



BOARD OF SCHOOL EDUCATION HARYANA

Syllabus and Chapter wise division of Marks (2026-27)

Class- 10th 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 (2026-27)

Class-10th

Subject: Healthcare (NSQF)

Code: PCA 973

Unit. No.	Vocational Skill Unit Name	Unit Marks
1.	Unit - 1 - Immunization	10
2.	Unit - 2- Administration of medication 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- Vaccination

Session - 3 - Key components of Universal Immunization Programme (UIP)

Session - 4 - Pulse Polio Immunization Programme

Unit - 2 - Administration and Physiotherapy

Session - 1 – Drug Administration

Session - 2 - Forms and routes of medication

Session - 3 - Classification of drugs

Session - 4 – Health and physiotherapy

Session - 5 – Introduction of body mechanics

Session – 6- Moving and patient positioning

Session - 7 - Breathing exercise

Unit - 3 - Geriatric and child care

Session - 1 - Introduction to care of elderly

Session - 2 - Age related changes in people

Session - 3 – Care of Elderly people

Session- 4- Introduction to care of Elderly

Session - 5 – Nutrition through life cycle

Session - 6 – Duties of Home Health Aide

Session - 7 – Care of Paralytic, Immobile Patient

Session - 8 – Assist the Physician in Physical Examination.

Session- 9- Caring for Infants and children

Unit - 4 - Prevention and control infection in home settings

Session - 1 - Describe the disease causing microorganisms

Session - 2 – Causes common human diseases

Session - 3- Methods of Disinfection

Session - 4- Care of articles

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 (2026-27)

Class- 10th

Subject: Healthcare

Code: PCA 973

Month	Subject- Content	Teaching Periods	Revision Periods	Practical Work
April	<u>Vocational Skill: -</u> <u>Unit-1- Immunization -</u> Session1- Differentiate between various types of immunity Session2- Vaccination <u>Employability Skill: -</u> <u>Unit-1- Communication Skills</u> Session1-Methods of Communication Session2-Verbal Communication	11	5	5
May	<u>Vocational Skill.</u> <u>Unit- 1- Immunization -</u> Session - 3 - key components of Universal Immunization Programme Session - 4 - Pulse Polio Immunization Programme <u>Employability Skill.</u> <u>Unit 1: Communication Skills</u> 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 **Vocational Skill** . 12 6 5

Unit - 2 -Administration of medication and Physiotherapy

Session - 1 -Drug Administration
Session - 2 - Forms and routes of medication
Session - 3 - Classification of drugs

Employability Skill.

Unit1: Communication Skill.

Session-6-Writing Skills: Parts of Speech
Session-7-Writing Skills-Parts of Sentences

August **Vocational Skill** . 11 6 5

Unit - 2 - Drug Administration and Physiotherapy

Session - 4 – health and physiotherapy
Session - 5 – Introduction of Body mechanics
Session- 6 -Moving & Patient Position
Session - 7 - Breathing exercise

Employability Skill.

Unit 2: Self-Management Skills

Session 1: Stress Management
Session 2: Self Awareness – Strength and Weakness Analysis
Session 3: Self-Motivation

September **Vocational Skill** . 11 7 5

Unit - 3 - Geriatric and child care

Session - 1 - Introduction to care of elderly
Session - 2 - Age related changes in people
Session - 3 – Care of elderly people

Employability Skill.

Unit 2: Self-Management Skills

Session 4: Self- Regulation- Goal Setting
Session 5: Self- Regulation- Time Management

Half Yearly Exams

October **Vocational Skill** . 10 6 4

Unit - 3 - Geriatric and child care

Session - 4 - Introduction care of elderly
Session - 5 – Nutrition through life cycle
Session - 6 – Duties of home health aide
S-7- Care of Paralytic immobile patient S-8
Assist physician physical exam S-9 Caring for Infants in and children.

Employability Skill.

Unit 3: Information and Communication

Technology Skills

Session 1: Basic Computer Operations
Session 2: Performing Basic File Operations
Session 3:Computer Care and Maintenance



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



February	Vocational Skill . Revision of Complete Syllabus.	8	8	5
	<u>Employability Skill.</u> 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 (2026-27)

Class- 10th

Subject: Healthcare
Time 2 Hours 30 Minutes

Code: PCA 973

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