



Department of Community Medicine

DR. RAM MANOHAR LOHIA INSTITUTE OF MEDICAL SCIENCES

VIBHUTI KHAND, GOMTI NAGAR, LUCKNOW, U.P.-226010

Ph. No. 0522-4918555, 4918505 FAX-0522-4918506 Website-www.rmlims.in

Ref. No. 7221/Dr.RMLIMS/CM/2026

Date:-03-10-2026

To,

The Dean
RMLIMS,
Lucknow.

Sub: Regarding Foundation Course of MBBS Batch 2026.

Respected Sir,

As per the letter received from your office, Dr. RMLIMS (Ref. No. 219/UG/Dr.RMLIMS/2026, dated - 24 /09/2026), the Foundation Course Program as mandated by the NMC for MBBS new batch 2026 will be starting from 05/10/2026 (Monday) to 19/10/2026 (Monday) The department of Community Medicine will be co-ordinating the program this year.

The Foundation Course will be starting from 05/10/2026 with the following timings on all days 5th to 17th Oct 2026. The White Coat ceremony will be held from 10 am to 01 pm on 19th October 2026.

1. Daily Yoga Sessions in Yogshala, Dept. of Physiology from Monday to Friday (No Yoga Sessions on Saturday & Sunday).

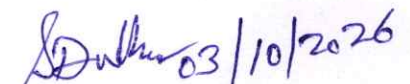
Daily Yoga Session in Yogshala, Dept. of Physiology from Monday to Friday (No Yoga Sessions on Saturday & Sunday)			
Sr. No.	Date	Timing	Distribution of Roll No.
1.	05/10/2026 & 06/10/2026	08 am to 09 am	01 - 40
2.	07/10/2026 & 08/10/2026	08 am to 09 am	41 - 80
3.	09/10/2026 & 12/10/2026	08 am to 09 am	81 - 120
4.	13/10/2026 & 14/10/2026	08 am to 09 am	121 - 160
5.	15/10/2026 & 16/10/2026	08 am to 09 am	161 - 200

The Foundation Course Classes will be held in LT – 05, Academic Block, from 09 am to 04 pm from 5th October to 17th October 2026 from Monday to Saturday (Lunch 01 pm to 02 pm).

You are requested to issue necessary instruction to Girls and Boys Hostel Wardens regarding the above schedule.

Thanking You.

Yours Sincerely,


(Dr. S. D. Kandpal)

Prof. & HOD

Dr. S. D. Kandpal
Professor & Head
Department of Community Medicine
Dr. RMLIMS, Vibhuti Khand

Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow								
Foundation Course (Phase I MBBS 2025-26 Batch)								
Date/Day	Time							
	8-9AM	9-10AM	10-11AM	11-12AM	12Noon-1PM	1-2PM	2-3PM	3-4PM
Monday 05/10/2026	Yoga Session (Yogshala Dept. of Physiology) Roll No. (1-40)	Expectation of students from the Nation, Society, Institution, Patients, Peers, Colleagues & vice versa (FC1.3) Dr. Vikas Singh, Associate Professor, Dept. of Community Medicine	Orientation to Medical Education/Overview MBBS curriculum Orientation to Medical Education/Overview MBBS curriculum (FC1.7) Prof. Navbir Pasricha Professor & Associate Dean (Academics), Department of Anatomy	Opportunities in Dr. RMLIMS, Lucknow (FC1.5) Prof. Rajan Bhatnagar Dean, Dr. RMLIMS, Professor & HOD, Department of Anatomy	Healthcare systems in India (Primary, Secondary and tertiary level care) (FC 3.3) Dr. Mih Sengar Associate Professor, Department of Community Medicine	LUNCH BREAK	Group Learning & Group Dynamics (FC 4.12) Dr. Shatanishu Seivastav Professor (Jr), Department of Pediatrics	Rural Health & Training Centre (FC 3.4 & 3.5) Dr. Vinita Shukla Professor (Jr), Department of Community Medicine
Tuesday 06/10/2026	Yoga Session (Yogshala Dept. of Physiology) Roll No. (41-40)	Concept of Professionalism & Medical Ethics (FC 4.1) Dr. Ritu Karoll Professor, Department of General Medicine	How to Communicate in a Variety of Settings, Barriers of Communication and coping, Good communication skills (FC 5.1) Dr. Luxmi Singh Professor & Head, Department of Ophthalmology	Bursting Common Myths related to Health (FC 3.6) Dr. Mridu Singh Professor (Jr), Department of General Medicine	Basic Biostatistics (FC 3.4) Dr. Raj Narayan Assistant Professor (Statistics), Department of Community Medicine	LUNCH BREAK	Hospital information system (FC 5.4) Dr. F.K. Das Professor and Head, Department of Anesthesiology	Law and Medicine (FC 1.2) Dr. Richa Chaudhary Professor & Head, Department of Forensic Medicine, Associate Dean, Student Welfare
Wednesday 07/10/2026	Yoga Session (Yogshala Dept. of Physiology) Roll No. (41-80)	Orientation to Faculty and administrative structure, orientation to support system and processes of institution (FC1.5) Dr. Vikram Singh CMS & Professor and Head, Department of General Medicine	Motivation/Mentoring & Anti-ragging message (FC 4.11) Dr. Vikas Singh Professor, Department of General Surgery, Chief Warden, Boys	Orientation of students to Institutional Rules and Regulations (FC 1.4) Dr. Rashmi Kumari Professor (Jr), Department of Community Medicine, Subdean UG	AETCOM (FC1.7) Dr. Jyotsna Agarwal Professor & Head, Department of Microbiology, Coordinator MBU	LUNCH BREAK	Vaccine, preventable disease, Immunization of health care workers, Self-Safety and Patient safety; Vaccination (FC2.8) Dr. Dipati Agarwal Professor & Head, Department of Pediatrics	English Language (FC 5.3) Mrs. Jasdeep Kaur