

Uttarakhand Nursing officer Syllabus for Diploma Holders (GNM)

1. Nursing Foundation

- ❖ Nursing history, ethics, scope
- ❖ First aid, bandaging
- ❖ Communication & documentation
- ❖ Nursing process
- ❖ Infection control, asepsis
- ❖ Vital signs

2. Medical-Surgical Nursing

- ❖ Fluid & electrolyte balance
- ❖ Pain management
- ❖ Respiratory, CVS, GI, Renal, Neuro disorders
- ❖ Emergency & critical care
- ❖ Burns, oncology
- ❖ Orthopedic nursing
- ❖ Perioperative nursing

3. Psychology

- ❖ Human behavior
- ❖ Motivation, emotion
- ❖ Perception, learning
- ❖ Personality
- ❖ Mental health concepts

4. Nutrition & Dietetics

- ❖ Macro & micro nutrients
- ❖ Therapeutic diets
- ❖ Nutrition in pregnancy, lactation
- ❖ Deficiency diseases
- ❖ Food adulteration

5. Maternal Health Nursing (MCH)

- ❖ Pregnancy care (ANC, INC, PNC)
- ❖ Labour mechanism
- ❖ High-risk pregnancy
- ❖ Obstetric emergencies
- ❖ Newborn care basics

6. Child Health Nursing

- ❖ Growth & development
- ❖ Pediatric disorders
- ❖ Immunization
- ❖ Fluid therapy
- ❖ Neonatal care

7. Community Health Nursing

- ❖ Epidemiology
- ❖ National health programs
- ❖ Immunization
- ❖ Communicable diseases
- ❖ Family planning
- ❖ PHC/CHC roles

8. Mental Health Nursing

- ❖ Anxiety, depression
- ❖ Schizophrenia
- ❖ Personality disorders
- ❖ Psychiatric emergencies
- ❖ Therapies (ECT, counseling)

PAPER – 2 : General Subjects (100 Marks)

(All candidates — Diploma + Degree)

1. General Hindi (20 Marks)

- ❖ वर्ण, संधि, समास
- ❖ उपसर्ग-प्रत्यय
- ❖ शब्द शुद्धि, वाक्य शुद्धि
- ❖ पर्यायवाची, विलोम
- ❖ मुहावरे, लोकोक्तियाँ
- ❖ तत्सम-तद्भव
- ❖ एक शब्द
- ❖ वाक्य संरचना
- ❖ विराम चिन्ह

2. General Knowledge (40 Marks)

Uttarakhand Specific

- ❖ इतिहास
- ❖ भूगोल
- ❖ संस्कृति
- ❖ लोकगीत, लोकनृत्य
- ❖ पर्यटन स्थल
- ❖ अर्थव्यवस्था
- ❖ प्रमुख व्यक्तित्व
- ❖ सांख्यिकीय तथ्य

India & World

- ❖ इतिहास, भूगोल
- ❖ अर्थव्यवस्था
- ❖ संस्कृति
- ❖ महत्वपूर्ण संगठन
- ❖ Current Affairs
- ❖ राष्ट्रीय व अंतरराष्ट्रीय
- ❖ खेल, पुरस्कार
- ❖ पुस्तकें, लेखक
- ❖ विज्ञान और तकनीक

Basic General Science

- ❖ भौतिकी
- ❖ रसायन विज्ञान
- ❖ जीवविज्ञान (मानव शरीर, स्वास्थ्य, रोग)

3. General Studies (40 Marks)

तर्क शक्ति (Verbal & Non-Verbal)

- ❖ Analogy, Series
- ❖ Coding-Decoding
- ❖ Directions
- ❖ Blood Relation
- ❖ Data interpretation
- ❖ Mathematical ability
- ❖ Quantitative aptitude (basic)
- ❖ Social intelligence
- ❖ Decision making
- ❖ Diagrammatic reasoning