

Course: Diploma in General Nursing & Midwifery

Year: 1st year

Course Outcome

Upon completion of the course, the student shall be able to,

Anatomy & Physiology

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

Microbiology

1. Describe the classifications and characteristics of micro-organisms.
2. List the common disease producing micro-organisms.
3. Explain the activities of micro-organism in relation to the environment and the human body.
4. Enumerate the basic principles of control and destruction of micro-organisms.
5. Apply the principles of microbiology in nursing practice.

Teaching and Examination Scheme

Teaching Scheme			Examination Scheme				
Bio Sciences	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		Total
			T	P	T	P	
Anatomy & Physiology.- (65%)	120	-	25	-	75	-	100
Microbiology (35%)							

Anatomy & Physiology.

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1	Introduction to anatomical terms organization of the human body a) Anatomical terms b) Systems and cavities of the human body	4%	4
2	Introduction to the detailed structure of the body a) The cell: Structure, reproduction and function b) Tissues including membranes and glands : types, structure and functions c) Body cavities and their contents	7%	6
3	Blood a) Composition and formation of blood b) Functions of blood c) Blood clotting, blood grouping and cross matching d) Blood products and their use.	7%	6
4	The Circulatory System a) Heart : Structure, functions including conduction system and cardiac cycle b) Blood vessels : Types, Structure and position c) Circulation of blood d) Blood pressure and pulse	7%	6



5	The Lymphatic system Structure and function of lymph vessels, Lymph nodes and lymph circulation, lymphatic tissue, spleen and thymus	7%	6
6	The Respiratory system a) The structure and functions of respiratory organs b) The physiology of respiration c) Characteristics of normal respiration and deviation.	7%	6
7	The Digestive system a) Structure and functions of the alimentary tract and its accessory organs. b) The process of digestion, absorption and metabolism of food constituents.	7%	6
8	The Excretory system a) Structure and functions of the kidney, ureters, urinary bladder, and urethra b) Formation and composition of urine. c) Fluid and electrolyte balance d) Structure and functions of the skin. e) Regulation of the body temperature.	6%	6
9	The Endocrine system – The structure and functions of the pituitary, thyroid, parathyroid and adrenal glands, pancreas (islets of Langerhans), ovaries and testes	7%	6
10	The Reproductive system a) Structure and functions of the female reproductive system b) Process of menstrual cycle, reproduction and menopause c) Structure and functions of breasts d) Structure and functions of the male reproductive system e) Reproductive health	9%	8
11	The nervous system a) Types of nerves- structure and functions b) Brain and cranial nerves. c) Spinal cord and motor and sensory pathways of the spinal cord, autonomic nervous system.	10%	10
12	The sense organs a) Skin, eye, ear, nose and tongue b) Physiology of vision, hearing, smell, touch, taste and equilibrium.	6%	6
13	The Skeleton a) Formation and growth of bones b) Tendons, ligaments and cartilages c) Classification of bones, joints d) Joint movement e) Axial and appendicular skeleton.	9%	8
14	The Muscular System a) Type, structure and functions of muscle b) Origin, Insertion, and action of muscles	7%	6
	Total	100%	90hr

Miscellaneous

80 % Attendance is mandatory in Theory

Microbiology

Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1.	Introduction a) History of bacteriology and micro biology. b) Scope of microbiology in Nursing	10%	3
2	Micro Organisms a) Classification, characteristics, (Structure, size, method and rate of reproduction) b) Normal flora of the body. c) Pathogenesis & common diseases. d) Methods for study of microbes, culture & isolation of microbes	27%	8
3	Infection and its transmission a) Sources and types of infection, nosocomial infection. b) Factors affecting growth of microbes. c) Cycle of transmission of infection portals of entry, exit, modes of transfer. d) Reaction of body to infection, mechanism of resistance. e) Collection of specimens.	13%	4
4	Immunity a) Types of immunity – innate and acquired. b) Immunization schedule. Immunoprophylaxis (vaccines, sera etc.) c) Hypersensitivity and autoimmunity. d) Principles and uses of serological tests	16%	5
5	Control and destruction of Microbes a) Principles and methods of microbial control -Sterilization -Disinfection -Chemotherapy and antibiotics -Pasteurization b) Medical and surgical asepsis c) Bio-safety and waste management	17%	5
6	Practical Microbiology a) Microscope – Parts, uses, handling and care of microscope b) Observation of staining procedure, preparation and examination of slides and smears c) Identification of common microbes under the microscope for morphology of different microbes.	17%	5
Total		100%	30hr

Miscellaneous

80 % Attendance is mandatory in Theory



Behavioural Sciences

Course Outcome

Upon completion of the course, the student shall be able to,

Psychology

1. Describe the concept of mental health and psychology.
2. Explain the dynamics of human behavior, personality and learning.
3. Discuss the role of adjustment mechanisms and emotions in health and illness.
4. Demonstrate skills in the application of principle of psychology in nursing practice in all kind of health care settings.

Sociology

1. Describe the concept of 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. Demonstrate ability to understand the socio – cultural and economic aspects of the community in the light of their effects on health and illness.
4. Utilize the knowledge and understanding of sociology in nursing practice.

Teaching and Examination Scheme

Teaching Scheme		Examination Scheme				Total	
Behavioural Sciences	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		
			T	P	T		P
Psychology (65%)	60	-	25	-	75	-	100
Sociology (35%)							

Psychology

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1.	Introduction a) Definition, nature and scope of psychology b) Importance of psychology for Nurses	5%	2
2	Structure of the mind a) Conscious, pre-conscious b) Id, ego and super ego	5%	2
3	Psychology of Human Behavior a) Basic human needs, dynamics of behavior, motivation drives b) Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives. c) Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration, sources and overcoming frustration d) Mental mechanism their uses and importance e) Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse.	31%	12



	f) Habits-meaning and formation. g) Breaking of bad habits, importance of good habit formation for the nurse.		
4	Learning a) Nature, types and laws of learning, b) Factors affecting learning, memory and forgetting. Thinking and Reasoning - Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse. Observation and Perception - Attention, perception, laws of perception, factors affecting attention and perception, and errors in perception	32%	13
5	Personality a) Meaning, nature and development, types of personality b) Assessment of personality importance of knowledge of personality for the nurse. c) Characteristics of various age groups – child adolescent, adult and aged d) Will and character.	15%	6
6	Intelligence a) Definition, Meaning, individual differences in intelligence b) Mental ability, nature of intelligence and development c) Assessment of intelligence	12%	5
	Total	100%	40hr

Miscellaneous

80 % Attendance is mandatory in Theory

Sociology

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1.	Introduction a) Definition, nature and scope of psychology b) Importance of psychology for Nurses	10%	2
2	Structure of the mind a) Conscious, pre-conscious b) Id, ego and super ego	10%	2
3	Psychology of Human Behavior a) Basic human needs, dynamics of behavior, motivation drives b) Body mind relationship, mental health, characteristics of mentally healthy person, emotional control, psychological problems of patients and relatives. c) Stress and conflicts, natural sources and types of stress and conflicts, dealing with stress and conflict, frustration – sources and overcoming frustration d) Mental mechanism their uses and importance e) Attitudes - meaning, development changes in attitude, effects of attitudes on behavior, importance of positive attitude for the nurse. f) Habits-meaning and formation. g) Breaking of bad habits, importance of good habit formation for the nurse.	20%	4



4	Learning a) Nature, types and laws of learning, b) Factors affecting learning, memory and forgetting. Thinking and Reasoning - Nature and types of thinking, reasoning, problem solving, importance of creative thinking for nurse. Observation and Perception - Attention, perception, laws of perception, factors affecting attention and perception, and errors in perception	40%	8
5	Personality a) Meaning, nature and development, types of personality b) Assessment of personality importance of knowledge of personality for the nurse. c) Characteristics of various age groups – child adolescent, adult and aged d) Will and character.	20%	4
	Total	100%	20hr

Miscellaneous

80 % Attendance is mandatory in Theory



Nursing Foundations

Course Outcome

Upon completion of the course, the student shall be able to,

Fundamentals Of Nursings

1. Describe the physical, mental and social adjustment required of a sick individual and his family.
2. Carry out basic nursing techniques and care with the application of sound scientific principle.
3. Explain the concept of comprehensive nursing care.
4. Develop skills in assessment, planning, implementation and evaluation of the nursing care rendered to the patients.
5. Communicate effectively and establish good interpersonal relationship with the patients, their relatives and other health team members.
6. Demonstrate skills in observation, recording and reporting.
7. Recognize and utilize opportunities for planning and implementing need based health teaching programme (s) for individuals, groups, families and communities.

First Aid

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

Teaching and Examination Scheme

Teaching Scheme		Examination Scheme				Total	
Fundamentals of Nursings	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		
			T	P	T	P	
Fundamentals Of Nursings	210	880	25	50	75	50	200
First Aid							

Fundamentals of Nursings

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1.	<p>Introduction to Nursing</p> <p>a) Nursing – concept, meaning, definitions, scope and functions.</p> <p>b) History of nursing in India</p> <p>c) Nursing as a profession</p> <p>d) Nursing professional – qualities and preparation.</p> <p>e) Ethics in Nursing-roles and responsibilities of a nurse.</p> <p>f) Health care agencies – hospital and community service – types and function of hospitals health team.</p> <p>g) Modern approaches to nursing care including holistic nursing care</p> <p>h) Health and Disease - Definition of health, determinants of health status., Basic human needs Illness and its effects on individual</p>	13%	25
2	<p>Nursing care of the patient</p> <p>a) Patient Environment in the hospital: Patients unit</p> <p>b) Therapeutic environment - Physical factors, lighting temperature, ventilation, humidity, noise, pestilence, Safety needs, prevention of environmental hazard - Psychosocial and aesthetic factors.</p>	3%	



	<p>c) Patient's Adjustment to the Hospital, Understanding the patient as a person, socio-economic, and cultural background, health status etc, Effect of hospitalization on patient and family. - Admission, transfer, discharge procedures</p> <p>ed) Basic Nursing Skills, Communication, Nursing interview, Recording and reporting</p> <p>e) Nursing Process, Meaning and importance, Assessment, Nursing diagnosis Planning, Implementation and Evaluation, Nursing care plan.</p>		6
3	<p>Meeting the Basic Needs of a patient</p> <p>a) Physical needs-Comfort, rest, sleep and exercise, Importance and its promotion, Body mechanics –moving, lifting, transferring ,Position and posture maintenance, Comfort devices, Beds and bed making, Principles of bed making, Types and care of bed linen ,Safety devices, restraints and splints, Exercises – Active and Passive.</p> <p>b) Hygienic needs - - Personal and environmental hygiene personal - Nurses note in maintaining personal and environmental hygiene, Care of eyes, nose, ears, hands and feet, Care of mouth, skin, hair and genitalia, Care of pressure areas, bed sores.</p> <p>c) Elimination needs - Health and sickness - Problems – constipation and diarrhea, retention and incontinence of urine, Nurse's role in meeting elimination needs, Offering bed-pan and urinal, Observing and recording abnormalities, Preparation and giving of laxative, suppositories, enemas, bowel wash, flatus tube, Perineal care, care of patient with urinary catheter, diapers, Maintenance of intake and output records</p> <p>d) Nutritional needs - Diet in health and disease, Factors affecting nutrition in illness, Nurse's role in meeting patients nutritional needs, Modification of diet in illness, Diet planning and serving, Feeding helpless patients including artificial methods of feeding.</p> <p>e) Psychological and spiritual needs Importance - Nurse's role -Diversional and Recreational therapy</p> <p>f) Care of terminally ill and dying patient- - Dying patient's signs and symptoms needs of dying patient and family, Nursing care of dying-: special considerations; advance directives, euthanasia, will, dying declaration, organ donation etc., Medico legal issues, Care of the dead body, Care of unit, Autopsy, Embalming</p>	34%	65
4	<p>Assessment of patient/client</p> <p>a) Physical Assessment - Importance, principles, methods of assessment, Height, Weight, posture , Head to toe examination.</p> <p>b) Physiological Assessment - Vital signs, normal, abnormal Characteristics, factors influencing the variations, Observation and collection of specimens-urine, stool, vomitus and sputum.</p> <p>c) Psychological Assessment - Mood, Intelligence, Emotions Normal and Abnormal behavior.</p>	7%	14
5	<p>Infection control</p> <p>a) Infection control :- Nature of infection, Chain of infection transmission, Defence against infection: natural and acquired, Hospital acquired infection (nosocomial infection)</p> <p>b) Concept of asepsis: - Medical and surgical asepsis, Isolation precautions, barrier nursing, Hand washing : simple, hand asepsis, surgical asepsis (scrub),Isolation – source and protection, Personal protective equipments types, uses and techniques of wearing and removing, Decontamination of unit and equipment, Transportation of infected patient, Standard safety precaution, Transmission based precautions</p> <p>c) Bio-medical waste management – Importance, Types of hospital wastes, Hazards associated with hospital waste, Decontamination of hospital waste, Segregation and transportation, Disposal</p>	11%	20



6	<p>Therapeutic Nursing Care</p> <p>a) Care of patients with respiratory problems/dyspnea - Deep breathing and coughing exercises, O₂ inhalation, Dry and moist inhalation, Oro nasal suctioning</p> <p>b) Care of patient with altered body temperature, Hot and cold Applications</p> <p>c) Care of patients with Fluid and Electrolyte imbalance</p> <p>d) Care of unconscious patient</p> <p>e) Care of the bed-ridden patient(traction, fractures etc.)</p> <p>f) Care of patient with pain</p> <p>g) Care of patients with body elimination deviation.</p>	16%	30
7	<p>Introduction to clinical Pharmacology</p> <p>Administration of medication:</p> <p>a) General Principles/Considerations - Purposes of medication, Principles: Rights, special considerations, prescriptions, safety in administering medications and medication errors, Drugs forms, Routes of administration, Storage and maintenance of drugs and nurses responsibility, Broad classification of drugs, Therapeutic effect, side effect, toxic effect, allergic reaction, drug tolerance, drug interactions, Factors influencing drug actions, Systems of drug measurement: metric system, household measurements. Converting measurements units: conversion within one system, between systems, dosage calculations, Terminologies and abbreviations used in prescription of medications.</p> <p>b) Oral drug administration: oral, sublingual, buccal : equipment and procedure.</p> <p>c) Parental: - General principles, Types of parental therapies, Types of syringes, needles, cannulas and infusion sets, Protection from needle stick injuries, giving medications with a safety syringe, Routes of parental therapies:- Purposes, site equipment, procedure and special considerations in giving intradermal, subcutaneous, intramuscular and intravenous medications, Advanced techniques : epidural, intrathecal, intraosseous, intraperitoneal, intrapleural, intra arterial, Role of nurse</p> <p>d) Topical administration: purposes, site, equipment, procedure, special considerations for applications to skin and mucous membrane.</p> <p>e) Direct application: - Gargle, throat swab, Insertion of drug into body cavities : nasal pack, suppositories / medicated packing into rectum / vagina, Instillations: ear, eye, nasal, bladder and rectal, Irrigations: eye, ear, bladder, vaginal and rectal. Spray: nose and throat</p> <p>f) Inhalations: nasal, oral, endotracheal, tracheal (steam, oxygen and medications) , purposes, types, equipment, procedure and special considerations. g) Recording and reporting of medications administered.</p>	16%	30
Total		100%	190hr

Miscellaneous
80 % Attendance is mandatory in Theory

First aid



Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1.	Introduction a) Definition, Aims and Importance of first aid b) Rules/ General principles of First Aid c) Concept of emergency	10%	2
2	Procedures and Techniques in First Aid a) Preparation of First Aid kit. b) Dressing, bandaging and splinting (spiral, reverse spiral, figure of 8 spica, shoulder, hip, ankle, thumb, finger, stump, single and double eye, single and double ear, breast, jaw, capelin), triangle bandage uses, abdominal binder and bandage, breast binder, T and many tail bandage, knots reef, clove. c) Transportation of the injured d) CPR : Mouth to mouth, Sylvester, Schafer, External cardiac massage	40%	8
3	First Aid in emergencies a) Asphyxia, drowning, shock b) Wounds and Bleeding c) Injuries to the Bones, Joints and Muscle - fractures, sprains, strains, hanging, falls d) Burns and scalds e) Poisoning – ingestion, inhalation, bites and stings f) Foreign body in eye, ear, nose and throat.	30%	6
4	Community Emergencies & Community Resources a) Fire, explosion, floods, earth-quakes, famines etc b) Role of nurses in disaster management c) Rehabilitation d) Community Resources - Police, Ambulance services - Voluntary agencies-local, state national and international	20%	4
Total		100%	20hr

Miscellaneous

80 % Attendance is mandatory in Theory

Community Health Nursing

Course Outcome

Upon completion of the course, the student shall be able to,

Community Health Nursing – I

1. Describe the concept of health, community health and community health nursing.
2. State the principles of epidemiology and epidemiological methods in community health nursing practice.
3. Explain the various services provided to the community and role of the nurse.
4. Demonstrate skills to practice effective nursing care of the individuals and families in the clinics as well as in their homes, using scientific principles.

Environmental Hygiene

1. Describe the concept and principles of environmental health.
2. Demonstrate skills to apply the principles of environmental hygiene in caring for self and others.
3. Describe the environmental health hazards, related health problems and the services available to meet them.

Health education & Communication Skills

1. Describe the concept of health education, communication skills including soft skills, audio – visual aids and health education agencies.
2. Identify and utilize opportunities for health education.
3. Describe the application of information technology in preparation and use of various health teaching aids.
4. Develop effective communication and counseling skills.

Nutrition

1. Describe the principles of nutrition and dietetics and its relationship to the human body in health and disease.
2. Describe the balanced diet in promotion of health.
3. Apply this knowledge in providing therapeutic diet in care of the sick.
4. Demonstrate skills in selection, preparation and preservation of food.

Teaching and Examination Scheme							
Teaching Scheme			Examination Scheme				Total
Community Health Nursing	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		
			T	P	T	P	
Community health nursing – I (50%)	180	320	25	-	75	-	100
Environmental Hygiene (10%)							
Health education & Communication Skills (25%)							
Nutrition (15%)							

Community Health Nursing – I

Course Content

hours

W - Weightage (%), T - Teaching

Sr.	Topics	W	T
1.	Introduction to Community Health a) Definitions: Community, Community health, community health nursing b) Concept of Health and disease, dimensions and indicators of health, Health determinants	13%	10



	<ul style="list-style-type: none"> c) History & development of Community Health in India& its present concept. d) Primary health care, Millennium Development Goals e) Promotion and maintenance of Health 		
2	<p>Community Health Nursing</p> <ul style="list-style-type: none"> a) Philosophy, goals, objectives & principles , concept and importance of Community Health Nursing, b) Qualities and functions of Community Health Nurse c) Steps of nursing process; community identification, population composition, health and allied resources, community assessment, planning & conducting community nursing care services. 	17%	14
3	<p>Health Assessment</p> <ul style="list-style-type: none"> a) Characteristics of a healthy individual b) Health assessment of infant, preschool, school going, adolescent, adult, antenatal woman, postnatal woman, and elderly. 	12%	10
4	<p>Principles of Epidemiology and Epidemiological methods</p> <ul style="list-style-type: none"> a) Definition and aims of epidemiology, communicable and non-communicable diseases. b) Basic tools of measurement in epidemiology c) Uses of epidemiology d) Disease cycle e) Spectrum of disease f) Levels of prevention of disease. g) Disease transmission – direct and indirect. h) Immunizing agents, immunization and national immunization schedule. i) Control of infectious diseases. j) Disinfection. 	13%	10
5	<p>Family Health Nursing Care</p> <ul style="list-style-type: none"> a) Family as a unit of health b) Concept, goals, objectives c) Family health care services d) Family health care plan and nursing process. e) Family health services – Maternal, child care and family welfare services. f) Roles and function of a community health nurse in family health service. g) Family health records. 	15%	12
6	<p>Family Health Care Settings Home Visit</p> <ul style="list-style-type: none"> a) Purposes, Principles b) Planning and evaluation c) Bag technique d) Clinic: Purposes, type of clinics and their functions e) Function of Health personnel in clinics 	13%	10
7	<p>Referral System</p> <ul style="list-style-type: none"> a) Levels of health care and health care settings. b) Referral services available c) Steps in referral. d) Role of a nurse in referral 	7%	6



8	Records and reports a) Types and uses b) Essential requirements of records and reports c) Preparation & Maintenance	4%	3
9	Minor Ailments a) Principles of management b) Management as per standing instructions/orders.	6%	5
Total		100%	80hr

Miscellaneous
80 % Attendance is mandatory in Theory

Environmental Hygiene

Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1.	Introduction a) Components of environment b) Importance of healthy environment	7%	2
2	Environmental Factors Contributing to Health a) Water : - Sources and characteristics of safe and wholesome water, Uses of water, Rain water harvesting, Water pollution, natural and acquired impurities, Water borne diseases, Water purification -small and large scale b) Air : - Composition of air, Airborne diseases, Air pollution and its effect on health, Control of air pollution and use of safety measures. c) Waste : - Refuse, garbage, excreta and sewage, Health hazards, Waste management: collection, transportation and disposal. d) Housing: - Location, Type, Characteristics of good housing, Basic amenities, Town planning e) Ventilation: - Types and standards of ventilation f) Lighting: - Requirements of good lighting, Natural and artificial lighting, Use of solar energy g) Noise - Sources of noise, Community noise levels , Effects of noise pollution, Noise Control measures h) Arthropods: - Mosquitoes, housefly, sand fly, human louse, rat fleas, rodents, ticks etc., Control measures	73%	22
3	Community organizations to promote environmental health a) Levels and types of agencies: - National, state, local - Government, voluntary and social agencies. b) Legislations and acts regulating the environmental hygiene.	20%	6
Total		100%	30hr

Miscellaneous
80 % Attendance is mandatory in Theory

Health Education and Communication Skills

Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1.	Communication Skills a) Definition, process, purposes, principles, types and importance of communication b) Barriers in communication c) Establishment of successful communication. d) Observing and listening skills.	20%	8
2	Health Education a) Concept, definition, aims and objectives of health education b) Principles of health education c) Process of change/modification of health behavior d) Levels and approaches of health education e) Methods of health education f) Scope and opportunities for health education in hospital and community g) Nurse's role in health education.	15%	6
3	Counseling a) Definition, purpose, principles, scope and types b) Counseling process: steps and techniques c) Qualities of a good counselor d) Difference between health education and counseling e) Role of nurse in counseling	20%	8
4	Methods and Media of Health Education a) Definition, purpose and types of audio visual aids and media b) Selection, preparation and use of audio visual aids : graphic aids, printed aids, three dimensional aids and projected aids c) Advantages and limitations of different media d) Preparation of health education plan	45%	18
		Total	100% 40hr

Miscellaneous

80 % Attendance is mandatory in Theory

Nutrition

Course Content		W - Weightage (%), T - Teaching hours	
Sr.	Topics	W	T
1.	Introduction a) Meaning of food, nutrition, nutrients etc. b) Food Habits and customs c) Factors affecting nutrition d) Changing concepts in food and nutrition.	7%	2



	e) Relation of Nutrition to Health		
2	<p>Classification of food</p> <p>a) Classification by origin: - Food and animal origin, Food of plant origin</p> <p>b) Classification by chemical composition and sources, Carbohydrates, Proteins, Fats, Minerals, Vitamins, Water</p> <p>c) Classification by predominant functions, Body building food, Energy giving food, Protective food</p> <p>d) Classification by nutritive value, Cereals and millets, Pulses and legumes, Vegetables, Nuts and oil seeds, Fruits, Animal food, Fats and oils, Sugar and jiggery, Condiments and spices, Miscellaneous food.</p>	7%	2
3	<p>Normal Dietary Requirements</p> <p>a) Energy: Calorie, Measurement, Body Mass Index, Basal Metabolic Rate, determination and factors affecting</p> <p>b) Balanced Diet, nutritive value of foods, calculation for different categories of people, normal food requirement calculation. Menu plan. Combination of food affecting and enhancing the nutritive value of the diet.</p> <p>c) Budgeting for food, low cost meals, food substitutes.</p> <p>d) Diseases and disorders caused by the imbalance of nutrients.</p> <p>e) Food allergy - causes, types, diet modifications in gluten, lactose and protein intolerance etc.</p> <p>f) Food intolerance - inborn errors of metabolism</p>	13%	4
4	<p>Food Preparation, Preservation & Storage</p> <p>a) Principles of cooking, methods of cooking and the effect of cooking on food and various nutrients. Safe food handling, health of food handlers.</p> <p>b) Methods of food preservation– household and commercial, precautions.</p> <p>c) Food storage – cooked and raw, household and commercial, ill effects of poorly stored food.</p> <p>d) Food adulteration and acts related to it.</p>	7%	2
5	<p>Therapeutic Diet</p> <p>a) Diet modification in relation to medical and surgical condition of the individual such as Protein Energy Malnutrition (PEM), Diabetes, Cardio Vascular disease, Hepatitis, Renal, Gouts, Irritable Bowel Syndrome (IBS), Obesity, cholecystectomy, partial gastrectomy, gastrostomy, bariatric surgery and colostomy etc.</p> <p>b) Special diet – low sodium diet, fat free diet, diabetic diet, bland diet, high protein diet, low protein diet, low calorie diet, geriatric diet, iron rich diet, liquid diet, semi-solid diet, soft diet and high fiber diet etc</p> <p>c) Factors affecting diet acceptance, feeding the helpless patient.</p> <p>d) Health education on nutrition needs and methods in diet modification</p>	27%	8
6	<p>Community Nutrition</p> <p>a) Nutritional problems and programs in India</p> <p>b) Community food supply, food hygiene and commercially prepared and grown food available locally.</p> <p>c) National and international food agencies – Central food training research institute (CFTRI), Food and agriculture organization (FAO), National Institute of Nutrition (NIN), Food Safety and Standards Authority of India (FSSAI), CARE (Cooperative for Assistance</p>	12%	4



	and Relief Everywhere), National Institute of Public Cooperation and Child Development (NIPCCD) etc.		
7	Preparation of diet / practical a) Beverages: hot and cold, juice, shakes, soups, lassi, barley water b) Egg preparation: egg flip, scramble, omlet, poached egg c) Light diet: porridges, gruel, khichari, dahlia, kanji, boiled vegetables, salads, custards. d) Low cost high nutrition diets - chikki, multigrain roti	27%	8
	Total	100%	30hr

Miscellaneous
80 % Attendance is mandatory in Theory



English

Course Outcome

Upon completion of the course, the student shall be able to,

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

Teaching and Examination Scheme

Teaching Scheme			Examination Scheme				
English	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		Total
			T	P	T	P	
	30	-	50	-	-	-	50

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1.	Grammar a) Review of basic grammar b) Building Vocabulary	20%	6
2	Composition a) Sentence construction and usage. b) Reading comprehension. c) Written composition : paragraphs & essays, precise writing, story writing & comprehension, letter writing, nurses notes and reports, anecdotal records, diary writing	47%	14
3	Spoken English a) Conversation – face to face and telephonic b) Oral report c) Discussion, debate d) Public speaking skills.	33%	10
	Total	100%	30hr

Miscellaneous

80 % Attendance is mandatory in Theory



Computer Education

Course Outcome

Upon completion of the course, the student shall be able to,

1. Describe the basic disk operating system.
2. Use computer for data processing
3. Use Micro-soft office programs.
4. Use computer in patient Management System.
5. Use E-mail and internet

Teaching and Examination Scheme

Teaching Scheme		Examination Scheme					
Computer Education	Theory (Hrs/week)	Practical (Hrs/week)	Internal Marks		External Marks		Total
	15	15	T	P	T	P	
					-	-	-

Course Content

W - Weightage (%), T - Teaching hours

Sr.	Topics	W	T
1.	Introduction to computers and Disk operating system a) Definition b) Classification c) Structure and parts of computer d) Disk operating system – DOS and WINDOWS all versions. e) Purposes / uses of computer is health care delivery system	14%	5
2	MS Office a) MS word b) MS excel with pictorial presentation c) MS Power point d) MS access e) MS publisher document	43%	15
3	Multimedia a) Types and uses b) Data base creation, retrieval and report generation c) Computer aided teaching and testing	14%	5
4	Use of internet and e-mail a) Accessing the website b) Searching the internet for content c) Accessing the email and communicating with the help of it. d) Use of internet communication programs – skype	29%	10
	Total	100%	35hr

Miscellaneous

80 % Attendance is mandatory in Theory