



# **BOARD OF SCHOOL EDUCATION HARYANA**

## **Syllabus and Chapter wise division of Marks (2025-26)**

**Class- 10<sup>th</sup> Subject: Healthcare(NSQF) Code: PCA 973**

### **General Instructions:**

1. There will be an Annual Examination based on the entire syllabus.

2. The Annual Examination will be of 60/2=30 marks, Practical Examination will be of 50 marks and 20 marks weightage shall be for Internal Assessment.

3. For Practical Examination:

i) Practical File of 25 marks.

ii) One activity of 10 marks.

iii) Viva-voce of 15 marks.

4. For Internal Assessment:

There will be Periodic Assessment that would include:

- i) For 6 marks- Three SAT exams will be conducted and will have a weightage of 06 marks towards the final Internal Assessment.
- ii) For 2 marks- One half yearly exam will be conducted and will have a weightage of 02 marks towards the final Internal Assessment.
- iii) For 2 marks- Subject teacher will assess and give maximum 02 marks for CRP (Class room participation).
- iv) For 5 marks- A project work to be done by students and will have a weightage of 05 marks towards the final Internal Assessment.
- v) For 5 marks- Attendance of student will be awarded 05

marks as:

75% to 80% - 01 Marks

Above 80% to 85% - 02 Marks

Above 85% to 90% - 03 Marks

Above 90% to 95% - 04 Marks

Above 95% to - - 05 Marks



## Course Structure (2025-26)

Class-10<sup>th</sup>

Subject: Healthcare(NSQF)

Code: PCA 973

Unit. No.	Vocational Skill Unit Name	Unit Marks
1.	Unit - 1 - Immunization	10
2.	Unit - 2 - Drug Administration and Physiotherapy	10
3.	Unit - 3 - Geriatric and child care	10
4.	Unit - 4 - Prevention and control infection in home settings	10
5	Unit - 5 - Bio - Medical waste management	10
Unit. No.	Employability Skill Units	Unit Marks
1.	Communication Skills	2
2.	Self-Management Skills	2
3.	Information and Communication Technology Skills	2
4.	Entrepreneurship Skills	2
5.	Green Skills	2
Total		60/2=30
Practical Examination		50
Internal Assessment		20
Grand Total		100



## **Unit-1- Immunization -**

- Session- 1- Differentiate between various types of immunity
- Session- 2- Describe Immunization schedule
- Session - 3 - Describe key components of Universal Immunization Programme
- Session - 4 - Pulse Polio Immunization Programme

## **Unit - 2 - Drug Administration and Physiotherapy**

- Session - 1 - Basic principle of drug
- Session - 2 - Forms and routes of medication
- Session - 3 - Classification of drugs
- Session - 4 - Basic principles of physiotherapy
- Session - 5 - Body mechanics
- Session - 6 - Breathing exercise

## **Unit - 3 - Geriatric and child care**

- Session - 1 - Introduction to care of elderly
- Session - 2 - Age related changes in people
- Session - 3 - Basic needs of elderly
- Session - 4 - Taking care of common problems of elderly
- Session - 5 - Caring for infants and children
- Session - 6 - Physical examination of patients
- Session - 7 - Assisting in examination of patient

## **Unit - 4 - Prevention and control infection in home settings**

- Session - 1 - Describe the disease causing microorganisms
- Session - 2 - Describe the causal agents of common human diseases
- Session - 3- Disinfecting ward and equipment
- Session - 4- Care of articles
- Session - 5 - Disinfection of wards

## **Unit - 5 - Bio - Medical waste management**

- Session - 1 - Introduction to Bio Medical Waste Management
- Session - 2 - Sources and disposal of Bio medical waste
- Session - 3- Segregation and transportation of Bio medical waste
- Session - 4 - Role of Hospital staff in Bio medical waste management





## **Employability Skill**

### **Unit 1: Communication Skills**

Session 1: Methods of Communication

Session 2: Verbal Communication

Session 3: Non-Verbal Communication

Session 4: Communication Cycle & Importance of Feedback

Session 5: Barriers to Effective Communication

Session 6: Writing Skills: Parts of Speech

Session 7: Writing Skills: Sentences

### **Unit 2: Self-Management Skills**

Session 1: Stress Management

Session 2: Self Awareness – Strength and Weakness Analysis

Session 3: Self-Motivation

Session 4: Self- Regulation- Goal Setting

Session 5: Self- Regulation- Time Management

### **Unit 3: Information and Communication Technology Skills**

Session 1: Basic Computer Operations

Session 2: Performing Basic File Operations

Session 3: Computer Care and Maintenance

Session 4: Computer Security and Privacy

### **Unit 4: Entrepreneurship Skills**

Session 1: Entrepreneurship and Society

Session 2: Qualities and Functions of an Entrepreneur

Session 3: Myths about Entrepreneurship Session 4:

Entrepreneurship As a Career Option

### **Unit 5: Green Skills**

Session 1: Sustainable Development

Session 2: Our Role in Sustainable Development



# Month wise NSQF Syllabus Teaching Plan (2025-26)

Class- 10<sup>th</sup>

Subject: Healthcare

Code: PCA 973

Month	Subject- Content	Teaching Periods	Revision Periods	Practical Work
April	<b><u>Vocational Skill:</u></b> - <b><u>Unit-1- Immunization</u></b> - Session1- Differentiate between various types of immunity Session2- Describe Immunization schedule <b><u>Employability Skill:</u></b> - <b><u>Unit-1- Communication Skills</u></b> Session1-Methods of Communication Session2-Verbal Communication	11	5	5
May	<b><u>Vocational Skill.</u></b> <b><u>Unit- 1- Immunization</u></b> - Session - 3 - Describe key components of Universal Immunization Programme Session - 4 - Pulse Polio Immunization Programme <b><u>Employability Skill.</u></b> <b><u>Unit 1: Communication Skills</u></b> Session3- Non-Verbal Communication Session -4- Communication Cycle and importance of feedback Session-5-Barriers to effective communication	13	6	4
June	Summer Vacations - Students need to complete their portfolio topics and prepare 1 chart and model on following topics or topics can also be given by their teachers- Immunization schedule, Types of immunity, Forms and routes of medication, Types of drugs, Breathing exercise, Physiotherapy techniques, Rights of medication, Bio medical waste management, PPE, Chemicals used in Hospitals, Management of Isolation unit, Cross infection, Physical examination and its techniques, Age related changes in elderly, Age groups, Common problems of elderly, needs of elderly, Vital signs in all ages and all procedures which will be taught in Incubation center - Vital signs, Active passive exercise, Mouth care, Eye care, Nebulization, Secretion, Steam inhalation, Bed making, Medical hand washing, Medical glove, First aid, C.P.R, Back care, Hair care, Oxygen administration, Suctioning,			



July	<b><u>Vocational Skill</u></b> . <b><u>Unit - 2 - Drug Administration and Physiotherapy</u></b> Session - 1 - Basic principle of drug Session - 2 - Forms and routes of medication Session - 3 - Classification of drugs <b><u>Employability Skill.</u></b> <b><u>Unit1: Communication Skill.</u></b> Session-6-Writing Skills: Parts of Speech Session-7-Writing Skills-Parts of Sentences	12	6	5
August	<b><u>Vocational Skill</u></b> . <b><u>Unit - 2 - Drug Administration and Physiotherapy</u></b> Session - 4 - Basic principles of physiotherapy Session - 5 - Body mechanics Session - 6 - Breathing exercise <b><u>Employability Skill.</u></b> <b><u>Unit 2: Self-Management Skills</u></b> Session 1: Stress Management Session 2: Self Awareness – Strength and Weakness Analysis Session 3: Self-Motivation	11	6	5
September	<b><u>Vocational Skill</u></b> . <b><u>Unit - 3 - Geriatric and child care</u></b> Session - 1 - Introduction to care of elderly Session - 2 - Age related changes in people Session - 3 - Basic needs of elderly <b><u>Employability Skill.</u></b> <b><u>Unit 2: Self-Management Skills</u></b> Session 4: Self- Regulation- Goal Setting Session 5: Self- Regulation- Time Management <b>Half Yearly Exams</b>	11	7	5
October	<b><u>Vocational Skill</u></b> . <b><u>Unit - 3 - Geriatric and child care</u></b> Session - 4 - Taking care of common problems of elderly Session - 5 - Caring for infants and children Session - 6 - Physical examination of patients Session - 7 - Assisting in examination of patient <b><u>Employability Skill.</u></b> <b><u>Unit 3: Information and Communication Technology Skills</u></b> Session 1: Basic Computer Operations Session 2: Performing Basic File Operations Session 3: Computer Care and Maintenance	10	6	4





November	<b>Vocational Skill</b> <b>Unit - 4 - Prevention and control infection in home settings</b> Session - 1 - Describe the disease causing microorganisms Session - 2 - Describe the causal agents of common human diseases Session -3- Disinfecting ward and equipment <b>Employability Skill.</b> <b>Unit 3: Information and Communication Technology Skills</b> Session 4: Computer Security and Privacy <b>Unit 4: Entrepreneurship Skills</b> Session 1: Entrepreneurship and Society	12	6	4
December	<b>Vocational Skill</b> <b>Unit - 4 - Prevention and control infection in home settings</b> Session - 4- Care of articles Session - 5 - Disinfection of wards <b>Unit - 5 - Bio - Medical waste management</b> Session - 1 - Introduction to Bio Medical Waste Management <b>Employability Skill.</b> <b>Unit 4: Entrepreneurship Skills</b> Session 2 -Qualities and Functions of an Entrepreneur Session 3- Myths about Entrepreneurship Session 4 - Entrepreneurship As a Career Option	13	6	5
January	<b>Vocational Skill</b> <b>Unit - 5 - Bio - Medical waste management</b> Session - 2 - Sources and disposal of Bio medical waste Session - 3- Segregation and transportation of Bio medical waste Session - 4 - Role of Hospital staff in Bio medical waste management <b>Employability Skill.</b> <b>Unit 5: Green Skills</b> Session 1: Sustainable Development Session 2: Our Role in Sustainable Development	10	5	4



February	<b>Vocational Skill . Revision of Complete Syllabus.</b>	8	8	5
	<b><u>Employability Skill.</u></b> Revision of Complete Syllabus			
March	Annual Examination			

**Note:**

- Subject Teachers are advised to direct the students to prepare notebook of the Terminology/Definitional Words used in the chapters for enhancement of vocabulary or clarity of the concept.

**Prescribed Books:**

1. Patient Care Assistant Skill Book-Text book for Class X, NCERT Publication.
2. Employability Skill Book- Text book for Class X, NCERT Publication





## NSQF Question Paper Design (2025-26)

Class- 10<sup>th</sup>

Subject: Healthcare

Code: PCA 973

Time 2 Hours 30 Minutes

Competencies	Total
Knowledge	40%
Understanding	30%
Application	20%
Skill	10%
Total	100%

Type of Question	Marks	Number	Description	Total Marks
Objective Type Question	1	15	6 Multiple Choice Questions, 3 Fill in the Blanks Questions. 3 One word Answer Type Questions 3 Assertion - Reason Questions	15
Very Short Answer Type Question	2	6	Internal choice will be given in any 2 questions	12
Short Answer Type Question	3	6	Internal choice will be given in any 2 questions	18
Essay Type Question	5	3	Internal option will be given in Essay Type question.	15
Total		30		60