resins, and adsorption. Describe their biomedical importance	SGD	1.5	MCQs/SAQs

DIRECTED SELF LEARNING (DSL)

Practical Copy-Writing	1. Practice proper formatting and documentation of practical reports 2. Learn standard protocols for recording laboratory observations 3. Develop systematic note-taking skills for medical education	1.5
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MIT	HOURS
Total LGIS	19
Total Demonstration/Practical	6
Total SGDs	4.5
Total DSL	1.5
Total teaching hours	31

Theme-3 (Growth and development of human body)

S No.	Topic	Learning Objectives	Teaching Strategy	Hours	Assessment Tools
EMBRYOLOGY					
1	Introduction to Embryology	Describe the developmental periods. Discuss embryologic terminology. Explain significance of embryology.	LGIS	1	MCQs/SAQs
2 3	Spermatogenesis/ Oogenesis	Describe the process of spermatogenesis. Enlist the differences between spermiogenesis and spermatogenesis. Describe the morphological changes during maturation of gametes. Describe oogenesis and its correlation with meiosis. Compare the male and female gametes.	LGIS	1	MCQs/SAQs Viva
4	Ovulation to transportation	Describe the ovarian cycle. Discuss the process of follicular development. Explain the process of ovulation. Correlate with the phases of menstrual cycle. Discuss the transport of gametes. Describe the transport of sperms. Describe the oocyte transport.	LGIS	1	MCQs/SAQs Viva

		Explain the maturation of sperms.			
6	Fertilization – Events	Define fertilization. Describe the process of fertilization. Explain assisted reproductive technologies like In-vitro fertilization (IVF), assisted IVF and intra cytoplasmic sperm injection (ICSI). Discuss the clinical correlation of the fertilization.	LGIS	1	MCQs/SAQs Viva
7	Implantation & Its Abnormalities	Describe the process of cleavage of zygote. Discuss the formation of blastocyst. Summarize the events of first week of development. Discuss the process of implantation. Enumerate the sites of implantation. Discuss clinical correlations of the implantation process.	LGIS	1	MCQs/SAQs Viva
9	Amniotic cavity	Describe the formation of amniotic cavity. Discuss the development of embryonic disc. Discuss the development of umbilical vesicle. Explain the development of Chorionic sac.	LGIS	1	MCQs/SAQs Viva
10	Events of 2 nd Week of Development	Summarize the events of second week of development. Discuss the clinical correlates of the second week of development.	LGIS	1	MCQs/SAQs Viva

11	Events of 3rd Week	Explain the process of formation of notochord. Describe the process of gastrulation. Explain the process of Neurulation. Explain the development of somites. Describe briefly derivatives of germ layers. Describe the process of development of Trophoblast and Neurulation.	LGIS	1	MCQs/SAQs Viva
17	Development of 4-8 weeks	Describe the process and types of folding of embryo. Enlist the events occurring in 4-8 weeks of development.	LGIS	1	MCQs/SAQs Viva
BIOCHEMISTRY					
18	Chemistry of Acids and Bases	Define acids, bases. Describe strong acids and weak acids. Describe strong bases and weak bases. List different types and sources of acids and bases in our body Describe the mechanism of their normal balance and biochemical importance	LGIS	1	MCQs/SAQs Viva
19	Importance of surface tension and viscosity in our body	Explain surface tension, viscosity, vapor pressure, normal boiling point and capillary action.	LGIS	1	MCQs/SAQs Viva
20	Carbohydrates -I	Describe carbohydrates and give their Bio-chemical importance. Classify Carbohydrates. Explain carbohydrate and its Bio-chemical structure. Describe the different isomers of monosaccharides. e.g. Galactose, mannose, fructose, dextrose. Describe the role of dextrose in I/V infusion.	LGIS	2	MCQs/SAQs Viva

		Describe the role of mannitol in cerebral edema.			
21	Carbohydrates - II	Describe the structure of disaccharides and oligosaccharides.	LGIS	1	MCQs/SAQs Viva
22	Carbohydrates - III	Relate the structure of polysaccharides with its clinical importance. List the functions of carbohydrates in cell membrane, energy provision and nutrition supply to different parts of body.	LGIS	1	MCQs/SAQs Viva
COMMUNITY MEDICINE					
23	Determinants of health	Define Health. Describe the Determinants of Health.	LGIS	1	MCQs/SAQs
24	Disease causation	Describe Spectrum of Disease. Explain Natural History of Disease. Explain Theories of Disease Causation. Differentiate between Disease Elimination and Eradication.	LGIS	1	MCQs/SAQs
25	Chain of infection	Describe reservoirs of infection & chain of infection.	LGIS	1	MCQs/SAQs
26	Levels of prevention	Discuss /describe Levels of Prevention.	LGIS	1	MCQs/SAQs
LAB WORK					
PATHOLOGY					
27	Sterilization	Explain the process of sterilization Enumerate the different methods of sterilization Observe the process of autoclaving in the laboratory	Demonstration /Practical	2	OSPE
PHYSIOLOGY					
28	Capillary Blood Sampling	Obtain capillary blood sample for hematological investigations through prick method Identify the sites for obtaining blood sample with different methods and	Demonstration /Practical	2	OSPE

		list the indications for their use.			
BIOCHEMISTRY					
29	Detection of Monosaccharides	Define Monosaccharides Discuss their structure and types Perform the sequence of tests to identify the monosaccharides in a given solution	Demonstration /Practical	2	OSPE
30	Detection of Reducing and non-reducing Sugars	Define reducing sugars. Discuss structure and types of reducing sugars Perform Benedict's test	Demonstration /Practical	2	OSPE
31	Detection of Polysaccharides in a given Solution	Define Polysaccharides. Discuss structures and types of Polysaccharides Perform the sequence of tests to identify the polysaccharides in a given solution	Demonstration /Practical	2	OSPE
SMALL GROUP DISCUSSIONS					
ANATOMY					
32	Study of embryology models	Describe the changes occurring during the first 3 weeks of development	SGDs	1.5	MCQs/SAQs
PHYSIOLOGY					
33	Cell membrane and Different types of Action Potentials	Describe the structure and functions of cell membrane Describe the genesis of resting membrane potential Describe phases and types of action potential	SGDs	1.5	MCQs/SAQs
BIOCHEMISTRY					
34	GAGs	Describe the structure and functions of glycosaminoglycans.	SGDs	1.5	MCQs/SAQs
DIRECTED SELF LEARNING					
ANATOMYs					
35	Fertilization – Events	Define fertilization & describe its process. Explain assisted reproductive technologies like In-vitro fertilization (IVF), assisted IVF and intra cytoplasmic sperm injection (ICSI).	DSL	1	MCQs/SAQs
PHYSIOLOGY					

36	Physiological Anatomy of Autonomic Nervous system	Describe the functions of the autonomic nervous system. Compare and contrast the functions of sympathetic and para sympathetic nervous system. Classify autonomic receptors.	DSL	1	MCQs/SAQs
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MIT	No
Total LGIS	19
Total Demonstration/Practical	10
Total SGDs	4.5
Total SDLs	2
Total teaching hours	35.5

Theme-4 (Human Body Tissues, Bones and Joints)

S No.	Topic	Learning Objectives	Teaching Strategy	Hours	Assessment Tools
ANATOMY					
1	Organization of human body	Name the six levels of structural organization in the human body. Identify how tissues form organs in different body systems. Give one example of how a problem at a lower level affects the whole body.	LGIS	1	MCQs/SAQs Viva
2	Classification of Bones and Cartilage	Describe the structure and function of bone. Classify bones on the basis of length and shape. Identify the markings on bone. Describe cartilage. Classify the types of cartilage. Describe the types of cartilages	LGIS	1	MCQs/SAQs Viva
4	Introduction to Joints	Classify joints on the basis of structure. Describe the mechanism of movements of joint and factor responsible for stability of joints.	LGIS	1	MCQs/SAQs Viva
5	Muscles	Describe various muscle types based on common characteristics	LGIS	1	MCQs/SAQs Viva
6	Skin / Integumentary system Skin (dermis & epidermis) Skin creases, Nails, Hairs, Glands (Sebaceous & sweat) Shift to histology	Discuss the anatomical structures of Skin / Integumentary system.	LGIS	1	MCQs/SAQs Viva

	Section				
7	Lymphatic system	Describe the lymphatic system. Explain the functions of lymphatic system. Describe the organization of lymphatic system. Explain the mechanisms for the movement of lymph in the body.	LGIS	1	MCQs/SAQs Viva
8	Nervous system Divisions (central & peripheral and somatic & autonomic)	Define the organization of nervous system. Describe the divisions of nervous system. Describe the divisions of nervous system. And concept of dermatome. and myotome Describe the formation of nerve plexus. Describe the organization of autonomic nervous system. Differentiate between sympathetic and parasympathetic nervous system on the basis of structure.	LGIS	1	MCQs/SAQs Viva
10	Membranes Mucous membranes Serous membranes	Describe the structure of membranes of human body.	LGIS	1	MCQs/SAQs Viva
11	Fascia, ligaments and raphe	Describe the anatomy and significance of fascia, ligaments and raphe. Compare the functional roles of fascia, ligaments, and raphe in supporting and connecting body structures. Correlate injury or dysfunction of these connective tissues with a	LGIS	1	MCQs/SAQs Viva

		specific clinical condition.			
12	Introduction to radiology and Radiological anatomy	Identify various anatomical landmarks on radiography. Describe commonly used radiographs. Describe various view used for obtaining radiographs.	LGIS	1	MCQs/SAQs Viva
HISTOLOGY					
13	Body Tissues: Types, Classification, Characteristics, and Functions	Define tissue and describe the basic tissues in human body. Classify epithelium. Describe the general features of epithelium. Explain the specialized functions of different types of epithelial cells Describe the structure of main types of cell junctions..	LGIS	1	MCQs/SAQs Viva
15	Structural and Functional Organization of Epithelial Tissues	Enlist glandular epithelia. Classify them on the basis of morphology, nature of secretion and mode of secretion. Differentiate between exocrine & endocrine glands on the basis of structure and function. Describe the surface specialization of epithelia. Correlate their structure, with their location and function. Describe the structure of basement membrane & correlate it with its function.	LGIS	1	MCQs/SAQs Viva
18	Connective tissue	Define connective tissue. Classify connective tissues.	LGIS	1	MCQs/SAQs Viva

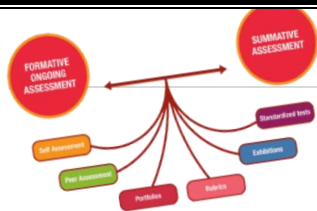
		Explain the different types of Connective tissues proper.			
PHYSIOLOGY					
19	Autonomic Nervous system	Describe the functions of the autonomic nervous system. Compare and contrast the functions of sympathetic and para sympathetic nervous system. Classify autonomic receptors.	LGIS	1	MCQs/SAQs Viva
BIOCHEMISTRY					
20	Structure and function of GAGS	Describe the structure and function of GAGS and its clinical importance.	LGIS	1	MCQs/SAQs Viva
PATHOLOGY					
21	Necrosis	Discuss the Process of necrosis Explain the process of apoptosis Differentiate between apoptosis and necrosis.	LGIS	1	MCQs/SAQs Viva
22	Inflammation	Describe acute inflammation. Describe events of acute inflammation. Describe chronic inflammation. Differentiate between acute and chronic inflammation.	LGIS	1	MCQs/SAQs Viva
FORENSIC MEDICINE					
23	Death	Define death. Describe stages of death. Describe medico legal importance of stages of death.	LGIS	1	MCQs/SAQs
LAB WORK					
PATHOLOGY					
24	Tissue Processing	Describe the process of tissue processing for histopathological examination.	Demonstration / Practical	2	OSPE
ANATOMY					

25	Anatomical terms	Demonstrate anatomical terms for planes, position and movements. Demonstrate standard anatomical position and its application.	Demonstration / Practical	2	OSPE
HISTOLOGY					
26	H& E staining	Perform H & E staining of tissue slides under supervision in the laboratory	Demonstration / Practical	2	OSPE
27	Simple Epithelia	Identify and describe simple epithelia under microscope	Demonstration / Practical	2	OSPE
28	Stratified Epithelia	Identify and describe stratified epithelia under microscope	Demonstration / Practical	2	OSPE
29	Glands	Identify different types of glands under microscope	Demonstration / Practical	2	OSPE
PHYSIOLOGY					
30	GPE	Observe GPE and correlate phyioanatomical importance of different body vitals.	Demonstration / Practical	2	OSPE
SMALL GROUP DISCUSSIONS					
ANATOMY					
31	Anatomical terms	Demonstrate anatomical terms for planes, position and movements. Demonstrate standard anatomical position and its application.	SGDs	1.5	MCQs/SAQs
PHYSIOLOGY					
32	Autonomic Nervous system	Describe the functions of the autonomic nervous system. Compare and contrast the functions of sympathetic and para sympathetic nervous system. Classify autonomic receptors.	SGDs	1.5	MCQs/SAQs
BIOCHEMISTRY					

33	Structure and function of GAGS	Describe the structure and function of GAGS and its clinical importance.	SGDs	1.5	MCQs/SAQs
DIRECTED SELF LEARNING					
ANATOMY					
34	Organization of human body	1. Describe hierarchical organization of human body (chemical → cellular → tissue → organ → system) 2. Explain structure-function relationship at each level 3. Identify four basic tissue types and their distributions 4. Correlate organizational principles with clinical assessment	DSL	1	MCQs/SAQs
35	Anatomical terms	Describe the anatomical terms for planes, position and movements	DSL	1	MCQs/SAQs
PHYSIOLOGY					
36	Functions of Autonomic Nervous system	Describe the functions of the autonomic nervous system. Compare and contrast the functions of sympathetic and parasympathetic nervous system. Classify autonomic receptors.	DSL	1	MCQs/SAQs
37	Inflammation	Describe the physiological characteristics of inflammation	DSL	1	MCQs/SAQs
38	Revision	1. Review basic concepts of medical education and professional development 2. Recall foundational principles of major medical disciplines 3. Integrate introductory	DSL	4.5	-----

		concepts from Anatomy, Physiology, Biochemistry, Pathology, and Community Medicine 4. Identify connections between basic sciences and clinical practice 5. Consolidate knowledge of cellular structure, division, and genetics 6. Review membrane physiology, transport mechanisms, and homeostasis 7. Integrate biochemical principles with cellular physiology 8. Connect fertilization and early development with cellular processes Review tissue organization and histology concepts 9. Integrate knowledge of human body organization across disciplines			
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MIT	No
Total LGIS	18
Total Demonstration/Practical	14
Total SGDs	3.5
Total SDLs	8.5
Total teaching hours	38.5
Total = 119.5 Teaching Hours	



11.Examination and Methods of Assessment:

Assessments within the MBBS program at the MIMC consist of both formative and summative evaluations. These assessments are crucial for monitoring student progress and academic performance.

1.1 Formative Assessment:

Formative assessments, accounting for 20% of the total marks assigned to each block, serve as ongoing evaluations designed to provide feedback and promote learning. Formative assessments are conducted after the completion of each module, ensuring students receive timely feedback to enhance their understanding and performance.

1.2 Summative Assessment:

Summative assessments, comprising 80% of the total assessment weighting, are conducted and overseen by constitute university as part of the annual examination process. This summative assessment evaluates students' comprehensive understanding of the curriculum and constitutes a significant portion of their final scores.

1.3 Assessment Tools:

Various assessment tools are employed to measure students' knowledge and competencies. These tools include:

1. **Written Examinations:** These include Multiple Choice Questions (MCQs) and Short Answer Questions (SAQs) that assess students' theoretical knowledge.
2. **Performance Assessments:** Objective Structured Practical Examinations (OSPE) and Objective Structured Clinical Examinations (OSCE) are used to evaluate practical skills and clinical competence.
3. **Assignments:** Presentations, projects, and self-reflection assignments are included in the assessment process to enhance students' critical thinking and research skills.

Exam Blueprint of Internal Assessment Theory 20%		
1	Attendance ($\geq 95\%= 2$, 75-94%=1)	2%
2	Module/Mid Modular Viva/Mid- clerkship/End Clerkship Exams	5%
3	Pre Prof	10%
4	CATs Continuous Assessment Tests (Average Score of MCQs/SAQs/Viva/Case presentations attempted after every learning session)	3%
Total		20%

Exam Blueprint of Internal Assessment OSPEs/OSCEs & Behavioral Assessment 20%		
1	Attendance ($\geq 95\%= 2$, 75-94%=1)	2%
	Practical books/Logbooks	2%
2	Module OSPEs /Mid-clerkship OSCEs/End Clerkship OSCEs	3%
3	Pre Prof	10%
4	OSPEs/OSCEs/Logbooks Discipline/Attitude, Responsibility and Teamwork	3%
Total		20%

1.4 Feedback Mechanism:

At the end of each block, a "Block Evaluation Form" will be provided to students, either in hard copy or online. Students will give their feedback on the "Course Content," "Learning Resources," "Teaching Methods," "Engagement & Motivation," and "Assessment Methods."



12. Learning Opportunities and Resources

1. Anatomy

Books:

- *Clinical Anatomy by Regions* by Richard S. Snell (Latest Edition)
- *Gray's Anatomy for Students* (Latest Edition)
- *Clinically Oriented Anatomy* by K.L. Moore (Latest Edition)
- *Netter's Atlas of Human Anatomy* (Latest Edition)
- *Last's Anatomy* (Latest Edition)

Online Resources:

- [TeachMeAnatomy](#) – Comprehensive anatomy resource with diagrams and explanations.
- [AnatomyZone YouTube Channel](#) – 3D anatomy tutorials.

2. Histology

Books:

- *Textbook of Histology* by Junqueira (Latest Edition)
- *diFiore's Atlas of Histology with Functional Correlations* (Latest Edition)
- *Atlas of Human Histology* by Wheater's (Latest Edition)
- *Textbook of Histology* by Laiq Hussain (Latest Edition)

Online Resources:

- [Histology Guide](#) – A virtual histology lab with slides and explanations.
- [Armando Hasudungan YouTube Channel](#) – Educational videos on histology and related topics.

3. Embryology

Books:

- *Langman's Medical Embryology* (Latest Edition)
- *The Developing Human* by Keith L. Moore (Latest Edition)

Online Resources:

- Embryology at UNSW – Detailed embryology resource from the University of New South Wales.
- [Dr. Najeeb Lectures YouTube Channel](#) – In-depth video lectures on embryology and other basic medical sciences.

4. Physiology

Books:

- *Textbook of Medical Physiology* by Guyton and Hall (Latest Edition)
- *Ganong's Review of Medical Physiology* (Latest Edition)

Online Resources:

- Vivo Interactive Physiology – Interactive tutorials on physiology topics.
- [PhysioPathoPharmaco YouTube Channel](#) – Physiology explanations and tutorials.

5. Biochemistry

Books:

- *Harper's Illustrated Biochemistry* (Latest Edition)
- *Lippincott's Illustrated Review: Biochemistry* (Latest Edition)

Online Resources:

- MedlinePlus Biochemistry – Basic biochemistry concepts with clinical correlations.

- [Osmosis YouTube Channel](#) – Visual and concise videos on biochemistry and other medical topics.

6. Pharmacology

Books:

- *Katzung's Basic and Clinical Pharmacology* (Latest Edition)

Online Resources:

- [Pharmacology YouTube Channel by Ninja Nerd](#) – Detailed pharmacology lectures and notes.
- [GoodRx Pharmacology Resources](#) – Practical applications of pharmacology in medicine.

7. Pathology

Books:

- *Robbins Basic Pathology* (Latest Edition)

Online Resources:

- [PathologyOutlines.com](#) – An online pathology resource with a focus on differential diagnosis.
- [Dr. John Minarcik YouTube Channel](#) – Free pathology lectures and tutorials.

8. Community Medicine

Books:

- *Essential Community Medicine* (Latest Edition)
- *K. Park's Textbook of Preventive and Social Medicine* (Latest Edition)

Online Resources:

- [CDC Public Health](#) – Extensive resources on public health and community medicine.
- [Public Health England YouTube Channel](#) – Videos on various community health topics.

9. Forensic Medicine

Books:

- *Parikh's Textbook of Medical Jurisprudence, Forensic Medicine, and Toxicology* (Latest Edition)

Online Resources:

- [Forensic Medicine Online](#) – Detailed forensic medicine resources for students.
- [Forensic Pathology Lectures YouTube Channel](#) – Educational videos on forensic pathology.

10. General Medicine

Books:

- *Davidson's Principles and Practice of Medicine* (Latest Edition)

Online Resources:

- [Medscape](#) – Comprehensive resource for clinical medicine and continuing medical education.
- [Geeky Medics YouTube Channel](#) – Clinical skills and general medicine tutorials.

13. Timetables



MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE , MIRPUR, (AJ&K)

DEPARTMENT OF MEDICAL EDUCATION

Foundation 1 Module (Theme 1/2)

Time Table 1st Year MBBS, 2026



Week-1	Venue for LGIS : 1st Year Lecture Hall					
Day / Date	Time					
	08:00AM - 09:00AM	09:00AM -10:00AM		10:30 AM - 11:30 AM	11:30 AM - 01:00PM	01:30 PM - 03:00PM
MONDAY 26-01-2026	WHITE COAT CEREMONY					
TUESDAY 27-01-2026	ORIENTATION PROGRAM					
WEDNESDAY 28-01-2026	Medical Education LGIS Topic: Introduction to MBBS Program and Foundation 1 Module Fac: Dr. M Junaid Khan	PHY-1 LGIS Topic: Physiology and its sub branches Fac: Prof. Dr. Ayyaz Ahmed	Break 10:00- 10:30 AM	BIO-1 LGIS Topic: Introduction to biochemistry and its implication in medicine Fac: All Faculty	PATHO-1 LGIS Topic: Introduction to Pathology and its implication in medicine Fac: Dr. Sara Najeeb	C. MED. 1 LGIS Topic: Introduction to Community medicine and its implication Fac: Prof. Dr. Abrar Hussain
THURSDAY 29-01-2026	ANT-1 LGIS Topic: Anatomy and its sub branches Fac: Prof.Dr.Col Shafqat Ali	PHY-2 LGIS Topic: Cell membrane physiology Cell structure and Organization Fac: Dr. Sana Majeed		BIO-2 LGIS Topic: Biochemical structure of cell and Biochemical structure of Mitochondria Fac: Dr.Zahira Bashir	ANT-2 LGIS Topic: Nuclear structure and components Fac: Prof.Dr.Col Shafqat Ali	ANT-SGD Topic: Anatomical nomenclature Fac: Dr.Maham Amin
FRIDAY 30-01-2026	ANT-3 LGIS Topic: Cell structure and its Organelles Fac: Dr.Maheen Afraz	F. MED. 1 LGIS Topic: Introduction to Forensic Medicine and Toxicology Fac: Prof. Dr. Aftab Alam		10:30 AM - 12:00PM ANT-Tutorial/Demonstration Topic: Cell division and Motosis Fac: Dr.Maham Amin & Dr.Anam Zafar	12:00 PM - 12:30 PM SDL	

Prayer Break 01:00- 01:30 PM



MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE , MIRPUR, (AJ&K)

DEPARTMENT OF MEDICAL EDUCATION

Foundation 1 Module (Theme 2)

Time Table 1st Year MBBS, 2026



Week-2	Venue for LGIS : 1st Year Lecture Hall					
Day / Date	Time					
	08:00AM - 09:00AM	09:00AM - 10:00AM	Break 10:00 - 10:30 AM	10:30 AM - 11:30 AM	11:30 AM - 01:00PM	01:30 PM - 03:00PM
MONDAY 02-02-2026	ANT-4 LGIS Topic: Meiosis Fac: Prof.Dr.Col Shafqat Ali	PHY-3 LGIS Topic: Homeostasis-I Fac: Dr. Sana Majeed		BIO-3 LGIS Topic: RNA & DNA Fac: Dr. Wajahat Ullah Khan	Group-A= PHY-Practical-1 Group-B=BIO-Practical-1 Group-C= DSL-1	Group-A=ANT Practical-1 Group-B= PHY- SGD Group-C=BIO Practical -2
TUESDAY 03-02-2026	PHY-4 LGIS Topic: Homeostasis-II Fac: Dr. Sana Majeed	BIO-4 LGIS Topic: Buffers Fac: Prof. Dr. M. Naqib		ANT-5 LGIS Topic: Spermatogenesis - Oogenesis Fac: Prof.Dr.Col Shafqat Ali	Group-B= PHY-Practical-1 Group-C=BIO-Practical-1 Group-A= DSL-1	Group-B=ANT Practical-1 Group-C= PHY- SGD Group-A=BIO Practical-2
WEDNESDAY 04-02-2026	PHY-5 LGIS Topic: Homeostasis-III Fac: Dr. Sana Majeed	BIO-5 LGIS Topic: Cellular membrane transport mechanism-I Fac: Prof. Dr. M. Naqib		ANT-6 LGIS Topic: Organization of human body Fac: Dr. Usman Arshad	Group-C= PHY-Practical-1 Group-A=BIO-Practical-1 Group-B= DSL-1	PHY-6 LGIS Topic: Non-Vesicular Transport Fac: Prof. Dr. Ayyaz Ahmed
THURSDAY 05-02-2026	PHY-7 LGIS Topic: Membrane potential & Membrane Physiology Fac: Dr. Barkat Ullah Khan Awan	BIO-6 LGIS Topic: Cellular membrane transport mechanism-II Fac: Prof. Dr. M. Naqib		ANT-7 LGIS Topic: Ovulation to transportation Fac: Prof.Dr.Col Shafqat Ali	PHY-8 LGIS Topic: Cell Organelles & Movements of cell Fac: Prof. Dr. Ayyaz Ahmed	PHARMA-1 LGIS Topic: Introduction to Pharmacology and its implication in medicine Fac: Dr. Saman Omer
FRIDAY 06-02-2026	PHY-9 LGIS Topic: Depolarization & Repolarization Fac: Dr. Barkat Ullah Khan Awan	PHY-10 LGIS Topic: Vesicular Transport Fac: Dr. Barkat Ullah Khan Awan		10:30 AM - 11:30AM IT-1 LGIS Topic: Basics of MS word skills, Powerpoint skills and Excel sheet Fac: Muhammad Bilal Khan	11:30 AM - 12:30PM Group-C=ANT Practical-1 Group-A= PHY- SGD Group-B=BIO Practical-2	SDL
SGDs/DSL			Practicals			
PHY SGD (Topic: Review of functions of Organelles) DSL-1: practical copy-writing (Venue: Library)			PHY Practical-1 (Topic: Introduction & Lab equipments) BIO Practical-1 (Topic: PH & Buffer solutions) ANT Practical-1 (Topic: The Microscop (Histology) BIO Practical-2 (Topic: Detection of reducing & non-reducing sugars)			


MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE , MIRPUR, (AJ&K)
DEPARTMENT OF MEDICAL EDUCATION
**Foundation 1 Module (Theme 3)
Time Table 1st Year MBBS, 2026**


Week-3	Venue for LGIS : 1st Year Lecture Hall					
Day / Date	Time					
	08:00AM - 09:00AM	09:00AM -10:00AM	Break 10:00- 10:30 AM	10:30 AM - 11:30 AM	11:30 AM - 01:00PM	Prayer Break 01:00- 01:30
MONDAY 09-02-2026	ANT-8 LGIS Topic: Fertilization - Events Fac: Prof.Dr.Col Shafqat Ali	BIO-7 LGIS Topic: Chemistry of Acids and Bases Fac: Prof. Dr. M. Naqib		PHARMA-2 LGIS Topic: Routes of administration of drugs Fac: Dr. Salma Salim	Group-A: BIO Practical-3 Group-B: PYH-Practical-2 Group-C: Path Practical-1	Group-A: ANT SGD Group-B: BIO-SGD Group C: PHY- SGD Group D: BIO-Practical-4
TUESDAY 10-02-2026	ANT-9 LGIS Topic: Implantation & Its Abnormalities Fac: Prof.Dr.Col Shafqat Ali	BIO-8 LGIS Topic: Surface tension & Viscosity in our body Fac: Prof. Dr. M. Naqib		PATHO-2 LGIS Topic: Cell injury Fac: Dr. Farzana Habib	Group-B: BIO Practical-3 Group-C: PYH-Practical-2 Group-A: Path Practical-1	Group-B: ANT SGD Group-C: BIO-SGD Group D: PHY- SGD Group A: BIO-Practical-4
WEDNESDAY 11-02-2026						
THURSDAY 12-02-2026	ANT-10 LGIS Topic: Amniotic Cavity Fac: Prof.Dr.Col Shafqat Ali	BIO-9 LGIS Topic: Carbohydrates -I Fac: Dr. Wajahat Ullah khan	Break 10:00- 10:30 AM	ANT-11 LGIS Topic: Classification of Bones & Cartilage Fac: Dr. Anam Zafar	Group-C: BIO Practical-3 Group-A: PYH-Practical-2 Group-B: Path Practical-1	Group-C: ANT SGD Group-D: BIO-SGD Group A: PHY- SGD Group B: BIO-Practical-4
FRIDAY 13-02-2026	ANT-12 LGIS Topic: Introduction to Joints Fac: Dr. Maham Amin	BIO-10 LGIS Topic: Carbohydrates -II Fac: Dr. Wajahat Ullah khan		Group-D: ANT SGD Group-A: BIO-SGD Group B: PHY- SGD Group C: BIO-Practical-4	SDL	
SGD			Practicals			
ANT-Topic: Study of Embryology models BIO-Topic: Ion exchange & adsorption PHY-Topic: Cell membrane & different types of action potentials DSL-2: Fertilization Events, Venue: Library.			BIO Practical-3: (Detection of monosaccharides) PHY-Practical-2 (Blood Sampling) Path-Practical-1 (Lab Visits) BIO Practical-4 (Detection of Polysaccharides)			
Dr. M Junaid Khan Department of Medical Education			Principal Brig(R) Prof. Dr. Abdul Halim			

 MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE , MIRPUR, (AJ&K) DEPARTMENT OF MEDICAL EDUCATION Foundation 1 Module (Theme 4/5) Time Table 1st Year MBBS, 2026 						
Week-4	Venue for LGIS : 1st Year Lecture Hall					
Day / Date	Time					
	08:00AM - 09:00AM	09:00AM - 10:00AM	10:30 AM - 11:30 AM	11:30 AM - 01:00PM	01:30 PM - 03:00PM	
MONDAY 16-02-2026	ANT-13 LGIS Topic: Events of 2nd week of development Fac: Prof.Dr.Col Shafqat Ali	BIO-11 LGIS Topic: Structure & Function of GAGS Fac: Dr. Wajahat Ullah Khan	SDL	ANT-14 Practical Topic: Anatomical terms Fac: Dr. Attiya Ghazanfar	Group-A: BIO-SGD Group-B: ANT-SGD Group C: DSL-3 Group D: PHY-Practical	Prayer Break 01:00- 01:30 PM
TUESDAY 17-02-2026	ANT-15 LGIS Topic: events of 3rd week of development Fac: Prof.Dr.Col Shafqat Ali	F. MED. 2 LGIS Topic: Death Fac: Prof. Dr. Aftab Alam	DSL-4 Topic: Cell membrane physiology Fac: Dr. Zoona Batool Venue: Library	PATHO-4 Practical Topic: Hand washing technique & PPE Fac: Dr. Mohi-ud-din	Group-B: BIO-SGD Group-C: ANT-SGD Group D: DSL-3 Group A PHY-Practical	
WEDNESDAY 18-02-2026	ANT-16 (Histology) LGIS Topic: Structural and Functional Organization of Epithelial Tissues Fac: Dr. Attiya Ghazanfar	PATHO-5 LGIS Topic: Necrosis & Inflammation Fac: Dr. Sadia Samad	ANT-17 LGIS Topic: Muscles Fac: Dr. Maham Amin	ANT-18 (Histology) Practical Topic: H & E Staining Fac: Dr. Attiya Ghazanfar	Group-C: BIO-SGD Group-D: ANT-SGD Group A: DSL-3 Group B: PHY-Practical	
THURSDAY 19-02-2026	ANT-19 LGIS Topic: Development of 4-8 weeks Fac: Prof.Dr.Col Shafqat Ali	LGIS ISL -1 Fac: Hafiz Ghulam Yasin	ANT-20 Practical (Histology) Topic: Simple Epithelia Fac: Dr. Attiya Ghazanfar	SGD Group D: BIO - 12 Group A: ANT- 21 Group B: DSL -4 Group C: PHY - 11 (Practical)		
FRIDAY 20-02-2026	PAK. Studies 1 LGIS Fac: Hafiz Ghulam Yasin	DSL-5 Topic: Cell structure and its Organelles Fac: Dr. Zoona Batool Venue: Library	10:30 AM - 12:00PM ANT-22 Practical (Histology) Topic: Stratified Epithelia Fac: Dr. Attiya Ghazanfar			
SGDs/DSLs			Practical			
ANT-Topic: Anatomical terms BIO-Topic: Structure & Function of GAGS DSL-3: Topic: Organization of human body DSL-4: Topic: Cell membrane physiolog DSL-5: Topic: Cell structure and its Organelles			PHY - 11 Topic: GPE			



MOHI-UD-DIN ISLAMIC MEDICAL COLLEGE , MIRPUR, (AJ&K)

DEPARTMENT OF MEDICAL EDUCATION

Foundation 1 Module (Theme 5)

Time Table 1st Year MBBS, 2026



Week-5	Venue for LGIS : 1st Year Lecture Hall			
Day / Date	Time			
	08:00AM - 09:00AM	09:00AM - 10:00AM	10:30 AM - 11:30 AM	11:30 AM - 01:00PM
MONDAY 23-02-2026	ANT-23 LGIS Topic: Connective tissue Fac: Prof.Dr.Col Shafqat Ali	PRIME-1 LGIS Topic: Bio-Psycho-Social Model of Health Care Fac: Prof. Dr. Fazaila Sabih	ANT-24 LGIS Topic: Skin / Integumentary system Fac: Prof.Dr.Col Shafqat Ali	ANT - 25 Histo Practical PHY - 12 SGD
TUESDAY 24-02-2026	ANT-26 LGIS Topic: Lymphatic System Fac: Dr. Anam Zafar	PHY-13 LGIS Topic: Autonomic Nervous System Fac: Prof. Dr. Ayyaz Ahmed	ANT-27 LGIS Topic: Nervous System Divisions Fac: Dr. Maham Amin	ANT - 25 Histo Practical PHY - 12 SGD
WEDNESDAY 25-02-2026	ANT-28 LGIS Topic: Membranes (Mucous Membrane & Serous Membrane) Fac: Dr. Anam Zafar	RAD-1 LGIS Topic: Introduction to Radiology & Radiological Anatomy Fac: Prof. Dr. Irfan ul Haq	ANT-29 LGIS Topic: Fascia, Ligaments and Raphe Fac: Dr. Maham Amin	DSL 6 Topic: Revision of week - 1 Fac: Dr. Shafan Khan Venue: Library
Blood and Immunology - 1 Module				
SGDs/DSLs			Practical	
DSL 6: Topic: Revision of week 1			ANT-Practical Topic: Glands	

14. For inquiries and troubleshooting



Please contact
DME

15.Feedback

Scan given below QR code to submit end of Block Feedback



16.Students Diary/Notes

[illegible]

PROGRESS: _____

ACHIEVEMENT: _____