

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 1: 27/03/2022 - 31/03/2022
BODY AND MIND

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:30 - 3:20 PM	3:30 - 4:20 PM	
SUNDAY 27/03/2022	SDL	SDL	PD1 Coach Group Session		B	Block 1.4 Orientation		TL1: What is Psychology: History and key concepts	TL2: Anatomy of Upper Limb	
						Block Coordinator	Dr. Seema	Dr. Shahina		
MONDAY 28/03/2022	SDL	TL3: Learning Theories	TL4: What is Health Psychology	TL5: Interaction Mind and Body		R	Anatomy Practical 1: Upper Limb (Group A - Males)	Anatomy Practical 1: Upper Limb (Group B - Males)		
		Dr. Ayoub Lone	Dr. Abdul Wahab	Dr. Amanullah			Histology Practical 1: Skeletal Muscle (Group A - Females)	Histology Practical 1: Skeletal Muscle (Group B - Females)		
TUESDAY 29/03/2022	SDL	SDL	TL6: Physiology: Excitation and Contraction (Skeletal Muscle)	TL7: Why is Good Communication so Important?		E	Anatomy Practical 1: Upper Limb (Group C - Males)	Anatomy Practical 1: Upper Limb (Group D - Males)		
			Dr. Aliya	Dr. Nurjahan			Histology Practical 1: Skeletal Muscle (Group C - Females)	Histology Practical 1: Skeletal Muscle (Group D - Females)		
WEDNESDAY 30/03/2022	Global Health Lecture	Patient Lecture 1: Behaviour Change	TL8: The Consultation	TL9: Concept, Influences and Psychosocial Factors That Affect Behavior and Communication	A	Anatomy Practical 1: Upper Limb (Group E - Males)	Anatomy Practical 1: Upper Limb (Group F - Males)			
	Dr. Amal Ali	Dr. Saba	Dr. Fathia	Dr. Saba		Histology Practical 1: Skeletal Muscle (Group E - Females)	Histology Practical 1: Skeletal Muscle (Group F - Females)			
THURSDAY 31/03/2022	Anatomy Practical 1: Upper Limb (Group A - Females)	Tutor Group Session 1			K	Anatomy Practical 1: Upper Limb (Group B - Females)		SDL	SDL	
	Histology Practical 1: Skeletal Muscle (Group A - Males)					Histology Practical 1: Skeletal Muscle (Group B - Males)				

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

**BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 2: 03/04/2022 - 07/04/2022
COMMUNICATION IN THE CLINICAL SETTING**

DATE / TIME			10:00 - 10:50 AM	11:00 - 11:50 AM	12:00 - 1:00 PM	1:00 - 1:50 PM	2:00 - 2:50 PM			
SUNDAY 03/04/2022			TL 1: Anatomy of Lower Limb <i>Dr. Shahina</i>	TL 2: Anatomy of Hand & Foot <i>Dr. Shahina</i>	R	Anatomy Practical 1: Upper Limb (Group C - Females)				
						Histology Practical 1: Skeletal Muscle (Group C - Males)				
						Global Health Workshop 1: Undernutrition (Group A - Males & Females)				
MONDAY 04/04/2022			Communication Skills Training Session 1		R	Anatomy Practical 1: Upper Limb (Group D - Females)				
								Histology Practical 1: Skeletal Muscle (Group D - Males)		
								Global Health Workshop 1: Undernutrition (Group B - Males & Females)		
TUESDAY 05/04/2022			TL3: Inequality and Health Behavior <i>Dr. Seema</i>	TL4: Health Behavior: A Matter of Willpower <i>Dr. Seema</i>	E	Anatomy Practical 1: Upper Limb (Group E - Females)				
						Histology Practical 1: Skeletal Muscle (Group E - Males)				
						Global Health Workshop 1: Undernutrition (Group C - Males & Females)				
WEDNESDAY 06/04/2022			TL 5: Drug Therapy I Pharmacology of drugs acting on CNS <i>Dr. Girish</i>	TL 6: Ethics: Am I to Blame? <i>Dr. Fatima</i>	A	Anatomy Practical 1: Upper Limb (Group F - Females)				
						Histology Practical 1: Skeletal Muscle (Group F - Males)				
						Global Health Workshop 1: Undernutrition (Group D - Males & Females)				
THURSDAY 07/04/2022			Tutor Group Session 2		K	Anatomy Practical 2: Lower Limb (Group A - Females)				
								Global Health Workshop 1: Undernutrition (Group E - Males & Females)		

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 3: 10/04/2022 - 14/04/2022
CHANGING HEALTH BEHAVIOR

DATE / TIME			10:00 - 10:50 AM	11:00 - 11:50 AM	12:00 - 1:00 PM	1:00 - 1:50 PM	2:00 - 2:50 PM		
SUNDAY 10/04/2022			TL 1: Strategies to Change Behavior & prevention life style <i>Dr. Saba</i>	TL 2: Explaining Health Behavior <i>Dr. Ananullah</i>	B	Anatomy Practical 2: Lower Limb (Group B - Females)	Global Health Workshop 1: Undernutrition (Group F - Males & Females)		
MONDAY 11/04/2022			Patient Lecture 2: Life Style Prevention <i>Dr. Ayoub Lone</i>	TL 3: Psychoneuro Immunology <i>Dr. Ali Al Saad</i>		R	Anatomy Practical 2: Lower Limb (Group C - Females)		
TUESDAY 12/04/2022			Anatomy Practical 2: Lower Limb (Group D - Females)		E		Anatomy Practical 2: Lower Limb (Group E - Females)		
WEDNESDAY 13/04/2022			TL 3: Genetic Screening <i>Dr. Abdul Wahab</i>	TL 4: Changing Behavior through Media Campaign <i>Dr. Seema</i>		A	Anatomy Practical 2: Lower Limb (Group F - Females)		
THURSDAY 14/04/2022			Tutor Group Session 3		K		Anatomy Practical 2: Lower Limb (Group A - Males)		

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 4: 17/04/2022 - 21/04/2022
LIFESTYLE CHANGE

DATE / TIME			10:00 - 10:50 AM	11:00 - 11:50 AM	12:00 - 1:00 PM	1:00 - 1:50 PM	2:00 - 2:50 PM		
SUNDAY 17/04/2022			TL 1: Brachial & Lumbosacral Plexus <small>Dr. Shahina</small>	TL 2: Blood Supply of Upper & Lower Limbs <small>Dr. Shahina</small>	B	Anatomy Practical 2: Lower Limb (Group B - Males)			
MONDAY 18/04/2022			Communication Skills Training Session 2		R	Anatomy Practical 2: Lower Limb (Group C - Males)			
TUESDAY 19/04/2022			TL 1: Perception and Behavior 1 <small>Dr. Murjahan</small>	TL 2: Perception and Behavior 2 <small>Dr. Murjahan</small>	E	Anatomy Practical 2: Lower Limb (Group D - Males)			
WEDNESDAY 20/04/2022			TL 5: Relationship Between HPA-Axis and Stress <small>Dr. Abdul Wahab</small>	TL 6: Quality of Life <small>Dr. Fathia</small>	A	Anatomy Practical 2: Lower Limb (Group E - Males)			
THURSDAY 21/04/2022			Tutor Group Session 4		K	Anatomy Practical 2: Lower Limb (Group F - Males)			

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 5: 24/04/2022 - 28/04/2022
MIDBLOCK EXAM

DATE / TIME			10:00 - 10:50 AM	11:00 - 11:50 AM	12:00 - 1:00 PM	1:00 - 1:50 PM	2:00 - 2:50 PM		
SUNDAY 24/04/2022			BLOCK 1.4 MIDBLOCK WRITTEN EXAM (10:00 - 11:15 AM)			SDL	SDL		
MONDAY 25/04/2022			SDL	SDL		SDL	SDL		
TUESDAY 26/04/2022	EID AL FITR VACATION								
WEDNESDAY 27/04/2022									
THURSDAY 28/04/2021									

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 6: 08/05/2022 - 12/05/2022
ILLNESS PERCEPTION

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM
SUNDAY 08/05/2022	SDL	SDL	Tutor Group Session 5		B	Mentor Group Session		SDL	SDL
MONDAY 09/05/2022	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group A - Females)	Communication Skills Training Session 3	Communication Skills Training Session 3			R	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group C - Females)	SDL	SDL
	Histology Practical 2: Nerve Tissue (Group A - Males)				Histology Practical 2: Nerve Tissue (Group C - Males)				
	Global Health Workshop 2: Obesity (Group B - Males & Females)				Global Health Workshop 2: Obesity (Group D - Males & Females)				
TUESDAY 10/05/2022	SDL	Statistics Lecture	Patient Lecture 3: Adaptation to Illness	TL 1: Personality and Coping	E	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group D - Females)	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group E - Females)		
			Dr. Nurjahan	Dr. Areeb Lone		Histology Practical 2: Nerve Tissue (Group D - Males)	Histology Practical 2: Nerve Tissue (Group E - Males)		
						Global Health Workshop 2: Obesity (Group A - Males & Females)	Global Health Workshop 2: Obesity (Group F - Males & Females)		
WEDNESDAY 11/05/2022	SDL	TL 2: Coping with Illness: Patients and their Families	TL 3: Ethics :Concept of Disease and Health	Patient Lecture 4: Psychological Care in the Medical Setting	A K	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group B - Females)	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group F - Females)		
		Dr. Saba	Dr. Fathia	Dr. Abdul Wahab		Histology Practical 2: Nerve Tissue (Group B - Males)	Histology Practical 2: Nerve Tissue (Group F - Males)		
						Global Health Workshop 2: Obesity (Group E - Males & Females)	Global Health Workshop 2: Obesity (Group C - Males & Females)		
THURSDAY 12/05/2022	PD Symposium (All Years)								

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 7: 15/05/2022 - 19/05/2022
ADAPTATION TO ILLNESS

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM
SUNDAY 15/05/2022	SDL	TL 1: Pharmacology of Corticosteroids <i>Dr. Shereen</i>	TL 2: Medically Unexplained Physical Symptoms <i>Dr. Amanullah</i>	TL 3: Psychological Treatment in the Medical Setting 1 <i>Dr. Abdul Wahab</i>	B	PD1 Coach Group Session: Final Interview & Portfolio Assessment		SDL	SDL
MONDAY 16/05/2022	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group A - Males) Histology Practical 2: Nerve Tissue (Group A - Females) Statistics Practical (Group C & D - Females)	Tutor Group Session 6			R	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group B - Males) Histology Practical 2: Nerve Tissue (Group B - Females) Statistics Practical (Group E & F - Females)	SDL	SDL	
TUESDAY 17/05/2022	SDL	TL 4: Psychological Treatment in the Medical Setting 2 <i>Dr. Ruqayyah</i>	TL 5: Drug Therapy: Psycho-pharmacology <i>Dr. Saima</i>	TL 6: Neuroanatomy Introduction <i>Dr. Hatib</i>	E	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group C - Males) Histology Practical 2: Nerve Tissue (Group C - Females) Statistics Practical (Group A & B - Females)	SDL	SDL	
WEDNESDAY 18/05/2022	SDL	Patient Lecture 5: The Good Doctor <i>Dr. Fathia</i>	TL 7: Burnout among Physicians <i>Dr. Amanullah</i>	TL 8: How Do I Become a Good Doctor? <i>Dr. Fathia</i>	A	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group D - Males) Histology Practical 2: Nerve Tissue (Group D - Females) Statistics Practical (Group E & F - Males)	SDL	SDL	
THURSDAY 19/05/2022	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group E - Males) Histology Practical 2: Nerve Tissue (Group E - Females) Statistics Practical (Group C & D - Males)	Tutor Group Session 7			R	Anatomy Practical 3: Brachial & Lumbosacral Plexus (Group F - Males) Histology Practical 2: Nerve Tissue (Group F - Females) Statistics Practical (Group A & B - Males)	SDL	SDL	

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 8: 22/05/2022 - 26/05/2022
PSYCHOSOCIAL CARE IN THE MEDICAL SETTING

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM	
SUNDAY 22/05/2022	SDL	SDL	Anatomy Practical 4: Cranial Cavity & Skull (Group C - Males)	B	Anatomy Practical 4: Cranial Cavity & Skull (Group A - Females)	Anatomy Practical 4: Cranial Cavity & Skull (Group B - Females)	Adult BLS & Choking Workshop (Group C - Females)	Adult BLS & Choking Workshop (Group A - Males)	Adult BLS & Choking Workshop (Group B - Males)	
MONDAY 23/05/2022	Anatomy Practical 4: Cranial Cavity & Skull (Group E - Males)	Communication Skills Training Session 4	Adult BLS & Choking Workshop (Group E - Females)		Anatomy Practical 4: Cranial Cavity & Skull (Group C - Females)	Anatomy Practical 4: Cranial Cavity & Skull (Group D - Females)	Adult BLS & Choking Workshop (Group C - Males)	Adult BLS & Choking Workshop (Group D - Males)		
TUESDAY 24/05/2022	SDL		SDL		Adult BLS & Choking Workshop (Group A - Females)	Anatomy Practical 4: Cranial Cavity & Skull (Group E - Females)	Anatomy Practical 4: Cranial Cavity & Skull (Group F - Females)	Adult BLS & Choking Workshop (Group E - Males)	Adult BLS & Choking Workshop (Group F - Males)	
WEDNESDAY 25/05/2022	STUDENT LONG WEEKEND VACATION									
THURSDAY 26/05/2022	STUDENT LONG WEEKEND VACATION									

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 9: 29/05/2022 - 02/06/2022
HOW TO BECOME A GOOD DOCTOR

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM
SUNDAY 29/05/2022	SDL	SDL	Anatomy Practical 4: Cranial Cavity & Skull (Group A - Males)	B	Mentor Group Session	Anatomy Practical 4: Cranial Cavity & Skull (Group B - Males)	Adult BLS & Choking Workshop (Group D - Females)	Anatomy Practical 4: Cranial Cavity & Skull (Group B - Males)	Adult BLS & Choking Workshop (Group D - Females)
			Adult BLS & Choking Workshop (Group B - Females)						
MONDAY 30/05/2022	Anatomy Practical 4: Cranial Cavity & Skull (Group D - Males)		Tutor Group Session 8		R	Anatomy Practical 4: Cranial Cavity & Skull (Group F - Males)	Adult BLS & Choking Workshop (Group F - Females)	SDL	SDL
TUESDAY 31/05/2022	SDL	SDL	Statistics Practical Exam 9:30 - 11:30 AM		E	Anatomy Practical Revision		Course Evaluation Survey (can be done at home or bring a device that can connect to university wifi)	SDL
WEDNESDAY 01/06/2022	SDL	SDL	SDL	SDL	A	SDL	SDL	SDL	SDL
THURSDAY 02/06/2022	SDL	Block 1.4 Anatomy OSPE 8:30 to 10:30 AM		SDL	K	SDL	SDL	SDL	SDL

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 10: 05/06/2022 - 09/06/2022
ASSESSMENT

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM
SUNDAY 05/06/2022	SDL	SDL	SDL	SDL		SDL	SDL	SDL	SDL
MONDAY 06/06/2022	SDL	SDL	SDL	SDL		SDL	SDL	SDL	SDL
TUESDAY 07/06/2022	SDL	BLOCK 1.4 FINAL WRITTEN ASSESSMENT 8:30 to 11:30 AM				SDL	SDL	SDL	SDL
WEDNESDAY 08/06/2022		Progress Test 2 9:00 - 11:00 AM							
THURSDAY 09/06/2022									

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
WEEK 11: 12/06/2022 - 16/06/2022
ASSESSMENT

DATE / TIME	7:30 - 8:20 AM	8:30 - 9:20 AM	9:30 - 10:20 AM	10:30 - 11:20	11:30 - 12:30 PM	12:30 - 1:20 PM	1:30 - 2:20 PM	2:40 - 3:20 PM	3:30 - 4:20 PM
SUNDAY 12/06/2022		Block 1.4 Anatomy OSPE Resit 8:30 to 10:30 AM							
MONDAY 13/06/2022									
TUESDAY 14/06/2022									
WEDNESDAY 15/06/2022									
THURSDAY 16/06/2022									

Note: This timetable may change from time to time due to some unavoidable circumstances. All concerned will receive an email if there will be changes in this schedule.

BLOCK 1.4 - MIND AND MOTION (AY 2021-2022)
Practical/Workshop Hall Assignment

Practical/Workshop	Venue (Males)	Venue (Females)
Anatomy	Anatomy Hall	Anatomy Hall
Histology	Histology Lab	Histology Lab
Global Health	G43 Hall	Hall 2
Statistics	Computer Lab	Computer Lab
BLS	Simulation Lab	Simulation Lab