

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2025-2026

HEALTH CARE (SUBJECT CODE - 413)

JOB ROLE: GENERAL DUTY ASSISTANT

CLASS – IX

COURSE OVERVIEW:

This is the basic course in Health Care where students will get the exposure to work in Hospital. The subject gives them a vast and wide insight of the traditional and contemporary aspects in Health care. The input of basic fundamentals, coupled with the practical knowledge.

OBJECTIVES OF THE COURSE:

In this course, followings are the main objectives of this course.

- To train paramedical staff for providing quality service to the society.
- To understand the effective communication, identification of hazards and their management.
- To understand the rules and regulations to be followed by a General Duty Assistant in a hospital.
- To understand the clinical duties that include taking and recording vital parameters, medical histories, preparing patients for examination and dispensing medical prescription.
- To understand administrative duties that include scheduling appointments, maintaining rapport between patients and hospital administration.

SALIENT FEATURES:

- To understand the basic requirements of GDA like analytical skills, mechanical aptitude, good vision, coordination and self-discipline.
- To train the GDA with work ethics, characterized by dedication and persistence, and ability to deal tactfully with patients.
- To understand the utility of daily living activities.
- To have an elementary knowledge of common health problems and the procedures to deal with them.

- This course will empower the students to gain insights into what health care practitioners actually do and the decisions they have to make in day to day life of hospital. This course is an effort to taught health care in more creative and visual way with the coverage of advances in new technology and the social web and how to take advantage of these in paramedic context.

LIST OF EQUIPMENT AND MATERIALS:

The list given below is suggestive and an exhaustive list should be prepared by the skill teacher. Only basic tools, equipment and accessories should be procured by the Institution so that the routine tasks can be performed by the students regularly for practice and acquiring adequate practical experience.

Material Required:

1. Shelves for Stacking Products

Medical room containing the following: -

1. Sphygmomanometer
2. Thermometer
3. Wall Mounted Stadiometers
4. Weighing scale
5. Hospital bed with pillow
6. Side Table or tray
7. Bedside small stool
8. Hospital Stretchers
9. Blanket
10. First Aid box
11. Sanitizers
12. Wheel Chair
13. Nebulizer
14. Mattresses
15. Small Wastebasket or a bucket lined with a plastic garbage bag
16. Clock
17. Good source of light

18. Large bottle for water
19. Clipboard with paper and a pen for writing in the daily log
20. Bell or noisemaker to call for assistance
21. Cotton balls
22. Rubbing alcohol
23. Measuring cup capable for holding 250 ml
24. Aprons for GDA
25. Latex household cleaning gloves for GDA
26. Disposable vinyl gloves
27. N95 respiratory masks for use when sick person is coughing or sneezing
28. Medicines like Ibuprofen for reducing fever, sore throat and muscle aches
29. ORS to prevent dehydration
30. Good ventilation

CAREER OPPORTUNITIES:

This basic course of Health Care will teach the students to learn how to analyze customer demand and promote good care to patients in hospital. This course will allow students to work in many different areas of paramedical departments. While all teach health care concept, this course is tailored for particular objective in order to most effectively prepare the students for their paramedic career.

- Paramedical staff
- Nurse
- General Duty Assistance

VERTICAL MOBILITY:

This course will assist the participating students to further update their career by vertically moving either to B.Sc Nursing and health care oriented applied undergraduate courses of different university.

CURRICULUM:

This course is a planned sequence of instructions consisting of Units meant for developing employability and Skills competencies of students of Class IX and X opting for Skills subject along with other subjects.

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CURRICULUM FOR SESSION 2025-2026

HEALTH CARE (SUBJECT CODE - 413)

CLASS – IX (SESSION 2025-2026)

Total Marks: 100 (Theory-50 + Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
Part A	Employability Skills		
	Unit 1 : Communication Skills-I	13	2
	Unit 2 : Self-Management Skills-I	07	2
	Unit 3 : ICT Skills-I	13	2
	Unit 4 : Entrepreneurial Skills-I	10	2
	Unit 5 : Green Skills-I	07	2
	Total	50	10
Part B	Subject Specific Skills		
	Unit 1: Health Care delivery systems	23	10
	Unit 2: Role of Patient care Assistant	23	10
	Unit 3: Personal Hygiene and Hygiene standards	24	10
	Unit 4: Primary Healthcare and Emergency Medical Response	15	05
	Unit 5: Immunization	15	05
	Total	100	40
Part C	Practical Work		
	Project	70	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
	Total		70
GRAND TOTAL		220	100

DETAILED CURRICULUM/TOPICS: IX

Part-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-II	13
2.	Unit 2: Self-management Skills-II	07
3.	Unit 3: Information and Communication Technology Skills-II	13
4.	Unit 4: Entrepreneurial Skills-II	10
5.	Unit 5: Green Skills-II	07
TOTAL DURATION		50

Note: Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

Part-B – SUBJECT SPECIFIC SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Health Care delivery systems	25
2.	Unit 2: Role of Patient care Assistant	25
3.	Unit 3: Personal Hygiene and Hygiene standards	20
4.	Unit 4: Primary Healthcare and Emergency Medical Response	20
5.	Unit 5: Immunization	20
TOTAL DURATION		110

UNIT	SUB-UNIT	SESSION/ ACTIVITY/ PRACTICAL
1. HEALTHCARE DELIVERY SYSTEMS	1.1 Describe Healthcare Delivery Systems	<p>Session: Understand healthcare delivery systems and Voluntary Health Sector followed in India.</p> <p>Activity: Visit a Hospital OR Clinic and enlist all the services and the equipment used in the Hospital or Clinic.</p>
	1.2 Identify Components and Activities of a Hospital	<p>Session:</p> <ul style="list-style-type: none"> • State the function of a hospital in patient care. • Enlist the services provided by the hospital to patients. <p>Activity: Visit a Hospital to study the role and functions. Prepare report for the Student Portfolio.</p>
	1.3 Describe the Roles and Functions of a Clinic	<p>Session:</p> <ul style="list-style-type: none"> • Describe the role and function of a clinic. • Describe the preventative care provided at the Doctor's clinic.

		<p>Activity: Visit to two Clinics or Doctor's Office and observe the available preventative care being administered in those clinic and prepare a report highlighting the services provided in the two Clinics.</p>
	1.4 Describe the Rehabilitation Care Facilities	<p>Session:</p> <ul style="list-style-type: none"> Describe the role of rehabilitation facility in patient recovery. Differentiate between services provided at various Rehabilitation/ Convalescent Centre. Identify the facilities at the rehabilitation centre. <p>Activity : Visit a rehabilitation Center and enlist all the services and equipment</p>
	1.5 Describe the Long Term Care Facilities	<p>Session:</p> <ul style="list-style-type: none"> Describe the role of Long Term Care Facilities in patient care. Enlist the facilities/ treatment provided by Long Term Care Facilities. Identify the equipment and materials that are used at Long Term Care Facility. <p>Activity: Visit to Old Day Care Facility/ Centre to study the services and materials used.</p>
	1.6 Hospice Care	<p>Session:</p> <ul style="list-style-type: none"> Assess the need for hospice in treatment of patients. Identify the facilities extended by the Hospital for Hospice Care. Identify the services provided as part of the Hospice Care. <p>Activity: Visit a doctor's office/clinic in your neighborhood and enlist all the services provided there and the equipment required for Hospice Care.</p>
2. ROLE OF PATIENT CARE ASSISTANT	2.1 Describe the Role of a Patient Care Assistant	<p>Session: Describe the essential duties and responsibilities of Patient Care Assistant.</p> <p>Activity: Volunteer at Primary Health Centre, Nursing Home and Community Health Centre.</p>
	2.2 Identify Various Activities of Patient's Daily Care	<p>Session: Describe various activities of patient's daily care routine including bathing, feeding, excreta disposal, transfer of patients medication etc.</p> <p>Activity:</p> <ul style="list-style-type: none"> Prepare a daily care plan for patients. Role play Provide different situations to the students and then tell them to Identify and apply the most suitable safety practice that should be followed in that given situation.
	2.3 Describe the Basic Requirements for Patient Comfort	<p>Session:</p> <ul style="list-style-type: none"> Describe basic components required for patients comfort. Identify and list various elements that can help in providing comfort to patients. <p>Activity: Role Play Provide different situations to the students and then tell them to Identify and apply the most suitable safety practice that should be followed in that given situation.</p>

	2.4 Describe the Various Aspects of Patient's Safety	Session: <ul style="list-style-type: none"> Describe the various elements of patient's safety. Identify patient's environment and its components. Activity: Visit to a Hospital to study the environment an safety of patients
	2.5 Describe the Qualities of a Good Patient Care Assistant	Session: <ul style="list-style-type: none"> Describe the good qualities of Patient Care Assistant. List the do's and dont's in health care setup. Demonstrate the knowledge of medical ethics. Activity: <ul style="list-style-type: none"> Preparation of check list for health parameters as per their understanding and tell them to compare with standard check list. Discussion: Ethical practices in Hospitals.
	2.6 Biomedical Waste and Its Management	Session: <ul style="list-style-type: none"> Describe the characteristics of various types of biomedical wastes. Demonstrate the knowledge of biomedical wastes. Identify the color code for disposal of biomedical waste. Activity: Visit to Hospital to study bio-medical waste management.

3. PERSONAL HYGIENE AND HYGIENE STANDARDS	3.1 Demonstrate Good Hygiene Practice	Session: <ul style="list-style-type: none"> Describe grooming routines to be followed for personal hygiene. Describe the importance of personal hygiene. Practice good personal health and hygiene. Enlist the hygiene routine to be followed to ensure good health.
		Activity: Demonstrate hand washing Demonstrate trimming of nails.
	3.2 Describe Factors Affecting Good Health	Session: <ul style="list-style-type: none"> Describe the factors that affect health and prevent disease. Demonstrate the knowledge of maintaining routine exercise and good health.
		Activity: Preparation of checklist of health parameters. Perform various physical activities and explain their advantages and limitations.
	3.3 Perform Hand Washing Methods	Session: <ul style="list-style-type: none"> Describe the method of hand washing. Describe the importance of practicing good hand hygiene.
		Activity: Demonstration of hand washing procedure. Discussion on hygiene practices followed at the Hospital.

	3.4 Demonstrate Personal Grooming	<p>Session: Describe the importance of good appearance grooming in life and work place.</p> <p>Activity: Hand-on practice & session on grooming and other practices related to personal care and hygiene.</p>
4. PRIMARY HEALTHCARE AND EMERGENCY MEDICAL RESPONSE	4.1 Describe Essential Components of Primary Healthcare and Emergency Medical Response	<p>Session:</p> <ul style="list-style-type: none"> • Describe the importance of primary healthcare. • Describe the various indicators of the Millennium Development Goals (MDGs) related to health. Identify the need of Primary Healthcare in a given scenario. • Enlist the essential components of primary Healthcare. Enlist the various indicators of the Millennium Development Goals (MDGs) care camps <p>Activity: Volunteer at mother and infant Enlisting indicators of the Millennium Development Goal (MDGs) related to health.</p>
	4.2 Demonstrate the Chain of Survival	<p>Session: Describe the various medical emergency situations. Perform early recognition and call for help.</p> <p>Practical: Demonstration of Basic First Aid Practices.</p>

5. IMMUNIZATION	5.1 Differentiate between various types of Immunity	<p>Session:</p> <ul style="list-style-type: none"> • Explain the meaning of immunity. • Differentiate between innate and adoptive immunity. • Differentiate between passive and active immunity. • Differentiate between Bacteria and Virus. <p>Activity: Prepare Immunization schedule for baby born on 12 June, 2013. Visit to Primary Healthcare and Immunization camp and study the immunization process.</p>
	5.2 Describe the Immunization Schedule	<p>Session:</p> <ul style="list-style-type: none"> • Describe the importance of immunization. • Describe the side effects of immunization. • Describe the various aspects of immunization schedule chart. <p>Activity: Discussion on the process of immunization, its advantages and limitations.</p>

	5.3 Describe Key Components of Universal Immunization Programme	<p>Session:</p> <ul style="list-style-type: none"> • Describe the key components of a Universal Immunization Programme. • Identify the key components of a Universal Immunization Programme. <p>Activity: Enlisting of diseases covered under Universal Immunization Programme.</p>
	5.4 The Pulse Polio Immunization Programme	<p>Session: Describe the key components of a Pulse Immunization Programme.</p> <p>Activity: Enlisting of disease covered under Universal Immunization Programme.</p>

PRACTICAL GUIDELINES FOR CLASS IX

Assessment of performance:

The two internal examiners, assigned for the conduct and assessment of Practical Examinations each in **Secondary School Curriculum (Under NSQF)**. Question for the viva examinations should be conducted by both the examiners. Question to be more of General nature, project worker the curriculum. Investigatory Project especially those that show considerable amount of effort and originality, on the part of the student, should get suitable high marks, while project of a routine or stereotyped nature should only receive MEDIOCRE marks.

Procedure for Record of Marks in the Practical answer-books:

The examiner will indicate separately marks of practical examination on the title page of the answer books under the following heads:-

Project -10 marks

Projects for the final practical is given below .Student may be assigned

Viva based on Project -05 marks

The teacher conducting the final practical examination may ask verbal questions related to the project, if any, done by the student. Alternatively, if no project has been assigned to the students, viva may be based on questions of practical nature from the field of subject as per the Curriculum

Practical File -15 Marks

Students to make a power point presentation / assignment / practical file / report. Instructor shall assign them any outlet to study the elements in retailing.

Suggested list of Practical –

1. Students will enlist all the services and equipment used in medical room of school and prepare a report on that.
2. As a health care provider the student will observe the preventive care being administered in medical room and prepare the report highlighting the services.
3. Students will prepare a care plan (non- formal) for elderly people that can be provided by family members.

4. In the medical room the students will identify and list various elements that can help in providing comfort to patients.
5. The students will prepare check list for health parameters as per their understanding and compare with standard check list.
6. The students will prepare charts of different situations on daily life with suitable safety practices that should be followed in that given situations to create awareness among students and teachers on World safety Day.
7. The students will make report about colour code for disposal of biomedical waste.
8. Students will demonstrate Hand Washing techniques and nail trimming techniques
9. Students will perform various physical activities and explain their advantages and limitations.
10. The students will prepare a sample Immunization Schedule Chart for new born baby based on date of birth.
11. The students will enlist diseases covered under Universal Immunization Programme and prepare charts on them.
12. The students will decorate the board with immunization process, its advantages and limitations on 10th November every year to celebrate World Immunization Day.
13. Students will demonstrate basic First Aid Practices.
14. As health care provider students will practice responding to a medical emergency
15. Students will practice the process of CPR on dummy.
16. Students will enlist the essential components of primary health care.

Demonstration of skill competency in Lab Activities -20 marks

Guidelines for Project Preparation:

The final project work should encompass chapters on:

- a) Introduction,
- b) Identification of core and advance issues,
- c) Learning and understanding and
- d) Observation during the project period