

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).