

Training Schedule

Our Health (452)

S.No	Schedule		Theory (40 Hrs)		Practical (80 Hrs)		Instructions to the trainer	Key Learning outcomes (After going through PCP, learner will be able to:)
	Week	Day	Topic	Hours	Topic	Hours		
1. 1	Week 1	Day 1	<ul style="list-style-type: none"> • Introduction to Human body, its Anatomy and Physiology • Important systems of human body – Skeleton, Muscular and digestive Systems 	2	<ul style="list-style-type: none"> • Universal Safety Precautions • Skeletal System 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos showing the skeletal and muscular systems of human body • Demonstrate the different parts of skeletal system 	<ul style="list-style-type: none"> • Describe different human body parts • Explain the skeletal framework of bones and functions of muscles • Identify the different parts of skeletal system
2. 2		Day 2	<ul style="list-style-type: none"> • Important systems of human body – Respiratory, Circulatory and excretory systems 	2	<ul style="list-style-type: none"> • Respiratory and Digestive Systems 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos showing the Respiratory, Circulatory and excretory systems of human body • Demonstrate the different parts of Respiratory and 	<ul style="list-style-type: none"> • Summarize the Respiratory, Circulatory and excretory systems • Identify the different organs of Respiratory

							Digestive Systems	and Digestive systems
3.	Week 2	Day 1	<ul style="list-style-type: none"> • Important systems of human body – Endocrine, Nervous and Reproductive systems 	2	<ul style="list-style-type: none"> • Circulatory and excretory systems 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos showing the Endocrine, Nervous and Reproductive of human body • Demonstrate the different parts of Circulatory and excretory systems 	<ul style="list-style-type: none"> • Describe the structure and functions of Endocrine, Nervous and Reproductive systems • Identify the different structures of Circulatory and excretory systems
4. 3		Day 2	<ul style="list-style-type: none"> • Health – Definition and Types 	2	<ul style="list-style-type: none"> • Reproductive and Nervous Systems 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos • Demonstrate the different parts of Reproductive and Nervous Systems 	<ul style="list-style-type: none"> • Define health and its aspects • Differentiate between male and female reproductive system • Identify the different organs of Nervous systems
5.	Week 3	Day 1	<ul style="list-style-type: none"> • Hygiene – Personal hygiene 	2	<ul style="list-style-type: none"> • Washing of hand with soap and water • Use of Clinical Thermometer 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos pertaining to personal hygiene • Demonstrate the correct method of hand washing 	<ul style="list-style-type: none"> • Apply the principles of personal cleanliness habits in day-to-day life • Adopt the correct method of hand

							<ul style="list-style-type: none"> using soap and water Demonstrate the method of measuring human body temperature using clinical thermometer 	<ul style="list-style-type: none"> washing Determine the human body temperature using clinical thermometer
6. 4		Day 2	<ul style="list-style-type: none"> Hygiene – Environmental and Food Hygiene 	2	<ul style="list-style-type: none"> Recording of pulse rate 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to Environmental and Food Hygiene Demonstrate the correct method of recording pulse rate in humans 	<ul style="list-style-type: none"> Apply various measures to maintain proper environment hygiene Adopt measures to maintain good food hygiene Determine the pulse rate of a person
7.	Week 4	Day 1	<ul style="list-style-type: none"> Food and Nutrition 	2	<ul style="list-style-type: none"> Recording of Respiration Rate 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to food and nutrition Demonstrate the correct method of recording respiration rate in a person 	<ul style="list-style-type: none"> Summarize the functions of food Classify important nutrients present in the food Determine the respiration rate of humans
8. 5		Day 2	<ul style="list-style-type: none"> Nutrients – 	2	<ul style="list-style-type: none"> Checking of Blood 	3	<ul style="list-style-type: none"> Use of relevant 	<ul style="list-style-type: none"> Explain the types and

			Types, sources and functions		Pressure		PPTs/videos pertaining to types, functions and sources of important nutrients <ul style="list-style-type: none"> Demonstrate the correct method of checking blood pressure in humans 	sources of various nutrients in food <ul style="list-style-type: none"> Determine the blood pressure using sphygmomanometer in humans
9.	Week 5	Day 1	<ul style="list-style-type: none"> Balanced Diet and Deficiency Diseases 	2	<ul style="list-style-type: none"> Personal Hygiene 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to balanced diet and deficiency diseases of nutrients in human beings Demonstrate the correct techniques of maintaining personal hygiene 	<ul style="list-style-type: none"> Decide the essential food constituents in correct proportion for preparing a balanced diet Summarize the common deficiency diseases based on their symptoms Adopt correct techniques of maintaining personal hygiene
10.		Day 2	<ul style="list-style-type: none"> Diseases – Definition and classification, common diseases 	2	<ul style="list-style-type: none"> Food and its Nutrients Chlorination of water 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to diseases Demonstrate the method of water purification by 	<ul style="list-style-type: none"> Classify diseases based on mode of transmission Identify the common diseases based on

							chlorination method	<p>symptoms</p> <ul style="list-style-type: none"> • Create a chart/poster on different food groups • Demonstrate the method of water purification by chlorination method
11.	Week 6	Day 1	<ul style="list-style-type: none"> • HIV/AIDS 	2	<ul style="list-style-type: none"> • Preparation of oral rehydration solution (ORS) • Urine Test for Sugar 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos pertaining to HIV/AIDS and its impact on human health • Demonstrate the method of preparation of ORS • Demonstrate the method of testing sugar in urine 	<ul style="list-style-type: none"> • Explain the mode of transmission, symptoms and preventive measure of HIV/AIDS • Prepare oral rehydration solution packet • Determine the percentage of sugar in urine
12.		Day 2	<ul style="list-style-type: none"> • Vaccination and Immunization Schedule 	2	<ul style="list-style-type: none"> • Immunization Schedule 	3	<ul style="list-style-type: none"> • Use of relevant PPTs/videos pertaining to vaccination and immunization schedule of important diseases 	<ul style="list-style-type: none"> • Describe vaccine and methods of administration of vaccines • Prepare a chart

							affecting humans <ul style="list-style-type: none"> State the national immunization schedule 	showing immunization schedule in humans
13.	Week 7	Day 1	<ul style="list-style-type: none"> First Aid – Definition, Aims and Important Rules 	1	<ul style="list-style-type: none"> First Aid Box First Aid management of drowning 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to first aid Demonstrate the first aid management of drowning 	<ul style="list-style-type: none"> Explain the concept of first aid and important rules in first aid Identify the contents in a first aid box Apply the method of artificial respiration to drowning patients
14.		Day 2	<ul style="list-style-type: none"> First Aid Management in some common conditions 	3	<ul style="list-style-type: none"> First Aid management of fracture 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to First Aid Management in some common conditions Demonstrate the first aid management of fracture 	<ul style="list-style-type: none"> Summarize the first aid Management in some common conditions like fracture, electrical shock etc. Apply the method of immobilization of the fractured part
15.	Week 8	Day 1	<ul style="list-style-type: none"> First Aid Kit 	2	<ul style="list-style-type: none"> First Aid Management of Dog Bite First Aid 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to First Aid Kit Demonstrate the first aid 	<ul style="list-style-type: none"> List the contents in a first aid kit Adopt the practise to manage dog bite and

					Management of Nose Bleeding		management of dog bite and nose bleeding	nose bleeding
16.		Day 2	<ul style="list-style-type: none"> Yoga and Ashtang Yog 	1	<ul style="list-style-type: none"> Vajrasan, Bhujangasan 	4	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to Yoga and Ashtang Yoga Demonstrates the different steps in Vajrasan, Bhujangasan 	<ul style="list-style-type: none"> Explain the concept of yoga and Ashtang Yog Perform Vajrasan and Bhujangasan
17.	Week 9	Day 1	<ul style="list-style-type: none"> Asans and essentials of yoga practices 	3	<ul style="list-style-type: none"> Gomukhasan 	2	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to Asans and essentials of yoga practices Demonstrates the different steps in Gomukhasan 	<ul style="list-style-type: none"> Describe the Asans and essentials of yoga practices Perform Gomukhasan
18.		Day 2	<ul style="list-style-type: none"> Pranayam and Meditation 	2	<ul style="list-style-type: none"> Pranayam: Anulom-Vilom 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to Pranayam and Meditation Demonstrates the different steps in Pranayam: Anulom-Vilom 	<ul style="list-style-type: none"> Explain the method of Pranayam and Meditation Perform Pranayam: Anulom-Vilom
19.		Day 1	<ul style="list-style-type: none"> Laboratory arrangements 	2	<ul style="list-style-type: none"> Pawanmuktasan, 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to 	<ul style="list-style-type: none"> Summarize the laboratory

	Week 10		and set up including electricity and water supply		Paschimottanasan		Laboratory arrangements and set up including electricity and water supply	arrangements and set up
20.		Day 2	<ul style="list-style-type: none"> Behaviour of technician and disinfection of lab 	2	<ul style="list-style-type: none"> Shalabhasan, Suryabhedhi Pranayam 	3	<ul style="list-style-type: none"> Use of relevant PPTs/videos pertaining to Behaviour of technician and disinfection of lab Demonstrates the different steps in Shalabhasan, Suryabhedhi Pranayam 	<ul style="list-style-type: none"> Perform Pawanmuktasan and Paschimottanasan Describe the norms regarding the behaviour of lab technician Explain the various methods of disinfection of lab Perform Shalabhasan and Suryabhedhi Pranayam
21.	Week 11	Day 1	-	-	<ul style="list-style-type: none"> Bhastrika Pranayam, Shitali Pranayam 	5	<ul style="list-style-type: none"> Demonstrates the different steps in Bhastrika Pranayam, Shitali Pranayam 	<ul style="list-style-type: none"> Perform Bhastrika Pranayam and Shitali Pranayam
22.		Day 2	-	-	<ul style="list-style-type: none"> Food Adulteration Tests 	5	<ul style="list-style-type: none"> Demonstrates the common tests to detect 	<ul style="list-style-type: none"> Identify the common adulterants in food

							adulterants in food	
23.	Week 12	Day 1	-	-	<ul style="list-style-type: none"> Project –Skeleton/ Muscular/Digestive Systems or any other aspect in practical manual 	5	<ul style="list-style-type: none"> Instruct students to prepare a project on any aspect covered in the practical manual 	<ul style="list-style-type: none"> Design a project
24.		Day 2	-	-	<ul style="list-style-type: none"> Revision 	5	<ul style="list-style-type: none"> Revision of theory lessons 	<ul style="list-style-type: none"> Recall the concepts of health
	Total			40		80		