

CBSE | DEPARTMENT OF SKILL EDUCATION CURRICULUM FOR SESSION 2025-2026

HEALTH CARE (SUBJECT CODE-813)

JOB ROLE: GENERAL DUTY ASSISTANT

CLASS –XI

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 will be given to the students to help them in understanding of basic duties of General Duty Assistant.

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.

SALIENT FEATURES:

- 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 includes taking and recording vital parameters, medical histories, preparing patients for examination and dispensing medical prescription.
- To understand administrative duties that include scheduling appointments, maintaining a rapport between patients and hospital administration

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 for Health Care /Medical room containing the following: -

- Sphygmomanometer
- Thermometer

- Wall Mounted Stadiometers
- Weighing scale
- Hospital bed with pillow
- Side Table or tray
- Bedside small stool
- Hospital Stretchers
- Blanket
- First Aid box
- Sanitizers
- Wheel Chair
- Nebulizer
- Mattresses
- Small Wastebasket or a bucket lined with a plastic garbage bag
- Clock
- Good source of light
- Large bottle for water
- Clipboard with paper and a pen for writing in the daily log
- Bell or noisemaker to call for assistance
- Cotton balls
- Rubbing alcohol
- Measuring cup capable for holding 250 ml
- Aprons for GDA
- Latex household cleaning gloves for GDA
- Disposable vinyl gloves
- N95 respiratory masks for use when sick person is coughing or sneezing
- Medicines like Ibuprofen for reducing fever, sore throat and muscle aches
- ORS to prevent dehydration
- 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, which can range from Paramedical staff to nurse and GDA

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 XI and XII opting for Skills subject along with other subjects.

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HEALTH CARE (SUBJECT CODE - 813)

CLASS – XI

Total Marks: 100 (Theory-60 + Practical-40)

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
Part A	Employability Skills		
	Unit 1 : Communication Skills-III	13	2
	Unit 2 : Self-Management Skills-III	07	2
	Unit 3 : ICT Skills-III	13	2
	Unit 4 : Entrepreneurial Skills-III	10	2
	Unit 5 : Green Skills-III	07	2
	Total	50	10
Part B	Subject Specific Skills		
	Unit 1: Hospital management System	30	10
	Unit 2: Role of General Duty Assistant For Outpatient Care	30	10
	Unit 3: Role of General Duty Assistant For Inpatient Care	25	10
	Unit 4: First Aid	25	10
	Unit 5: Maintaining safe, Healthy and Secure Environment	20	10
	Total	130	50
Part C	Practical Work		
	Project		10
	Viva		05
	Practical File		10
	Demonstration of skill competency via Lab Activities	80	15
	Total		40
	GRAND TOTAL	260	100

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

PRACTICAL GUIDELINES FOR CLASS - XI

Assessment of performance:

The two internal examiners, assigned for the conduct and assessment of Practical Examinations each in **Senior Secondary School Curriculum (Under NSQF)**. Question for the viva examinations should be conducted by two internal examiners. Question to be more of General nature, project work or 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. The students will assume them as GDA and they will prepare a report based on the services provided in Hospital by them. **(Unit 1: Hospital management System)**
2. Students will prepare flash cards about different laboratories that are associated with hospital and present their views about the activities of those laboratories. **(Unit 1: Hospital management System)**
3. The students will draw the steps of hand washing with the description of each step and paste it on the board to create awareness in school. **(Unit 1: Hospital management System)**
4. The students will prepare chart with activities for demonstrating grooming habits. **(Unit 1: Hospital management System)**
5. As a receptionist the students will perform duties on the entrance of medical room for certain period of time and they will report about the advantages and limitations of their duties as receptionist. **(Unit 2: Role of General Duty Assistant for Outpatient Care)**
6. The students will prepare catalogue of various types of thermometer and Blood Pressure apparatus and identify their functions. **(Unit 2: Role of General Duty Assistant for Outpatient Care)**
7. The students will measure the vital signs (Blood Pressure, Pulse Rate, Respiration Rate, Temperature) of volunteers in school. **(Unit 2: Role of General Duty Assistant for Outpatient Care)**
8. The students will measure the Height, Weight and BMI of volunteers in school. **(Unit 2: Role of General Duty Assistant for Outpatient Care)**

9. The students will transport the volunteers as patients from any place of school to medical room by using different types of stretchers (Farley Stretcher, trolley bed) or wheel chair and report the process of carrying stretcher in their file. **(Unit 3: Role of General Duty Assistant for Inpatient Care)**
10. The students will prepare and practice to fill Patient admission form by themselves for the volunteers who are coming in Medical room. **(Unit 3: Role of General Duty Assistant for Inpatient Care)**
11. As a GDA the students will prepare daily care plan for infant or elderly person or any other diseased person. **(Unit 3: Role of General Duty Assistant for Inpatient Care)**
12. The students will practice bed making in medical room with the help of volunteers as patients and they will position the volunteers in comfortable style on bed. **(Unit 3: Role of General Duty Assistant for Inpatient Care)**
13. The students will find out the steps taken by administration to provide First Aid in case of an emergency in School. **(Unit 4: First Aid)**
14. The students will use their own First aid kit with all equipment and materials and use that on dummy. **(Unit 4: First Aid)**
15. The students will practice Cardio Pulmonary Resuscitation procedure on dummy. **(Unit 4: First Aid)**
16. The students will decorate the board about the prevention of hazards at workplace to create awareness in school on World Day for Safety and Health at Work. **(Unit 5: Maintaining safe, Healthy and Secure Environment)**
17. The students will prepare report about Patient care environment safety measures in medical room. **(Unit 5: Maintaining safe, Healthy and Secure Environment)**
18. The students will present their views by preparing charts on promoting a safe working environment in school. **(Unit 5: Maintaining safe, Healthy and Secure Environment)**

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.