

TRG PROGRAMME 1ST YEAR MBBS CLASS (41ST MBBS COURSE) MODULE – 1

VENUE: LECTURE HALL NO 2

WEEK – 1

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|---|--|---|---|----------------------|--|
| MONDAY 19-12-2016 | Class Drill | Break | Anatomy Demonstration/ Dissection Introduction of upper limb Lt Col Marghoob Khan | Biochemistry-1 Biomolecules Maj Syed Zubair Hussain Shah | Physiology-1 Homeostasis I Maj Yasir Farooq | Prayer Break | Practical Anat/Physio/ Biochem/Lib & Cptr |
| TUESDAY 20-12-2016 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Clavicle (All Staff) | General Anatomy Introduction To Anatomical Terms Lt Col M Marghoob Khan | Physiology-2 Homeostasis II Maj Yasir Farooq | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 21-12-2016 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Scapula (All Staff) | Biochemistry -2 Cytology Dr Asifa Majeed | Physiology-3 Cell Membrane Maj Shoaib Bin Aleem | | Practical Anat/Physio/ Biochem/Lib&Cptr |
| THURSDAY 22-12-2016 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Epithelium I Col Khadija Qamar | Physiology-4 Cell Organelle Maj Shoaib Bin Aleem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| FRIDAY 23-12-2016 | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1300 | 1300-1500 |
| | Pak Studies | Physiology-5 Nucleus/ Genetic control of cell function Maj Shoaib Bin Aleem | General Embryology Mitosis & Meiosis Maj M Rizwan Bashir Kiani | Break | Biochemistry -3 Cell Organelles I Lt Col Sarah Sadiq | Cadet Affairs | Lunch/ Prayer Break |

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WEEK –2

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|---|--|---|---------------------|---|
| MONDAY 26-12-2016 | Class Drill | Break | Anatomy Demonstration Pectoral region (All Staff) | Biochemistry–1 Cell Organelles II Lt Col Sarah Sadiq | Physiology-1 Genetic control of cell function - II Maj Shoaib Bin Aleem | Prayer Break | Practical Anat/Physio/ Biochem/Library &Cptr |
| TUESDAY 27-12-2016 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration Axilla (All Staff) | General Anatomy Anatomical Position & Directional Terms Lt Col M Marghoob Khan | Physiology-2 Cytoskeleton / Cell locomotion Maj Shoaib Bin Aleem | | Practical Anat/Physio/ Biochem/Lib &Cptr |
| WEDNESDAY 28-12-2016 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Breast (All Staff) | Biochemistry -2 Role of cell Organelles in metabolism Lt Col Sarah Sadiq | Physiology-3 Composition & functions of blood plasma proteins Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib &Cptr |
| THURSDAY 29-12-2016 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Epithelium II Col Khadija Qamar | Physiology-4 Bone marrow Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib &Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|--------------------|--|---|--------------|---|--|----------------------|------------------------------------|
| FRIDAY 30-12-2016 | Pak Studies | Physiology-5 RBC Lt Col Umbreen Ahmed | General Embryology Gametogenesis I Maj Rizwan Bashir | Break | Biochemistry -3 Cell membrane Lt Col Sarah Sadiq | Rehabilitation Medicine Introduction to brachial plexus injuries | Cadet Affairs | Lunch/ Prayer Break |

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VENUE: LECTURE HALL NO 2

WEEK –3

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|---|--|---|---------------------|--|
| MONDAY 02-01-2017 | Class Drill | Break | Anatomy Demonstration Humerus (All Staff) | Biochemistry–1 Chemistry of signals and receptors Dr Asifa Majeed | Physiology-1 Regulation of erythropoiesis Lt Col Umbreen Ahmed | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 03-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration Shoulder joint (All Staff) | General Anatomy General Anatomy of Bone Lt Col M Marghoob Khan | Physiology-2 Haemoglobin / Fate of RBC Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 04-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration Arm (All Staff) | Biochemistry -2 Tutorial Cell Capt Naeema Ahmed | Physiology-3 Anaemia Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 05-01-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Connective Tissue Col Khadija Qamar | Physiology-4 Polycythemia Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|--------------------|---|---|--------------|---|---|----------------------|------------------------------------|
| FRIDAY 06-01-2017 | Pak Studies | Physiology-5 Hemostasis-I Lt Col Umbreen Ahmed | General Embryology Fertilization Maj Rizwan Bashir | Break | Biochemistry -3 Nucleotide-I Dr Asifa Majeed | Surgery Introduction to the concept of fracture and dislocation | Cadet Affairs | Lunch/ Prayer Break |

WINTER VACATION 07 JAN – 15 JAN 2017

TRG PROGRAMME 1ST YEAR MBBS CLASS (41ST MBBS COURSE) MODULE – 1

VENUE: LECTURE HALL NO 2

WEEK – 4

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|--|---|---|---------------------|--|
| MONDAY 16-01-2017 | Class Drill | Break | Anatomy Demonstration Radius (All Staff) | Biochemistry–1 Nucleotide-II Dr Asifa Majeed | Physiology-1 Hemostasis-II Lt Col Umbreen Ahmed | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 17-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration Ulna (All Staff) | General Anatomy General Anatomy of Blood & Bone Marrow Lt Col M Marghoob Khan | Physiology-2 Anticlotting Mechanisms Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 18-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Dissection (All Staff) | Biochemistry -2 Tutorial Nucleotides Capt Naeema Ahmed | Physiology-3 Bleeding disorders Lt Col Umbreen Ahmed | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 19-01-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Connective tissue Col Khadija Qamar | Physiology-4 WBC-I Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|--------------------|---|--|--------------|---|--|----------------------|------------------------------------|
| FRIDAY 20-01-2017 | Pak Studies | Physiology-5 WBC-II Col Amina Nadeem | General Embryology First week of development Maj Rizwan Bashir | Break | Biochemistry -3 Protein chemistry-I Lt Col Sarah Sadiq | Pathology Introduction to the pathological disorder of RBC | Cadet Affairs | Lunch/ Prayer Break |

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VENUE: LECTURE HALL NO 2

WEEK – 5

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|-------------------------|---|--------------|--|--|---|---------------------|--|
| MONDAY 23-01-2017 | Class Drill | Break | Anatomy Demonstration Radial Axillary Artery (All Staff) | Biochemistry –I Protein chemistry-II Lt Col Sarah Sadiq | Physiology-1 Inflammation Col Amina Nadeem | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 24-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration Radial, Median & Ulnar Nerve (All Staff) | General Anatomy Gen Anatomy of Lymphatic System Lt Col M Marghoob Khan | Physiology-2 Immunity-I Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 25-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Dissection Ulnar nerve (All Staff) | Biochemistry -2 Tutorial Chemistry of Protein Dr Aneela Rasul | Physiology-3 Immunity-II Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 26-01-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Thymus, Immune System Col Khadija Qamar | Physiology-4 Allergy / Hypersensitivity Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|----------------------|-------------|--|---|--------------|--|---|---------------|------------------------------------|
| FRIDAY 27-01-2017 | Pak Studies | Physiology-5 Blood group-I Col Amina Nadeem | General Embryology Second week of development I Maj Rizwan Bashir | Break | Biochemistry -3 Immunoglobulins Maj Palvasha Waheed | Pathology Allergy / Hypersensitivity | Cadet Affairs | Lunch/ Prayer Break |

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VENUE: LECTURE HALL NO 2

WEEK – 6

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|--|---|---|---------------------|--|
| MONDAY 30-01-2017 | Class Drill | Break | Anatomy Demonstration/ Dissection Hand-I (All Staff) | Biochemistry-1 Chemistry of Protein-IV Maj Palvasha Waheed | Physiology-1 Blood group-II Col Amina Nadeem | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 31-01-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Hand-II (All Staff) | General Anatomy General Anatomy of Nervous System I Lt Col M Marghoob Khan | Physiology-2 Transfusion Reaction Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 01-02-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Wrist Joint (All Staff) | Biochemistry-2 Tutorial Chemistry of Protein Dr Farzana Hakim | Physiology-3 Transport across cell membrane-I Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 02-02-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Lymph node, tonsil, spleen Col Khadija Qamar | Physiology-4 Transport across cell membrane -II Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|-------------|---|---|--------------|--|---|---------------|------------------------------------|
| FRIDAY 03-02-2017 | Pak Studies | Physiology-5 RMP Lt Col Alamgir Khan | General Embryology Second week of development II Maj Rizwan Bashir | Break | Biochemistry-3 Haemoglobin Maj Syed Zubair Hussain Shah | Path Hematologist Transfusion reactions | Cadet Affairs | Lunch/ Prayer Break |

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VENUE: LECTURE HALL NO 2

WEEK – 7

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|---|--|---|---------------------|--|
| MONDAY 06-02-2017 | Class Drill | Break | Anatomy Demonstration/ Dissection Blood supply (All Staff) | Biochemistry-1 Porphyrins Maj Syed Zubair Hussain Shah | Physiology-1 Action Potential-I Lt Col Alamgir Khan | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 07-02-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Lymphatic drainage of upper Limb (All Staff) | General Anatomy General Anatomy of Nervous System II Lt Col M Marghoob Khan | Physiology-2 Action Potential-II Lt Col Alamgir Khan | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 08-02-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Dermatomes of upper limb (All Staff) | Biochemistry -2 Tutorial Porphyrins Capt Naeema Ahmed | Physiology-3 Propagation of action potential Lt Col Alamgir Khan | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 09-02-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Neuron, nerve, ganglia Col Khadija Qamar | Physiology-4 Skeletal muscle-I Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|-------------|---|---|--------------|---|--|---------------|------------------------------------|
| FRIDAY 10-02-2017 | Pak Studies | Physiology-5 Skeletal muscle-II Col Amina Nadeem | General Embryology Third week of development I Maj Rizwan Bashir | Break | Biochemistry -3 Degradation of heme Maj Syed Zubair Hussain Shah | Pathology Adaptive changes. Atrophy and Hypertrophy | Cadet Affairs | Lunch/ Prayer Break |

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WEEK – 8

| DAY | 0800-0920 | 0920-0940 | 0945-1105 | 1110-1200 | 1205-1255 | 1255-1325 | 1330-1500 |
|--------------------------------|---|--------------|--|--|---|---------------------|--|
| MONDAY 13-02-2017 | Class Drill | Break | Anatomy Demonstration/ Dissection Sub Stage-II (All Staff) | Biochemistry-1 Haemoglobinopathies Maj Syed Zubair Hussain Shah | Physiology-1 NMJ-I Col Amina Nadeem | Prayer Break | Practical Anat/Physio/ Biochem/Library & Cptr |
| TUESDAY 14-02-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Radiology and Surface marking (All Staff) | General Anatomy Muscular System Lt Col M Marghoob Khan | Physiology-2 NMJ-II Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| WEDNESDAY 15-02-2017 | BMS CBL Session Anat/Physio/ Biochem | | Anatomy Demonstration/ Dissection Revision (All Staff) | Biochemistry-2 Tutorial Prophyrins and Hemoglobin Dr Aneela Rasul | Physiology-3 Smooth Muscle-I Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |
| THURSDAY 16-02-2017 | Class Drill | | BMS CBL Session Anat/Physio/Biochem (All Staff) | Histology Skeletal & Smooth Muscle Col Khadija Qamar | Physiology-4 Smooth Muscle-II/ Comparison of different muscle types Col Amina Nadeem | | Practical Anat/Physio/ Biochem/Lib & Cptr |

| | 0800-0845 | 0850-0935 | 0940-1025 | 1025-1045 | 1050-1135 | 1140-1225 | 1230-1300 | 1300-1500 |
|-----------------------------|--------------------|---|---|--------------|--|---|--------------------------------|------------------------------------|
| FRIDAY 17-02-2017 | Pak Studies | Physiology-5 Briefing 1 st Module Test Col Amina Nadeem | General Embryology Third week of development-II Maj Rizwan Bashir | Break | Biochemistry-3 Tutorial Techniques for study of Cell Dr Asifa Majeed | Medicine Introduction to diseases of neuromuscular junction | Cadet Affairs | Lunch/ Prayer Break |

1st Module Test

| Anatomy | Physiology | Biochemistry | Practicals |
|-------------|-------------|--------------|------------------------|
| 20 Feb 2017 | 22 Feb 2017 | 25 Feb 2017 | 27-28 Feb, 01 Mar 2017 |