

DEPARTMENT OF LIFELONG LEARNING

SYLLABUS FOR SESSION 2026- 27

**ONE YEAR DIPLOMA IN NANNY CARE AND CHILD
DEVELOPMENT**

SESSION 2026-27



GURU NANAK DEV UNIVERSITY, AMRITSAR

The **Diploma in Nanny Care and Child Development One Year Course** is being run under the **Department of Lifelong Learning, Guru Nanak Dev University, Amritsar**. The course is of one-year duration and the examination is conducted only once at the end of the academic session. After successful completion of the course and passing the final examination, a candidate will be awarded the **Diploma in Nanny Care and Child Development** by the **Department of Lifelong Learning, Guru Nanak Dev University, Amritsar**.

Note:

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One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

PROGRAMME OBJECTIVES

- To provide essential knowledge of maternal, infant and child health care for safe caregiving.
- Develop practical skills in childcare, nutrition, hygiene and disease prevention.
- To understand child growth and developmental stages and support overall development.
- To prepare students for early childhood care and education in home and institutional settings.
- Build competency in caring for children with special needs.
- Introduce basic skills in geriatric care and elderly support.
- To train students in first aid CPR and emergency response techniques.
- Enhance communication skills and professional behavior in caregiving roles.
- To provide practical exposure through field visits and hands on training.

PROGRAMME OUTCOME

After successful completion of this course, learners will be able to:

- Demonstrate effective skills in maternal, infant and childcare practices.
- Apply knowledge of child growth and development to support physical and emotional well-being.
- Perform feeding, hygiene and nutrition planning for infants and children.
- Identify and manage common childhood illnesses and basic health needs.
- Assist in early childhood education activities and developmental play.
- Provide appropriate care for children with special needs.
- Apply basic techniques in geriatric care and elderly needs.
- Respond to emergencies using first aid, CPR and safety procedures.
- Communicate effectively with children, families and healthcare professional.
- Demonstrate professional ethics, responsibility and practical caregiving skills in real life settings.

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CRITERIA FOR ADMISSION

The Committee makes the following recommendations after deliberations: -

1.	Name of the Course	Diploma in Nanny Care and Child Development	
2.	Duration	One Year	
3.	Commencement of Course	July, Every Year	
4.	Eligibility	10+2 pass female candidates from any recognized board with minimum 35% marks	
5.	Venue	Department of Lifelong Learning, Guru Nanak Dev University, Amritsar.	
6.	No. of Seats	40 seats	
7.	Mode of Admission	(i) The admission will be made by a committee duly constituted by the worthy Vice-Chancellor strictly on the basis of the merit of the candidates in 10+2. (ii) If any of the admitted student remains absent consecutively for fifteen days without prior information and permission of the heading authority, his/her name shall be struck off from the rolls of the Department and the next candidate on the waiting list in order of merit of the respective course shall be admitted in his/her place with the permission of the Director of the Department.	
8.	Fee Structure	Total Fee: Rs. 22450/-	
	Total fee (July 2026- June 2027)	Rs. 22450/- which includes: - (To be deposited at the time of Admission) Admission Fee = Rs. 2200/- Examination Fee = Rs. 1400/- Tuition Fee: Rs. 1550 * 12 Months = Rs. 18600/- Identity Card Fee = Rs. 250/-	
9.	Late fee at the time of admission	July 2026 to June 2027	
			Fees
		May 8 th 2026 to July 31 st 2026	Nil
		Aug 3 rd 2026 to Aug 11 th 2026	Nil
		Aug 12 th 2026 to Aug 20 th 2026	Rs. 3000/-
		Aug 21 st 2026 to Aug 31 st 2026	Rs. 4000/-
		Sep 1 st 2026 to Sep 10 th 2026	Rs. 6000/-
		Sep 11 th 2026 to Sep 18 th 2026	Rs. 9000/-
	Within 15 Days from the date of closing of admission.	Rs. 10000/-	
10.	Review of Course of Reading	The syllabus committee constituted by the worthy Vice-Chancellor will review the course of reading for the session.	
11.	Conduct of Examination Evaluation & Award of Certificate.	To be decided with the approval of worthy Vice-Chancellor.	

Prof. Varinder Kaur
Chairperson

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
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ORDINANCES

1) Duration of Course: -

a) Duration of the Course shall be One Year. Examination will be held once at the end of course after One Year as per GNDU schedule.

2) Eligibility: -

- a) Only for Girls.
- b) The candidate who has passed 12th Class examination with minimum 35% marks.

3) Mode of Admission: -

- a) The admission will be made by a committee constituted by the Worthy Vice-Chancellor strictly on the basis of the merit of the candidates in 12th class.
- b) If any of the admitted student remains absent consecutively for 15 working days without prior information and permission of heading authority from the commencement of the course, the name of such candidate shall be struck off from the rolls of the department and the next candidate on the waiting list in order of merit of the respective course shall be admitted in his/her place with the permission of the Director of the department.

4) Attendance Instructions:

- a) The students admitted to One Year Diplomas/Six Month Certificate Courses, who remain absent consecutively for fifteen working days during the duration of the course without any information to the department their name(s) shall be stuck of from rolls of the department with the permission of Dean Academic Affairs.
- b) The students admitted in One Year Diplomas, if they attain less than 25% of the total attendance in six months their name(s) shall be stuck of from rolls of the department with the permission of Dean Academic Affairs.
- c) The students admitted in six-month certificate courses, if they attain less than 25% of total attendance in three months, the name(s) of such students shall be stuck off from rolls of the department with the permission of Dean Academic Affairs.
- d) Attended not less than 75% of the full course of lectures delivered and practical arranged for the class.
- e) The Director of the department shall have the power to condone shortage of lectures in each paper up to 15% of total taken separately.

5) Fees:

a) According to the schedule, every candidate shall pay such fees to the university, as per university rules.

6) General Instructions: -

- a) He/ She bears good moral character.
- b) The examination shall be held in accordance with the syllabus prescribed by the Department from time to time.
- c) The examination shall consist of Practical and Exhibit Display.
- d) The Practical paper shall be set by examiner on the spot.
- e) The medium of instruction/examination shall be English/Punjabi/Hindi in general.

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

- f) The marks of exhibit display shall be based on House Test and performance of the students.
- g) The marks of exhibit display shall be submitted to the Director of the Department fifteen days before the commencement of the examination.
- h) Minimum number of marks required to pass the examination shall be 35% in each Practical/Exhibit Display separately.
- i) If the candidate Absent/Fails in one or more Practical Examination her result shall be declared Fail.
- j) The result shall be declared and published by the Department.
- k) The successful candidates shall be awarded division according to the following criteria:
 - (i) Those who obtain 60% or more marks – First division.
 - (ii) Those who obtain 50% or more but less than 60% marks – Second Division.
 - (iii) Those who obtain 35% or more marks but less than 50% - Third Division
- l) Each successful candidate shall be awarded a Certificate Signed by the Director of the Department showing the division and the Aggregate Marks obtained.
- m) Fee for issuing of duplicate certificate shall be decided from time to time by the approval of the worthy Vice-Chancellor.

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

SCHEME OF STUDY AND EXAMINATION

	SCHEME OF STUDY		SCHEME OF EXAMINATION	
Course Code	Name of Paper	Credits/Hrs. per week	Max. Marks	Examination Hrs.
DNCCD101	Paper-I (Theory) Maternal & Child Health	6 Hrs.	75	3 Hrs.
DNCCD102	Paper-II (Practical-I) Child Development & Geriatric Care	5 Hrs.	100	4Hrs.
DNCCD103	Paper-III (Practical-II) Care For Child with Special Needs	5 Hrs.	100	4 Hrs.
DNCCD104	Projects / Field Visits	2 Hrs.	50	
DNCCD105	Display/Exhibit	2 Hrs.	25	
	Total		350	

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

PAPER – I (Theory)
DNCCD101: MATERNAL AND CHILD HEALTH

Time: 3Hrs.

Max Marks: 75

Instructions for the Paper Setters:

The paper setter is required to set 9 questions in all and the students are required to attempt 05 questions. First question is compulsory and consists of 15 short answer type questions of one mark each. Section “A”, “B”, “C”, “D” consists of 2 questions. Each student is required to attempt 1 question from every section and all questions carry 15 marks each.

Course Objectives

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- Build competency in caring for children with special needs.
- Introduce basic skills in geriatric care and elderly support.
- To train students in first aid CPR and emergency response techniques.
- Enhance communication skills and professional behavior in caregiving roles
- To provide practical exposure through field visits and hands on training

SECTION-A

Unit- I Mother Care

Definition of Nanny, types of nannies, essential skills of nanny, roles and responsibilities of nanny Pregnancy, Discomforts, physical & psychological care, preparation for delivery. Growth & development during prenatal period. Factors affecting prenatal development. Drugs & foods to avoid. Antenatal examination, postnatal care, postpartum hemorrhage.

Unit-II Infant and Child Health Care

Rooting reflex, sucking reflex, Moro reflex, grasp reflex Infant care, breastfeeding, weaning, Infant diet, Diseases common during infancy; Common Cold, Cough, Fever, Diarrhea, Measles, Skin Infection, Worm Infestation. Immunization schedule

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One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

SECTION-B

Unit-III Child Growth and Development

Definition & importance, different stages of child development, principles of child development, factors affecting child development, psychosexual theory, psychosocial theory moral development theory, Moslow theory.

Social & Emotional development of childhood. Importance of speech, major tasks in learning, role of family & school in development of child factors for social development. Play development with meaning & types & importance.

Unit-IV Childhood Education

Need, importance, objectives, quality of home environment, historical perspective early childhood education, early childhood education programme in India psychology of preschool children, types of preschool programme (day care centres, creches, preschools, Anganwadi, kindergartens, recreational centres) Role of nanny in childhood education.

SECTION-C

Unit-V Introduction to Nutrition and Geriatric Care

Define nutrition, Importance of Nutrition Definition, ICMR classification of food d, diet of preschool children, diet of school going children , geriatric diet ,necessity of olde age home & care for old age people, career opportunities in geriatric care , duties & responsibilities of Geriatric care service personals , Introduction to physical & mental health , Common & Specific physical health issues related to age.

Unit-VI Role of Nanny in Injury Prevention

Common specific mental issues, most frequent home injuries, & causes introduction to walking aids, utilization of different types of aids in different situation, role of the home care worker in injury prevention.

SECTION-D

Unit-VII Professional Communication Skills

Define communication with its types, Parts of speech, sentences, clauses, phrases, punctuation, LSRW (meaning, importance, how to develop skills) non-verbal communication (body language, proxemics, kinesics, para-linguistic, signs & symbols). Enhancing self-esteem: self-theory & Johari window.

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

Unit-VIII Care for Child with Special Needs

ADHD, Cerebral Palsy, Tourette syndrome, Down syndrome Autistic Spectrum Disorder, Genetic Disorders.

Course Outcomes:

After completion of the course, the students will be able to:

- Demonstrate effective skills in maternal, infant and childcare practices
- Apply knowledge of child growth and development to support physical and emotional well-being.
- Perform feeding, hygiene and nutrition planning for infants and children.
- Identify and manage common childhood illnesses and basic health needs.
- Assist in early childhood education activities and developmental play.
- Provide appropriate care for children with special needs.
- Apply basic techniques in geriatric care and elderly needs.
- Respond to emergencies using first aid, CPR and safety procedures.
- Communicate effectively with children, families and healthcare professional.
- Demonstrate professional ethics, responsibility and practical caregiving skills in real life settings.

Reference Books:

1. Sandeep Kaur, Midwifery & Obstetrics, CBS Publishers & Distributors Pvt. Ltd., 1st Edition
2. Dilip k Mukherjee and MKC NAIR, Growth & Child development, Peepee Publishers & Distributors Pvt. Ltd.
3. Gupta M Sen, Early childhood care & education, Sataya Prakash Publisher.
4. Loveleen Kaur, Communication skills, Adobe Press, 2020.
5. Renu Tyagi, Tattwasmi, Caring for the elderly (social gerontology in the Indian Context) SAGE Publications India.
6. Jenni Basch, Children and Disability, Mile18 Press Publisher.
7. Parul Datta, Paediatric Nursing, Jaypee brothers Medical Publisher Ltd.

One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
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PAPER – II (PRACTICAL– I)
DINC052: CHILD DEVELOPMENT & GERIATRIC CARE

Time: 4Hrs.

Max Marks: 100

Instructions for the paper Setters:

The paper will be set on the spot.

Course Objectives:

- To convey knowledge in decent practices mandatory for working as Nanny and provide with childcare.
- To function efficiently, positively and safely in homes and hospitals situations including high-pressure hospital environments.
- To work and communicate effectively in inter-disciplinary environment, either independently or in a team.
- To engage in life-long learning and professional development through continuing by graduate programs, postgraduate programs.
- To enhance life quality in elderly and maintain independence with safety needs.

1. Newborn care
2. Feeding Practices (Sterilization of feeding bottles & preparation of formula Milk)
3. CPR (Cardiopulmonary resuscitation)
4. First Aid techniques for (burns, choking, poisoning, sprains & broken bones, dizziness / fainting, Burning, choking, febrile, seizures)
5. Preparation of weaning diet
6. Kangaroo mother care (KMC)
7. Practice on common and specific physical health issues and suggestive exercises
8. Feeding skills for paralytic individual.
9. Planning of Geriatric diet
10. How to prevent pressure ulcers in bedridden patient.

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One Year Diploma in Nanny Care and Child Development (Session: 2026-27)
Department of Lifelong Learning, Guru Nanak Dev University, Amritsar

Course Outcomes:

After completion of this section, students will be able to:

- Apply knowledge and technical skills associated with care and nutrition of child.
- Provide the highest level of care for children from birth to school age
- Record the ongoing development of children in your care and their kindergarten journey.
- Recognize and participate in activities which will provide current knowledge and upgrading of skills in childcare and elderly
Reduced hospitalization for senior citizens and improve Chronic conditions with management

Reference Books:

1. Sandeep Kaur, Midwifery & Obstetrics, CBS Publishers & Distributors Pvt. Ltd., 1st Edition
2. Dilip k Mukherjee and MKC NAIR, Growth & Child development, Peepee Publishers & Distributors Pvt. Ltd.
3. Gupta M Sen, Early childhood care & education, Sataya Prakash Publisher.
4. Loveleen Kaur, Communication skills, Adobe Press, 2020.
5. Renu Tyagi, Tattwasmi, Caring for the elderly (social gerontology in the Indian Context) SAGE Publications India.
6. Jenni Basch, Children and Disability, Mile18 Press Publisher.
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PAPER – III (PRACTICAL– II)
DNCCD103: DISABLE CHILD CARE

Time: 4Hrs.

Max Marks: 100

Instructions for the paper Setters:

The paper will be set on the spot.

Course Objectives:

- | |
|---|
| <ul style="list-style-type: none">• To maximize the potential of the child by promoting independence.• To improve cognitive and motor skills and protective against abuse. |
|---|

1. Visit to organization working with children and disability.
2. Observing children with disabilities in family and institution.
3. Body Mechanics for uplifting disable child
4. Understanding child rights and gender in diverse social groups through visits.
5. Programme planning for child rights and its implementation for creating awareness to group
6. Autistic spectrum disorder child care
7. Making picture dictionary for children
8. Physically handicap care
9. Seminar related to supportive aids for children and different growth pattern

Course Outcomes:

After completing, the student will be able to:
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- | |
|---|
| <ul style="list-style-type: none">• Manage Physical, Socio-Emotional and cognitive skills of the child.• Avoid discrimination among other normal children. |
|---|

Reference Books:

1. David Werner, Care of the Disabled Child, Hesperian Health Guide
2. Textbook of Pediatric Nursing, Parul Datta , Jaypee Brothers Medical Publisher
3. Essentials of Pediatric Nursing, Marilyn J. Hockenberry, Elsevier
4. Rehabilitation Medicine, Sunder, Jaypee Brothers Medical Publishers
5. Developmental Disabilities in Infants and Children, Arnold J. Capute & Pasquale J. Accardo

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DNCCD104
PROJECT / FIELD VISIT

Max Marks: 50

- Candidates will participate in exposure visits to project sites where Nanny care programme is going on will upload their learning. eg - day care centres, hospital visits, playpen visits.
- Reports and assignments to be submitted as posters, pamphlets, videos or IFC material.
- A hard copy of the report based on visits / observation / study. Activities carried out during course to be submitted.

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DNCCD105
DISPLAY/EXHIBIT

Max Marks :25

- Exhibits and health presentation of;
- Working models related to subject
- Health education related to hospital visit and health presentations also based on subject related topics.
- Educational toys related to preschool / school going children.

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PANEL OF EXAMINER

The Panel of Examiners recommended by the syllabus committee for the Annual examination of One Year Diploma in Nanny Care and Child Development 2026-27 at University Campus and for the Re-appear exam which is to be held as per Ordinance.

- 1) Mrs. Deepa Sikand, Professor,
Deptt. Of Education Guru Nanak Dev
University,
Amritsar. Ph. No. 9915522084

- 2) Dr. Gagandeep Kaur, Assistant
Professor Deptt. Of Education
Guru Nanak Dev University,
Amritsar. Ph. No. 9915944448

- 3) Mrs. Sakshi, Assistant Professor, Deptt. Of
Education Guru Nanak Dev University,
Amritsar. Ph. No. 9877802639

- 4) Mrs. Japreet Kaur, Assistant.
Professor, Deptt. Of Education
Guru Nanak Dev University,
Amritsar.PhNo.9501799441

- 5) Dr. Maninder Pal Singh, Assistant
Professor, Deptt. Of Education
Guru Nanak Dev University,
Amritsar. Ph. No. 9988337707

- 6) Ms. Minna Bagga, Assistant.
Professor, S.R. Govt. College for Women, Amritsar.
Ph. No. 9814834061

Prof. Varinder Kaur
Chairperson