

First Terminal Examination

Units	Topics	Periods	Teaching Methods	Teaching Materials	Evaluating Techniques	Remarks
1	CONCEPT OF HEALTH, POPULATION AND ENVIRONMENT EDUCATION -Various Aspects of Health, Population and Environment	4	Question-Answer Discussion Survey Lecture Method	Charts Figures Smart Board	Oral Test Unit Test	
2	DEMOGRAPHY, POPULATION CHANGE AND MANAGEMENT -Demographic Components, Processes and Measurements -Measures of Fertility	4	Problem Solving Project work Discussion	Figures Drawings Charts Smart Board	Class Test Homework Oral Test	
3	POPULATION, ENVIRONMENT AND DEVELOPMENT - Population Environment and Development Activities	4	Micro Teaching Discussion Question-Answer	Flow Charts Figures Pictures Smart Board	Unit Test Homework	
4	POPULATION AND ENVIRONMENTAL STATUS OF NEPAL -Population distribution by Ecological Region -Concept -Ecosystem of Nepal by Geographical Region	5	Question- Answer Presentation Discussion	Map of Nepal Comparative Charts Figures Smart Board	Class Test Homework Oral Test	
5	FAMILY LIFE EDUCATION AND QUALITY OF LIFE -Concept of Quality of life & its Components -Introduction to Quality of Life -Need and Importance of Quality of Life	4	Discussion Presentation Inquiry Peer Teaching	Charts Drawing Figures Pictures Smart Board	Unit Test Project work Homework	
6	NATURAL RESOURCES AND BIODIVERSITY -Concepts and Importance of Biodiversity -Biodiversity by Ecosystem, Species and Genetic -Need, Importance and Conservation Measures of Biodiversity	5	Inquiry Observation Project work Field visit Demonstration	Pictures Data Projector Tables Charts	Oral Test Project work Report-writing Presentation Homework	
7	ENVIRONMENTAL HEALTH AND DISEASES -Introduction, Concept and Types of Disease -Some Major Communicable Disease (Food and Water Borne)	4	Observation Project work Discussion Presentation Question-Answer	Flow-charts Pictures Smart Board	Unit Test Oral Test Homework	
8	ADOLESCENCE, SEXUAL & REPRODUCTIVE HEALTH EDUCATION -Sexually Transmitted Infections (HIV/AIDS, Syphilis, Gonorrhoea, Chanchroid)	4	Observation Project work Audio-visual Presentation Question-Answer	Charts Projector Pictures Figures	Charts Presentation	
9	CONSUMERS HEALTH & COMMUNITY HEALTH -Concept of Community Health (Introduction, Importance & Scope)	4	Discussion Field visit Question-Answer Demonstration	Charts Pictures Figures Smart Board	Unit Test Oral Test Report writing Homework	
10	PRIMARY HEALTH CARE & PRECAUTION & SECURITY ON RISK -Meaning, Importance, Methods of First Aid	4	Question-Answer Interaction Field visit	Charts Pictures Smart Board	Unit Test Practical Activities	
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Practical**First term**

- 1) Collect the Population data of ten households of your villages/ towns and find out the various demographic measures on the basis of collected data.
- 2) Visit the neighboring houses of your residential area and find out the causes of low quality of life and quality of life and make a report on the basis of it.
- 3) Conduct a group discussion in our class about the measures of controlling communicable diseases in your locality.
- 4) Visit the health services nearby your locality, interact with health work and find the cause of communicable diseases in your town.
- 5) Practice the methods of first aid of wound and mouth to mouth respiration in your class collecting the essentials materials.

Mid-Terminal Examination

HPE

Unit	Topics	Periods	Teaching Methods	Teaching Materials	Evaluation Techniques	Remarks
1	CONCEPT OF HEALTH, POPULATION EDUCATION -Interrelationship among Health, Population and Environment Education with Different Aspects	4	Question-Answer Discussion Presentation	Charts Pamphlets Figures Smart Board	Unit Test Homework	
2	DEMOGRAPHY, POPULATION CHANGE AND MANAGEMENT -Measures of Mortality, Migration -Other Demographic Measures	6	Question-Answer Field visit Presentation Project Work Discussion	Figures Projector Pictures	Class Test Homework Oral Test	
3	POPULATION, DEVELOPMENT AND ENVIRONMENT - Regional Balance in Development	2	Question-Answer Demonstration Lecture Field visit	Figures Pictures Smart Board	Unit Test Homework	
4	ECOSYSTEM -Effects on the Ecosystem by Ecological Regions & Mitigating Measures -Effects on Mountain/Hilly and Terai Region	3	Discussion Observation	Map of Nepal Comparative Charts Smart Board	Homework Oral Test	
5	FAMILY LIFE EDUCATION AND QUALITY OF LIFE -Elements of Quality of life -Basis of Quality of life	4	Inquiry Lecture Problem Solving Demonstration	Charts Data Tables Smart Board	Unit Test Project work Homework	
6	NATURAL RESOURCES AND BIODIVERSITY -Need, Importance and Conservation Measures of Biodiversity -Biodiversity by Ecological belt, Rare animals and plants -Introduction, Common causes of rareness of plants and animals (Status of protected animals, measure to conserve rare animals and birds, legal status of rare species)	8	Inquiry & Demonstration Discussion Project work	Figure of rare plants and Animal charts Smart Board	Class Test Homework	
7	ENVIRONMENTAL HEALTH AND DISEASES -Communicable Disease (Air borne, diseases by contaminated needles)	3	Observation Micro-teaching Demonstration	Flow Charts Projector Pictures	Unit Test Oral Test Project work Homework	
8	ADOLESCENCE, SEXUAL & REPRODUCTIVE HEALTH EDUCATION -Safe Motherhood (Introduction, Education and Service)	3	Discussion Question- Answer Field visit Presentation	Charts Figures Projector	Class Test Homework	
9	CONSUMERS HEALTH & COMMUNITY HEALTH - Introduction of Health Service Providers & their Activities -Health Service providing agencies, Voluntary Health agencies -Major health problems	8	Inquiry Discussion Lecture Question- Answer	Charts Pictures Figures Smart Board	Oral Test Homework	
10	PRIMARY HEALTH CARE & PRECAUTION & SECURITY ON RISK - First Aid Box, Points to be considered by the First Aider -Some accidents and its first aid methods	6	Observation Audio-visual Problem Solving Demonstration	Charts Projector Pictures	Unit Test Oral Test Practical Activities Project work	
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Practical**Mid term**

- 1) Visit your community and observe the status of environment then prepare a report on how environment has adversely affected the health of people.
- 2) Prepare a brief report on the effects of rapid population growth on environmental and social aspects.
- 3) Prepare a list of plants, animals and birds found in your geographical region and show it on the table.
- 4) Collects the pictures of rear plants of Nepal by the various sources, paste them on the chart paper on the wall of your class and present.

Pre-Qualifying Examination

HPE

Unit	Topics	Periods	Teaching Methods	Teaching Materials	Evaluation Techniques	Remarks
1	CONCEPT OF HEALTH, POPULATION EDUCATION	-	-	-	-	
2	DEMOGRAPHY, POPULATION CHANGE AND MANAGEMENT -Consequences of Rapid Population growth on environmental, Socio economic aspect -Population Management and methods -Types of contraception (Natural, Artificial)	10	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
3	POPULATION, DEVELOPMENT AND ENVIRONMENT -Sustainable Development(Importance, Objectives, Principles, Application)	4	Inquiry Audio-visual Demonstration	Charts Project work Pictures Smart Board	Oral Presentation Homework	
4	ECOSYSTEM -Management and Conservation of Environment(Major activities)	2	Inquiry Group discussion Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
5	FAMILY LIFE EDUCATION AND QUALITY OF LIFE -Indicators of Happy life, Interrelation between quality of life and low quality of life	3	Discussion Inquiry Audio-visual Demonstration	Figures Data Tables Project work Smart Board	Oral Test Presentation Homework	
6	NATURAL RESOURCES AND BIODIVERSITY -Causes of rareness of plants and animals; Status, conservation measures of rare plants -Adverse effects of human activities on biodiversity and conservation methods -National and Local Programs for Biodiversity Conservation	8	Inquiry Lecture Question-Answer	Map of Nepal Charts Smart Board	Class Test Homework	
7	ENVIRONMENTAL HEALTH AND DISEASES -Non Communicable Disease(Causes, Risk factors) - Cancer, Heart and Blood Vessels, COPD - Environmentally infectious diseases	4	Observation Presentation Question-Answer	Flow Charts Pictures Smart Board	Unit Test Oral Test Homework	
8	ADOLESCENCE, SEXUAL & REPRODUCTIVE HEALTH EDUCATION -Maternal and Child Health Care (Introduction, Importance, Infant)	3	Discussion Question- Answer Field visit Demonstration	Charts Pictures Tables Smart Board	Unit Test Oral Test Presentation Homework	
9	CONSUMERS HEALTH & COMMUNITY HEALTH -Policies/Programs of health sectors -Bad habit its consequences and preventive measures -Smoking, Drugs and Alcoholism	6	Presentation Question-Answer Demonstration Project work	Charts Pictures Figures Projector	Unit Test Oral Test Homework	
10	PRIMARY HEALTH CARE & PRECAUTION & SECURITY ON RISK - Human health and safe lifestyle	-	-	-	-	
		40	Revision 8			

Practical

Pre-Qualifying

- Report on animals and birds found in your locality this to be included are status, foods habitat and effects on human activities on them and efforts for their conservation.
- Contact one of the health related organizations working in your locality inquire and observe the following by in touch with the health workers.
 - Artificial contraceptive devices
 - Family planning activities.
 - Need and success of family planning.
 Make a short note based on points given above and present it in the class.
- Name any three developmental works of your locality
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 Write about the advantages and the effects on the environment of any one of these developmental activities also write how these effects can be managed.