



GNM 1ST YEAR SUBJECT-WISE SYLLABUS

Diploma in General Nursing & Midwifery

Clear Concept, Score Up.

Based on the uploaded GNM syllabus source. Content has been reformatted and proofread for clarity while preserving the educational meaning.

First Year - Subject Overview

The first-year curriculum is organized below by subject, with theory and practical components separated for clarity.

Academic Area	Subject / Component	Hours
Bio-Science	Anatomy and Physiology	90 hours
Bio-Science	Microbiology	30 hours
Behavioural Sciences	Psychology	40 hours
Behavioural Sciences	Sociology	20 hours
Nursing Foundations	Fundamentals of Nursing	190 hours
Nursing Foundations	First Aid	20 hours
Community Health Nursing	Community Health Nursing - I	80 hours
Community Health Nursing	Environmental Hygiene	30 hours
Community Health Nursing	Health Education and Communication Skills	40 hours
Community Health Nursing	Nutrition	30 hours
General	English	30 hours
General	Computer Education	15 hours stated in source*
Nursing Foundations	Nursing Foundations - Practical	880 hours
Community Health Nursing	Community Health Nursing - I Practical	320 hours

Source quality note: Computer Education is printed as "Time - 15 hours" in the source, although its listed unit hours total 35. The PDF flags this discrepancy rather than altering it.



Bio-Science

Anatomy & Physiology • Microbiology

BIO-SCIENCE

Anatomy and Physiology

PLACEMENT

FIRST YEAR

TIME

90 hours

Course Description

This course is designed to help students gain knowledge of the structure and function of the human body and recognize deviations from normal health in order to render effective nursing services.

General Objectives

1. Describe the general structure and functions of the human body.
2. Describe in detail the structure and functions of the different organs and systems of the human body.
3. Apply anatomical and physiological principles in nursing practice.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Anatomical terminology and organization of the human body	Define and spell common anatomical terms.	Anatomical terms; systems and cavities of the human body.	4
II	The cell, tissues and body cavities	Describe different organs of the body, their systemic functions and inter-relationships.	Cell: structure, reproduction and function; tissues including membranes and glands - types, structure and functions; body cavities and their contents.	6
III	Blood	Describe the composition of blood and its functions.	Composition and formation of blood; functions of blood; blood clotting, blood grouping and cross-matching; blood products and their use.	6
IV	Circulatory system	Describe the structure and functions of the heart and blood vessels.	Heart: structure, functions, conduction system and cardiac cycle; blood vessels - types, structure and position; circulation of blood; blood pressure and pulse.	6
V	Lymphatic system	Describe the structure and functions of the lymphatic system.	Structure and function of lymph vessels and lymph nodes; lymph circulation; lymphatic tissue; spleen and thymus.	6
VI	Respiratory system	Describe the structure and functions of the respiratory system.	Structure and functions of respiratory organs; physiology of respiration; characteristics of normal respiration and deviations.	6
VII	Digestive system	Describe the structure and functions of the digestive system.	Structure and functions of the alimentary tract and accessory organs; digestion, absorption and metabolism of food constituents.	6
VIII	Excretory system	Describe the structure and functions of the excretory system.	Kidneys, ureters, urinary bladder and urethra; formation and composition of urine; fluid and electrolyte balance; skin structure and function; regulation of body temperature.	6
IX	Endocrine system	Describe the structure and functions of the endocrine glands.	Structure and functions of the pituitary, thyroid, parathyroid and adrenal glands; pancreas (islets of Langerhans); ovaries and testes.	6



Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
X	Reproductive system	Describe the structure and functions of male and female reproductive systems and accessory organs.	Female reproductive system; menstrual cycle, reproduction and menopause; breasts; male reproductive system; reproductive health.	8
XI	Nervous system	Describe the structure and functions of the nervous system.	Types of nerves; brain and cranial nerves; spinal cord; motor and sensory pathways; autonomic nervous system.	10
XII	Sense organs	Describe the structure and functions of the sensory organs.	Skin, eye, ear, nose and tongue; physiology of vision, hearing, smell, touch, taste and equilibrium.	6
XIII	Skeletal system	Describe the structure and functions of the skeletal system.	Formation and growth of bones; tendons, ligaments and cartilage; classification of bones and joints; joint movements; axial and appendicular skeleton.	8
XIV	Muscular system	Describe the structure and functions of the muscular system.	Types, structure and functions of muscles; origin, insertion and action of muscles.	6

BIO-SCIENCE

Microbiology

PLACEMENT	FIRST YEAR	TIME	30 hours
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Course Description

This course is designed to help students gain knowledge and understanding of the characteristics and activities of microorganisms, how they react under different conditions, and how they cause disorders and diseases. These principles support preventive and promotive health-care practices.

General Objectives

1. Describe the classification and characteristics of microorganisms.
2. List common disease-producing microorganisms.
3. Explain the activities of microorganisms in relation to the environment and the human body.
4. Enumerate basic principles for the control and destruction of microorganisms.
5. Apply microbiological principles in nursing practice.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to microbiology	Describe the evolution of microbiology and its relevance to nursing.	History of bacteriology and microbiology; scope of microbiology in nursing.	3
II	Microorganisms	Classify microorganisms, describe normal flora and common diseases, and explain methods used to study microbes.	Classification and characteristics - structure, size, reproduction; normal flora; pathogenesis and common diseases; staining, culture, isolation and other methods of studying microbes.	8
III	Infection and transmission	Describe sources of infection, growth of microbes, transmission and specimen collection.	Sources and types of infection; nosocomial infection; factors affecting growth; chain/cycle of transmission - portals of entry and exit, modes of transfer; body reaction and resistance; collection of specimens.	4
IV	Immunity	Describe types of immunity, hypersensitivity, autoimmunity and immunizing agents.	Innate and acquired immunity; immunization schedule; immunoprophylaxis - vaccines and sera; hypersensitivity and autoimmunity; principles and uses of serological tests.	5
V	Control and destruction of microbes	Describe methods used to control and destroy microbes.	Sterilization; disinfection; chemotherapy and antibiotics; pasteurization; medical and surgical asepsis; biosafety and waste management.	5
VI	Practical microbiology	Demonstrate basic skills in handling microscopes and identifying common microbes.	Microscope parts, use, handling and care; staining procedures; preparation and examination of slides and smears; identification of common microbes by morphology.	5



Behavioural Sciences

Psychology • Sociology

BEHAVIOURAL SCIENCES

Psychology

PLACEMENT

FIRST YEAR

TIME

40 hours

Course Description

This course is designed to help students understand the dynamics of human behavior and the concept of mental health, enabling positive attitudes and effective interpersonal relationships in nursing practice.

General Objectives

1. Describe the concepts of mental health and psychology.
2. Explain the dynamics of human behavior, personality and learning.
3. Discuss adjustment mechanisms and emotions in health and illness.
4. Apply principles of psychology in nursing practice in different health-care settings.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to psychology	State the concept, scope and importance of psychology.	Definition, nature and scope of psychology; importance of psychology for nurses.	2
II	Structure of the mind	Describe the structure of the mind.	Conscious and preconscious; id, ego and superego.	2
III	Psychology of human behavior	Illustrate the dynamics of human behavior and describe mental health.	Basic human needs, behavior and motivation; body-mind relationship; mental health and characteristics of a mentally healthy person; emotional control; psychological problems of patients and relatives; stress, conflict and frustration; mental mechanisms; attitudes; habits and habit formation.	12
IV	Learning, thinking, reasoning, observation and perception	Describe and apply the process of learning, thinking, reasoning, observation and perception.	Nature, types and laws of learning; factors affecting learning; memory and forgetting; thinking and reasoning; problem solving and creative thinking; attention, perception, laws of perception, factors affecting attention and perception, and errors in perception.	13
V	Personality	Discuss the concept and development of personality.	Meaning, nature, development and types of personality; personality assessment and relevance to nursing; characteristics of child, adolescent, adult and older age groups; will and character.	6
VI	Intelligence	Discuss the nature and measurement of intelligence.	Definition and meaning; individual differences; mental ability; nature and development of intelligence; assessment of intelligence and IQ testing.	5

BEHAVIOURAL SCIENCES

Sociology

PLACEMENT

FIRST YEAR

TIME

20 hours

Course Description

This course is designed to help students understand sociology in the context of its relevance to nursing practice.

General Objectives

1. Describe the family as a social unit and the status of the individual in the family.
2. Explain the dynamics of society and identify common social problems.
3. Understand sociocultural and economic aspects of the community and their effects on health and illness.
4. Use sociological knowledge in nursing practice.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to sociology	Describe the nature, scope and content of sociology and its importance in nursing.	Definition and scope of sociology; relationship with other social sciences; uses of sociology for nurses.	2
II	Individual and society	Describe environmental influences on individual development and the rights and responsibilities of individuals in society.	Review of human growth and development; socialization; effects of environment on growth and development; rights and responsibilities in a democratic society.	2
III	The family	Describe the family as a social unit.	Definition, characteristics and types of family; family cycle and basic needs; interdependence of family members; family functions and problems; types of marriage and medical/sociological aspects of marriage.	4
IV	Society and social processes	Describe social groups, change, control, stratification and social problems.	Definition and meaning of society; social groups and intergroup relationships; social change; social control; social stratification; social problems including prostitution, crime, divorce, dowry, juvenile delinquency, drug addiction, alcoholism, disability, overpopulation and slums; social agencies and remedial measures.	8
V	Community and culture	Describe culture and characteristics of the community.	Community - definition and types, rural and urban; culture and characteristics.	4



Nursing Foundations

Fundamentals of Nursing • First Aid • Practical

NURSING FOUNDATIONS

Fundamentals of Nursing

PLACEMENT	FIRST YEAR	TIME	190 hours
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Course Description

This course is designed to help students meet the basic health needs of patients, provide nursing care, and develop the competencies required for effective patient care.

General Objectives

1. Describe the physical, mental and social adjustments required by a sick individual and family.
2. Carry out basic nursing techniques using sound scientific principles.
3. Explain comprehensive nursing care.
4. Develop skills in assessment, planning, implementation and evaluation of nursing care.
5. Communicate effectively and establish good interpersonal relationships with patients, relatives and the health-care team.
6. Demonstrate skills in observation, recording and reporting.
7. Use opportunities for need-based health teaching for individuals, groups, families and communities.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to nursing	Define nursing and explain its nature, meaning, scope, ethics and principles. Identify qualities of a professional nurse and health-care agencies. Explain holistic nursing and determinants of health.	Nursing - concept, meaning, definitions, scope and functions; history of nursing in India; nursing as a profession; professional qualities and preparation; ethics, roles and responsibilities; health-care agencies and health team; modern and holistic approaches to nursing care; health and disease; determinants of health; basic human needs; illness and its effects on individuals.	25
II	Nursing care of the patient	Describe nursing care of patients/clients using the nursing process and demonstrate admission, discharge, safe environment, records and reports.	Patient environment and unit; therapeutic environment; safety needs; psychosocial and aesthetic factors; patient adjustment to hospitalization; admission, transfer and discharge; communication; nursing interview; recording and reporting; nursing process - assessment, nursing diagnosis, planning, implementation, evaluation and nursing care plan.	6
III	Meeting the basic needs of a patient	Describe and demonstrate basic patient-care needs.	Physical needs - comfort, rest, sleep, exercise, body mechanics, positioning, comfort devices, beds and bed-making, restraints/splints; hygiene - personal and environmental hygiene, care of eyes, nose, ears, hands, feet, mouth, skin, hair, genitalia and pressure areas; elimination - constipation, diarrhea, urinary retention/incontinence, bedpan/urinal, laxatives, suppositories, enemas, bowel wash, flatus tube, perineal care, urinary catheter, intake/output; nutritional needs - diet, diet planning, feeding and artificial feeding; psychological/spiritual needs; terminal and dying patient care, advance directives, organ donation, medico-legal issues, care after death, autopsy and embalming.	65

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
IV	Assessment of patient/client	Describe principles of assessment and demonstrate skills in assessing patients.	Physical assessment - importance, principles, methods, height, weight, posture and head-to-toe examination; physiological assessment - vital signs and factors influencing variations, observation and collection of urine/stool/vomit/sputum; psychological assessment - mood, intelligence, emotions, normal and abnormal behavior.	14
V	Infection control	Describe infection control methods and demonstrate infection-control practices.	Nature and chain of infection; natural and acquired defenses; hospital-acquired infection; medical and surgical asepsis; isolation precautions and barrier nursing; hand washing/hand antisepsis/surgical scrub; source and protective isolation; PPE; decontamination; standard and transmission-based precautions; biomedical waste management - types, hazards, segregation, transport and disposal.	20
VI	Therapeutic nursing care	Describe therapeutic nursing care.	Care of patients with respiratory problems/dyspnea; deep breathing and coughing; oxygen inhalation; dry and moist inhalation; oro-nasal suctioning; hot and cold applications; fluid and electrolyte imbalance; unconscious patient; bedridden patient including traction/fractures; pain; alterations in elimination.	30
VII	Introduction to clinical pharmacology and medication administration	Explain principles, routes and effects of medication administration.	General principles and rights of medication; prescriptions, safety and medication errors; dosage forms and routes; drug storage and nurse responsibilities; broad drug classification; therapeutic, side, toxic and allergic effects, tolerance and interactions; factors influencing drug action; systems of measurement and dosage calculations; prescription terminology; oral, sublingual and buccal administration; parenteral therapies - syringes, needles, cannulas, infusion sets, safety, intradermal, subcutaneous, intramuscular and intravenous routes; advanced routes; topical administration; gargles, swabs, suppositories, packs, instillations and irrigations; inhalations; recording and reporting medication.	30

NURSING FOUNDATIONS

First Aid

PLACEMENT	FIRST YEAR	TIME	20 hours
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Course Description

This course is designed to help students understand community emergencies and render first-aid services when needed.

General Objectives

1. Describe the rules and principles of first aid.
2. Demonstrate skills in rendering first aid in emergencies.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to first aid	Describe the importance and principles of first aid.	Definition, aims and importance of first aid; rules/general principles; concept of emergency.	2
II	Procedures and techniques in first aid	Demonstrate first-aid techniques.	Preparation of first-aid kit; dressing, bandaging and splinting; triangular bandage uses; binders and bandages; knots; transportation of the injured; CPR - mouth-to-mouth, Sylvester, Schafer and external cardiac massage.	8
III	First aid in common emergencies	Describe first aid in common emergencies.	Asphyxia, drowning and shock; wounds and bleeding; bone, joint and muscle injuries; burns and scalds; poisoning by ingestion/inhalation/bites/stings; foreign body in eye, ear, nose and throat.	6
IV	Community emergencies and resources	List community emergencies and community resources.	Fire, explosion, floods, earthquakes, famines; nurse's role in disaster management; rehabilitation; police, ambulance services and voluntary agencies at local, state, national and international levels.	4

NURSING FOUNDATIONS

Nursing Foundations - Practical

PLACEMENT

FIRST YEAR

TIME

880 practical hours (Lab 200 + Clinical 680)

Course Description

This practical course is designed to help students acquire the knowledge, attitudes and skills needed for nursing techniques and apply them in clinical settings.

General Objectives

1. Assess nursing needs by collecting complete data, making relevant observations and analyzing findings.
2. Plan nursing care by prioritizing needs and selecting appropriate nursing actions.
3. Implement effective nursing care by integrating scientific principles.
4. Promote individual and community health through appropriate health teaching.
5. Evaluate patient responses to nursing care.
6. Apply theoretical knowledge to clinical nursing practice and use problem-solving methods.
7. Work with health-team members in health promotion, illness prevention and restoration of health.
8. Demonstrate leadership, ethical values and commitment to continuing professional education.

Core Practical Skill Domains

Skill Domain	Key Practical Skills / Activities
Admission, transfer and discharge	Prepare units and beds; perform admission, transfer and discharge procedures; prepare and maintain records; give discharge counseling; disinfect unit/equipment after transfer or discharge.
Nursing process and care planning	History taking; nursing diagnosis; problem list; prioritization; goals and expected outcomes; selection of interventions; nursing care plan; care according to plan.
Communication and health teaching	Use verbal and non-verbal communication; establish therapeutic relationships; plan and deliver patient teaching and health talks.
Reports and records	Write nurses' notes, change-of-shift reports, transfer reports and incident reports; present patient reports.
Vital signs and health assessment	Measure and interpret temperature, pulse, respiration and blood pressure; take health history; perform general and system-wise physical assessment using inspection, palpation, percussion, auscultation and olfaction.
Basic nursing care	Prepare different types of beds; assess pain and provide comfort; oral hygiene; baths; pressure-area care; hair wash and pediculosis treatment.
Nutrition and feeding	Oral, enteral, nasogastric/orogastric, gastrostomy and parenteral feeding; nasogastric tube insertion, suction and irrigation.
Urinary and bowel elimination	Urinal/bedpan; condom drainage; perineal care; catheterization and drainage care; bladder irrigation; flatus tube; enemas; suppositories; bowel wash.
Mobility and positioning	Range-of-motion exercises; recumbent, lateral, Fowler's, Sims, lithotomy, prone and Trendelenburg positions; moving, lifting, transferring and walking; restraints.
Respiratory support and emergency skills	Oxygen by mask/prongs/tent/catheter; oro/nasopharyngeal suction; chest physiotherapy and postural drainage; chest-drainage care; CPR/basic life support; observe intravenous therapy.

Skill Domain	Key Practical Skills / Activities
Specimens and basic tests	Assist with collection of urine, sputum, feces, vomitus, blood and other body fluids; urine testing for sugar/albumin/acetone; blood sugar using strip/glucometer.
Hot/cold therapy and supportive care	Local/general, dry/moist hot and cold applications; care and communication for visually/hearing impaired and mentally challenged/disturbed patients; recreational/diversional therapy; care for altered sensorium.
Infection control and CSSD	Hand washing, antisepsis and surgical scrub; isolation unit; PPE; standard precautions; decontamination, sterilization, handling sterile equipment; prepare solutions and calculate strengths; care of articles.
Pre- and post-operative care / wound care	Skin preparation; post-operative unit; teaching, counseling and monitoring; wound dressings; drainage care; binders, splints, slings and bandaging.
Medication administration	Oral, sublingual, buccal, intradermal, subcutaneous and intramuscular medication; assist with IV medications; dosage calculation; topical applications; suppositories and medicated packing; instillations; irrigations; inhalations/nebulization; identify spurious drugs; record medication accurately.
Care of dying and deceased patients	Care of terminally ill patients; body care and packing; support grieving relatives; handover of body and valuables; mortuary transfer with correct identification; terminal care of the unit.



Community Health Nursing

Community Health Nursing - I • Practical • Environmental Hygiene • Health Education & Communication Skills • Nutrition

COMMUNITY HEALTH NURSING

Community Health Nursing - I

PLACEMENT

FIRST YEAR

TIME

80 hours

Course Description

This course is designed to help students understand the concept of community health and introduce them to nursing services in community settings, both urban and rural.

General Objectives

1. Describe the concepts of health, community health and community health nursing.
2. State the principles and methods of epidemiology in community health nursing practice.
3. Explain services provided to the community and the role of the nurse.
4. Demonstrate scientific nursing care for individuals and families in clinics and homes.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to community health	Describe health, disease, community health and community health nursing.	Definitions; concept, dimensions and indicators of health; health determinants; history and development of community health in India; primary health care; Millennium Development Goals; promotion and maintenance of health.	10
II	Community health nursing	Explain aspects of community health nursing and apply the nursing process in community settings.	Philosophy, goals, objectives, principles, concept and importance; qualities/functions of a community health nurse; nursing process - community identification, population composition, health/allied resources, community assessment, planning and nursing-care services.	14
III	Health assessment	Assess health status and identify deviations in different age groups.	Characteristics of a healthy individual; health assessment of infant, preschool child, school-age child, adolescent, adult, antenatal woman, postnatal woman and elderly person.	10
IV	Epidemiology and epidemiological methods	Describe epidemiological principles and methods in community health nursing.	Definition and aims; communicable and non-communicable diseases; basic tools of measurement; uses of epidemiology; disease cycle and spectrum; levels of prevention; disease transmission; immunizing agents and national immunization schedule; control of infectious diseases; disinfection.	10
V	Family health nursing care	Provide comprehensive nursing care to families.	Family as a unit of health; concept, goals and objectives; family health-care services; family health-care plan and nursing process; maternal, child-care and family-welfare services; community health nurse's role; family health records.	12
VI	Family health-care settings and home visit	Describe principles and techniques of family health-care services at home and in clinics.	Home visit - purposes, principles, planning and evaluation; bag technique; clinics - purposes, types and functions; functions of health personnel in clinics.	10
VII	Referral system	Describe the referral system and community resources.	Levels of health care and health-care settings; referral services; steps in referral; role of the nurse in referral.	6



Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
VIII	Records and reports	List records and reports used in community health nursing practice.	Types and uses; essential requirements; preparation and maintenance.	3
IX	Minor ailments	Explain management of minor ailments.	Principles of management; management according to standing instructions/orders.	5

COMMUNITY HEALTH NURSING

Environmental Hygiene

PLACEMENT	FIRST YEAR	TIME	30 hours
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Course Description

This course is designed to help students understand environmental health and its relationship to nursing in health and disease.

General Objectives

1. Describe the concept and principles of environmental health.
2. Apply principles of environmental hygiene in caring for self and others.
3. Describe environmental health hazards, related health problems and available services.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction	Explain the importance of a healthy environment and its relationship to health and disease.	Components of the environment; importance of a healthy environment.	2
II	Environmental factors contributing to health	Describe environmental factors contributing to health and illness.	Water - sources, safe/wholesome water, uses, rainwater harvesting, pollution, water-borne diseases and purification; air - composition, airborne disease, pollution and control; waste - refuse, garbage, excreta, sewage, health hazards and management; housing - location, type, good housing and amenities, town planning; ventilation; lighting and solar energy; noise and control; arthropods and rodents - mosquitoes, housefly, sand fly, lice, rat fleas, rodents, ticks and control measures.	22
III	Community organizations for environmental health	Describe community organizations that promote environmental health.	National, state and local agencies; government, voluntary and social agencies; legislation and acts regulating environmental hygiene.	6

COMMUNITY HEALTH NURSING

Health Education and Communication Skills

PLACEMENT

FIRST YEAR

TIME

40 hours

Course Description

This course is designed to help students acquire concepts of health education, prepare and use appropriate audio-visual aids, communicate effectively with individuals and communities, and understand counseling in nursing practice.

General Objectives

1. Describe health education, communication skills, soft skills, audio-visual aids and health-education agencies.
2. Identify and use opportunities for health education.
3. Describe the use of information technology in preparing and using health-teaching aids.
4. Develop effective communication and counseling skills.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Communication skills	Describe the concept and different aspects of communication.	Definition, process, purposes, principles, types and importance of communication; barriers; successful communication; observing and listening skills.	8
II	Health education	Describe aims, objectives, scope, levels, approaches and principles of health education.	Concept, definition, aims and objectives; principles; behavior change/modification; levels and approaches; methods; scope and opportunities in hospital and community; nurse's role.	6
III	Counseling	Demonstrate counseling skills.	Definition, purpose, principles, scope and types; counseling process, steps and techniques; qualities of a good counselor; difference between health education and counseling; nurse's role in counseling.	8
IV	Methods and media of health education	Describe types of AV aids and demonstrate skill in preparing and using them.	Definition, purpose and types of audio-visual aids and media; selection, preparation and use of graphic, printed, three-dimensional and projected aids; advantages and limitations of different media; preparation of a health-education plan.	18

COMMUNITY HEALTH NURSING

Nutrition

PLACEMENT

FIRST YEAR

TIME

30 hours

Course Description

This course is designed to help students understand nutrition as an integral component of health because nutrients are vital for growth, development and maintenance of the body.

General Objectives

1. Describe principles of nutrition and dietetics and their relationship to health and disease.
2. Describe a balanced diet in the promotion of health.
3. Apply nutritional knowledge in therapeutic diets for the sick.
4. Demonstrate skills in selection, preparation and preservation of food.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to nutrition	Describe the relationship between nutrition and health.	Meaning of food, nutrition and nutrients; food habits and customs; factors affecting nutrition; changing concepts in food and nutrition; relation of nutrition to health.	2
II	Classification of food	Describe food classification.	By origin - animal and plant; by chemical composition and sources - carbohydrates, proteins, fats, minerals, vitamins and water; by predominant function - body-building, energy-giving and protective foods; by nutritive value - cereals/millet, pulses/legumes, vegetables, nuts/oilseeds, fruits, animal foods, fats/oils, sugar/jaggery, condiments/spices and miscellaneous foods.	2
III	Normal dietary requirements	Explain normal dietary requirements and calculate food requirements.	Energy, calorie measurement, BMI, basal metabolic rate and influencing factors; balanced diet and nutritive value; calculations for different groups; menu planning; food combinations; budgeting, low-cost meals and substitutes; disorders due to nutrient imbalance; food allergy and intolerance including gluten/lactose/protein intolerance and inborn errors of metabolism.	4
IV	Food preparation, preservation and storage	Describe principles and methods of food preparation, preservation and storage.	Principles and methods of cooking; effect of cooking on food/nutrients; safe food handling and health of food handlers; household/commercial preservation; cooked/raw food storage; ill effects of poor storage; food adulteration and related acts.	2
V	Therapeutic diet	Describe therapeutic diets.	Diet modification for conditions including PEM, diabetes, cardiovascular disease, hepatitis, renal disease, gout, IBS, obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy; special diets - low sodium, fat-free, diabetic, bland, high/low protein, low calorie, geriatric, iron-rich, liquid, semi-solid, soft and high-fiber; factors affecting diet acceptance and feeding the helpless patient; nutrition education and diet modification.	8
VI	Community nutrition	Describe the concept of community nutrition.	Nutritional problems and programs in India; community food supply and food hygiene; locally prepared/grown foods; national and international food agencies including CFTRI, FAO, NIN, FSSAI, CARE and NIPCCD.	4



Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
VII	Diet preparation - practical	Demonstrate preparation of common food items.	Beverages - hot/cold drinks, juices, shakes, soups, lassi, barley water; egg preparations; light diets - porridge, gruel, khichdi, daliya, kanji, boiled vegetables, salads and custards; low-cost high-nutrition foods such as chikki and multigrain roti.	8

COMMUNITY HEALTH NURSING

Community Health Nursing - I Practical

PLACEMENT

FIRST YEAR

TIME

320 practical hours (8 weeks)

Course Description

Community-based practical experience in urban and rural settings.

General Objectives

1. Organize home visits and demonstrate bag technique.
2. Build rapport with families and identify community needs.
3. Provide care according to standing orders/protocols and make referrals.
4. Plan and conduct health education based on identified needs.
5. Set up clinics with staff support and maintain records/reports.
6. Collect and record vital health statistics.
7. Assess families, environments and nutritional needs across age groups.
8. Maintain family folders and demonstrate food preparation according to nutritional needs.

Core Practical Skill Domains

Skill Domain	Key Practical Skills / Activities
Home visits and family nursing	Conduct home visits; nutritional assessment; provide home care; family health nursing; maintain family folders.
Health education	Conduct health talks based on identified needs.
Clinics, records and referral	Set up different clinics; maintain records and reports; make referrals appropriately.
Community assessment	Prepare family care plans, individual health assessments and community profiles; collect vital health statistics.
Environmental/community exposure	Observe water-purification plants, sewage-treatment plants, dairy services and panchayat/community organizations.
Nutrition	Assess nutritional needs and demonstrate meal preparation according to family requirements.



General

English • Computer Education

GENERAL

English

PLACEMENT	FIRST YEAR	TIME	30 hours
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Course Description

This course is designed to help students comprehend spoken and written English and communicate effectively.

General Objectives

1. Read and write correct English.
2. Communicate effectively in English.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Grammar and vocabulary	Speak and write grammatically correct English.	Review of basic grammar; building vocabulary.	6
II	Composition	Develop the ability to read, understand and write in English.	Sentence construction and usage; reading comprehension; paragraphs and essays; precis writing; story writing and comprehension; letter writing; nurses' notes and reports; anecdotal records; diary writing.	14
III	Spoken English	Demonstrate conversation skills.	Face-to-face and telephonic conversation; oral reports; discussion and debate; public-speaking skills.	10

GENERAL

Computer Education

PLACEMENT	FIRST YEAR	TIME	15 hours stated in source*
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Course Description

This course is designed to help students gain a basic understanding of computers and their application in nursing.

General Objectives

1. Describe the basic disk operating system.
2. Use computers for data processing.
3. Use Microsoft Office programs.
4. Use computers in patient-management systems.
5. Use e-mail and the internet.

Unit-wise Syllabus

Unit	Unit / Topic	Learning Objective	Syllabus Content	Hrs
I	Introduction to computers and disk operating system	Describe the structure and purpose of computers and disk operating systems.	Definition and classification; structure and parts of a computer; DOS and Windows; purposes and uses of computers in health-care delivery.	5
II	Microsoft Office	Demonstrate skill in using Microsoft Office.	Microsoft Word, Excel, PowerPoint, Access and Publisher.	15
III	Multimedia	Demonstrate skill in using multimedia.	Types and uses; database creation, retrieval and report generation; computer-aided teaching and testing.	5
IV	Internet and e-mail	Demonstrate use of the internet and e-mail.	Accessing websites; searching the internet for content; accessing e-mail and communicating through it; use of internet communication programs.	10

*Editorial note: the source header states "Time - 15 hours," while the listed unit hours add up to 35 hours. This discrepancy has been retained and clearly flagged rather than silently corrected.



End of First-Year Syllabus

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Editorial & Source Note

This document contains only the GNM First Year subject-wise syllabus extracted from the uploaded syllabus material. Obvious spelling, punctuation and numbering issues have been standardized without changing the intended educational meaning. No old-platform branding, promotional text or unrelated material has been carried into this redesign.

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