

CBSE | DEPARTMENT OF SKILL EDUCATION

HEALTH CARE (SUBJECT CODE 413)

Blue-print for Sample Question Paper for Class IX (Session 2025-2026)

Max. Time: 2 Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills-IV	1	1	2
2	Self-Management Skills-IV	2	1	3
3	Information and Communication Technology Skills-IV	1	1	2
4	Entrepreneurial Skills-IV	1	1	2
5	Green Skills-IV	1	1	2
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	7
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (40 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Health Care Delivery Systems	5	1	1	7
2	Role of Patient Care Assistant	5	1	1	7
3	Personal Hygiene and Hygiene Standards	5	1	1	7
4	Primary Health Care and Emergency Medical Response	5	1	1	7
5	Immunization	4	2	1	7
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

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General Instructions:

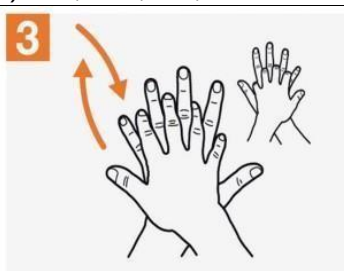
1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections – Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section contains 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	Collins' English Dictionary defines Green Economy as Biological economy that is concerned with A. Renewable energy, B. Green buildings, C. Clean transportation, D. Water Management, E. Waste and land management. F. Carbon Trading In above given factors what are true in this context? a) A, B, C, D only b) A, C, E, F only c) B, D, E, F only d) All factors	1
ii.	Pick the self-management skill in which you keep yourself clean, healthy, and smart. a) Self-awareness b) Self-motivation c) Personal hygiene and grooming d) Positive thinking	1
iii.	Look at the given icons and choose the field where these icons are used.  a) HTML b) Chatting Sites c) Web Browsers d) Applications	1
iv.	When we discuss about the role of Entrepreneurship, there is potential for increase in large-scale employment opportunities with increase in entrepreneurial activity. As more enterprises, offices, factories, businesses, trading entities etc. are set up, numerous job opportunities are created for skilled, unskilled and unemployed people, especially in developing countries. What kind of Role is this? a) Capital Formation b) Employment generation c) Value Creation d) Wealth Distribution	1
v.	Dressing and grooming are important because they help us to look_____. a) Smart b) Untidy c) Shabby d) All of the above	1
vi.	_____describe movements of parts of the body, especially hands or head, to express an idea or meaning. This includes waving, pointing and using our hands when speaking. For example, raising a hand may mean asking a question. Biting nails show nervousness. a) Eye Contact b) Facial Expression c) Postures d) Gestures	1

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	To check for victim's response, turn him onto his back, place your hand on his _____ and gently tilt his _____ back. a) leg, hand b) forehead, head c) chest, chin d) abdomen, hand	1

ii.	The most important principle for first aid is assessment and management of ABC. What is the full form of ABC? a) Aircraft, Breathing, Commanding b) Airway, Breathing, Commanding c) Airway, Breathing, Circulation d) Aircraft, Breathing, Circulation	1
iii.	The Patient Care Assistant can understand the patient's need and needs to perform or assist these activities for the patient in following ways. Match them in proper ways:	
	1. Bathing and showering	A. setting up food and bringing it to the mouth
	2. Bowel and urinary bladder management	B. including washing hair
	3. Feeding	C. washing the body
	4. Functional mobility	D. recognizing the need
	5. Personal hygiene and grooming of patient	E. moving from one place to another while performing activities
	a) 1- C, 2- D, 3- E, 4- A, 5- B b) 1- C, 2- E, 3- B, 4- A, 5- D c) 1- B, 2- D, 3- A, 4- E, 5- C d) 1- C, 2- D, 3- A, 4- E, 5- B	
iv.	_____are specialized blood cells that can directly attack and destroy an infecting organism, digesting them so they cannot produce disease. a) Antigens b) Macrophages c) Vaccines d) Medicines	1
v.	Why Water is considered as an inefficient skin cleanser? a) because proteins and fats, which are components of inorganic soil, are readily dissolved in water b) because fats and carbohydrates, which are components of inorganic soil, are readily dissolved in water c) because fats and proteins, which are components of organic soil, are not readily dissolved in water d) because carbohydrates and proteins, which are components of organic soil, are readily dissolved in water	1
vi.	The hospice care team works with surviving loved ones to help them through the grieving process after a loss of member in family. Which kind of care is this? a) Bereavement Care b) Family Conferences c) Home Care and Inpatient Care d) Pain Control	1

Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)									
i.	Match the following: <table><tr><td>1. Early recognition and call for help</td><td>A. To restart the heart</td></tr><tr><td>2. Early CPR</td><td>B. Restart quality of life</td></tr><tr><td>3. Early defibrillation</td><td>C. To prevent cardiac arrest</td></tr><tr><td>4. Post resuscitation care</td><td>D. To buy time</td></tr></table> a) 1- C, 2- D, 3-B, 4-A b) 1- C, 2- A, 3-D, 4-B c) 1- C, 2- D, 3-A, 4-B d) 1- B, 2- D, 3-A, 4-C	1. Early recognition and call for help	A. To restart the heart	2. Early CPR	B. Restart quality of life	3. Early defibrillation	C. To prevent cardiac arrest	4. Post resuscitation care	D. To buy time	1
1. Early recognition and call for help	A. To restart the heart									
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3. Early defibrillation	C. To prevent cardiac arrest									
4. Post resuscitation care	D. To buy time									
ii.	3  According to WHO Hand washing procedure, what does the above picture denote in third stage of washing procedure? a) Palm to palm with fingers interlocked b) Right palm over left dorsum with interlaced fingers and vice versa c) Rub hands palm to palm d) Rotational rubbing of left thumb clasped in right and vice versa	1								

iii.	 What does the symbol denote? a) Cytotoxic Hazard b) Oxygen mask c) Blood Contamination d) Ventilator Circuits	1
iv.	India launched the _____ programme in 1995 as a result of the WHO Global Polio Eradication Initiative. a) Intradermal Polio Immunization b) Intramuscular Polio Vaccination c) Intravenous Polio Vaccination d) Pulse Polio Immunization	1
v.	Why personal grooming is important for a General Duty Assistant? A. For a positive self-image, and thus every effort should be made to maintain a pleasing and attractive personality B. Creates better self-confidence when interacting with other health care providers, patient and their attendants. C. To communicate with patient and their attendants while telephonic conversation a) A, B only b) A, C only c) B, C only d) A, B and C	1
vi.	Rehabilitation center provide the care needed when required, it includes: 1) Medical support. 2) A specialized care plan to help regain strength and independence. 3) Guidance to the family and caregivers. 4) Surgical process a) 1, 2, 3 and 4 b) 1, 3 and 4 c) 2, 3 and 4 d) 1, 2 and 3	1

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	The PCA should consider the details about his patients as purely personal between him and the patient. Except for professional reasons the details should not be discussed with others or in public. What kind of Medical Ethics is this? a) Informed consent b) Confidentiality c) Communication d) Control	1
ii.	Triple antigen vaccine is given by DPT injection. DPT stands for _____. a) Diarrhea, Pertussis and Tetanus b) Diphtheria, Pneumococcus and Tetanus c) Diphtheria, Pertussis and Tetanus d) Diarrhea, Pneumococcus and Tetanus	1
iii.	What can guard us against obesity, diabetes, high blood pressure, insomnia, depression, anxiety, osteoporosis, cancer, and heart disease? a) A healthy, low-fat diet that is combined with regular exercise b) A monotonous, boredom, stressful daily schedule c) An unhealthy, high fat diet combined with lack of sleep d) A stressful life with lack of sleep and lack of exercise	1
iv.	When People feel discomfort? A. When environment is too hot or too cold B. The air is odorous and stale. C. Pleasant air is blowing a) A and B only b) B and C only c) A and C only d) A, B and C	1

v.	In our day-to-day life we come across many medical and surgical condition warranting immediate care. What is this immediate care called as? a) Medical care b) Emergency Care c) First Aid d) Medical help	1
vi.	_____Rehabilitation assists a person to defeat alcohol and drug addiction, eating disorders, gambling etc., so that he/she can get back on the right path and live a successful, happy and productive life. a) Occupational b) Addiction c) Psychosocial d) Physical	1

Q. 5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)								
i.	_____are made by the body in response to an infecting organism. They can recognise specific types of viruses or bacteria. They work by attaching themselves to the organism, and preventing them from infecting your body. a) Antigens b) Antibodies c) Foreign bodies d) Medicine	1						
ii.	_____is a set of practices performed for the preservation of health. a) Hygiene b) Hazard c) Negligence d) Habit	1						
iii.	A Patient care assistant should ensure that the patient's environment should have the following characteristics: 1. The environment should be conducive to rest. 2. The environment should be well lighted to ensure safety. 3. The environment should be free from noise and extraneous activity. 4. The environment should be well ventilated. 5. The environment should be predictable. a) 1, 2 and 3 only b) 2, 3 and 4 only c) 1, 2, and 5 only d) 1, 2, 3, 4 and 5	1						
iv.	_____is any medical condition which has a sudden onset, unexpected occurrence needs attention, may be dangerous or may possess an immediate risk to person's life, limb and organ or long term health. a) Health Emergency b) Medical Emergency c) Patient Emergency d) Sudden Emergency	1						
v.	An_____clinic offers outpatient guidance and counselling for various diseases and procedures that can be carried out in specialized hospitals or clinics. a) ambulatory b) free c) specialist d) fertility	1						
vi	Match the following: <table><tr><td>1. Formal Long Term care</td><td>A. care and support provided by family members, friends and other unpaid volunteers.</td></tr><tr><td>2. Informal Long Term care</td><td>B. Long-term care provided formally in the home</td></tr><tr><td>3. Home Health Care</td><td>C. formal services typically provide living accommodation for people who require on site delivery of around-the-clock supervised care</td></tr></table> a) 1- B, 2- A, 3- C b) 1- B, 2- C, 3- B c) 1- C, 2- A, 3- B d) 1- C, 2- B, 3- A	1. Formal Long Term care	A. care and support provided by family members, friends and other unpaid volunteers.	2. Informal Long Term care	B. Long-term care provided formally in the home	3. Home Health Care	C. formal services typically provide living accommodation for people who require on site delivery of around-the-clock supervised care	1
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SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

Q. 6	Write down the advantages of verbal communication.	2
Q. 7	Prepare a list of different factors (minimum two) that decrease our self-confidence.	2
Q. 8	Give any two after Effects of Cyber Addiction.	2
Q. 9	Enumerate four different entrepreneurial challenges.	2
Q. 10	Enlist four man-made disturbances that contribute to ecological imbalance.	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

Q. 11	How does the Patient Care Assistant perform administrative support functions?	2
Q. 12	What do you mean by Compression Only Life Support (COLS)?	2
Q. 13	Draw a simplified model of Health Care system.	2
Q. 14	Enumerate the diseases can be prevented by routine childhood immunization.	2
Q. 15	Why Menstrual hygiene is important for girls in aspect of personal hygiene?	2
Q. 16	How Does Immunity Work?	2

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 17	Describe about different factors that affect good health.	4
Q. 18	Enumerate the essential components of Primary Health Care.	4
Q. 19	What are the various components of Hospitals?	4
Q. 20	Why do Children Get So Many Immunizations?	4
Q. 21	How does the Patient Care Assistant serve, manages and supports patient and staff members in an organization?	4