

Certificate Course in Community Health (Revised)
Course Code - 449-451
Guidelines for practical examination

Paper - 1 Basic Life Sciences (449)

Maximum Marks: 120

Time : 2.00 Hrs.

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical Activities – Any two	50	(25 x 2)
Spotting –Any two	10	(5 x 2)
Practical records / Projects	20	
Viva-Voce	20	
Internal Assessment i.e. Discipline, Performance, Personality etc.	20	
Total Marks	120	

Breakup of Practical Activities:

- **Understanding of the objective** – 02
- **Selection of equipment** – 08
- **Principles and Laws** – 07
- **Overview** – 03
- **Results** – 05

Total Marks - **25**

Guidelines for Practical Examiner

- Three practical activities (one from each section) should be given to the students from the list of practicals, and they have the option to perform any two activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.

(A) List of Practical Activities

Section - A

1. To examine the Human Skeletal system, draw a diagram and write in brief its main parts and their functions.
2. To examine the Human Respiratory system, draw a diagram and write in brief its main parts and their functions.
3. To examine the Human Digestive System, draw a diagram and write in brief its main parts and their functions.
4. To examine the Human Circulatory system, draw a diagram and write in brief its main parts and their functions.
5. To examine the Human Excretory System, draw a diagram and write in brief its main parts and their functions.
6. To examine the Human Reproductive system, draw a diagram and write in brief its main parts and their functions.
7. To examine the Human Nervous System, draw a diagram and write in brief its main parts and their functions.

Section - B

8. To estimate the hemoglobin percentage in blood of the patient.
9. To determine the Blood Group and Rh Factor of an individual.
10. To determine the percentage of sugar in urine.
11. To determine the percentage of sugar in blood.
12. To detect the percentage of albumin in urine.
13. To take the body temperature of a patient.

Section - C

14. To perform and write in brief on the Practice of joints for leg (पैर के लिए संधि संचालन (जोड़ों) का अभ्यास)
15. To perform and write in brief on the Practice of joints for hands (हाथों के लिए संधि संचालन का अभ्यास)
16. To perform and write in brief on the Practice of Asans of abdominal group (उदरसमूह के आसनों का अभ्यास)
17. To perform and write in brief on the Practice of the Relaxing Asans (विश्रामात्मक आसन)
18. To perform and write in brief on the Practice of Meditative Asanas (ध्यानात्मक आसन)
19. To perform and write in brief on the Practice of Vajrasana group (वज्रासन समूह के आसन)
20. To perform and write in brief on the Practice of group of Standing Asnas.
21. To perform and write in brief on the Practice of the Surya Namaskar.
22. To perform and write in brief on the Practice of the Backward Asanas.
23. To perform and write in brief on the Practice of the Exercises that are done prior to pranayama
24. To perform and write in brief on the Practice of the Nadi-purification pranayama
25. To perform and write in brief on the Practice of the Shitali Pranayama.
26. To perform and write in brief on the Practice of the Bhramari Pranayama.
27. To perform and write in brief on the Practice of the Bhastrika Pranayama.
28. To perform and write in brief on the Practice of the Yoganidra.

(B) Spotting

General Instructions:

During the examination, four spots from the list should be given to each student to identify them and write the brief comments (about 4-5 sentences) on each spot :

List for Spotting

1. Diagram of a Cell.
2. Model / Poster of skeletal system (कंकाल तंत्र का मॉडल/पोस्टर्स)
3. Skull Bone (करोटी—अस्थि)
4. Radius (बहिप्रकोष्ठिका)
5. **Humerus** (प्रगण्डिका)
6. Femur (फीमर)
7. Hip Bone (नितम्ब –अस्थि)
8. Tibia (टीबिया)
9. Fibula (फिबुला)
10. Vertebra (कशेरूक)
11. Rib (पसली)
12. Model or poster of Digestive system
13. Model or poster of Circulatory system
14. Model of the Excretory System
15. Model or poster of Reproductive system
16. Model or poster of Respiratory system
17. Model or poster of Nervous System
18. Chart / Posters of Foods and their nutrients
19. Posters of Simple Diet
20. Posters of Rajsik Diet (राजसिक आहार पोस्टर्स)
21. Posters of Tamsic Diet (तामसिक आहार पोस्टर्स)
22. Chart / Poster of Shat karma (षट्कर्म चार्ट/पोस्टर्स)
23. Chart / Poster of Yogik Suksham Kriyaen (यौगिक सूक्ष्म क्रियाओं के चार्ट/पोस्टर्स)
24. Chart / Poster of Yogasan (योगसन के चार्ट/पोस्टर्स)
25. Chart / Poster of Pranayam (प्राणायाम के चार्ट/पोस्टर्स)

(C) Project work (Report of One Project)

List of Project work:

1. Dietary chart of balanced diet / sample diet.
2. Paste the images of different foods items on the chart paper and mention the followings written points in them -
 - Calorific Value
 - Nutrients present in food item
3. Record five cases of Anaemia and detect their haemoglobin (Hb)
4. Prepare a slide of the malaria parasite.

5. Take a blood test to detect blood group.
6. Examine Urine for albumen and Sugar.
7. Check blood sugar.

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Paper -2 Maternal and Child Health Care - 450

Maximum Marks: 120

Time : 2.00 Hrs.

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical Activities – Any two	50	(25 x 2)
Spotting –any two	10	(5 x 2)
Practical records / Projects	20	
Viva-Voce	20	
Internal Assessment i.e. Discipline, Performance, Personality etc.	20	
Total Marks	120	

Breakup of Practical Activities:

- **Understanding the objective** – 02
- **Selection of equipment** – 08
- **Principles and Laws** – 07
- **Overview** – 03
- **Results** – 05

Total Marks - **25**

Guidelines for Practical Examiner

- Three practical activities should be given to the students from the list of practicals, and they have the option to perform any two activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.

(A) List of Practical Activities

1. To learn the correct method of Wash hands with soap and water.
2. To demonstrate the Purification of water by chlorination.
3. To rule out the presence of Malaria Parasite Slide.
4. To Prepare the Sputum Slide.
5. To study the *bacilli & cocci* through Gram Staining.
6. To examine the Contraceptives, understand their use and method of insertion.
7. To Calculate the probable date of delivery of pregnant woman.
8. To Identify the high-risk pregnant women by recognizing signs, symptoms and factors towards high risk.
9. To study on major criteria for pregnant women.
10. To prepare a One-day sample Menu for pregnant women.
11. Child's major investigations.
12. One-day sample meal list for the woman who drinks.
13. To advice mother about nutrition and weaning practices.
14. To Calculate of birth rate, infant mortality, and maternal mortality rate.
15. To prepare the Immunization Chart.
16. To learn the correct of Techniques Personal Hygiene.
17. To study the food groups and its nutrients.
18. To Provide health education to the community.
19. To prepare the Map of your area.

(B) Spotting

General Instructions: During the examination, four spots from the list should be given to the students to identify them and write the brief comments (about 4-5 sentences) on it :

List for spotting

1. B.P. Instrument (रक्तचाप उपकरण)
2. Clinical thermometer
3. Stethoscope
4. Embryo height chart
5. Photo-scope
6. Measurement Machine
7. Copper-T / Multiload Devices
8. Oral Pills (खाने की गोलियाँ)
9. Contraception (निरोध)
10. Foam Tablet
11. Chart to maintain the cold chain for polio
12. formula of IMR/MMR (Infant Mortality rate / Maternal Mortality Rate)

13. Calculating the expected delivery date (EDD) from the last known period (LMP)
14. Bandit Solutions
15. Hemoglobin-mapping

(C) Project work (Report on One Project)

List of Project work:

1. Survey of houses
2. Filling an Antenatal Card.
3. Visit the baby clinic.
4. Participation in Immunization Program, Pulse Polio.
5. Send the pregnant women having risk to the doctor for further investigation.

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Paper -3 Prevention and Management of Diseases and Emergency - 451 Max. Marks: 120

Time : 2.00 Hrs.

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical Activities – Any two	50	(25 x 2)
Spotting –any two	10	(5 x 2)
Practical records / Projects	20	
Viva-Voce	20	
Internal Assessment i.e. Discipline, Performance, Personality etc.	20	
Total Marks	120	

Breakup of Practical Activities:

- **Understanding the objective** – 02
- **Selection of equipment** – 08
- **Principles and Laws** – 07
- **Overview** – 03
- **Results** – 05

Total Marks	-	25
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Guidelines for Practical Examiner

- Three practical activities should be given to the students from the list of practicals, and they have the option to perform any two activities.
- All required material (Tools, equipments etc.) should be available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.

(A) List of Practical Activities

1. To prepare the First aid box.
2. To impart the Health education for the prevention and control of infectious diseases.
3. To Prepare the life-saving solution (ORS)
4. To provide First-aid management in the event of a drowning emergency
5. To provide Primary treatment management on fracture
6. To provide First aid management on blood flow from the nose
7. To provide First aid for dog bite
8. To stop hemorrhage in emergency, when a blood vessel is injured.
9. To learn application of Using Amu Bag in case of respiratory distress.
10. To provide the External cardiac massage at emergency
11. To Check the label of the drug vial packet
12. To prepare the Charts of patient consuming fluid and removal
13. Physical temperature check.
14. To Check the pulse rate of the patient.
15. To Measure the respiratory rate of the patient.
16. To Measure Blood Pressure (BP) of the patient.
17. Identification of doctor prescription (prescription) signals of the patient.
18. To provide the First aid on the inclusion of external objects in the ear.
19. To provide the First aid in food poisoning.

(B) Spotting

General Instructions: During the examination, four spots from the list should be given to the students to identify them and write the brief comments (about 4-5 sentences) on it :

List for spotting

1. Pulses polio Medicine Vial
2. Chlorine tablets
3. B.C.G. Vaccine vial
4. Microscope
5. D.P.T. Vaccine vial
6. Bacterial Chart
7. Splint (लकड़ी का तख्ता)
8. Triangular Bands
9. Blood pressure measurement device
10. First-Aid box
11. Ambo Bags
12. Tourniquet

(C) Project work (Report on one Project)

List of project works:

1. To understand the prevention and control of communicable diseases, visit Primary Health Centre (PHC).
2. Create a one-day Sample Diet Plan (Menu) for fatigue.
3. Visit the DOT Centre and see how patients are given medicines and create an overview report.
4. Visit Malaria Centres / Clinic and see how anti-larvae measures are made and prepare the observation report.
5. Describe the treatment of dog bite and write how anti-rabies vaccine is applied.