

# HEALTHCARE SESSION PLAN 2025-26 (STANDARD X)

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: Role of a Health Assistant Introduction to the Role of a Health Assistant	Brief Crop Production practices <ul style="list-style-type: none"><li>• Understand the key responsibilities and duties of a health assistant.</li><li>• Differentiate between the roles of a health assistant and other healthcare professionals.</li><li>• Learn about the skills and qualities required for a health assistant.</li><li>• Understand the work environment and challenges faced by health assistants.</li><li>• Identify the scope of career opportunities in the healthcare sector.</li></ul>	
		Introduction to the Role of a Health Assistant <ul style="list-style-type: none"><li>• Definition and significance of a health assistant</li><li>• Overview of job profile and expectations</li></ul> Methodology: Lecture, discussion Activities: Video or case story of a health assistant Assessment: Oral quiz	
		Activity/Q&A	
May-25	UNIT 1: Duties and Responsibilities	<b>Duties and Responsibilities</b> <ul style="list-style-type: none"><li>• Daily tasks of a health assistant</li><li>• Working with patients, doctors, and nurses</li></ul> Methodology: PPT presentation, chart Activities: Checklist activity on duties Assessment: Worksheet	
		<b>Skills and Qualities Required</b> <ul style="list-style-type: none"><li>• Communication, empathy, basic medical knowledge</li><li>• Time management and teamwork</li></ul> Methodology: Brainstorming, interactive quiz Activities: Self-assessment checklist Assessment: Teacher evaluation	
		<b>Work Environment and Challenges</b> <ul style="list-style-type: none"><li>• Working in hospitals, clinics, and communities</li><li>• Common challenges faced</li></ul> Methodology: Case studies, discussion Activities: Group presentation on workplace situations Assessment: Peer review	
		<b>Career Opportunities and Growth</b> <ul style="list-style-type: none"><li>• Further training, scope in public and private sectors</li><li>• Pathways for promotion and specialization</li></ul> Methodology: Career map, guest lecture Activities: Create a poster on career path Assessment: Presentation or Q&A session	
		<b>Teaching Aids:</b> <ul style="list-style-type: none"><li>• Charts and posters</li><li>• Videos or case stories</li><li>• Worksheets</li><li>• Career pathway map</li><li>• PPT slides</li></ul>	
		<b>Assessment Tools:</b> <ul style="list-style-type: none"><li>• Worksheets and quizzes</li><li>• Oral questioning and discussions</li><li>• Group presentations</li><li>• Peer and teacher feedback</li></ul>	
SUMMER VACATION (11TH MAY- 30TH JUNE)			
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		



Jul-25	UNIT 2 : Immunization	<p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Understand the concept and importance of immunization.</li> <li>• Differentiate between types of immunity (active and passive).</li> <li>• Identify common vaccines and the diseases they prevent.</li> <li>• Learn about national and global immunization programmes.</li> <li>• Understand the role of a health assistant in promoting immunization</li> </ul> <p><b>Introduction to Immunization</b></p> <ul style="list-style-type: none"> <li>• Definition and purpose of immunization</li> <li>• Types of immunity: active and passive</li> </ul> <p>Methodology: Lecture, concept explanation with diagrams</p> <p>Activities: Group discussion on personal immunization experiences</p> <p>Assessment: Q&amp;A or quiz</p> <p><b>Types of Vaccines and Common Diseases</b></p> <ul style="list-style-type: none"> <li>• Live attenuated, inactivated, subunit, etc.</li> <li>• Diseases prevented through vaccines</li> </ul> <p>Methodology: Flashcards, real-life examples</p> <p>Activities: Matching activity (vaccines to diseases)</p> <p>Assessment: Worksheet</p> <p><b>Immunization Schedule and National Programmes</b></p> <ul style="list-style-type: none"> <li>• Universal Immunization Programme (UIP)</li> <li>• Recommended vaccination schedules</li> </ul> <p>Methodology: Chart-based explanation, video presentation</p> <p>Activities: Make a vaccination schedule chart</p> <p>Assessment: Group quiz</p>	
	UNIT 2 : Health Assistant's Role in Immunization	<p><b>Health Assistant's Role in Immunization</b></p> <ul style="list-style-type: none"> <li>• Creating awareness, assisting in camps, maintaining records</li> </ul> <p>Methodology: Storytelling, case study</p> <p>Activities: Role-play: health assistant during an immunization drive</p> <p>Assessment: Peer feedback</p> <p>Revision and Assessment</p> <ul style="list-style-type: none"> <li>• Recap of immunization concepts</li> </ul> <p>Methodology: Recap games, quick quiz</p> <p>Activities: Make a poster or slogan on importance of vaccination</p> <p>Assessment: Short test</p>	

Aug-25	Unit 2: Teaching Aids:	<b>Teaching Aids:</b> <ul style="list-style-type: none"> <li>• Charts and posters</li> <li>• Videos and flashcards</li> <li>• Vaccination schedules</li> <li>• Case stories</li> <li>• PPT slides</li> </ul> <b>Assessment Tools:</b> <ul style="list-style-type: none"> <li>• Worksheets and quizzes</li> <li>• Role-plays and charts</li> <li>• Oral questioning and feedback</li> <li>• Short written tests</li> </ul>	
	UNIT 3 : Communicable Diseases	<b>Learning Objectives:</b> <ul style="list-style-type: none"> <li>• Understand what communicable diseases are and how they spread.</li> <li>• Identify various types of pathogens and the diseases they cause.</li> <li>• Learn about methods of prevention and control of communicable diseases.</li> <li>• Understand the role of a health assistant in managing and preventing outbreaks.</li> <li>• Gain awareness of national disease control programs</li> </ul> <b>Prevention and Control Measures</b> <ul style="list-style-type: none"> <li>• Vaccination, sanitation, hygiene practices</li> <li>• Quarantine and isolation</li> </ul> Methodology: Poster making, discussion Activities: Design a campaign for disease prevention Assessment: Poster presentation review	
		<b>Introduction to Communicable Diseases</b> <ul style="list-style-type: none"> <li>• Definition and characteristics of communicable diseases</li> <li>• Difference between communicable and non-communicable diseases</li> </ul> Methodology: Lecture, group discussion Activities: Brainstorm examples of diseases Assessment: Quiz	

Sep-25	<b>UNIT 3 : Types of Pathogens and Modes of Transmission</b>	<p>Types of Pathogens and Modes of Transmission</p> <ul style="list-style-type: none"> <li>• Bacteria, viruses, fungi, parasite</li> <li>• Airborne, waterborne, contact, vector-borne transmission</li> </ul> <p>Methodology: Charts and videos</p> <p>Activities: Create a diagram showing disease transmission</p> <p><b>Assessment: Worksheet</b></p> <p><b>Common Communicable Diseases</b></p> <ul style="list-style-type: none"> <li>• Tuberculosis, malaria, dengue, hepatitis, etc.</li> </ul> <p>Methodology: Flashcards and storytelling</p> <p>Activities: Matching games (disease – symptoms – prevention)</p> <p>Assessment: Group quiz</p>	
	<b>UNIT 3 : Role of Health Assistant and Government Programs</b>	<p><b>Role of Health Assistant and Government Programs</b></p> <ul style="list-style-type: none"> <li>• Public awareness, record keeping, health survey</li> <li>• National Health Mission, IDSP</li> </ul> <p>Methodology: Case study, video presentation</p> <p>Activities: Simulation of a health assistant's role during an outbreak</p> <p>Assessment: Peer and teacher evaluation</p> <p>Teaching Aids:</p> <ul style="list-style-type: none"> <li>• Charts and posters</li> <li>• Flashcards</li> <li>• Worksheets</li> <li>• Videos</li> <li>• PPT slides</li> </ul> <p>Assessment Tools:</p> <ul style="list-style-type: none"> <li>• Worksheets and quizzes</li> <li>• Role-plays and poster</li> <li>• Oral questions</li> <li>• Teacher and peer feedback</li> </ul>	
	<b>MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025</b>		

Oct-25	UNIT 4 : Safety and First Aid	<p><b>Safety and First Aid</b></p> <ul style="list-style-type: none"> <li>• Lesson Objectives:</li> <li>• By the end of the unit, students will be able to:</li> <li>• Understand the importance of safety protocols.</li> <li>• Identify common accidents and emergencies.</li> <li>• Demonstrate basic first aid procedures.</li> </ul> <p>Explain the role of a healthcare assistant during an emergency.</p> <p>Introduction to Safety in Healthcare</p> <p>Topics Covered:</p> <p>Importance of safety for patients and healthcare workers</p> <p>Preventive measures for accidents and infections</p> <p>Personal Protective Equipment (PPE)</p> <p>Teaching Method:</p> <p>Interactive lecture using real-life examples</p> <p>PPT or video on hospital safety measures</p> <p>Activities:</p> <p>Group discussion on common hospital hazards</p> <p>Assessment:</p> <p>Oral Q&amp;A</p> <hr/> <p><b>Common Accidents and Emergencies</b></p> <p>First Aid Basics</p> <p>Golden rules of first aid</p> <p>First aid kit contents</p> <p>Teaching Method:</p> <p>Demonstration using a sample first aid kit</p> <p>Activities: Group activity: Make a model first aid kit</p> <p>Assessment: Written questions on kit items</p> <p>First Aid for Common Injuries</p> <p>Bleeding, fractures, burns, fainting, choking, etc.</p> <p>Teaching Method: Demonstration and guided practice</p> <p>Activities: Students practice bandaging and splinting on dummies/peers</p> <p>Assessment: Practical observation</p>	
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		<p>CPR and Emergency Response</p> <p>Topics Covered: Basic steps of CPR (DRABC) When and how to call for emergency help</p> <p>Teaching Method: Video demonstration or hands-on demo if mannequin available</p> <p>Activities: Role-play: Responding to an unconscious patient Assessment: Oral questioning</p> <p>Revision and Assessment</p> <p>Activities: Recap key points</p> <p>Conduct a short test (MCQs + short answers)</p> <p>Practical skills check (bandaging, first aid response)</p> <p>Teaching Aids:</p> <p>First aid kit Charts/posters on emergency procedures CPR dummy PowerPoint slides/Videos</p>	
	UNIT 5 : Immunization	<p>Lesson Objectives:</p> <ul style="list-style-type: none"> <li>• Understand the concept and importance of immunization.</li> <li>• Identify common vaccines and the diseases they prevent.</li> <li>• Describe the immunization schedule in India. <ul style="list-style-type: none"> <li>• Explain the role of a healthcare assistant in immunization.</li> </ul> </li> </ul>	
Nov-25	UNIT 5 : Introduction to Immunization	<p>Topics Covered:</p> <p>Definition of immunization and vaccination</p> <ul style="list-style-type: none"> <li>• Importance of immunization</li> <li>• Natural vs. artificial immunity</li> </ul> <p>Teaching Method: Lecture with visuals; Use of simple charts to show immune response</p> <p>Activities: Group discussion: "Why vaccines are important?"</p> <p>Assessment: Oral questions to assess understanding</p>	
	UNIT 5 : Types of Vaccines and Diseases Prevented	<p>Types of Vaccines and Diseases Prevented</p> <ul style="list-style-type: none"> <li>• Common vaccines (BCG, DPT, OPV, Hepatitis B, MMR, etc.)</li> <li>• Diseases prevented by these vaccines</li> </ul> <p>Teaching Method: Explanation with chart/table of vaccines; Use of a flipbook or PPT for visual aid</p> <p>Activities: Match the vaccine to the disease activity</p> <p>Assessment: Worksheet or short quiz</p>	
		<p>Universal Immunization Programme (UIP)</p> <ul style="list-style-type: none"> <li>• National immunization schedule</li> <li>• Maintaining immunization records</li> </ul>	

	<b>UNITS 5 : Immunization Schedule and Record-Keeping</b>	Universal Immunization Programme (UIP) • National immunization schedule • Maintaining immunization records  Teaching Method: Show sample immunization cards; Lecture and Q&A  Activities: Fill a mock immunization card from given data  Assessment: Evaluation of the mock immunization card	
Dec-25	<b>UNITS 5 : Role of Healthcare Assistant in Immunization</b>	Duties before, during, and after immunization  Handling and storage of vaccines (Cold Chain concept) • Dealing with vaccine side effects	
		Teaching Method: Scenario-based discussion; Video showing a vaccination camp  Activities: Role play: Assisting during immunization  Assessment: Practical observation during role play	
Jan-26	<div>  <b>WINTER BREAK 1 JAN 2026-15 JAN 2026</b>  </div>		
	<b>UNITS 5 : Role of Healthcare Assistant in Immunization</b>	• Duties before, during, and after immunization  Handling and storage of vaccines (Cold Chain concept) • Dealing with vaccine side effects  Teaching Method: Scenario-based discussion; Video showing a vaccination camp  Activities: Role play: Assisting during immunization  Assessment: Practical observation during role play  Teaching Aids:	
		Teaching Aids: • Charts/posters on vaccines and immunization schedule • Sample immunization cards • Flipbook/PPT • Videos on vaccination process • Role play materials	
Feb-26			
	<b>REVISION</b>		
Mar-26	<b>ANNUAL EXAMINATION 2026</b>		