

CBSE | DEPARTMENT OF SKILL EDUCATION

HEALTH CARE (SUBJECT CODE - 413)

Blue-print for Sample Question Paper for Class X (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 (50 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANS. TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Health Care Delivery Systems	4	1	1	6
2	Introduction To Care Plan and care of patients	4	1	1	6
3	Sterilization and Disinfection	4	1	1	6
4	Basic First Aid and Emergency Medical Relief	4	1	1	6
5	Human Body: Structures, Functions and Nutrition	4	1	1	6
6	Public Relations	4	1	-	5
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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Sample Question Paper for Class X (Session 2025-2026)

Max. Time: 2 Hours

Max. Marks: 50

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.	A manager is discussing the performance with an employee. Which kind of verbal communication is this? (a) Interpersonal Communication (b) Written Communication (c) Small group Communication (d) Public Communication	1
ii.	Which of the following is an effect of negative stress? (a) Increase in productivity (b) Good mental health (c) Psychosomatic disorders (d) Emotional stability	1
iii.	To cut the file or folder, which shortcut key will you use on the computer? (a) Ctrl + V (b) Ctrl + X (c) Ctrl + P (d) Ctrl + C	1
iv.	Identify the commercial function to be performed by an entrepreneur. (a) Innovation (b) Controlling (c) Planning (d) Marketing	1
v.	Which of the following characteristics helps an individual to inculcate discipline that further help him/her in consistent efforts to move towards goal? (a) Self-awareness (b) Self-regulation (c) Self-motivation (d) Independence	1
vi.	Which of the following sources of energy is from a renewable source? (a) Solar energy (b) Wood (c) Coals (d) Petrol	1

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	The delivery of the first aid helps the victim and improves the overall outcome. These comprise of four steps: 1. Scene safety (for yourself and the victim) 2. Quick assessment 3. Call for help 4. Provision of the first aid and early transfer to nearest hospital. Arrange the steps correctly. (a) 1, 3, 2, 4 (b) 1, 2, 3, 4 (c) 4, 3, 2, 1 (d) 3, 4, 2, 1	1
ii.	When a patient comes to your hospital, while checking vitals how can you prepare a patient for taking temperature? Arrange in correct order. A. Introduce self and explain the procedure to the patient. B. Wash hands.	1

	C. Shake the glass thermometer to lower the chemical to $< 96^{\circ}$ or inserts the tip of an electronic thermometer into a disposable probe cover. D. Select appropriate thermometer. (a) A, B, C and D (b) B, D, A and C (c) C, B, A and D (d) D, A, B and C	
iii.	People have a tendency to become impatient while listening and cannot wait for the speaker to finish. This limits the information exchange and breaks the _____ process. (a) communication (b) visual (c) hearing (d) talking	1
iv.	It provides specialised services to all patients who require physiotherapy. A professional helps patients who are physically impaired, including those suffering from temporary disability after medical or surgical treatment. Which kind of treatment is this? (a) Radiology (b) Public relation (c) Physiotherapy (d) Administration	1
v.	_____ is the study of cells. (a) Splanchnology (b) Osteology (c) Myology (d) Cytology	1
vi.	Protozoa is a type of _____. (a) virus (b) Parasite (c) bacteria (d) fungi	1

Q.3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	A person's dietary pattern is usually slow to change because food habits are deeply rooted in the past. Food choice has always been influenced by non-nutritional factors. What are those factors? A. religious taboos B. ethnicity C. gender roles D. social status. (a) A, B and C (b) B, C and D (c) All of the above (d) None of the above	1
ii.	The only way this tiny organism can be seen is by using a _____. (a) X-ray. (b) sphygmomanometer. (c) telescope. (d) microscope	1

iii.	 This is the sign of _____. (a) Bio-hazard (b) Radiation (c) Ergonomic hazard (d) Physical hazard	1
iv.	In supporting services of hospitals, this division provides catering and food services to inpatients and accompanying individuals as well as hospital staff. Which department is this? (a) Dietary and Food Services (b) Hospital Disinfection and Sterilization Services (c) Cleaning and Laundry (d) Social Services Department	1
v.	A General Duty Assistant uses computers for documentation with an electronic health record or electronic medical record. When an organisation uses an _____, all documentation related to patient care, diagnostic testing, specialty referrals or any other aspect of patient care or management is done on the computer. (a) Electronic Medical Record (EMR) (b) Hand-written record (c) Doctor's prescription (d) Financial bill	1
vi.	_____ refers to movement in an inferior direction. (a) Extension (b) Flexion (c) Elevation (d) Depression	1

Q.4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)									
i.	Match the following diseases with their causes: <table><tr><td>A. Hepatitis C</td><td>i) Acute or chronic inflammation of the lungs.</td></tr><tr><td>B. Chronic Lung Disease</td><td>ii) An acute, contagious, infectious disease caused by a virus. It usually occurs in children and causes red spots on the skin, fever and inflammation of the air passages of the head and throat.</td></tr><tr><td>C. Pneumonia</td><td>iii) A long-term illness that affects the function of the lungs.</td></tr><tr><td>D. Measles</td><td>iv) An infection of the liver caused by a virus that is usually spread by blood and blood products and sometimes through sexual contact.</td></tr></table> (a) A- iii, B- iv, C- i, D- ii (b) A- ii, B- iv, C- i, D- iii (c) A- iv, B- iii, C- i, D- ii (d) A- ii, B- iii, C- ii, D- i	A. Hepatitis C	i) Acute or chronic inflammation of the lungs.	B. Chronic Lung Disease	ii) An acute, contagious, infectious disease caused by a virus. It usually occurs in children and causes red spots on the skin, fever and inflammation of the air passages of the head and throat.	C. Pneumonia	iii) A long-term illness that affects the function of the lungs.	D. Measles	iv) An infection of the liver caused by a virus that is usually spread by blood and blood products and sometimes through sexual contact.	1
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ii.	Molecules contain nitrogen, carbon, hydrogen and oxygen. Simple monomers, are used to create complicated polymers, which build and repair tissue. Identify the molecule. (a) Carbohydrates (b) Proteins (c) Fats (d) Vitamin	1								

iii.	Rohit is a Medical Student. He is learning the Medical Science in special kind of hospital where primary objective is to train the doctors and research and secondary objective is to provide HealthCare. Robin is learning in which kind of hospital? (a) Teaching-cum-Research Hospital (b) Isolation Hospital (c) General Hospital (d) Rural Hospital	1
iv.	The circulation is maintained by two components:_____. (a) Pumping organ and blood / blood components. (b) Only Plasma (c) Only cells (d) None of these	1
v.	The hospital is a place where the attendants are_____about their near and dear, so weshould have empathy to deal with any altercation. (a) glad (b) anxious (c) happy (d) merry	1
vi.	What kind of diet a patient need when the person is suffering from peptic ulcer? (a) soft diet (b) bland diet (c) liquid diet (d) low salt diet	1

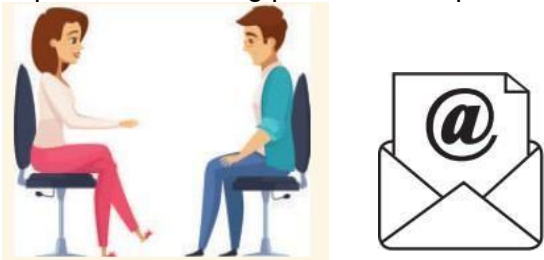
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)										
i.	0.2% -1%_____used for disinfecting plastics and glassware. (a) Peroxyacetic acid (b) Hydrochloric acid (c) Hypochlorite (d) Hydrogen peroxide		1								
ii.	Match the following professionals with their functions: <table><tr><td>A. Medical Lab Technician</td><td>i. Takes care of diet of patients.</td></tr><tr><td>B. Dietician</td><td>ii. Provide Physiotherapy to the patients who are suffering from orthopedic problems.</td></tr><tr><td>C. Pharmacists</td><td>iii. Works for lab investigations and ensures availability of blood and blood products in hospital.</td></tr><tr><td>D. Physiotherapists</td><td>iv. Sell medicines.</td></tr></table> (a) A- iii, B- iv, C- i, D- ii (b) A- iv, B- iii, C- ii, D- i (c) A- iii, B- i, C- iv, D- ii (d) A- ii, B- i, C- iv, D- iii	A. Medical Lab Technician	i. Takes care of diet of patients.	B. Dietician	ii. Provide Physiotherapy to the patients who are suffering from orthopedic problems.	C. Pharmacists	iii. Works for lab investigations and ensures availability of blood and blood products in hospital.	D. Physiotherapists	iv. Sell medicines.		1
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iii.	Burns can be classified into three categories viz., first, second and third degree burns, depending onthe_____of burn. (a) severity (b) cause (c) reason (d) effect		1								
iv.	_____is a basic human need that changes throughout the life cycle and along thewellness illness continuum. (a) Digestion (b) Circulation (c) Respiration (d) Nutrition		1								

v.	Excess sodium may result in_____. (a) Hyperkalemia (b) Hypokalemia (c) Hypernatremia (d) Hyponatremia	1
vi.	A skilled GDA can be posted as a_____in the front office. (a) Receptionist (b) Doctor (c) Nurse (d) Pharmacist	1

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	Explain the following pictorial description. 	2
Q. 7	What are the factors that affect self-confidence?	2
Q. 8	How can a file/folder be copied using keyboard?	2
Q. 9	“Mahima was an ambitious woman and wanted to achieve something in her professional career. In her struggle and fight against all odds, XYZ eventually succeeded in becoming a brand herself.” a. Name the kind of entrepreneurial activity. b. Write any one step which an entrepreneur takes to build an organisation.	2
Q. 10	Why Education is most important factors for sustainable development?	2

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

Q. 11	Enumerate some ways you can apply the principle of first aid in your daily life.	2
Q.12	Write down the functions of following departments of hospital. Radiology department Administrative and Finance Department	2
Q. 13	The receptionist can play important role in hospital. Explain the statement.	2
Q. 14	Write a short note about Fungi.	2
Q. 15	If you want to measure the oral temperature with thermometer, what preparations should you take before the procedure?	2
Q. 16	Distinguish between the following: Anterior and Posterior Proximal and Distal	2

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

Q. 17	What are the different functions of cell?	4
Q. 18	What is the difference between promotive and preventive functions?	4
Q. 19	Explain about the important rules for First Aid.	4
Q. 20	As a first aider, how can one take care of a person, who met road accident?	4
Q. 21	Explain about the characteristics of care plan.	4