

# INDIRA GANDHI NATIONAL OPEN UNIVERSITY

PROGRAMME STUDY CENTRE – 85004P

BLDEA'S SHRI B. M. PATIL INSTITUTE OF NURSING SCIENCES, VIJAYAPURA KARNATAKA



## OFFLINE PRACTICAL COUNSELLING SCHEDULE


Certificate in Home Based Health Care (CHBHC)

Jan 2026 Session

Day	Date	Morning Session (8:00 AM – 12:00 Noon)	Afternoon Session (1:00 PM – 5:00 PM)
Day 1	07/07/2026	Orientation to Home-Based Health Care	Hand Hygiene and Use of PPE
Day 2	08/07/2026	Vital Signs Monitoring	Bed Making (Occupied & Unoccupied Beds)
Day 3	09/07/2026	Assisting in Personal Hygiene	Feeding Techniques for Dependent Patients
Day 4	10/07/2026	Care of Elderly Patients	Pressure Ulcer Prevention and Management
Day 5	11/07/2026	First Aid for Minor Injuries	Basic Life Support (BLS)
Day 6	12/07/2026	Assisting in Medication Administration	Nutritional Support and Feeding Planning
Day 7	13/07/2026	Elimination Needs and Toilet Assistance	Mobility and Positioning Techniques
Day 8	14/07/2026	Communication with Patients and Families	Care During Fever & Infection, Home Safety, Post-operative Care, Mental Health Support, and Practical Examination/Viva Voce

### General Instructions:

1. Attendance is **compulsory for all 8 days** of practical counselling sessions.
2. Students must report to the study centre **15 minutes before the scheduled time**.
  - o Morning Session: **8:00 AM – 12:00 Noon**
  - o Afternoon Session: **1:00 PM – 5:00 PM**
3. Students should bring the following items every day:
  - o IGNOU Identity Card
  - o Practical Manual/Log Book
  - o Notebook and Pen
  - o Required learning materials

  
**Programme-in-charge**  
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