

**1st week Time Table for MSK BLOCK 2 1st Year MBBS (29<sup>th</sup> April to 2<sup>nd</sup> MAY 2026)**

<b>DAYS</b>	<b>8:00 to 09:30</b>	<b>9:30 to 10:00</b>	<b>10:00 to 11:00</b>	<b>11:00 to 12:00</b>	<b>12:00 to 1:00</b>	<b>1:00 to 2:00</b>
<b>Monday</b> <b>27-4-26</b>	<b>Block I EXAM</b>					
<b>Tuesday</b> <b>28-4-26</b>						
<b>Wednesday</b> <b>29-04-26</b>	<b>Anatomy</b> Introduction to upper limb. Pectoral region MS A 001 Dr Anum Iqbal	<b>Tea break</b>	<b>Anatomy SGD</b> Clavicle (bony features) Dr. Anam Iqbal, Dr. Naimat	<b>Physiology</b> Membrane Potential (MS-P-001) Dr.Khadija Kiran	<b>SDL</b>	<b>Islamiat</b> Qari Sajid sb
<b>Thursday</b> <b>30-04-26</b>	<b>Medicine</b> Effect of age on bone fragility MSA AG 001		<b>Pathology</b> Muscle remodelling MS-Pa-001 Dr. Waqar	<b>Biochemistry</b> Classification of carbohydrates Prof Uzma (MS-B-003)	<b>Community medicine</b> Non communicable diseases and backpain MS CM 001,002,005 Dr Umar Farooq	<b>Anatomy</b> Clavicle (muscular attachment) Dr Naimat
<b>Saturday</b> <b>02-05-26</b>	<b>Anatomy</b> Clavipectoral fascia Pectoral muscles Dr. Anum Iqbal		<b>Biochemistry</b> Extracellular matrix Prof Uzma (MS-B-003)	<b>Physiology</b> Nernst Potential (MS-P-002) Dr.Kanwal Ismail	<b>Anatomy</b> Muscles of back (MS-A-004) Dr Naimat	<b>SDL</b>

## 2nd week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (4th May – 9<sup>th</sup> May 2026)

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 10:45	10:45 to 11:30	11:30 to 12:15	12.15= 1.00	1:00 to 2:00	
<b>Monday 04-05-26</b>	<b>Skill workshop</b>	<b>Break Time</b>	<b>Gross Anatomy</b> Shoulder girdle and Axilla Dr Nageen		<b>Gross Anatomy</b> Axillary artery and nerve Dr Naimat	SDL		
<b>Tuesday 05-05-26</b>	<b>Anatomy whole class</b> Brachial plexus Dr Nageen		<b>Pathology (1)</b> Muscle remodeling MS Pa 001 Dr Waqar Azeem	<b>Community medicine</b> Non communicable diseases and back pain MS CM 001,002,005 Dr Umar Farooq	<b>Biochemistry</b> Classification of Carbohydrates MS-B-001 Dr Nooria	<b>Physiology</b> RMP in neurons 1 (MS-P-004) Dr. Khadija Kiran	SDL	
<b>Wednesday 06-05-26</b>	<b>Anatomy SGD</b> Humerus MS-A-007 Dr Anum Iqbal , Dr Nageen , Dr Naimat		<b>Anatomy gross</b> Shoulder joint Dr Anum Iqbal	<b>Islamiat</b> Qaari sajid sb	<b>Anatomy gross</b> Muscles of arm nerves of arm Dr Anum Iqbal	<b>Physiology SGD</b> Under Supervision of Prof. Rizwana Hussain		
<b>Thursday 07-05-26</b>	<b>MEDICINE</b> effect of age on bone fragility MS Ag 001		<b>Histology lecture</b> Cartilage Dr Bareera	<b>Embryology</b> lecture Development of limb Dr Rizwana Jafri	<b>Biochemistry</b> Isomerization MS-B-002 Dr Nooria	<b>BiochemistrySGD</b> Under supervision of Prof.Dr Uzma Jabbar		
<b>Friday 08-05-26</b>	<b>Biochemistry</b> Extracellular matrix MS-B-003 Prof. Dr Uzma Jabbar		<b>Physiology</b> RMP in neurons 2 (MS-P-004) Dr. Khadija Kiran	<b>PERLs</b> <b>Professionalism</b> <b>1 08, 1 09</b>				
<b>Saturday 09-05-26</b>	<b>Gross anatomy</b> Axillary artery and nerve Arteries of arm, anastomosis around scapula Dr Naimat		<b>Physiology</b> Autonomic Nervous System (MS-P-007) Dr.Usman Altaf	<b>Gross anatomy</b> <b>Elbow joint</b> <b>Dr Nageen</b>	<b>Gross Anatomy</b> Shoulder girdle and Axilla Dr Nageen	SDL		

### 3rd week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (11<sup>TH</sup> May – 16<sup>TH</sup> May 2026)

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday</b> <b>11-05-26</b>	<b>Physiology practical batch(A)</b> Isotonic and isometric contraction (MS-P-019) Dr Imran butt <b>Biochemistry practical batch (B)</b> Total protein estimation <b>dr Hifza</b> <b>Histology practical batch (C)</b> ...Cartilage. Dr Kashif Bashir	<b>Break Time</b>	<b>Biochemistry</b> Chemical prop of Carbohydrates MS-B-003 Dr Nooria Tahir	<b>Islamiat (3)</b> Qari Sajid Kaleem sb.	<b>Gross anatomy SGD</b> Radius bony features and muscular attachments Dr Nageen, Dr Anum Iqbal, Dr Naimat	
<b>Tuesday</b> <b>12-05-26</b>	<b>Physiology practical batch(B)</b> Isotonic and isometric contraction (MS-P-019) Dr Imran butt <b>Biochemistry practical batch (C)</b> Total protein estimation <b>dr Hifza</b> <b>Histology practical batch A</b> Cartilage. Dr Kashif Bashir		<b>Physiology</b> Goldman Equation(MS-P-003) Dr.Khadija Kiran	<b>Anatomy</b> Embryology lecture 2 Development of limbs Assoc. Prof. Dr.	<b>Anesthesia (Physiology Integrated)</b> Local Anesthetics(MS-P-004) Dr.Salman Ather	<b>Pathology (2) leiomyoma</b> Dr Waqar Azeem
Wednesday <b>13-05-26</b>	<b>Physiology practical batch(C)</b> Isotonic and isometric contraction (MS-P-019) Dr Imran butt <b>Biochemistry practical batch (A)</b> Total protein estimation <b>dr Hifza</b> <b>Histology practical batch B</b> Cartilage. Dr Kashif Bashir		<b>Medicine</b> MS-AG-03 Effect of age on muscular strength	<b>Pharmacology</b> Drugs acting on NMJ MS Ph 01	<b>Physiology SGD</b> <b>Supervised by Prof. Rizwana Hussain</b>	
<b>Thursday</b> <b>14-05-26</b>	<b>Gross Anatomy</b> Ulna bony features and muscular attachments <b>Dr Naimat, Dr Nageen, Dr Anum Iqbal</b>		<b>Anatomy Histology</b> Microscopic anatomy of bone (1) Dr Bareera	<b>Biochemistry</b> Glycosaminoglycans MS-B-003 Dr Nooria Tahir	<b>SGD BIOCHEMISTRY</b> <b>Supervised by prof dr Uzma Jabbar</b>	
<b>Friday</b> <b>15-05-26</b>	<b>Biochemistry</b> GLYCOLYSIS 1 MS-B-004 Prof Dr Uzma Jabbar		<b>Physiology</b> Neurons(MS-P-005) Dr.Khadija Kiran	<b>PERLs</b> Professionalism 1-10,1-11 Dr. Khurram Najeeb	<b>JUMMA PRAYER</b>	
<b>Saturday</b> <b>16-05-26</b>	<b>Anatomy gross</b> Muscles of forearm flexors and extensors <b>Dr Anum Iqbal</b>		<b>Community medicine</b> Risk factors for MSDs in community Dr Umar Farooq	<b>Physiology</b> Classification of Neurons and Nerve fibers(MS-P-006) Dr.Usman Altaf	<b>Gross Anatomy</b> Nerves and vessels of forearm Dr Nageen	SDL

### 4<sup>th</sup> week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (18–23 May, 2026)

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday</b> <b>18-5-26</b>	<b>Physiology practical batch(A)</b> Isotonic and isometric contraction Dr Imran butt <b>Biochemistry practical batch (B)</b> Total protein estimation <b>dr Shamona</b> <b>Histology practical batch (C)...</b> Cartilage. Dr Anum mukhtar	<b>Break Time</b>	<b>Biochemistry</b> Collagen synthesis MS-B -03 Prof Dr Uzma Jabbar	<b>Anatomy</b> Embryology lecture 3 Assoc. Prof. Dr. Syeda Rizwana Jafri	<b>Pharmacology</b> Drugs in myasthenia gravis Dr Zainab/ dr Armaghan	<b>Community medicine</b> Risk factors for MSDs in community Dr Maryam Ahmad
<b>Tuesday</b> <b>19-5-26</b>	<b>Physiology practical batch(B)</b> Isotonic and isometric contraction Dr Imran butt <b>Biochemistry practical batch (C)</b> Total protein estimation <b>dr Shamona</b> <b>Histology practical batch (A)...</b> Cartilage. Dr Anum mukhtar		<b>Biochemistry</b> Amino acid metabolism MS-B-004 Dr. Fauzia	<b>Pathology(4)</b> osteoporosis Dr Waqar Azeem	<b>Islamiat(2)</b> Qari Sajid Kaleem	<b>C-FRC (3)</b> <b>Neuro</b> Examine the strength of upper limb
<b>Wednesday</b> <b>20-5-26</b>	<b>Physiology practical batch(C)</b> Isotonic and isometric contraction Dr Imran butt <b>Biochemistry practical batch (A)</b> Total protein estimation <b>dr Shamona</b> <b>Histology practical batch (B)...</b> Cartilage. Dr Anum mukhtar		<b>Biochemistry</b> Collagen diseases I MS-B-003 Prof Dr Uzma Jabbar	<b>Physiology</b> Conduction of nerve impulse (MS-P-010) Dr tayab/ Prof Rizwana	<b>Physiology</b> <b>Formative assessment viva</b> <b>Supervised by Prof. Rizwana Hussain</b>	
<b>Thursday</b> <b>21-5-26</b>	<b>Anatomy gross</b> Muscles and blood supply of arm and forearm. Dr Nageen.		<b>Medicine</b> MS-AG-03 Effect of age on muscular strength Dr Faizan.	<b>Anatomy</b> Histology of muscles Dr Bareera	<b>SGD BIOCHEMISTRY</b> <b>Supervised by prof dr Uzma Jabbar</b>	
<b>Friday</b> <b>22-5-26</b>	<b>Anatomy gross SGD</b> <b>Retinacula, articulated hand.</b> Dr Sundas		<b>Community medicine</b> Prevention of risk factors for MSDs Dr Maryam Ahmad.	<b>PERLs</b> Professionalism 1-10,1-11 Dr. Khurram Najeeb	<b>JUMMA PRAYER</b>	
<b>Saturday</b> <b>23-5-26</b>	<b>Anatomy gross SGD</b> Elbow joint, superior and inferior radioulnar joints Dr Nageen		<b>Biochemistry</b> Collagen diseases II MS-B-003 Prof Dr Uzma Jabbar	<b>Physiology</b> Types of nerve injury <b>(MS-P-012)</b> <b>Dr. Usman/ Prof Rizwana</b>	Anatomy gross Bones of forearm. Muscles of forearm Dr sundas	<b>Physiology</b> Summation, Tetanization <b>(MS-P-014)</b> Dr Sanya/Prof Rizwana

### 5<sup>th</sup> week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (25 –30 May, 2026)

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday</b> 25-5-26	Physiology Batch A <b>Biochemistry</b> Batch B Estimation of Albumin/globulin <b>dr Shamona</b> Histology Batch C <b>Bone</b> . Dr Bareera	<b>Break Time</b>	<b>Anatomy</b> Histology lecture Bone (2) Dr Bareera	<b>Physiology</b> Isotonic and isometric contraction (MS-P-013) <b>Dr Tayab</b>	<b>BIOCHEMISTRY</b> ELASTIN MSB-003 Dr Uzma Jabbar	<b>Community medicine</b> Work related MSDs and prevention Dr Zara Zaheer
<b>Tuesday</b> 26-5-26	Physiology Batch B <b>Biochemistry</b> Batch C Estimation of Albumin/globulin <b>dr Shamona</b> Histology Batch A <b>Bone</b> . Dr Bareera		<b>Biochemistry</b> Amino acid metabolism MsB-004 Dr Fauzia	<b>Anatomy histology lecture</b> Muscle Dr. Bareera	<b>Islamiat</b> Qari Sajid Kaleem sb.	<b>Pharmacology Local anesthetics</b> Dr Zainab /Dr Armaghan
<b>Wednesday</b> 27-5-26	<b>Eid- Ul- Azha</b>					
<b>Thursday</b> 28-5-26						
<b>Friday</b> 29-5-26						
<b>Saturday</b> 30-5-26						

**6<sup>th</sup> week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (01 –06 June, 2026)**

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday 1-06-26</b>	Physiology Batch A <b>Biochemistry</b> Batch B Estimation of Albumin/globulin <b>dr Shamona</b> Histology Batch C <b>Bone</b> . Dr Bareera	<b>Break time</b>	<b>Anatomy</b> Histology lecture Bone (2) Dr Bareera	<b>Physiology</b> Isotonic and isometric contraction (MS-P-013) <b>Dr Tayab</b>	<b>BIOCHEMISTRY ELASTIN MSB-003</b> <b>Dr Uzma Jabbar</b>	<b>Community medicine</b> Work related MSDs and prevention Dr Zara Zaheer
<b>Tuesday 2-6-26</b>	Physiology Batch B <b>Biochemistry</b> Batch C Estimation of Albumin/globulin <b>dr Shamona</b> Histology Batch A <b>Bone</b> . Dr Bareera		<b>Biochemistry</b> Amino acid metabolism MsB-004 Dr Fauzia	<b>Anatomy histology lecture</b> Muscle Dr. Bareera	<b>Islamiat</b> Qari Sajid Kaleem sb.	<b>Pharmacology Local anesthetics</b> Dr Zainab /Dr Armaghan
<b>Wednesday 3-6-26</b>	Physiology Batch C <b>Biochemistry</b> Batch A Estimation of Albumin/globulin <b>dr Shamona</b> Histology Batch B <b>Bone</b> . Dr Bareera		<b>Anatomy gross</b> Nerves and vessels of forearm <b>Dr Bareera</b>	<b>Physiology</b> Action potential and its properties ( <b>MS-P-007</b> ) <b>Dr. Sanya</b>	<b>PBL-1</b>	
<b>Thursday 4-6-26</b>	<b>Anatomy gross</b> Muscles of hand Dr Nageen		<b>Medicine</b> Effect of age on loss of cartilage, effect of estrogen on BMD MS-Ag-02,04 Dr. Faizan	<b>Pathology</b> Osteopetrosis Dr Waqar Azeem	<b>BIOCHEMISTRY Ammonia intoxication</b> MSB-004 Dr Fauzia	<b>Anatomy Formative assessment</b> <b>Under supervision of Dr Syeda Rizwana</b>
<b>Friday 5-6-26</b>	<b>Anatomy gross SGD</b> Nerves and vessels of hand Dr Nageen		<b>Behavioral sciences</b> MS-BhS-001 Dr Khurram Najeeb	<b>PERLs</b> Ethics Dr Khurram Najeeb		
<b>Saturday 6-6-26</b>	<b>Anatomy gross SGD</b> Joints of hand Dr Nageen		<b>C-FRC RADIOLOGY</b> upper limb (fractures)	<b>Physiology</b> Physiological basis and properties of graded potential (MS-P- 008) Dr Tayab	<b>Biochemistry</b> Amino acid metabolism MSB-004 Dr Uzma Jabbar/dr Fauzia	<b>Community medicine</b> MSD related to mobile use Dr Sadia Yaseen

### 7th week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (8 – 13 June 2026)

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday</b> 8-6-26	<b>Histology practical batch A</b> ...MUSCLE. Dr Bareera	Tea time	<b>Anatomy embryology</b> Lecture Dr Rizwana Jafri	<b>Biochemistry Glycolysis I</b> MS-B-004 Prof. Dr Uzma	<b>Anatomy (dissection hall)</b>	
<b>Tuesday</b> 9-6-26	<b>Histology practical batch B</b> hip bone Dr. Nageen		<b>Biochemistry</b> TCA CYCLE I MS-B-004 Dr. Nooria	<b>Anatomy embryology.</b> Development of musculoskeletal system Dr Syeda Rizwana Jafri	Islamiat Qaari Sajid sb.	<b>SDL</b>
<b>Wednesday</b> 10-6-26	<b>Histology practical batch C</b> hip bone Dr. Nageen		<b>Anatomy</b> Lateral and posterior compartment muscles of leg Dr Nageen	<b>Physiology</b> Mechanism of smooth muscle contraction LATCH mechanism (MS-P-016) Dr. Sanya	<b>PBL II</b>	
<b>Thursday</b> 11-6-26	<b>Anatomy</b> Muscles of gluteal region and posterior compartment of thigh Dr Nageen		<b>Biochemistry</b> <b>Glycolysis</b> MS-B-004 Prof. Dr. Uzma	<b>Anatomy</b> Medial compartment of thigh/adductor canal Dr Nageen	<b>Biochemistry</b> <b>Formative assessment protein metabolism</b>	
<b>Friday</b> 12-6-26	<b>Anatomy gross SGD</b> Neurovascular supply of back of thigh, sciatic nerve, popliteal fossa Dr Bareera		<b>Behavioral sciences</b> MS Bhs 002 Dr Khurram Najeeb	<b>PERLs</b> leadership DME	<b>JUMMA PRAYER</b>	
<b>Saturday</b> 13-6-26	<b>Anatomy gross SGD</b> Hip joint. Dr Nageen.		<b>Physiology Lecture</b> Types of smooth muscle and mechanism of smooth muscle contraction (MS-P-016) Dr. Tayab	<b>C-FRC (6) Ortho</b> Examination of hip and knee joint	<b>Biochemistry</b> TCA CYCLE II MS-B-004 Dr. Nooria	<b>Physiology Lecture</b> Excitation contraction coupling of skeletal muscle (MS-P-015) Dr. Sanya

**8th week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (15 June -15 July, 2026)**

<b>DAYS</b>	<b>8:00 to 09:30</b>	<b>9:30 to 10:00</b>	<b>10:00 to 11:00</b>	<b>11:00 to 12:00</b>	<b>12:00 to 1:00</b>	<b>1:00 to 2:00</b>
<b>MONDAY</b> 15-6-26	<p>Summer vacation 15-June to 15 July, 2026</p>					
<b>Tuesday</b> 16-6-26						
<b>Wednesday</b> 17-06-26						
<b>Thursday</b> 18-06-26						
<b>Friday</b> 19-06-26						
<b>Saturday</b> 20-06-26						

**9th week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (16 – 18 July 2026)**

<b>DAYS</b>	<b>8:00 to 09:30</b>	<b>9:30 to 10:00</b>	<b>10:00 to 11:00</b>	<b>11:00 to 12:00</b>	<b>12:00 to 1:00</b>	<b>1:00 to 2:00</b>
<b>Thursday</b> <b>16-7-26</b>	<b>Gross Anatomy</b> <b>Neurovascular supply of leg</b> Dr. Bareera		<b>Biochemistry</b> Errors of A.A metabolism- MSB-011 Dr. Uzma Jabbar/ dr Fauzia	<b>Anatomy</b> Retinaculum of leg. Dr Bareera	<b>Biochemistry SGD</b> <b>Under supervisor of Prof. Dr. Uzma Jabbar</b>	
<b>Friday</b> <b>17-7-26</b>	<b>Anatomy gross SGD</b> Articulated foot Dr Nageen		<b>Surgery</b> Clinicals of upper limb. Dr Farhan	<b>PERLs (1-14,15)</b> <b>leadership</b> Dr Hafsa Tariq	<b>Jumma Prayer</b>	
<b>Saturday</b> <b>18-7-26</b>	<b>Anatomy gross SGD</b> Muscles of foot Dr Bareera		<b>Anatomy</b> Arteries and nerves of foot Dr Bareera	<b>C-FRC (medicine)</b> Examine the strength of lower limb Dr Faizan	<b>SDL</b>	

**10th week Time Table for MSK BLOCK 1<sup>st</sup> Year MBBS (July 28, 2025 – August 2, 2026)**

DAYS	8:00 to 09:30	9:30 to 10:00	10:00 to 11:00	11:00 to 12:00	12:00 to 1:00	1:00 to 2:00
<b>Monday</b> 20-07-26	<b>Gross anatomy</b> <b>Formative assessment upper limb</b> Dr Bareera/Dr Nageen	<b>Break Time</b>	<b>Anatomy embryology</b> <b>Development of MSK</b> Dr Rizwana Jafri	<b>Surgery</b> DVT, femoral and inguinal hernias Dr Naqash	<b>Radiology</b> X rays of lower limb	<b>Community medicine</b> <b>Formative assessment</b> Dr Zara
<b>Tuesday</b> <b>21-07-26</b>	<b>Gross Anatomy</b> arches of foot, Small joints of foot Dr Nageen/Dr Bareera		<b>Physiology</b> MSK revision Dr tayyab	<b>Fire drill activity</b>		
<b>Wednesday</b> <b>22-07-26</b>	<b>SDL</b>		<b>Anatomy gross</b> Lymphatic drainage, venous drainage of lower limb- I Dr Bareera	<b>Islamic society event</b>		
<b>Thursday</b> <b>23-07-26</b>	<b>Gross anatomy</b> Formative assessment of lower limb		<b>Physiology</b> Formative assessment viva	<b>Physiology</b> Formative assessment Viva	<b>BIOCHEMISTRY SGD</b> <b>Under supervision of prof dr Uzma Jabbar</b>	
<b>Friday</b> <b>23-07-26</b>	<b>Pak Studies</b> Qaari Sajid		<b>Biochemistry</b> Errors of A.A metabolism- MSB-011 Dr. Uzma Jabbar/ dr Fauzia	<b>Physiology</b> Mechanism of smooth muscle contraction LATCH mechanism (MS-P-016) Dr. Sanya	<b>Surgery</b> Clinicals of upper limb. Dr Farhan	
<b>Saturday</b> <b>23-07-26</b>	Islamiat Qaari Sajid sb.		<b>Physiology</b> Mechanism of smooth muscle contraction LATCH mechanism (MS-P-016) Dr. Sanya	<b>Biochemistry</b> Errors of A.A metabolism-MSB-011 Dr. Uzma Jabbar/ dr Fauzia	<b>Anatomy gross</b> Lymphatic drainage, venous drainage of lower limb- II Dr Bareera	