

Class 9 - Skill Education

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Healthcare

CBSE NOTES

Healthcare - Practice Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. What is the purpose of health camps, and how do they benefit the community?

Hint: Consider how health camps facilitate both immediate health checks and longer-term health education.

2. Explain the role of Auxiliary Nurse Midwives (ANMs) and Accredited Social Health Activist (ASHA) workers in the Indian healthcare system.

Hint: Think about how these roles contribute to preventive care in rural areas.



Solve the following questions. Write your answers in the space provided.

3. Describe the basic principles outlined in the Charaka-Samhitā and their relevance to modern health practices.

Hint: Reflect on how ancient practices can influence contemporary health strategies.

4. What are some digital healthcare opportunities currently available in India, and how are they transforming access to healthcare?

Hint: Consider the practical benefits of telemedicine for rural communities.



Solve the following questions. Write your answers in the space provided.

5. Outline how to conduct a community survey to assess healthcare needs. What factors should be considered?

Hint: Think about the information you need to collect for a comprehensive understanding.

6. What steps should be taken when planning to hold a health camp in your school or community?

Hint: Consider the resources you would need to provide preventive care.



Solve the following questions. Write your answers in the space provided.

7. Explain the importance of monitoring vital signs in assessing health.

Hint: Reflect on how these measurements can indicate underlying health issues.

8. Discuss the significance of home remedies and their role in community health.

Hint: Think about examples of common home remedies used in your community.



Solve the following questions. Write your answers in the space provided.

9. Identify common occupational hazards and discuss preventive measures.

Hint: Consider daily activities that could pose health risks and ways to minimize them.

10. What safety protocols should be followed while providing healthcare-related services?

Hint: Reflect on the importance of hygiene in healthcare practices.



Check your answers with the solutions below.

1. What is the purpose of health camps, and how do they benefit the community?

Solution: Health camps serve multiple purposes including vaccination, health check-ups, and generating awareness about preventive healthcare. These camps ensure that community members receive essential health services they might otherwise lack. They also allow health professionals to identify and address issues like malnourishment and eye health. Community engagement through these camps promotes healthier lifestyles and informed decisions about personal health, fostering a supportive environment.

2. Explain the role of Auxiliary Nurse Midwives (ANMs) and Accredited Social Health Activist (ASHA) workers in the Indian healthcare system.

Solution: ANMs and ASHA workers play crucial roles in bridging the gap between rural communities and medical facilities. ANMs focus on maternal and child health, ensuring vaccinations and health services are accessible. ASHA workers, being local volunteers, educate communities on nutrition, hygiene, and family planning, promoting overall wellness. Their efforts were especially crucial during the COVID-19 pandemic, emphasizing the importance of community health initiatives.

3. Describe the basic principles outlined in the Charaka-Saṁhitā and their relevance to modern health practices.

Solution: The Charaka-Saṁhitā emphasizes healthy living through diet, lifestyle, and mental balance. This ancient text advocates for holistic care that acknowledges the interconnectedness of mind and body. Many modern health practices, such as the importance of hygiene, balanced diet, and daily routines, find their roots in these teachings, showcasing the timeless nature of these health principles.



Check your answers with the solutions below.

4. What are some digital healthcare opportunities currently available in India, and how are they transforming access to healthcare?

Solution: Digital healthcare encompasses telemedicine, AI diagnostics, and health apps. Platforms allowing remote consultations expand access for people in remote areas. AI tools speed up disease detection and data analysis, while wearable devices monitor health metrics in real-time. Together, these technologies enhance patient engagement, streamline care delivery, and improve health outcomes by making healthcare more accessible and efficient.

5. Outline how to conduct a community survey to assess healthcare needs. What factors should be considered?

Solution: Conducting a community survey involves deciding on relevant questions regarding healthcare service needs, gathering data on existing resources, and identifying health concerns specific to the community. Factors to consider include the demographics of the community, prevalent health issues, accessibility of existing healthcare services, and resources available for providing new services. This information informs decisions regarding effective healthcare interventions.

6. What steps should be taken when planning to hold a health camp in your school or community?

Solution: Planning a health camp includes defining the scope of services to be offered, assessing resource availability, and identifying necessary support from health professionals. Additionally, organizations must consider community needs, select a suitable location, and develop a process chart detailing tasks and responsibilities. Preparing materials and ensuring safety protocols are also essential aspects of effective camp planning.

7. Explain the importance of monitoring vital signs in assessing health.

Solution: Monitoring vital signs like temperature, blood pressure, and pulse provides crucial insights into an individual's health status. These indicators help in early detection of potential health issues or emergencies. Practicing how to measure these signs enables future health providers to assess and respond to acute health needs effectively. Accurate measuring also ensures better health management and patient care.



Check your answers with the solutions below.

8. Discuss the significance of home remedies and their role in community health.

Solution: Home remedies provide immediate relief to minor ailments using accessible natural ingredients. They often represent cultural wisdom passed down generations. While they do not replace professional medical advice, their use can prevent minor health issues from escalating. Understanding when to use these remedies effectively promotes self-care and emphasizes the importance of community health knowledge.

9. Identify common occupational hazards and discuss preventive measures.

Solution: Occupational hazards include physical strains from prolonged sitting, exposure to harmful substances, and repetitive movements. Preventive measures involve ergonomic assessments of workspaces, training workers about safe practices, and ensuring proper equipment is used. Encouraging breaks and promoting physical activity can also mitigate risks. Understanding and addressing these hazards can significantly enhance workplace safety and health.

10. What safety protocols should be followed while providing healthcare-related services?

Solution: Healthcare services require strict adherence to safety protocols including hand hygiene, proper waste disposal, and the use of personal protective equipment (PPE). Tools used must be sanitized and handled according to guidelines to prevent cross-contamination. Education about safe practices before engaging in service activities ensures both providers and clients are protected from potential health risks.



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