

TRAINING PROGRAMME 1ST YEAR BDS CLASS (19TH BDS COURSE)

VENUE: LECTURE HALL NO 6

WEEK – 1

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 19-12-2016	Drill / PT / Games	Break	Physiology-1 Intro to curriculum & evaluation system Lt Col Umbreen Ahmed	Embryology Introduction to Molecular Regulation and Signaling Lt Col M Marghoob Khan	Biochemistry-1 Biochemistry of cell-I DrAsifaMajeed	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 20-12-2016	Biochemistry Practical		Physiology-2 Homeostasis-I Maj Nadia Latif	Gen. Anatomy Anatomical Terms and Introduction Lt Col Shabnam Hamid	Biochemistry-2 Biochemistry of cell-II Dr Asifa Majeed	Dentistry-2 Oral Embryology Dr Afsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 21-12-2016	Physiology Practical		Physiology-3 Homeostasis-II Maj Nadia Latif	Anatomy Demonstration / Dissection Upper Limb Salient Features All Staff		Dentistry-3 Introductory Tooth Morphology Dr Afsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 22-12-2016	Drill / PT / Games		Physiology-4 Cell Membrane / Cell organelle Maj Nadia Latif	Histology Histological Methods of Study & Artifacts Dr Sabah Rehman	Histology Practical Microscope & Methods of Study All Staff			Anatomy Demonstration / Upper Limb Vessels & Nerves All Staff
FRIDAY 23-12-2016	0800-0845	0850-0935	0940-1025	1025-1045	1045-1135	1140-1300	1300-1500	
	Biochemistry-3 Tutorial All Staff	Islamiat / Pak Studies	Physiology-1 Nucleous Maj Nadia Latif	Break	Physiology-5 Tutorial Maj Nadia Latif	Anatomy Demonstration / Dissection Lower Limb - Salient Features All Staff	Break	

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WEEK – 2

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 26-12-2016	Drill / PT / Games	Break	Physiology-2 Cytoskeleton / Cell locomotion Maj Nadia Latif	Embryology Gametogenesis-I Lt Col M Marghoob Khan	Biochemistry-4 Body Fluids-I Maj Syed Zubair Hussain Shah	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 27-12-2016	Biochemistry Practical		Physiology-3 Tpt across cell membrane-I Maj Nadia Latif	Gen Anatomy Skin and Fascia Lt Col Shabnam Hamid	Biochemistry-5 Body Fluids-II Maj Syed Zubair Hussain Shah	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 28-12-2016	Physiology Practical		Physiology-4 Tpt across cell membrane-II Maj Nadia Latif	Anatomy Demonstration / Dissection Lower Limb - Vessels & Nerves All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 29-12-2016	Drill / PT / Games		Physiology-1 RMP Lt Col M. Alamgir Khan	Histology The Cell-I Dr Sabah Rehman	Histology Practical Slide Making & Staining All Staff			Anatomy Demonstration / Dissection Thorax, Mediastinum All Staff
FRIDAY 30-12-2016	0800-0845	0850-0935	0940-1025	1025-1045	1045-1135	1140-1300	1300-1500	
	Biochemistry-6 Body Fluids-III Maj Syed Zubair Hussain Shah	Islamiat / Pak Studies	Physiology-2 Action Potential Lt Col M. Alamgir Khan	Break	Physiology-5 Tutorial Maj Nadia Latif	Anatomy Demonstration / Dissection Heart- Vessels & Nerves All Staff	Break	

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WEEK – 3

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 02-01-2016	Drill / PT / Games	Break	Physiology-3 Propagation of action potential Lt Col M. Alamgir Khan	Embryology Gametogenesis-II Lt Col M Marghoob Khan	Biochemistry-7 Tutorial All Staff	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 03-01-2016	Biochemistry Practical		Physiology-4 Skeletal Muscle-I Lt Col Amina Nadeem	Gen Anatomy Skeletal System-I Lt Col Shabnam Hamid	Biochemistry-8 Biological Membranes-I Lt Col Khadija Mehboob	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 04-01-2016	Physiology Practical		Physiology-1 Skeletal Muscle-II Lt Col Amina Nadeem	Anatomy Demonstration / Dissection Lungs - Vessels & Nerves All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 05-01-2016	Drill / PT /Games		Physiology-2 Smooth muscle Lt Col Amina Nadeem	Histology The Cell-II Dr Sabah Rehman	Histology Practical - Cell All Staff			Anatomy Demonstration / Dissection Sub Stage-I All Staff

	0800-0845	0850-0935	0940-1025	1025-1045	1045-1135	1140-1300	1300-1500
FRIDAY 06-01-2016	Biochemistry-9 Biological Membranes-II Lt Col Khadija Mehboob	Islamiat / Pak Studies	Physiology-3 NMJ Lt Col Amina Nadeem	Break	Physiology-5 Tutorial Lt Col M. Alamgir Khan	Anatomy Demonstration / Dissection Exterior of Skull All Staff	Break

Winter Vacation: 07 - 15 Jan 2017

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WEEK – 4

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 16-01-2016	Drill / PT / Games	Break	Physiology-4 Composition of blood/RBC-I Lt Col Umbreen Ahmed	Embryology Gametogenesis-III Lt Col M Marghoob Khan	Biochemistry-10 Tutorial All Staff	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 17-01-2016	Biochemistry Practical		Physiology-1 RBC-II Lt Col Umbreen Ahmed	Gen Anatomy Skeletal System-II Lt Col Shabnam Hamid	Biochemistry-11 Biochemistry of digestive tract-I Maj JavadYousaf	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 18-01-2016	Physiology Practical		Physiology-2 Anaemia Lt Col Umbreen Ahmed	Anatomy Demonstration / Dissection Neck Fascia All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 19-01-2016	Drill / PT /Games		Physiology-3 WBC-I Maj Nadia Latif	Histology Epithelial Tissue-I Dr Sabah Rehman	Histology Practical – Epithelium-I All Staff			Anatomy Demonstration / Dissection Triangles of Neck All Staff
FRIDAY 20-01-2016	0800-0845	0850-0935	0940-1025	1025-1045	1045-1135	1140-1300	1300-1500	
	Biochemistry-12 Biochemistry of digestive tract-II Maj JavadYousaf	Islamiat / Pak Studies	Physiology-4 WBC-II Maj Nadia Latif	Break	Physiology-5 Tutorial Maj Nadia Latif	Anatomy Demonstration / Dissection Face & Scalp - I All Staff	Break	

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WEEK – 5

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 23-01-2016	Drill / PT / Games	Break	Physiology-1 Inflammation Maj Nadia Latif	Embryology 1 st Week of Development Lt Col M Marghoob Khan	Biochemistry-13 Biochemistry of digestive tract-III Maj JavadYousaf	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 24-01-2016	Biochemistry Practical		Physiology-2 Immunity-I Maj Nadia Latif	Gen Anatomy Bones-I Lt Col Shabnam Hamid	Biochemistry-14 Biochemistry of digestive tract-IV Maj JavadYousaf	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 25-01-2016	Physiology Practical		Physiology-3 Immunity-II Maj Nadia Latif	Anatomy Demonstration / Dissection Parotid Region All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 26-01-2016	Drill / PT /Games		Physiology-4 Hemostasis-I Maj Nadia Latif	Histology EpithelialTissue-II Dr Sabah Rehman	Histology Practical - Epithelial Tissue-II All Staff			Anatomy Demonstration / Dissection Submandibular Region All Staff
FRIDAY 27-01-2016	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
	Biochemistry-15 Tutorial All Staff	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Nadia Latif	Break	Anatomy Demonstration / Dissection Face & Scalp - II All Staff	Cadet Affairs	Break	

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WEEK – 6

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 30-01-2016	Drill / PT / Games	Break	Physiology-1 Hemostasis-II Maj Nadia Latif	Embryology 2 nd Week of Development Lt Col M Marghoob Khan	Biochemistry-16 Enzymes-I Maj PalvashaWaheed	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 31-01-2016	Biochemistry Practical		Physiology-2 Bleeding / Clotting disorders Maj Nadia Latif	Gen Anatomy Bones-II Lt Col Shabnam Hamid	Biochemistry-17 Enzymes-II Maj PalvashaWaheed	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 01-02-2016	Physiology Practical		Physiology-3 Blood groups / Transfusion reactions Maj Nadia Latif	Anatomy Demonstration / Dissection Blood & Nerve supply of Head & Neck All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 02-02-2016	Drill / PT /Games		Physiology-4 Body fluid compartments Maj Yasir Farooq	Histology Connective Tissue-I Dr Sabah Rehman	Histology Practical – Connective Tissue-I All Staff			Anatomy Demonstration / Dissection Lymphatic Drainage of Head & Neck All Staff
FRIDAY 03-02-2016	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
	Biochemistry-18 Enzymes-III Maj PalvashaWaheed	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Yasir Farooq	Break	Anatomy Demonstration / Dissection Sub Stage-II All Staff	Cadet Affairs	Break	

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WEEK – 7

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 06-02-2016	Drill / PT / Games	Break	Physiology-1 Water balance Maj Yasir Farooq	Embryology 3 rd Week of Development Lt Col M Marghoob Khan	Biochemistry-19 Tutorial All Staff	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 07-02-2016	Biochemistry Practical		Physiology-2 Functions of nephron / GFR Maj Yasir Farooq	Gen Anatomy Cartilage Lt Col Shabnam Hamid	Biochemistry-20 Vitamins-I Lt Col Khadija Mehboob	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 08-02-2016	Physiology Practical		Physiology-3 Regulation of GFR Maj Yasir Farooq	Anatomy Demonstration / Dissection Thyroid Gland & Pre Vertebral Muscles All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 09-02-2016	Drill / PT /Games		Physiology-4 Processing of filtrate Maj Yasir Farooq	Histology Connective Tissue-II Dr Sabah Rehman	Histology Practical - Connective Tissue-II All Staff			Anatomy Demonstration / Dissection Trachea & Esophagus All Staff
FRIDAY 10-02-2016	0800-0845	0850-0935	0940-1020	1020-1045	1045-1135	1140-1300	1300-1500	
	Biochemistry-21 Vitamins-II Lt Col Khadija Mehboob	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Yasir Farooq	Break	Histology Cartilage Dr Sabah Rehman	Anatomy Demonstration / Dissection Teeth & Tongue All Staff	Break	

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WEEK – 8

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 13-02-2016	Drill / PT / Games	Break	Physiology-1 Formation of urine Maj Yasir Farooq	Embryology Embryonic Period-I Lt Col M Marghoob Khan	Biochemistry-22 Vitamins-III Lt Col Khadija Mehboob	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 14-02-2016	Biochemistry Practical		Physiology-2 Electrolyte balance Maj Yasir Farooq	Gen Anatomy Joints-I Lt Col Shabnam Hamid	Biochemistry-23 Vitamins-IV Lt Col Khadija Mehboob	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 15-02-2016	Physiology Practical		Physiology-3 BP regulation of kidney Maj Yasir Farooq	Anatomy Demonstration / Dissection Palate All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 16-02-2016	Drill / PT /Games		Physiology-4 Acid Base balance Maj Yasir Farooq	Histology Bone-I Dr Sabah Rehman	Histology Practical – Cartilage All Staff			Anatomy Demonstration / Dissection Orbit & Orbital Cavity All Staff
FRIDAY 17-02-2016	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
	Biochemistry-24 Tutorial All Staff	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Yasir Farooq	Break	Anatomy Demonstration / Dissection Eye & Lacrimal Apparatus All Staff	Cadet Affairs	Break	

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WEEK – 9

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 20-02-2016	Drill / PT / Games	Break	Physiology-1 Micturition Maj Yasir Farooq	Embryology Embryonic Period-II Lt Col M Marghoob Khan	Biochemistry-25 CHO Chemistry-I Lt Col Amir Rashid	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 21-02-2016	Biochemistry Practical		Physiology-2 Chewing / Swallowing Maj Shoaib Bin Aleem	Gen Anatomy Joints-II Lt Col Shabnam Hamid	Biochemistry-26 CHO Chemistry-II Lt Col Amir Rashid	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 22-02-2016	Physiology Practical		Physiology-3 Functions of stomach Maj Shoaib Bin Aleem	Anatomy Demonstration / Dissection External & Middle Ear All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 23-02-2016	Drill / PT /Games		Physiology-4 Small intestines Maj Shoaib Bin Aleem	Histology Bone-II Dr Sabah Rehman	Histology Practical – Bone All Staff			Anatomy Demonstration / Dissection Inner Ear All Staff
FRIDAY 24-02-2016	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
	Biochemistry-27 Tutorial All Staff	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Shoaib Bin Aleem	Break	Anatomy Demonstration / Dissection Nose & Paranasal Sinuses All Staff	Cadet Affairs	Break	

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WEEK – 10

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 27-02-2016	Drill / PT / Games	Break	Physiology-1 Large intestines Maj Shoaib Bin Aleem	Embryology Embryonic Period-III Lt Col M Marghoob Khan	Biochemistry-28 Carbohydrate Metabolism-I Lt Col Amir Rashid	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 28-02-2016	Biochemistry Practical		Physiology-2 Vomiting reflex Maj Shoaib Bin Aleem	Gen Anatomy Muscles-I Lt Col Shabnam Hamid	Biochemistry-29 Metabolism-II Lt Col Amir Rashid	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 01-03-2016	Physiology Practical		Physiology-3 Defecation reflex Maj Shoaib Bin Aleem	Anatomy Demonstration / Dissection Larynx All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 02-03-2016	Drill / PT /Games		Physiology-4 Intro to CVS & Cardiac Muscle Action Potential Lt Col Amina Nadeem	Histology Nervous System-I Dr Sabah Rehman	Histology Practical – Muscle Tissue All Staff			Anatomy Demonstration / Dissection Pharynx All Staff
FRIDAY 03-03-2016	0800-0845	0850-0935	0940-1025	1025-1045	1045-1135	1140-1300	1300-1500	
	Biochemistry-30 Metabolism-III Lt Col Amir Rashid	Islamiat / Pak Studies	Physiology-5 Tutorial Maj Shoaib Bin Aleem	Break	Gen Anatomy Muscles-II Lt Col Shabnam Hamid	Anatomy Demonstration / Dissection Cervical Vertebra & Hyoid Bone All Staff	Break	

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WEEK – 11

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 06-03-2016	Drill / PT / Games	Break	Physiology-1 Cardiac Pacemaker Potential Lt Col Amina Nadeem	Embryology Fetus & Placenta-I Lt Col M Marghoob Khan	Biochemistry-31 Tutorial All Staff	Dentistry-1 Oral Histology DrAfsheen Ali	Prayer Break	Dentistry Practical DrAfsheen Ali
TUESDAY 07-03-2016	Biochemistry Practical		Physiology-2 Cardiac Cycle Lt Col M Khalid Anwar	Gen. Anatomy Vascular System – I Lt Col Shabnam Hamid	Biochemistry-32 Protein Chemistry DrAsifaMajeed	Dentistry-2 Oral Embryology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
WEDNESDAY 08-03-2016	Physiology Practical		Physiology-3 Normal ECG Lt Col M Khalid Anwar	Anatomy Demonstration / Dissection Mandible & TMJ All Staff		Dentistry-3 Tooth Morphology DrAfsheen Ali		Dentistry Practical DrAfsheen Ali
THURSDAY 09-03-2016	Drill / PT /Games		Physiology-4 Cardiac Output / Venous Teturn Lt Col M Khalid Anwar	Histology Nervous System – II Dr SabahRehman	Histology Practical – Nervous Tissue-I (Nerve, Ganglion, Spinal Cord) All Staff			Anatomy Demonstration / Dissection Radiology of Head & Neck All Staff
FRIDAY 10-03-2016	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
	Biochemistry-33 Protein Chemistry – II DrAsifaMajeed	Islamiat / Pak Studies	Physiology-5 Tutorial Lt Col M Khalid Anwar	Break	Anatomy Demonstration / Dissection Surface Anatomy of Head & Neck All Staff	Cadet Affairs	Break	

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WEEK – 12

DAYS	0800-0920	0920-0940	0945-1030	1035-1120	1125-1210	1215-1300	1300-1330	1330-1500
MONDAY 13-03-2016	Drill / PT / Games	Break	Physiology-1 Short Term Regulation of BP Lt Col M Khalid Anwar	Embryology Fetus & Placenta-II Lt Col M Marghoob Khan	Biochemistry-34 Tutorial All Staff	Dentistry-1 Oral Histology Demo DrAfsheen Ali Khan	Prayer Break	Dentistry Practical Demo DrAfsheen Ali Khan
TUESDAY 14-03-2016	Biochemistry Practical		Physiology-2 Long Term Regulation of BP Lt Col M Khalid Anwar	Gen Anatomy Vascular System-II Lt Col Shabnam Hamid	Biochemistry-35 Protein Metabolism – I Lt Col Sarah Sadiq	Dentistry-2 Oral Embryology Demo DrAfsheen Ali Khan		Dentistry Practical Demo DrAfsheen Ali Khan
WEDNESDAY 15-03-2016	Physiology Practical		Physiology-3 Coronary Circulation / Heart Sound Lt Col M Khalid Anwar	Anatomy Demonstration / Dissection Intro to Neuroanatomy All Staff		Dentistry-3 Tooth Morphology Demo DrAfsheen Ali Khan		Dentistry Practical Demo DrAfsheen Ali Khan
THURSDAY 16-03-2016	Biochemistry-36 Protein Metabolism – II Lt Col Sarah Sadiq		Physiology-4 Tutorial Lt Col M Khalid Anwar	Histology Nervous System-III Dr Sabah Rehman	Histology Practical Nervous System – II (Cerebrum & Cerebellum) All Staff			Anatomy Demonstration / Dissection Intro to Skull & Anterior Cranial Fossa All Staff
	0800-0845	0850-0935	0940-1025	1025-1045	1050-1225	1230-1300	1300-1500	
FRIDAY 17-03-2016	Biochemistry-37 Protein Metabolism-III Lt Col Sarah Sadiq	Islamiat / Pak Studies Lt Col Muhammad Adnan	Physiology-5 Briefing 1 st Term Test Lt Col Amina Nadeem	Break	Anatomy Demonstration / Dissection Middle & Posterior Cranial Fossa All Staff	Cadet Affairs	Break	

Sports Week: 20 - 24 Mar 2017	1st Term Test	
	Anatomy	27 Mar 2017
	Physiology	29 Mar 2017
	Biochemistry	31 Mar 2017
	Oral Biology & Tooth Morphology	03 Apr 2017