



Scio^oCare

Equipping **Caregivers** with **Confidence**



CareBridge
ENGLISH



caresteps



PATHWAYS 360°





CareBridge
ENGLISH

The **Language** of Care,
made **simple!**



CareBridge English is an 80-hour integrated curriculum that supports first-year healthcare students in developing core English language proficiency for academic and clinical settings. This program is a structured, workbook-first English course focused on clinical communication and professional language use. It bridges the gap between classroom learning and hospital communication—building confidence in grammar, vocabulary, and interaction relevant to real-world healthcare environments.

Key Features

- 80 hours of interactive learning designed to build English proficiency with clinical relevance
- Integrated learning model featuring high-quality learning videos and responsive classroom activities
- Structured workbook with QR codes linking to video lessons for easy review and reinforcement
- Instructional design inspired by IELTS and OET frameworks to ensure practical and global relevance
- Strong emphasis on healthcare vocabulary, contextualized communication skills, hospital documentation, and peer interaction
- Self-learning resources like videos, notes and review games provided for students to revisit concepts and practice independently

CareBridge English offers two flexible delivery modes to suit institutional needs and learner preferences:

Classroom-Facilitated Mode : In this delivery mode, teachers or facilitators lead students through each lesson using the structured workbook, integrated videos, and guided activities. This is followed by assignments to be completed on the workbook with access to learning resources through a dedicated portal.

Self-Paced Learning Mode : This mode allows students to work independently through the workbook, accessing the learning resources on the portal via QR codes and completing self-assessment tasks at their own pace.



Equipping **Caregivers** with **Confidence**

The CareBridge English program consists of eight thoughtfully designed units, each spanning 10 hours and focusing on practical English skills for nursing students.

Unit 1: Foundations of Communication - Build essential vocabulary and grammar for everyday hospital interactions, including greetings, introductions, and polite requests.

Unit 2: Patient Interaction - Learn to ask and answer questions, give instructions, and use reassuring language while interacting with patients.

Unit 3: Understanding & Giving Information - Develop listening and speaking skills for understanding patient concerns and providing clear explanations of procedures or care routines.

Unit 4: Describing People & Conditions - Use appropriate adjectives, body parts, and medical vocabulary to describe patients' physical appearance, symptoms, and conditions.

Unit 5: Time, Schedules & Routines - Practice using days, times, and frequency expressions to talk about appointments, medication timings, and shift responsibilities.

Unit 6: At the Nurse's Station - Engage in workplace communication such as note-taking, writing instructions, and using polite, formal register with peers and seniors.

Unit 7: Emergencies & Protocols - Understand and use emergency-related vocabulary and sentence patterns to report incidents and respond to urgent situations.

Unit 8: Revision & Real-Life Application - Reinforce key language through case studies, dialogues, and role-plays that simulate real-life clinical scenarios.



Equipping **Caregivers** with **Confidence**

CareBridge English - Pricing

Option 1 : Self-Learning model (1 Year) – ₹1799/student

- Workbook-first lessons to master healthcare-specific English
- QR-coded video support for every lesson.
- Clinical English practice: Listening, Speaking, Reading, Writing.
- Gamified self-practice tools.
- One-year platform access + digital certificate.

Option 2 : Classroom model (1 Year) – ₹2399/student

Everything in Option 1, plus:

- Facilitator training and support
- Dedicated WhatsApp group for daily support from CareBridge team.
- Question papers & evaluation support for each unit.
- Group activities & gamified classroom revision.
- Access to digital revision portal with personalised tracking.

Note : All prices inclusive of 18% GST



The **Language** of Care,
made **simple!**



CareBridge
ENGLISH

The Language of Care, *made simple!*

LEARNER'S WORKBOOK

This book belongs to

Scio^oCare

Equipping Caregivers with Confidence

Unit 1

Introductions & Basics

Grammar Focus

In this unit, you'll learn how to talk about yourself and others with the '*be*' verbs (am, is, are) in both questions and answers. We'll explore the building blocks of *sentences*—like *nouns*, *pronouns*, and *articles*—and see how to make your sentences more colourful with *adjectives*. You'll also discover how *prepositions* help you talk about when and where things happen. By the end, you'll be able to put these pieces together to make clear, confident sentences.

Vocabulary Focus

Word Categories : Medical Professions, Simple Verbs, Family Members, Weather Words, Antonyms, Basic Feelings & Emotions, Academic Words, Age Words

Trace & Learn : Days, Months, Colours, Basic Shapes, Numbers, Fruits, Vegetables, Hospital things, Basic time words, Classroom objects, Animals, Names of illnesses, Body systems & organs



Scan QR code for Unit 1 Resources

Scio^oCare

Activity #1 : Types of pronouns

Complete the table by filling in the missing pronouns

Subject	Object	Possessive
I		
you		
		his
she		
it		
	us	
they		

Activity #2 : Pronouns practice

Circle the correct pronoun in each sentence.

1. She is tired. Give (she / her / hers) a chair.
2. I know (she / her / hers) from class.
3. That bag is (he / him / his).
4. Can you help (I / me / my)?
5. This is (we / us / our) book.
6. (They / them / their) are students.
7. The teacher is talking to (they / them / their).
8. (His / He / Him) name is John.
9. The teacher gave (we / our / us) homework.
10. She is new. Please talk to (she / her / hers).

Activity #3 : Subject pronouns

Fill in the blanks with the subject pronouns - I, you, he, she, it, we, they.

1. Riya is a nurse. → _____ is a nurse.
2. My brother and I work at the hospital. → _____ work at the hospital.
3. The stethoscope is on the table. → _____ is on the table.
4. Arun and Deepa are doctors. → _____ are doctors.
5. The hospital and the clinic are nearby. → _____ are nearby.
6. You and your friend are students. → _____ are students.
7. I am a student. → _____ am a student.
8. The nurse and I are here. → _____ are here.

Activity #4 : Possessive pronouns

Fill in the blanks with the correct possessive pronoun - mine, yours, his, hers, ours, theirs

- This stethoscope belongs to me. It is _____. He has a coat. The coat is _____.
 That patient has a file. The file is _____. They have a stretcher. The stretcher is _____.
 We have a ward. The ward is _____. I have a bottle. The bottle is _____.
 She has a pen. The pen is _____. The dog has a blanket. The blanket is _____.
 You have a notebook. The notebook is _____. You and I have a shift today. The shift is _____.

Activity #5 : Listening Activity

Listen to the script and fill in the blanks with the correct pronouns.

Hi, I am Asha. _____ am 19 years old and a nursing student. This is my college, and _____ like _____. I have a friend named Priya. _____ is 20 years old and also a nursing student. _____ study together every day. These are our books—one is _____, and the other is _____. Priya lives near the hospital, and _____ go to her house sometimes. _____ helps _____ with my studies, and I help _____ too. _____ like our teachers because _____ teach _____ well.

My name is Rani. _____ live with my parents and my younger brother. _____ is five years old. Every morning, _____ eat breakfast together. The blue cup is _____, and the red one is mine. Sometimes, _____ wants to play before school. "Let's go!" _____ say. "The bus is waiting for _____." At school, his teacher, Latha Ma'am, gives _____ a big star. _____ says _____ did a great job. Later, _____ walk home with my friend.

Activity #1 : Subject pronouns

Rewrite each sentence with the correct subject pronoun - I, you, he, she, it, we, they.

1. The doctor checks Ravi. → The doctor checks _____.
2. I see the nurse and the patient. → I see _____.
3. She is helping me and my sister. → She is helping _____.
4. Can you call Rita? → Can you call _____?
5. We are looking at the report. → We are looking at _____.
6. He meets the students. → He meets _____.
7. The teacher helps me. → The teacher helps _____.
8. Please tell your friend Subhash. → Please tell _____.
9. I visit my grandmother every week. → I visit _____.
10. They are using the computer. → They are using _____.

Activity #2 : Pronouns Practice

Circle the wrong word and write the correct word.

1. Him is a doctor. _____
2. This is mine book. _____
3. Me am going to class. _____
4. Her is very kind. _____
5. I saw she at the hospital. _____
6. Us are students. _____
7. That chair is they. _____
8. My brother is tall. He plays with I. _____
9. Is this pen your? _____
10. Them are nurses. _____

Activity #3 : Pronouns practice

Circle the correct pronoun in each sentence.

1. This coat is (my / mine / me).
2. Please tell (he / him / his) the answer.
3. (We / Us / Our) are going to the clinic.
4. Can you see (they / them / their)?
5. The nurse gave (I / me / mine) a medicine.
6. (She / Her / Hers) name is Priya.
7. (He / Him / His) will come tomorrow.
8. The book belongs to (you / your / yours).
9. This is (they / them / their).
10. The doctor called (we / us / our).
11. That pen is (your / yours / you).

Activity #4 : Academic words

Match the symbols with these academic words.

label, tick, answer, name, circle, ask, match, write, read, speak, list

- Put a check mark. _____ | Draw a round shape. _____ | Give a response. _____
- Give a title or tag. _____ | Connect related items. _____ | Request information. _____
- Find pairs. _____ | Put words on paper. _____ | Look at and understand. _____
- Use your voice. _____ | Make a series. _____

Activity #5 : Trace and learn

Trace these common classroom objects and memorise their spelling.

chair table desk board chalk duster pen pencil eraser sharpener
ruler book notebook bag paper scissors glue marker crayons clock

Activity #1 : Adjectives

Sort these adjectives into the different categories:

big, round, rough, hot, happy, loud, small, square, smooth, cold, sad, quiet, tall, flat, soft, warm, angry, noisy, tiny, curved, silky, chilly, excited, silent, huge, oval, bumpy, freezing, joyful, calm

Size	Shape	Emotion
Texture	Temperature	Sound

Activity #2 : Adjectives practice

Find the 25 hidden adjectives in the box below

G	L	J	O	Y	F	U	L	G	C	E	A
F	F	I	E	R	C	E	X	E	H	T	O
W	B	A	S	N	O	S	J	N	E	T	V
W	I	S	M	A	L	L	G	T	E	A	A
B	F	H	O	R	D	O	H	L	R	V	L
U	H	I	O	R	S	W	U	E	F	S	M
B	C	N	T	O	O	W	G	D	U	I	K
R	I	Y	H	W	B	U	E	L	L	C	S
C	K	T	A	D	A	J	G	E	I	A	A
A	D	L	T	B	R	I	G	H	T	V	L
L	E	E	G	E	B	Y	T	A	L	L	T
M	J	A	N	G	R	Y	Q	T	I	N	Y

Activity #3 : Adjectives practice

Fill in the blanks using the opposites of the adjectives.

- The floor was **clean** yesterday, but today it's _____.
- Rani is very _____, but her little brother is **short**.
- He was very **healthy** last week, but now he feels _____.
- The baby has a **quiet** voice, but the machine is very _____.
- The bed was _____, but the rock was really **hard**.
- My tea is too **hot**, but yours is very _____.
- I was very **happy** on my birthday, but now I feel _____.
- She came _____ to class, but I was **late**.
- The old man is very **kind**, but the boy was _____ to him.
- This box is too _____ for me to carry, and that one is very **light**.

Activity #4 : Adjectives practice

Listen to the audio and fill in the missing words.

This is Anita. Anita is a _____ nurse. She works in the children's ward. She is tall and kind. She wears a _____ uniform and always has a smile on her face. She speaks in a _____ voice and takes care of sick children. The children like her because she is _____ and patient. She carries a _____ bag with her medical tools. Her shoes are _____ and _____.

Activity #5 : Writing

Describe a friend or your favourite place in five sentences using five adjectives.

Activity #1 : Adjectives practice

Underline the adjectives in these sentences

The happy dog runs quickly.
She wore a red dress to the party.
They live in a big house near the lake.
He gave me a beautiful flower.
The cold wind blew all night.
That is a fast car.
The soft pillow feels comfortable.
We saw a tall tree in the park.
The noisy children played outside.
The bright sun shone warmly on the beach.
He walked into the dark room slowly.
The tiny kitten slept peacefully on the chair.
We had a delicious meal at the new restaurant.

Activity #2 : Adjectives

Fill in the blanks with suitable adjectives to describe the object, place, or person.

(Example: a pretty girl, a noisy street)

1. She has a _____ smile.
2. It was a _____ day.
3. He lives in a _____ house.
4. We sat on a _____ bench.
5. I met a _____ man at the hospital.
6. They walked along a _____ road.
7. This is a _____ bag.
8. The nurse is a _____ lady.
9. He gave me a _____ gift.
10. We waited in a _____ room.

Activity #3 : Antonyms practice

Write the opposites of these adjectives

polite × _____	tall × _____	hungry × _____	thick × _____
soft × _____	clean × _____	tired × _____	wide × _____
noisy × _____	healthy × _____	empty × _____	day × _____
happy × _____	flat × _____	cheap × _____	bright × _____
early × _____	strong × _____	heavy × _____	rough × _____

Activity #4 : Reading practice

Read the following paragraph and answer the questions in one word.

This is a small village clinic. It has clean white walls and bright lights. The waiting room is quiet and neat. There are a few green chairs for the patients. A kind receptionist sits behind a wooden desk. The doctor's room is next to the waiting area. It has a big table, a soft bed for patients, and many sharp instruments. The clinic smells fresh and is always kept clean. People feel safe and comfortable here.

- What color are the clinic walls? → _____
What kind of chairs are in the waiting room? → _____
Describe the receptionist. (One adjective) → _____
What does the clinic smell like? → _____
Describe the clinic in two words. → _____ , _____







caresteps

Foundational **Soft skills**
for **Healthcare** Freshers



CareSteps is a foundational life and communication skills program designed especially for first-year nursing students. Recognizing the challenges students face when transitioning into professional education, CareSteps equips them with essential skills in self-management, emotional resilience, communication, and learning strategies. The program fosters confidence, personal effectiveness, and college readiness—creating a strong base for their academic and clinical journey ahead.

Key Features

-  **Self-paced with Assignments** : Students can progress through each module independently, completing reflective tasks and skill-building exercises designed for first-year nursing learners.
-  **Year-long Access** : Full access to the entire program for one academic year, allowing students to revisit lessons and reinforce key concepts throughout their first year.
-  **On-campus Mentor Training** : Faculty members or senior students can be equipped to support learners as campus mentors, creating a local guidance ecosystem.
-  **Periodic Live Sessions with Experts** : Interactive sessions with professionals to deepen understanding and bring real-world insight.

CareSteps offers two flexible delivery modes to suit institutional needs and learner preferences:

Mentor-Assisted Learning : Students participate in a structured, in-classroom learning experience guided by a trained campus mentor. This mode blends engaging activity-based sessions with video content, allowing for reflection, discussion, and peer interaction that deepen learning.

Self-Paced Learning : Students independently access video lessons and complete interactive online activities within a stipulated timeframe. This mode offers flexibility while ensuring accountability through built-in progress tracking and reflective assignments.



Equipping **Caregivers** with **Confidence**

CareSteps - Modules Outline

- **Me 360°** (6 Hours): This module focuses on building self-awareness, understanding personal strengths and values, and developing goal clarity. Through sessions like *You. Decoded.*, *Map Your Vision*, and *The Power of Yet*, students explore their identity, set purposeful goals, and develop a growth mindset for future success.
- **HQ – The Human Quotient** (3 Hours): This module equips students with essential emotional intelligence skills. With sessions like *Master the Moment*, *EQ Toolkit*, and *The Calm Code*, learners gain practical tools to manage stress, regulate emotions, and stay mindful.
- **My Message. My Voice.** (5 Hours): A hands-on communication module designed to boost confidence and clarity in expression. *Through The Communication Bridge*, *The Speaking Edge*, and *Slide Right*, students learn how to structure messages, speak effectively in various settings, and present ideas with impact.
- **Learning How to Learn** (3 Hours): In this module, students are introduced to techniques that enhance focus, memory, and overall academic performance. Sessions such as *The Clarity Code*, *Lasting Lessons*, *Focus Fuel*, and *Ace Your Exams* provide actionable strategies to help students become more independent and efficient learners.
- **Writing Skills** (3 Hours): This module helps students organize and express their thoughts clearly in written form. With lessons like *Quick Notes: Capture It Fast*, *Smart Notes: Make It Yours*, *Mind Map Mastery*, and *Write Right*, learners practice summarizing, planning, and refining their writing for academic and practical use.



Equipping **Caregivers** with **Confidence**

CareSteps - Pricing

Option 1 – Resources Access (1 Year) – ₹1199/student

- All five learning modules covering core skills for personal and professional growth.
- Mentor training support to guide and encourage continuous progress.
- Year-long platform access for self-paced learning and resource reference.

Option 2 – Resources + Live Sessions – ₹1799/student

- Everything in Option 1, including:
 - All six learning modules
 - Mentor training support
 - Year-long platform access
- 6 expert-led live sessions with interactive discussions, Q&A, and real-world insights.

Note : All prices inclusive of 18% GST



Foundational **Soft skills**
for **Healthcare** Freshers




PATHWAYS 360°


Finishing School Program for **Healthcare** Professionals





Pathways 360° is a finishing school program tailored for final-year nursing students, preparing them for job placements, higher studies, and professional life. It combines advanced communication training with modules on personal grooming, digital professionalism, resume building, and interview readiness. With a focus on real-world application and mentorship from industry experts, Pathways 360° ensures students step confidently into their careers with the skills and mindset needed for success.


Pathways 360° - Key Features


 **Self-paced learning with Assignments** : Students can progress through each module independently, completing reflective tasks and skill-building exercises designed for final-year learners.


 **Year-long Access** : Full access to all modules and resources for one academic year, allowing students to revisit key concepts and strengthen learning at their own pace.

 **On-campus Mentor Training** : Faculty members or select students can be trained as campus mentors, creating a peer-guided support ecosystem for enhanced engagement.

 **Career Readiness Focus** : The program builds critical skills in communication, leadership, productivity, and personal branding – aligned with campus placement needs.

 **Periodic Live Sessions with Experts** : Interactive sessions led by professionals from education, industry, and life coaching to offer real-world insights and deepen skill application.

 **Portfolio Building** : Students work towards developing a personal portfolio including vision maps, resumes, presentation decks, and digital content samples.

 **Individual Attention for CV Building** : Focused guidance to help each student create an effective and personalised CV, aligned with their goals and strengths.



Equipping **Caregivers** with **Confidence**

Pathways 360° - Modules

- **Me 360°** (7 Hours): This self-leadership module helps students gain deeper awareness of their strengths, habits, and aspirations. Sessions include *You. Decoded.*, *Map Your Vision*, *Disciplined by Design*, *The Power of Yet*, and *Productivity Power-Up* equips them with practical tools to manage time and energy effectively.
- **The Thinking Blueprint** (4 Hours): Focused on building cognitive flexibility and decision-making skills, this module empowers students to think critically and creatively. Topics include *The Logic Lens*, *From Info to Insight*, *Decide Like a Pro*, and *From Problem to Possibility*.
- **HQ – The Human Quotient** (3 Hours): This module offers tools to enhance mindfulness, resilience, and emotional regulation through sessions like *EQ Toolkit*, *The Calm Code*, and *Master the Moment*.
- **My Message. My Voice.** (7 Hours): This high-impact communication module builds verbal and non-verbal fluency. Learners develop clarity, confidence, and presentation skills through *The Communication Bridge*, *The Speaking Edge*, *The Unspoken Edge*, and *Slide Right*. The focus is on preparing students to articulate ideas effectively in both formal and informal settings.
- **The Leader Within** (2 Hours): In this module, sessions like *Step Up & Lead* and *From Me to We* help students understand collaborative leadership and influence-building in real-world contexts.
- **Career Confidence** (7 Hours): This industry-readiness module helps students shape their personal brand and prepare for emerging career landscapes. Sessions such as *You, the Brand*, *Be Seen*, *Be Chosen*, *Your Career Map*, and *Leveraging AI – Create & Automate* provide guidance on navigating interviews, building digital presence, and using AI tools.



Equipping **Caregivers** with **Confidence**

Pathways 360° - Pricing

Option 1 – Resources Access (1 Year) – ₹2499/student

- All six learning modules covering core skills for personal and professional growth.
- Mentor training support to guide and encourage continuous progress.
- Year-long platform access for self-paced learning and resource reference.

Option 2 – Resources + Live Sessions – ₹3499/student

- Everything in Option 1, including:
 - All six learning modules
 - Mentor training support
 - Year-long platform access
- 8 expert-led live sessions with interactive discussions, Q&A, and real-world insights.

Option 3 – Full Program – ₹4999/student

- Everything in Option 1&2, including:
 - All six learning modules
 - Mentor training support
 - Year-long platform access
 - 8 expert-led live sessions for interactive learning.
- Personalised CV evaluation to help present skills and achievements effectively.
- One-on-one interview preparation to build confidence and improve performance.
- Personalised feedback on progress and skill development.

Note : All prices inclusive of 18% GST



Finishing School Program
for **Healthcare** Professionals