

**ORIENTATION WEEK**  
**FIRST YEAR MBBS / BDS CLASS (SESSION 2020-21)**  
**CMH LAHORE MEDICAL COLLEGE & INSTITUTE OF DENTISTRY**

| DAYS                    | DATE  | 0900 - 1100   | 1100 - 1200  |  | 1200 - 1300  |                                 |   |                               |                                      |             |  |
|-------------------------|---|---|--|--|--|---------------------------------|---|-------------------------------|--------------------------------------|-------------|--|
| MON                     | 01 Mar 2021   | Reception<br>(At Lawn in Front of Afzal Auditorium) | Documentations<br>MBBS / BDS<br>(At Lawn in Front of Afzal Auditorium) |  | Settle down for Hostel                             |                                 |   |                               |                                      |             |  |
| TUE                     | 02 Mar 2021   | 0900 - 1000   | 1000 - 1030  |  | 1030 - onwards                                     |                                 |   |                               |                                      |             |  |
|                         |   | Welcome<br>Guest to be seated                       | PRINCIPAL / CHIEF EXECUTIVE'S ADDRESS                                  |  | HI - TEA<br>(At Lawn in Front of Afzal Auditorium) |                                 |   |                               |                                      |             |  |
| WED                     | 03 Mar 2021   | 0830 - 0915   | 0915-1000  | 1000-1045  | 1045 - 1115  | 1115 - 1400                     |   |                               |                                      |             |  |
|                         |   | Sky is the limit                                    | How to earn Respect  | Reflection<br>Introduction to College<br>society / Clubs | BREAK  | M1                              | IOD, ION, Sports Complex, Cafeteria, College Hostels / Mosque |                               |                                      |             |  |
|                         |   | Brig Muhammad Farid                                 | Brig Muhammad Younus<br>(Retd)   | Brig Shahid / Team                                       |  | M2                              | ION, Sports Complex, Cafeteria, College Hostels / Mosque, IOD |                               |                                      |             |  |
|                         |   |   |  |  |  | M3                              | Sports Complex, Cafeteria, College Hostels / Mosque, IOD, ION |                               |                                      |             |  |
|                         |   |   |  |  |  | D1                              | Cafeteria, College Hostels / Mosque, IOD, ION, Sports Complex |                               |                                      |             |  |
| D2                      | College Hostels / Mosque, IOD, ION, Sports Complex, Cafeteria |   |  |  |  |                                 |   |                               |                                      |             |  |
| THU                     | 04 Mar 2021   | 0830 - 0915   | 0915-1000  | 1000-1045  | 1045 - 1115  | 1115 - 1200                     | 1200 - 1245   | 1245 - 1330                   | 1330 - 1415                          | 1415 - 1500 |  |
|                         |   | How to learn quickly<br>Learning tips               | Attitude building  | Medical Ethics   | BREAK  | Introduction of<br>Anatomy      | Introduction of<br>Biochemistry                               | Introduction of<br>Physiology | Introduction to<br>Sports Activities | Talent Hunt |  |
| Brig Rehan Uddin (Retd) | Lt Col Nadeem Yar Khan<br>(Retd)                              | Lt Col Khizer Iqbal Mufti<br>(Retd)                 | Anatomy<br>Department  | Biochemistry<br>Department                               |  | Physiology<br>Department        | Prof Dr Arham<br>Nawaz Chohan                                 | Prof Dr Arham<br>Nawaz Chohan |                                      |             |  |
| FRI                     | 05 Mar 2021   | 0830 - 0915   | 0915-1000  | 1000-1045  | 1045 - 1115  | 1115 - 1245                     |   |                               |                                      |             |  |
|                         |   | Developing a caring Health<br>Professions           | Constellation Alumni<br>Association                                    | How to Multiply your time                                | BREAK  | Visit of Respective Departments |   |                               |                                      |             |  |
| Prof Amjad Wayne        | Dr. Saad  | Brig Rehan Uddin (Retd)                             | Lead Facilitator   |  |  |                                 |   |                               |                                      |             |  |

Lead Facilitator: MBBS - Prof Dr Uzma Naseer      BDS - Prof Dr Arham Nawaz Chohan

1. Principal / Chief Executive's Address & all lectures will be held in Afzal Auditorium.
2. 3x Groups for MBBS Students M1 (Roll No. 1-50), M2 (Roll No. 51-100), M3 (Roll No. 101-onwards)
3. 2x Groups for BDS Students D1 (Roll No. 1-40), D2 (Roll No. 41-onwards)

Dated: 26-Feb-2021  
Prepared by : Mr. Azmi Yousaf

Lt Col  
ADME (Academics)  
Dr Nadeem Yar Khan (Retd)