



**ESI-PGIMSR & ESIC MEDICAL COLLEGE**  
**ESIC Hospital & ODC (EZ)**  
**Diamond Harbour Road, P.O. Joka, Kolkata - 700104**

**BLOCK 1 BATCH 2022-2023**

GENERAL ANATOMY, UPPER LIMB, GENREAL PHYSIOLOGY & MUSCULO SKELETAL SYSTEM & BLOOD, GENERAL BIOCHEMISTRY, ENZYMES & Hb CHEMISTRY

	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM Group A,B,C	
<b>WK 1</b>	Introduction to ESI-PGIMSR /Orientation					<b>LUNC H BREA K</b>	Foundation Course
<b>WK 2</b> Day 1 Mon	AN 1.1 Hall: 1Terminologies in Anatomy Lecture	Introduction to Physiology	AN 4.1 Composition of Human body – Basic structure	AN 76.1 , 76.2 Describe the stages of human life (ALT)	Batch B AN1.1 Describe normal anatomical position, various planes, PY Batch A.11 Introduction to Microscope Batch C BI 11.1 Commonly used lab equipments, safety, waste disposal-		
Day 2 Tues	PY 1.1, 1.9 Mammalian cell structure, cell organelle, outline of cell membrane structure, composition & Function, communications SDL	Introduction to Biochemistry	AN 76.1,76.2, 77.1 to 77.6 Introduction to Embryology and First Week of Human development	AN 78.1 to 78.5 Embryology – Second Week of Human Development AN 79.1 to 79.6 Embryology Third week of Human Development	Batch A AN1.1 Describe normal anatomical position, various planes PY Batch C2.11 Introduction to Microscope Batch B BI 11.1 Commonly used lab equipments, safety, waste disposal-		
Day 3 Wed	FC 2.8Vaccine-preventable diseases and recommendations for health care personnel - CM	BI 3.1 Monosaccharides, disaccharides and polysaccharides	AN 65.1,65.2 AN 1.1b Describe a light microscope, ALT) Microscope Epithelium-	PY 1.2 Homeostasis & its Disturbances PY1.3 Describe intercellular communication	AN 13.1 to 13.7 Introduction to Osteology , Embryology, Surface marking, Histology, Radiological anatomy:		
Day 4 Thurs	PY 1.6 (HI-BI) Body fluid compartments its ionic composition and measurement	AN 65.1, 65.2, 66.1, 66.2, Basic tissues Histology of epithelial and connective tissue	AETCOM 1.5 <b>The cadaver as our first teacher</b>	ECE*- Early Clinical Exposure -introduction	AN 3.1- 3.3(HI-PY) Muscular system		
Day 5 Fri	BI 3.1 Monosaccharides, disaccharides and polysaccharides	PY 1.5 Transport across the cell- I	FC 2.2 First Aid (Group-A) Skills Lab FC 2.2 First Aid (Group-B)		Batch C AN1.1 Describe normal anatomical position, various planes PY Batch C2.11 Introduction to Microscope Batch A BI 11.1 Commonly used lab equipments, safety, waste disposal-		
Day 6 Sat	<b>CM1.1 Defineanddescribethetheconce ptofPublic Health</b>	PY 1.5 Transport across the cell- II	BI 3.1 SDL Monosaccharides, disaccharides and polysaccharides	FC FC 2.2 First Aid (Group-A) Skills Lab FC 2.2 First Aid (Group-B)	Half Day		

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WK 3	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day 7 Mon	AN 9.1 Introduction to upper limb- Pectoral region- I	PY1.4 Describe apoptosis – programmed cell death	AN 9.1 Introduction to upper limb- Pectoral region- II	AN 7.1 to 7.8 Nervous system: Central Nervous system: Peripheral Nervous system	L	AN 10.3 Gross Anatomy Axilla
Day 8 Tues	PY1.7 Describe the concept of pH & Buffer systems in the body	BI 5.1 structural organization of proteins	AN 6.1 to 6.3 Lymphatic System	AN 10.1 to 10.2 Gross Anatomy Axilla I -II	U	PY11 Hemocytometer Hematology lab
Day 9 Wed	FC 2.8 Vaccine-preventable diseases and recommendations for health care personnel - CM	BI 5.1 structural organization of proteins	AN 5.1 to 5.8 Blood vessels(A)	PY1.8 Describe and discuss the molecular basis of resting membranepotential and action potential in excitable tissue	N	AN 9.2 Dissection Pectoral region-
Day 10 Thurs	PY3.1 structure and functions of a neuron and neuroglia, Nerve Growth Factor -	AN 10.10 Gross Anatomy Deltoid region	AETCOM 1.5 <b>The cadaver as our first teacher</b>	ECE - Anatomy 11.2,11.3 nerves of the Arm	C	AN 7.1 to 7.8 AN 3.1-3.3(HI-PY) Histology: Bone, Cartilage, Muscular system Nervous system: Central Nervous system- All Students
Day 11 Fri	BI 5.2 Hemoglobin and selected hemoglobinopathies	PY3.2 Describe the types, functions & properties of nerve fibers	FC 2.3 Follow bio-safety and universal precautions FC 2.4 , FC 2.5, FC 2.6 Microbiology		H	B11.4 15 Qualitative analysis of Carbohydrates

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Day 12 Sat	CM1.2 Define health; describe the concept of holistic health including concept of spiritual health and the relativity and determinants of health	PY3.2 Describe the types, functions & properties of nerve fibers	BI 5.2 Tutorial Hemoglobin and selected hemoglobinopathies	FC 2.3 Follow bio-safety and universal precautions FC 2.4 , FC 2.5, FC 2.6 Microbiology	Half day
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WK 4	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day 13 Mon	AN 10.12(VI- SU) Shoulder joint	PY3.4 Describe the structure of neuro-muscular junction and transmission of impulses	AN 79.1 to 79.6 Embryology 4th – 8th Weeks	AN 65.1,65.2 Introduction to microscope- Revision	L	AN 10.3 Gross Anatomy Axilla
Day 14 Tues	PY3.5 Discuss the action of neuro-muscular blocking agents	PY3.11 Integration Physiology/Anatomy	AN 10.10 to 10.13 Gross Anatomy Scapular region	AN 10.3-10.13 Dissection: Brachial plexus	U	PY 3.14 Ergography PY3.18 Observe with Computer assisted learning (i) amphibian nerve - muscle experiments SGT
Day 15 Wed	FC2.7 Bio waste Management Microbiology	BI 4.1 Lipid Chemistry	AN 11.1-11.4 Gross Anatomy Arm	PY3.3 Describe the degeneration and regeneration in peripheral nerves PY3.6 Describe the pathophysiology of Myasthenia gravis	N	AN 11.1,11.2 Dissection Scapular region
Day 16 Thurs	PY3.7 Describe the different types of muscle fibres and their structure - SDL	AN 11.5,11.6 Cubital fossa	AETCOM 1.5 <b>The cadaver as our first teacher</b>	ECE PY 3.6 Resolution: Case: Myasthenia gravis	C	AN 11.5 Dissection - Cubital fossa
Day 17 Fri	BI 4.1 Cholesterol and hormonal steroids	PY 3.9 Molecular basis of smooth muscle contraction	FC 2.8 Vaccine-preventable diseases and recommendations for health care personnel- CM FC. 3.1, FC.3.2 Community Medicine		H	BI 11.4 14 Qualitative analysis of Protein
Day 18 Sat	CM 1.3 Describe the characteristics of agent, host and environmental factors in health and disease and the multi factorial etiology of disease.	PY3.8 Describe action potential and its properties in different muscle types (skeletal & smooth)	BI 4.1 Tutorial Phospholipids and sphingolipids	FC. 2.9 Proper Documentation in Patient care Forensic Medicine	Half Day	

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WK 5	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day 19 Mon	AN 67.1-67.3 Histology Basic tissues Nervous tissues	PY3.8 Describe action potential and its properties in different muscle types (skeletal & smooth)	AN 12.1,12.2 Front of forearm	AN 12.1,12.2 Front of forearm	L	AN 11.1,11.2 Dissection Deltoid region
Day 20 Tues	PY3.9 Describe the molecular basis of muscle contraction in skeletal and in smooth muscles	BI 5.2 Tutorial Hemoglobin and selected hemoglobinopathies	AN 11.1-11.3,10.12 Dissection Arm, Shoulder Joint	AN 11.1-11.3,10.12 Dissection Arm, Shoulder Joint	U	PY3.18 Observe with Computer assisted learning (i) amphibian nerve - muscle experiments
Day Wed	FC2.7 Bio waste Management Microbiology	BI 2.1 Concepts of enzyme	AN 67.1-67.3 Histology Basic tissues Muscles	PY3.9 Describe the molecular basis of muscle contraction in skeletal and in smooth muscles	N	AN 11.1,11.2 Dissection Deltoid region
Day Thurs	PY3.10 Describe the mode of muscle contraction (isometric and isotonic)	SDLAN 3.1- 3.3(HI-PY) Muscular system	AETCOM 1.5 The cadaver as our first teacher	ECE AN 75.1 Case1 Resolution – Down's Syndrome: (Small Group)	C	AN 11.1,11.2 Dissection Deltoid region
Day Fri	BI 2.3 Basic principles of enzyme activity	PY3.11 Explain energy source and muscle metabolism	FC 3.3 Demonstrate understanding of the health care systems in India with reference to primary, secondary and tertiary level care Community Medicine		H	BI 11.3 Describe the chemical components of normal urine.
Day Sat	C.M.1.4 Describe natural history of Disease	PY3.12 Explain the gradation of muscular activity	BI 2.4 Enzyme inhibitors	FC. 2.9 Proper Documentation in Patient care Forensic Medicine		Half Day

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WK 6	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	AN 13.3 Elbow joint & anastomosis	PY3.13 Describe muscular dystrophy: myopathies	AN 13.3 Elbow joint & anastomosis	AN 12.2 Radial Nerve and Radial Artery	L	AN 11.1-11.3, 10.12 Dissection Arm, Shoulder Joint
Day Tues	Revision NMP GP SDL	BI 2.5, BI 2.6 & BI 2.7 Integration with Patho & Medicine	AN 12.2 Nerves and Vessels of Forearm	AN 13.3, 13.4 Other joints of upper limb	U	PY2.11 Estimate Hb,
Day Wed	FC 5.3 Demonstrate ability to communicate and learn in English <b>Dr. Monika Pal</b>	BI 2.5, BI 2.6 & BI 2.7 Integration with Patho & Medicine	AN 12.11, 12.12 Back of forearm(A)	<b>PCT GP, NMP Formative Assessment</b>	N	Anatomy Tutorials
Day Thurs	PY2.1 Describe the composition and functions of blood components SDL	SDL- ANATOMY	AETCOM 1.1 What does it mean to be a doctor? 1. Enumerate and describe professional qualities and roles of a physician	<b>ECE- AETCOM-1.1 Hospital visit</b>	C	A N 12.1, 12.2 Dissection forearm
Day Fri	BI 2.1-2.7 Formative Assessment	PY2.2 Discuss the origin, forms, variations and functions of plasma proteins	FC 3.4 Discuss the basic principles of community health and its impact on health and disease FC 3.5, FC 3.6 interactions with patients and families and communities Community Medicine		H	B11.4 15 Revision Qualitative analysis of Carbohydrates
Day Sat	CM1.5 Describe the application of interventions at various levels of prevention	PY2.3 Describe and discuss the synthesis and functions of Haemoglobin and explain its breakdown.	BI 6.6 Biochemical processes involved in generation of energy in cells.	FC. 2.9 Proper Documentation in Patient care Forensic Medicine	Half day	

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WK 7	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	SDL	PY2.4 Describe RBC formation (erythropoiesis & its regulation) and its functions	AN 12.7-12.12 Palm II	AN 12.1,12.2 Dissection forearm/	L	AN 12.3-12.12 Dissection of palm
Day Tues	PY2.4 Describe RBC (erythropoiesis & its regulation) and its functions	PA 16.1 Haemolytic anemia	AN 12.3-12.6 Case 6 introduction: Carpel Tunnel Syndrome Palm I	AN 12.1,12.2 Dissection forearm/	U	PY 2.12( VI-PA) RBC Count
Day Wed	FC. 2.9 Proper Documentation in Patient care Forensic Medicine	PA 16.2 Integration with Patho/Physio	AN 12.12-12.15 Palm - III Case resolution 6: Carpel Tunnel Syndrome	PY2.5 Describe different types of anaemias	N	AN 12.3-12.12 Dissection of palm/PY 2.11( VI-PA)
Day Thurs	PY2.5 Jaundice	AN70.1 Histology of exocrine glands	AETCOM1.1 AETCOM 1.1 2. Describe and discuss the commitment to lifelong learning as an important part of physician growthSDL	ECE PY Anaemia	C	AN 13.3-13.5 Dissection of elbow joint & other joints of Upper Limb
Day Fri	BI 6.6 Biochemical processes involved in generation of energy in cells.	PY2.7 Describe the formation of platelets, functions and variations.	FC 4.1 Demonstrate understanding of the concept of Professionalism and ethics among health care professionals and discuss the consequences of unprofessional and unethical behaviour - Dr.SurajitLahiri FC. 4.2 Demonstrate understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that defines the nature of the physician's work - <b>Psychiatry</b>		H	BI 11.4 14 Revision Qualitative analysis of Protein

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Day Sat	C.M1.6 Describe and discuss the concepts, the principles of Health promotion and Education, IEC and Behavioral change communication (BCC)	PY2.8 Describe the physiological basis of hemostasis	PA 16.3 Sickle cell anemia and thalassemia	FC 6A Sports	Half day
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WK 8	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	SDL Embryology	PY2.8 Describe the physiological basis of hemostasis anticoagulants.	AN 13.5,13.6 Osteology & Radiological Anatomy	AN 12.12-12.15 dorsum of hand	L	AN 12.12-12.15 Dissection of dorsum of hand
Day Tues	PY2.8 Describe the physiological basis of hemostasis anticoagulants	BI 6.6 SDL Biochemical processes involved in generation of energy in cells.	AN 10.4,11.3 Veins & lymphatics of upper limb	AN 12.12-12.15 dorsum of hand	U	PY 2.11( VI-PA) TLC
Day Wed	FC 5.3 Demonstrate ability to communicate and learn in English <b>Dr. Monika Pal</b>	BI 6.2 Nucleotides chemistry	AN 13.5,13.6 Osteology & Radiological Anatomy	PY2.9 blood banking and transfusion	N	AN 12.12-12.15 Dissection of dorsum of hand
Day Thurs	PY2.6 Describe WBC formation (granulopoiesis) and its regulation	SDL Embryology	AETCOM1.1 2. Describe and discuss the commitment to lifelong learning as an important part of physician growth	ECE PY –Blood Bank	C	AN 12.12-12.15 Dissection of dorsum of hand

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Day Fri	BI 6.5 Biochemical role of vitamins in the body	PY2.10 Define and classify different types of immunity Cellular Immunity	FC 4.3, 4.4 Working in a health Care Team Gynaecology	H	BI 11.4 Revision Normal constituents of Urine
Day Sat	CM 2.3 Barriers of good health & health seeking behaviour	PY 2.10 Humoral immunity	BI 6.5 Biochemical role of vitamins in the body	FC 4.3, 4.4 Working in a health Care Team Gynaecology	Half day

WK 9	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	SDL	PY5.1 Describe the functional anatomy of heart including chambers, Sounds SDL	AN 70.1,70.2 Histology of Lymphoid organs (A)	AN 13.1-13.7 Osteology & Radiological Anatomy	L U	AN 13.6 Surface Anatomy of upper limb
Day Tues	Tutorials	BI 6.5 Biochemical role of vitamins in the body	AN 12.12-12.15 dorsum of hand	AN 12.12-12.15 Dissection of dorsum of hand	N	PY 2.11,2.13 (VI-PA) BT/CT
Day Wed	FC 5.3 Demonstrate ability to communicate and learn in English <b>Dr. Monika Pal</b>	BI 6.5 Biochemical role of vitamins in the body	AN 80.1-80.7 Embryology Placenta and Fetal membranes	<b>PCT – BloodFormative Assessment</b>	C	AN 13.3-13.5 Dissection of elbowjoint & other joints of Upper Limb/
Day Thurs	PY5.2 Describe the properties of cardiac muscle	Tutorials	AETCOM1.1 3. Describe and discuss the role of a physician in health care system	<b>ECE BI Hemoglobinopathies</b>	H	AN 13.3-13.5 Dissection of elbowjoint & other joints of Upper Limb/

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Day Fri	BI 6.5 Biochemical role of vitamins in the body	PY5.2 Describe the properties of cardiac muscle	F.C 4.5 Disability Competencies under the Five Roles of the Indian Medical Graduate Biochemistry/Forensic Medicine/		BI 11 .4 Abnormal constituents of Urine
Day Sat	CM1.7 Enumerate and describe health indicators	PY5.3 Discuss the events occurring during the cardiac cycle	BI 6.5 Biochemical role of vitamins in the body	FC 6A Sports	Half day

WK 10	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	SDL	PY5.4 Describe generation, conduction of cardiac impulse	AN10.8,10.9 Back	AN 14.1 Scapula, clavicle, humerus	L	AN69.1,69.2,69.3 Demonstration of blood vessels/osteology radius/ulna/carpal bones
Day Tues	PY5.5 Describe the physiology of electrocardiogram (E.C.G), its applications and the cardiac axis	BI 6.5 Biochemical role of vitamins in the body	AN10.13 Axillary nerve and its importance	AN 10.5,10.6 Brachial plexus	U	PY 2.11 Blood groups PY 2.12( VI-PA) ESR, PCV and blood indices
Day Wed	FC4.5 Disability Competencies Biochemistry /F.Medicine	BI 6.5 Tutorial manifestations of Vitamins deficiency.	AN12.10 Spaces of hand	PY5.6 Describe abnormal ECG, arrhythmias, heart block and myocardial Infarction	N	Tutorials
Day Thurs	PY5.7 Describe and discuss haemodynamics of circulatory system	AN 12.3,12.4 retinaculum muscles of hand	AETCOM 1.1 SDL 4. Identify and discuss physician's role and responsibility to society and the community that she/ he serves	ECE – PY- Myocardial Infarction	C	Anatomy Revision
Day Fri	BI 6.5 Tutorial manifestations of Vitamins deficiency.	PY5.7 Describe and discuss haemodynamics of	F.C 4.5 Disability Competencies under the Five Roles of the Indian Medical Graduate Biochemistry/Forensic Medicine		H	BI 11 .4 Revision Abnormal constituents of Urine

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		circulatory system			
Day Sat	CM1.8 Describe the Demographic profile of India and discuss its impact on health.	PY5.9 Describe the factors affecting heart rate	BI6.5 Vitamins SDL	FC 6A Sports	Half Day

WK 11	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	SDL	PY5.9 Describe the factors affecting CO regulation of cardiac output	AN12.11 Muscles of back of forearm	AN 71.2 Histology of cartilage	L	AN71.1 Histology of Bone
Day Tues	PY5.9 Describe the factors affecting CO regulation of cardiac output	BI 6.5 Vitamins SDL	AN12.12 Nerves & vessels of back of forearm	AN12.13,12.14,12.15 wrist drop, retinaculum, extensor expansion	U	PY 2.11 DLC
Day Wed	FC 6B YOGA	BI 6.5 Formative Assesment	AN72.1 Histology of skin	PY5.9 Describe the factors affecting blood pressure	N	AN12.10 Dissection of hand
Day Thurs	PY5.9 Describe the blood pressure regulation	AN 79.4,79.5 Embryology	AETCOM 1.1 SDL 4. Identify and discuss physician's role and responsibility to society and the community that she/ he serves	ECE PY – Jaundice	C	Anatomy Revision

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Day Fri	BI 3.2 Storage of carbohydrates and its utilization.	PY5.8 Describe and discuss local and systemic cardiovascular regulatory mechanisms	FC 4.7 Discuss the significance and methods of stress management and risk taking behaviour. FC 4.8 Understand the role of yoga and meditation in personal health <b>Psychiatry</b>	H	BI 11 .4 Abnormal constituents of Urine(Blood & ketone)
Day Sat	CM3.1 Describe the health hazards of air, water, noise, radiation and pollution	PY5.8 Describe and discuss local and systemic cardiovascular regulatory mechanisms	BI 3.3 Digestion and assimilation of carbohydrates from food.	FC 5.3 Demonstrate ability to communicate and learn in English <b>Dr. Monika Pal</b>	Half Day

WK 12	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM
Day Mon	SDL	PY5.10 Describe & discuss regional circulation, coronary circulation	AN13.1,13.2 Veins, dermatomes, lymphatics UL
Day Tues	PY5.10 foetal, pulmonary and splanchnic circulation	BI 3.4 Carbohydrate metabolism	AN13.3 joints of forearm & hand
Day Wed	FC 4.6 Demonstrate understanding and respect of cultural diversities and interact with different cultural values. <b>Anatomy</b>	BI 3.4 Carbohydrate metabolism	AN13,4 joints of shoulder girdle

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Day			
Thurs	PY5.10 cerebral, capillary, skin circulation,	AN13.6,13.7 important landmarks of UL	AETCOM 1.1 SDL 4. Identify and discuss physician's role and responsibility to society and the community that she/ he serves
Day Fri	BI 3.4 Tutorial Carbohydrate metabolism	PY5.11 Describe the pathophysiology of shock, syncope heart failure	FC 4.9 Discuss the signs and appropriate ways of time management <b>Pha</b>
Day Sat	CM3.2 Describe concepts of safe and wholesome water, sanitary sources of water, water purification processes, water quality standards, concepts of water conservation and rain water harvesting	PY - Tutorials	BI 3.4 SDL Carbohydrate metabolism

WK 13	8 AM-9 AM	9 AM – 10AM	10 AM-11 AM	11AM-1 PM	1-2 PM	2-4 PM
Day Mon	1 <sup>st</sup> IA Revision	L	1 <sup>st</sup> IA Revision			
Day Tues	1 <sup>st</sup> IA Revision	U	1 <sup>st</sup> IA Revision			

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Day Wed	FC 4.6 Demonstrate understanding and respect of cultural diversities and interact with those with different cultural values. Anatomy	1 <sup>st</sup> IA Revision	1 <sup>st</sup> IA Revision	SDL	N	1 <sup>st</sup> IA Revision
Day Thurs	1 <sup>st</sup> IA Revision	1 <sup>st</sup> IA Revision	AETCOM 1.1 SDL	ECE – BI 3.8 Disorders of carbohydrate metabolism	C	1 <sup>st</sup> IA Revision
Day Fri	1 <sup>st</sup> IA Revision	1 <sup>st</sup> IA Revision	FC 4.10 Demonstrate understanding of importance of interpersonal relationship while working in a health care team. <b>Psychiatry</b>		H	1 <sup>st</sup> IA Revision
Day Sat	CM Revision	1 <sup>st</sup> IA Revision	1 <sup>st</sup> IA Revision	FC 5.2 Local Language training -Bengali Dr.SudipaBiswas		Half Day

**First Internal Assessment Revision -13<sup>th</sup>wk**

**First Internal Assessment - 14<sup>th</sup>wk**

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