

# Post Basic B.Sc. Nursing Syllabus

**Duration:** 2 Years (Full-Time)

**Total Hours** (typical INC guideline): ~1350–1400 hours (Theory + Practical)

**Structure:** Year 1 (Foundational & Core Subjects) + Year 2 (Advanced & Management Subjects). Many universities divide it into 4 semesters, but INC presents it yearly.

## First Year

- **Theory Hours:** ~525

**Practical Hours:** ~810

- **Nursing Foundation** (45 hours theory)
  - Professional aspects of nursing
  - Nursing theories & process
  - Ethical & legal issues
  - Health assessment & promotion
- **Nutrition & Dietetics** (30 hours theory + 15 hours practical)
  - Principles of nutrition
  - Diet in health & disease
  - Therapeutic diets & community nutrition
- **Biochemistry & Biophysics** (60 hours theory)
  - Basic biochemistry (enzymes, metabolism)
  - Biophysics (physics principles in nursing, electricity, radiation)
- **Psychology** (60 hours theory)
  - Psychological processes
  - Personality, motivation, learning
  - Mental health & counseling basics
- **Microbiology** (60 hours theory)
  - General microbiology
  - Infection control & immunology
  - Applied microbiology in nursing
- **Maternal Nursing** (60 hours theory + practical in maternity wards)
  - Reproductive health
  - Antenatal, intranatal & postnatal care
  - Family welfare & high-risk pregnancy
- **Child Health Nursing** (60 hours theory + practical in pediatric wards)
  - Growth & development
  - Pediatric nursing care

- Common childhood illnesses & immunization
- **Medical & Surgical Nursing** (90 hours theory + 270 hours practical)
  - Adult health nursing
  - Common medical-surgical conditions
  - Peri-operative care, emergency nursing
- **English** (Qualifying subject – 30–60 hours)
  - Communication & comprehension

**Other Requirements:** Clinical postings in medical, surgical, maternity, pediatric wards; educational visits.

## Second Year

- **Theory Hours:** ~345

**Practical Hours:** ~855

- **Sociology** (60 hours theory)
  - Social structure & health
  - Family, community & social issues in nursing
- **Community Health Nursing** (60 hours theory + 240 hours practical)
  - Community diagnosis & health programs
  - Primary health care & national health policies
  - Family & school health services
- **Mental Health Nursing** (60 hours theory + 75 hours practical)
  - Psychiatric disorders & therapies
  - Therapeutic communication
  - Community psychiatry
- **Introduction to Nursing Education** (60 hours theory + 180 hours practical)
  - Teaching-learning process
  - Curriculum & methods
  - Evaluation in nursing education
- **Introduction to Nursing Administration** (60 hours theory + 120 hours practical)
  - Principles of administration
  - Ward management & supervision
  - Leadership & human resource management
- **Introduction to Nursing Research & Statistics** (45 hours theory)
  - Research process & methods
  - Basic statistics & data analysis
  - Research utilization in nursing

**Other Requirements:** Clinical postings in community, psychiatric, and administrative settings; project work or small research study; comprehensive viva.

### **Common Structure Notes**

- **Total Focus:** Upgrading diploma nurses with broader knowledge in sciences, specialties, education, management, and research.
- **Pedagogy:** Lectures + extensive clinical/practical training (60–70% practical) + case studies + community visits.
- **Assessment:** University theory exams + practicals (internal + external) + viva; English is qualifying.
- **Eligibility:** GNM (Diploma in General Nursing & Midwifery) + registration as nurse + work experience (as per university/INC).
- **Career Path:** Staff nurse (advanced), ward in-charge, nursing educator, community health officer, administrator, etc. (bridge to M.Sc. Nursing).