HEALTHCARE SESSION PLAN 2025-26 (STANDARD IX)

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1: Introduction to Healthcare System	Orientation of vocational education and Enrolment of Students.	
		1. Understand the meaning and importance of healthcare. 2. Identify the components of the healthcare system. 3. Differentiate between public and private healthcare services. 4. Recognize the role of hospitals, clinics, and health workers.	
	UNIT 1: COMMUNICATION SKILLS – I	Introduction to General Employbility skills course Methods of communication Verbal Non-verbal Visual	
		Activity/Q&A	
May-25	UNIT 1: Introduction to Healthcare System Teaching Aids	Whiteboard and markers PPT on Indian healthcare system Flashcards (public/private sector examples) Video clip on Indian hospitals and health workers CBSE Healthcare textbook	
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
		# Revision of previous session topics. # Orientation of vocational education and Enrolment of Students.	
	UNIT 1: Introduction Lesson Flow:	**Introduction and Types of Healthcare Systems** **1. Introduction** Greet students and ask: "What do you understand by healthcare?" Brainstorm responses and write keywords on board. **2. Explanation** Define healthcare and its importance. Explain the structure of healthcare in India (Primary, Secondary, Tertiary care). Discuss public vs private healthcare: funding, accessibility, examples. **3. Activity :** Show a short video of both a government hospital and a private clinic. Group discussion: What differences did you notice? **4. Recap and Q&A** Review key points with flashcards (Public/Private sector). Ask students to give examples from their community.	

Jul-25	UNIT 1: Role of Healthcare Workers and Institutions	Identify the components of the healthcare system. Meaning of communication Importance of com1. Warm-Up Quick quiz: Match types of healthcare (primary, secondary) with examples. **2. Teaching** Explain roles of: Doctors Nurses ASHA workers Paramedics Institutions: Clinics, CHCs, PHCs, District Hospitals. **3. Role Play Activity** Students act as doctor, nurse, patient, ASHA worker in a mock clinic setup. **4. Summary and Homework** Recap roles and institutions. Homework: Write a short paragraph on how a healthcare worker helped someone in your family or community. **Assessment:** Oral quiz during recap Role-play participation Homework paragraph munication skills Elements of communication cycle– sender,ideas,encoding,communication channel, receiver,decoding, and feedback	
		Activity/Q&A	
	UNIT 2: Health Care Delivery System	Define the healthcare delivery system. Identify the various levels of healthcare delivery in India. Differentiate between public and private healthcare systems. Understand the role of primary, secondary, and tertiary healthcare. **Teaching Methodology:** Lecture with PPT/Charts Group Discussion Case Studies / Role Play Question-Answer session	
		Introduction to Healthcare Delivery System Definition and importance Components of healthcare delivery system Activity: Brainstorming session on what students know about hospitals/clinics Levels of Healthcare Primary, Secondary, and Tertiary healthcare explained Institutions providing these levels (e.g., PHC, CHC, District Hospitals) Activity: Flow chart creation of levels of healthcare Public Healthcare System Structure and services Government schemes (briefly) Role of ASHA, ANM, and other workers Activity: Matching roles with responsibilities Private Healthcare System Types of private providers Advantages and limitations Difference between public and private systems Group discussion: Public vs. Private	

Aug-25	**UNIT 2: Levels of Healthcare/ Teaching Aids/ Assessment**	Levels of Healthcare Primary, Secondary, and Tertiary healthcare explained Institutions providing these levels (e.g., PHC, CHC, District Hospitals) Activity: Flow chart creation of levels of healthcare Public Healthcare System Structure and services Government schemes (briefly) Role of ASHA, ANM, and other workers Activity: Matching roles with responsibilities Private Healthcare System Types of private providers Advantages and limitations Difference between public and private systems Group discussion: Public vs. Private Health Insurance & Government Programs Introduction to health insurance Key government schemes (Ayushman Bharat, etc.) Role of government in health promotion Case Study Discussion Revision and Assessment Recap of key points Oral quiz / Worksheet Q&A session to clear doubts Teaching Aids: Whiteboard and Markers Flashcards Charts & Posters PowerPoint Presentations Short videos Assessment: Oral questioning Worksheet with MCQs and short answers Group activity evaluation	
	UNIT 3: Primary Healthcare	Learning Objectives: Define primary healthcare. Explain principles and key elements of primary healthcare. Identify roles of primary healthcare workers (ASHA, ANM, etc.). Appreciate the importance of community participation in healthcare. Teaching Methodology: Lectures and discussions Role play / group activities Real-life case studies Interactive charts Introduction to Primary Healthcare Meaning and scope of primary healthcare Relevance in rural and urban areas Activity: Class discussion on local health issues	
Sep-25	**UNIT 3: Principles of Primary Healthcare**	Principles: Equity, community participation, inter-sectoral coordination Explanation through real examples Group activity: Identifying local examples Elements of Primary Healthcare 8 essential elements (immunization, safe water, nutrition, etc.) Poster/chart creation activity Role of Primary Healthcare Workers Responsibilities of ASHA, ANM, and Anganwadi workers Role play: "A day in the life of a healthcare worker" Review and Assessment Recap through quiz and worksheet Doubt clearance session Peer evaluation of activities Teaching Aids: Posters and charts Whiteboard/markers Role-play props Flashcards Audio-visual aids Assessment: Oral questions and quizzes Worksheets Participation in role plays and group discussions	
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		

	Unit 4: Immunization	Learning Objectives: • Understand the concept of immunization and its importance. • Identify common vaccines and the diseases they prevent. • Explain the immunization schedule for children. • Understand the role of healthcare workers in immunization programs. Teaching Methodology: • Lecture and discussion • Use of immunization charts and posters • Role play and group activities • Case studies and real-life examples Introduction to Immunization • Definition and purpose of immunization • How vaccines work to protect the body • Activity: Discussion on students' own vaccination experiences Common Vaccines and Preventable Diseases • List of major vaccines (e.g., BCG, DPT, Polio, Measles) • Diseases prevented by these vaccines • Activity: Matching game – vaccine and disease	
		Immunization Schedule • Explanation of National Immunization Schedule • Vaccination timeline for infants and children • Activity: Create a sample immunization schedule chart Role of Healthcare Workers and Review • Responsibilities of healthcare workers in immunization programs • Cold chain maintenance and outreach programs • Quiz and Q&A session Teaching Aids: • Charts and posters of immunization schedule • Flashcards of vaccines and diseases • Role-play props • Projector and videos (if available) • Worksheets Assessment: • Oral and written quizzes • Worksheet and chart review • Participation in activities and role plays	
Oct-25	**Unit 5: Primary Healthcare and**	Learning Objectives By the end of this unit, students will be able to: Understand the concept of primary healthcare. Identify the components and importance of primary healthcare. Understand the emergency medical services (EMS) system. Describe the role of first responders. Demonstrate basic first aid and emergency response skills. Introduction to Primary Healthcare Definition and importance of primary healthcare Goals of primary healthcare Methodology: Lecture, discussion, charts Activities: Group discussion on local health issues Assessment: Oral questions Components of Primary Healthcare Key elements (e.g., education, nutrition, sanitation, maternal health) Methodology: Presentation, video clips Activities: Case study on community health centers Assessment: Worksheet Emergency Medical Services (EMS) EMS system and its importance Levels of care in EMS Methodology: Lecture with real-life examples Activities: Guest talk or video on EMS Assessment: Q&A, MCQs Role of a First Responder Responsibilities and skills of first responders Chain of survival Methodology: Role-play, demonstration Activities: Mock emergency call	

	Emergency Medical Services		
		Basic First Aid and CPR	
		First aid for burns, cuts, fractures, choking	
		CPR basics (theoretical) Methodology: Demonstration, hands-on practice	
		Activities: Practical demo with mannequins or dummies	
		Assessment: Practical skill test	
		Revision and Evaluation	
		Topics: Recap of entire unit	
		Activities: Quiz, group presentation	
		Assessment: Unit test, peer evaluation	
		Teaching Aids:	
		Charts, videos, first aid kit, CPR mannequin,PPT slides, textbook	
		Assessment Tools:	
		Oral/written quizzes	
		Practical demonstrations	
		Worksheets	
		Participation in group activities	
Nov-25	Unit 6: Immunization	Learning Objectives: • Define immunization and vaccination. • Understand the importance of immunization in disease prevention • List common vaccines and the diseases they prevent. • Describe the Universal Immunization Programme (UIP). • Demonstrate awareness of immunization schedules and practices. Introduction to Immunization • Topics: • What is immunization and how it works • Difference between immunization and vaccination Methodology: Lecture with charts/diagrams, discussion Activities: Think-pair-share on how vaccines help Assessment: Oral quiz, concept check	
		Types of Vaccines and Common Vaccinations • Topics: • Types of vaccines (live, killed, toxoid, etc.) • Common vaccines and their target diseases Methodology: Flashcards, PPT presentation Activities: Vaccine-disease matching game Assessment: Worksheet Universal Immunization Programme (UIP) • Topics: • Overview and objectives of UIP • Vaccination schedule in India Methodology: Video, group discussion Activities: Create a vaccination calendar poster Assessment: Group presentation	

		Importance and Challenges of Immunization • Topics: • Role of immunization in public health • Myths and challenges in vaccination Methodology: Debate, storytelling, Q&A Activities: Role-play on community awareness Assessment: Peer review and teacher feedback	
		Revision and Evaluation • Recap of all key points from the unit Methodology: Quiz, recap discussion Activities: Immunization-themed crossword or quiz Assessment: Short written test Teaching Aids: • Charts and posters • Flashcards • Videos on immunization • Vaccination calendar sample • PPT slides Assessment Tools: • Worksheets • Quizzes and written test • Group activities and presentations • Peer and teacher evaluations	
		Learning Objectives: • Understand the importance of personal grooming and hygiene for healthcare workers. • Recognize the values and ethics required in the healthcare profession. • Demonstrate appropriate workplace behavior and etiquette. • Understand and apply principles of confidentiality and empathy. • Distinguish between professional and unprofessional conduct. Introduction to Professional Conduct • Definition and importance of professional conduct • Examples of professional vs. unprofessional behavior Methodology: Lecture, discussion Activities: Storytelling or video presentation Assessment: Oral Q&A	
Dec-25	**Unit 7: Personal and Professional Conduct**	**Personal Hygiene and Grooming** • **Standards of personal hygiene in healthcare** • **Grooming guidelines for healthcare workers** **Methodology: Demonstration, posters** **Activities: Checklist-based grooming inspection** **Assessment: Worksheet or self-assessment** **Workplace Etiquette and Ethics** • **Proper communication and body language** • **Respecting roles, responsibilities, and boundaries** **Methodology: Role-play, case studies** **Activities: Mock healthcare workplace interaction** **Assessment: Peer evaluation**	

		Confidentiality and Empathy • **Maintaining patient privacy and data protection** • **Developing empathy in patient care** **Methodology: Group discussion, audio stories** **Activities: Empathy-building activities** **Assessment: Written reflection or short test** **Revision and Evaluation** • **Recap of professional and personal conduct essentials** **Methodology: Quiz, recap presentation** **Activities: Scenario-based Q&A**	
		Assessment: Short written test Teaching Aids: • Posters on grooming and conduct • Videos/stories • Role-play scripts • PPT slides • Checklists Assessment Tools: • Worksheets and quizzes • Peer and teacher evaluations • Scenario-based questions • Participation in activities	
		WINTER BREAK 1 JAN 2026-15 JAN 2026	
Jan-26	**Unit 8: Communication with Patients, Peers and Doctors**	Learning Objectives: • Understand the importance of effective communication in healthcare. • Identify different types of communication (verbal, non-verbal, written). • Demonstrate appropriate communication techniques for different audiences. • Practice listening skills and patient interaction. • Understand barriers to communication and how to overcome them. Introduction to Communication in Healthcare • Definition and role of communication in healthcare • Importance of clear and respectful communication	
		Methodology: Lecture, group discussion Activities: Think-pair-share on experiences of miscommunication Assessment: Oral Q&A Types and Modes of Communication • Verbal, non-verbal and written communication • Body language and tone awareness Methodology: Video clips, examples, demonstrations Activities: Identify types of communication in case scenarios Assessment: Worksheet	
		Communicating with Patients • Using simple language and empathy • Dealing with elderly, children, and differently-abled Methodology: Role-plays, storytelling Activities: Mock patient interaction Assessment: Teacher feedback and observation	

Feb-26	**UNIT 8: Communication with Peers and Doctors**	Communication with Peers and Doctors • Respectful workplace communication • Understanding hierarchy and formal tone Methodology: Case studies, audio recordings Activities: Script writing or formal dialogue practice Assessment: Peer review Barriers to Communication and Solutions • Physical, emotional, and language barriers • Strategies to overcome communication gaps Methodology: Chart making, brainstorming Activities: Group presentation on barriers and solutions Assessment: Quiz or short test Teaching Aids: • Charts and posters • Videos/audio clips • Role-play script • Worksheets • PPT slides Assessment Tools: • Worksheets and quizzes • Role-play performance • Peer and teacher feedback • Group presentations	
	REVISION		
Mar-26	**ANNUAL EXAMINATION 2026**		