

## Home Aaya (Geriatric Care Takers)

Course Code NARQ30050 – PROCESS: Session Plan

Days	Session	Topic
1	I	Registration/ Inauguration
	II	Micro lab- Ice breaking
	III	Achievement motivation – confidence building
	IV	Entrepreneurial competencies- importance, Explanation with examples.
2	I	Basic principle of Home Aaya
	II	Characteristics and responsibilities of a Home Aaya
	III	Parts of human body
	IV	Tower Building – eradicating dependency syndrome ,
3	I	Time management
	II to IV	First aid - Dressing, Simple injury, care of wounds
4	I	Problem solving
	II to IV	Digestive system& urinary System
5	I & II	Fractures, Accidents –bandaging and first aid
	III & IV	Boat Game – Systematic Planning, efficiency orientation and concern for quality
6	I to IV	Burns and Scalds, Drowning, Consumption of poisons, acids, alkalis. First Aid
7	I to II	Snake bites, Insect bites, Transportation of the injured, First Aid
	III & IV	Oral hygiene, skin care, care of hair, eyes, nose and ear
8	I	Effective communication skills
	II to IV	Care of bedridden patients, Bed making
9	I to IV	Bathing-Sponge bath, bed bath baby bath etc
10	I	Bed sores and its prevention
	II to IV	Feeding-tube feeding, infant feeding etc
11	I & II	Nutritive requirements and their availability in different food items
	III	Common complications-Hyper tension-causes. Critically ill patients. How to deal with such patients.
	IV	Use of Thermometer, taking reading of temperature
12	I to IV	Exposure field visit to Old Age Care Homes, Child Care Homes, Nursing Homes etc.
13	I	Human relation –Principles & methodology
	II	Importance of personal Hygiene, etiquettes & manners for Home Aaya
	III	Financial Literacy, Banking- Deposits &Advances
	IV	Feedback & Valedictory