



Department of Medical Education (DME) Fatima Jinnah Institute of Dental Sciences, Lahore

1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1 Module: FOUNDATION 1 Week: 01 ONLINE

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00- 1:00
Day	Date					
Monday	09-03-2026	White Coat Ceremony				
Tuesday	10-03-2026	General Anatomy Dr.Sadia	Oral Biology Dr. Afsheen	Community & Preventive Dentistry	Biochemistry Dr.Quratulain	Histology
Wednesday	11-03-2026	Physiology Dr. Naila Ikram	Biochemistry Dr.Quratulain	Anatomy Dr.Sadia	Oral Biology Lab Dr. Afsheen	Oral Biology Lab Dr. Afsheen
Thursday	12-03-2026	Embryology Dr.Sadia	Oral Biology Dr.Amna Amanat	Community & Preventive Dentistry Dr.Kashif Adnan	Biochemistry Dr.Quratulain	Library Dr.Neha Usman
Friday	13-03-2026	Embryology Dr.Sadia	Oral Biology Dr.Amna Amanat	General Anatomy SGD Dr.Sadia	Islamiyat / Civics Dr.Muhammad Azeem	
Saturday AIMC	14-03-2026	SDLPhysiology Dr.Annum Khawar	General Pathology Dr.Imran (AIMC)	Histology Lab Dr.Muhammad Azeem	SDL Oral Biology Dr. Afsheen	SDL Oral Biology Dr. Afsheen



Deans' Approval
FJIDS, Lahore

Prepared by: Dr. Rabiya Saif(Block In-charge), Dr. Aneeqa Sajjad(Module In-charge)

Dental Education Department



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Fatima Jinnah Institute of Dental Sciences, Lahore

1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1 Module: FOUNDATION 1 Week: 02 ONLINE

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12 :00- 1:00
Day	Date					
Monday	16-03-2026	General Anatomy Dr.Sadia	Oral Biology Dr.Amna Amanat	Biochemistry Dr.Attirish Rao	Oral Biology Dr. Afsheen	Histology Dr.Sadia
Tuesday	17-03-2026	General Anatomy Dr.Sadia	Physiology Dr.Annum Khawer	Histology Dr.Muhammad Azeem	Biochemistry SGD Dr.Attirish Rao	PRISME Dr.Ali Zain
Wednesday	18-03-2026	Histology SGD Dr.Sadia	Community & Preventive Dentistry Dr.Kashif Adnan	Biochemistry Dr.Attirish Rao	Oral Biology Lab Dr.Afsheen	Oral Biology Lab Dr.Afsheen
Thursday	19-03-2026	Embryology Dr.Sadia	Community & Preventive Dentistry (C-FRC) Dr.Kashif Adnan	Biochemistry Dr.Attirish Rao	SDL Physiology Dr.Annum Khawer	Library Dr.Neha Usman
Friday	20-03-2026	Eid Holidays				
Saturday AIMC	21-03-2026	Eid Holidays				

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Weekly Planner Block 1 Module: FOUNDATION 1 Week: 03 ONLINE

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00- 12:00	12:00-1:00	1:00-2:00
Date	Date						
Monday	23-03-2026	Pakistan Day			Pakistan Day		
Tuesday	24-03-2026	Histology Dr.Sadia	Biochemistry Dr.Attirish Rao	Oral Biology Dr.Afsheen	Physiology Dr.Annum Khawer	Pharmacology Dr.Isham Saleem	PRISME Dr.Komal Jahan Zafeer
Wednesday	25-03-2026	Community & Preventive Dentistry Dr.Kashif Adnan	Physiology Dr.Annum Khawer	Oral Biology Dr.Afsheen	Pharmacology Dr.Isham Saleem	Embryology Dr.Sadia	Tutorial Biochemistry Dr.Attirish Rao
Thursday	26-03-2026	Embryology Dr.Muhammad Azeem	Oral Biology Dr.Amna Amanat	Pharmacology Dr.Isham Saleem	Biochemistry Dr.Attirish Rao	Physiology Tutorial Dr.Annum Khawer	Library Dr.Ali Altaf
Time	Date	8:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00		
Friday	27-03-2026	Oral Biology Dr.Afsheen	Community & Preventive Dentistry Dr.Kashif Adnan	Biochemistry Dr.Attirish Rao	Islamiyat / Civics Dr.Muhammad Azeem		
Saturday AIMC	28-03-2026	Histology Dr.Sadia	Histology Dr.Sadia	Physiology Dr.Annum Khawer	Pharmacology Dr.Isham Saleem	Community & Preventive Dentistry Dr.Kashif Adnan	Oral Biology Dr.Afsheen


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1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1 Module: FOUNDATION 1 Week: 04 Online till 31st March

Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00
Day	Date							
Monday	30-03-2026	General Pathology Dr.Imran (AIMC)	Oral Biology Dr.Afsheen	Physiology Dr.Annum Khawer		Pharmacology Dr.Isham Saleem	Oral Biology Lab Dr.Nida Niazi	Oral Biology Lab Dr.Nida Niazi
Tuesday	31-03-2026	General Pathology Dr.Imran (AIMC)	Community & Preventive Dentistry Dr.Kashif Adnan	Embryology Tutorial Dr.Sadia		Biochemistry Dr.Attirish Rao	Pharmacology Dr.Isham Saleem	Tutorial Physiology Dr.Annum Khawer
Day	Date	8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-01:30	01:30-2:30
Wednesday	01-04-2026	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	Community & Preventive Dentistry (C-FRC) Dr.Kashif Adnan	Anatomy Dr.Sadia	Break	Biochemistry Dr.Attirish Rao	Physiology Dr.Annum Khawer	Histology SGD Dr.Sadia
Thursday	02-04-2026	Embryology Dr.Sadia	Physiology Dr.Annum Khawer	Biochemistry Dr.Attirish Rao		Anatomy SGD Dr.Sadia	Pharmacology SGD Dr.Isham Saleem	Library Dr.Ali Altaf
Time	Date	8:00-9:00	9:00-10:00	10:00-11:00		11:00-12:00		
Friday	03-04-2026	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	Pharmacology Dr.Isham Saleem	Embryology Dr.Sadia		Pak Studies Dr.Sohail		
Saturday AIMC	04-04-2026	General Pathology Dr.Imran (AIMC)	General Pathology Dr.Imran (AIMC)	Histology Lab Dr.Sadia		Histology Lab Dr.Sadia	SDL General Pathology Dr.Imran (AIMC)	SDL General Pathology Dr.Imran (AIMC)

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Weekly Planner Block 1 Module: FOUNDATION 1 Week: 05

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11.30	11:30- 12:30	12:30-01:30	01:30-2:30
Day	Date							
Monday	06-04-2026	Histology Dr.Sadia	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	PRISME Dr.Rida	Break	Pharmacology Dr.Isham Saleem	Biochemistry SGD Dr.Attirish Rao	SDL Physiology Dr.Annum Khawer
Tuesday	07-04-2026	Histology Dr.Sadia	Community & Preventive Dentistry Dr.Kashif Adnan	Embryology SGD Dr.Sadia		Biochemistry Dr.Attirish Rao	Pharmacology Dr.Isham Saleem	SGD Physiology
Wednesday	08-04-2026	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	Community & Preventive Dentistry (C-FRC) Dr.Kashif Adnan	Pharmacology Dr.Isham Saleem		Biochemistry Dr.Attirish Rao	Physiology Dr.Annum Khawer	Anatomy Dr.Sadia
Thursday	09-04-2026	Embryology Dr.Sadia	Physiology Dr.Annum Khawer	Biochemistry Dr.Attirish Rao		Pharmacology SGD Dr.Isham Saleem	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	Oral Biology Dr.Amna Amanat/ Dr.Afsheen
Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00
Day	Date							
Friday ONLINE	10-04-2026	Embryology Dr.Sadia	Pharmacology SGD Dr.Isham Saleem	General Pathology Dr.Imran (AIMC)		Pak Studies Dr.Sohail		
Saturday ONLINE	11-04-2026	Oral Biology Dr.Amna Amanat/ Dr.Afsheen	General Pathology Dr.Imran (AIMC)	Histology Dr.Sadia		Pharmacology SGD Dr.Isham Saleem	Islamiyat / Civics Dr.Muhammad Azeem	Library Dr.Ali Altaf


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1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1

Module II CRANIOFACIAL-I

Weeks 01

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30
Day	Date							
Monday	13-04-2026	Anatomy Dr Kiran Skull overview I	Oral Biology SGD Dr Nida	Biochemistry dr sidra vitamins	Break	Oral Pathology Dr Naureen Tabassum	Islamiyat / Civics	SDL Biochemistry DR SOHAIB
Tuesday	14-04-2026	Oral Biology SGD Dr Nida	Anatomy Dr Usman Mandible	Histology Lab Dr usman		Biochemistry SGD dr sohaib	Biochemistry SGD dr sohaib	PRISME
Wednesday	15-04-2026	Anatomy Dr Kiran Skull overview II	Anatomy Dr Kiran Skull overview II	Biochemistry dr sidra vitamins		Oral Pathology Dr Naureen Tabassum	Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida
Thursday	16-04-2026	EmbryologySGD Dr.Usman Week 2 and 3	Embryology SGD Dr Usman	SDL Oral Biology Dr Nida		Biochemistry dr sidra vitamins	Pak Studies	Library
Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00
Day	Date							
Friday ONLINE	17-04-2026	General Pathology	Biochemistry dr ATTIRISH ENZYMES	Histology Lab Dr Sadia		Oral Biology		
Saturday ONLINE	18-04-2026	Embryology Dr Sadiah Hassan Neurelation	General Pathology	Biochemistry Dr ATTIRISH ENZYMES		Histology Dr Sadia Hassan Muscles	Oral Biology	Oral Biology

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Weekly Planner Block 1

Module II CRANIOFACIAL-I

Weeks 02

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30
Day	Date							
Monday	20-04-2026	Anatomy Dr Sadia	Histology Dr Sadia	Oral Biology Dr Nida	Break	Oral Pathology Dr. Rabiya Saif Dr. Aneequa Sajjad	Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida
Tuesday	21-04-2026	Anatomy Dr Sadia	Histology Dr Sadia	Oral Biology Dr Nida		Biochemistry Dr Sidra	Biochemistry Dr Sidra	PRISME
Wednesday	22-04-2026	Biochemistry Dr Attirish	Anatomy Dr Sadia	Histology Dr Sadia		Oral Pathology Dr. Rabiya Saif Dr. Aneequa Sajjad	Pak Studies	SDL Oral Biology Dr Nida
Thursday	23-04-2026	Histology Dr Sadia	Biochemistry Dr Sohaib	Biochemistry Dr Sohaib		Oral Pathology SGD Dr. Rabiya Saif Dr. Aneequa Sajjad	Islamiyat / Civics	Library
Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00
Day	Date							
Friday ONLINE	24-04-2026	General Pathology	Oral Biology Dr Amina	Oral Biology Dr Afsheen		Biochemistry Dr Attirish		
Saturday ONLINE	25-04-2026	General Pathology	Biochemistry Dr Attirish	Biochemistry Dr Attirish		Embryology Dr Sadia	Oral Biology Dr Amina	Oral Biology Dr Afsheen


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Weekly Planner Block 1 Module II CRANIOFACIAL-I Weeks 03

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30	
Day	Date								
Monday	27-04-2026	Anatomy Dr Sadia	Histology Dr Usman	Oral Biology Dr Amna	Break	Oral Pathology SGD Dr. Naureen	Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida	
Tuesday	28-04-2026	Embryology Dr Sadia	Histology Dr Abroo	Oral Biology Dr Afsheen		Biochemistry Dr Sidra	Biochemistry Dr Sohaib	PRISME Dr Kashif	
Wednesday	29-04-2026	Biochemistry Dr Attirish	Anatomy Dr Usman	SDL Histology Dr Usman		Oral Biology Dr Amna	SDL Oral Biology Dr Nida	Pak Studies Dr Sohail Dr Amber	
Thursday	30-04-2026	Biochemistry Dr Attirish	Histology Dr Abroo	SGD Embryology Dr Abroo		Oral Biology Dr Afsheen	Islamiyat / Civics Dr Usman	Library Dr Neha Usman	
Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00	
Day	Date								
Friday ONLINE	1-05-2026	Labour Day				Labour Day			
Saturday ONLINE	2-05-2026	General Pathology Dr Imran AIMC	Oral Biology Dr Afsheen	Oral Biology Dr Afsheen		Embryology Dr Sadia	Biochemistry Dr Attirish	Biochemistry Dr Sohaib	


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Weekly Planner Block 1 Module II CRANIOFACIAL-I Weeks 04

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30
Day	Date							
Monday	4-05-2026	Anatomy Dr Usman	Histology Dr Usman	Biochemistry Dr Attirish	Break	Oral Pathology Test Dr Aneeqa Sajjad	Oral Biology Dr Afsheen	Oral Biology Dr Afsheen
Tuesday	5-05-2026	Embryology Dr Abru	Oral Biology Dr Amna	Biochemistry Test Dr Attirish		Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida	PRISME Dr Kashif
Wednesday	6/5/2026	Embryology Tutorial Dr Sadia	Oral Biology Dr Amna	Biochemistry Dr Attirish		Embryology SDL Dr Sadia	Text Anatomy Dr Sadia	Biochemistry SGD Dr Sohaib
Thursday	7/5/2026	Embryology Dr Sadia	Histology Dr Abru	Biochemistry Dr Attirish		Oral Biology Test Dr Afsheen	Biochemistry SGD Dr Sidra	Library Dr Neha
Time		8:00-9:00	9:00-10:00	10:00-11:00		11:00- 12:00	12:00-01:00	01:00-2:00
Day	Date							
Friday ONLINE	8/5/2026	General Pathology Dr Imran AIMC	Oral Biology Dr Amna	Biochemistry Dr Sidra		Pak Studies Dr Sohail Dr Amber		
Saturday ONLINE	9/5/2026	General Pathology Dr Imran AIMC	Oral Biology Dr Afsheen	Biochemistry Dr Sohaib		Anatomy Dr Sadia	Embryology Dr Sadia	Islamiyat / Civics Dr Usman


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1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1

Module III CARIOLOGY

Week: 01

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30
Day	Date							
Monday	11-05-2026	Oral Biology Dr Amna	Biochemistry Dr Attirish	Oral Pathology Dr. Rabiya Saif	Break	Community & Preventive Dentistry Dr Kashif	Oral Biology Test Dr Afsheen	Oral Biology Lab Dr Nida
Tuesday	12-05-2026	Oral Biology Dr Amna	Biochemistry Dr Attirish	Oral Pathology Dr. Aneeqa Sajjad		Operative Dentistry Dr Sana	Oral Biology Lab Dr Nida	SDL BATCH 1 Library BATCH 2 DR Ali Zain Operative Dentistry (C.R) BATCH 3 Dr Saalma
Wednesday	13-05-2026	Oral Biology Dr Afsheen	Behavioral Sciences/ Psychiatry Dr Shehla	Oral Pathology Dr. Rabiya Saif		Oral Pathology Lab Dr Naureen Tabassum	Biochemistry SGD Dr Sidra	SDL BATCH 2 Library BATCH 3 Dr Abdulkhaliq Operative Dentistry (C.R) BATCH 1 Dr Sidra Bukhari
Thursday	14-05-2026	Biochemistry Dr Attirish	Behavioral Sciences/ Psychiatry Dr Shehla	Community & Preventive Dentistry Dr Kashif		Oral Pathology Lab Dr Naureen Tabassum	Operative Dentistry Dr Sana	SDL BATCH 3 Library BATCH 1 Dr Neha Operative Dentistry (C.R) BATCH 2 Dr Sidra khaliq
						11:00-12:00		
Friday	15-05-2026	Oral Biology Dr Afsheen	Oral Biology Dr Afsheen	Behavioral Sciences/ Psychiatry Dr Shehla		Islamiyat / Civics Dr Usman		
Saturday	16-05-2026	Oral Biology Dr Afsheen	Biochemistry SGD Dr Sohaib	SDL Behavioral Sciences/ Psychiatry Dr Shehla		Community & Preventive Dentistry Dr Kashif	Pak Studies Dr Sohail Dr Amber	PRISME Dr Quratulain


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1ST Year BDS Class Session (2025-2026)

Weekly Planner Block 1

Module III CARIOLOGY

Week: 02

Time		8:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30- 12:30	12:30-1:30	1:30-2:30
Day	Date							
Monday	18-05-2026	Oral Biology Dr Afsheen	Pharmacology Dr.Isham Saleem	Oral Pathology Dr. Aneeqa Sajjad	Break	Community & Preventive Dentistry C-FRC Dr Kashif	Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida
Tuesday	19-05-2026	Community & Preventive Dentistry C-FRC Dr Kashif	Behavioral Sciences/ Psychiatry Dr Shehla	Oral Pathology SGD Dr. Rabiya Saif Dr. Aneeqa Sajjad		Oral Biology Dr Afsheen	Oral Biology Lab Dr Nida	Oral Biology Lab Dr Nida
Wednesday	20-05-2026	Community & Preventive Dentistry Dr Kashif	Behavioral Sciences/ Psychiatry Dr Shehla	Oral Biology Dr Afsheen		Oral Pathology Lab Dr Naureen Tabassum	SDL Oral Biology Dr Nida	SDL BATCH A Library BATCH B Dr Ali Zain Operative Dentistry (C.R) BATCH C Dr Husaniya
Thursday	21-05-2026	Biochemistry Dr Attirish	Behavioral Sciences/ Psychiatry Dr Shehla	Operative Dentistry Dr Sana		Islamiyat / Civics Dr Usman	SDL BATCH B Library BATCH C Dr Neha Operative Dentistry (C.R) BATCH A Dr Dr Sidra Bukhari	SDL BATCH C Library BATCH A Dr Saalma Operative Dentistry (C.R) BATCH B Dr Abdulkhaliq
Time	Date	8:00-9:00	9:00-10:00	10:00-11:00		11:00-12:00		
Friday	22-05-2026	Community & Preventive Dentistry Dr Kashif	Oral Biology Dr Afsheen	Operative Dentistry Dr Ali Altaf		Pak Studies Dr Sohail Dr Amber		
Saturday	23-05-2026	Oral Pathology SDL Dr Naureen Tabassum	Behavioral Sciences/ Psychiatry Dr Shehla	SDL Community & Preventive Dentistry Dr Kashif		Biochemistry Dr Attirish	SGD Operative Dentistry Dr Ali Altaf	PRISME Dr Rida Anjum


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1ST Year BDS Class Session (2025-2026)
Weekly Planner Block 1 ASSESSMENT WEEK

Time	BDS 1st Year 2026	
Date & Day		
24th -31st May 2026		Block 1 Prep Leaves/Eid Holidays
Monday	1/6/2026	Block 1 EXAM WRITTEN
Tuesday	2/6/2026	Block 1 EXAM PRACTICAL

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