



देवदह नगरपालिका

नगर कार्यपालिकाको कार्यालय



प.सं. २०७७/०७८

मिति: २०७८/०२/२४

पशु विकास अधिकृत, अ.हे.व. र अ.न.मी. पदको पाठ्यक्रम सम्बन्धमा ।

मिति २०७८/०१/१३ मा प्रकाशित तथा मिति २०७८/०२/११ मा म्याद थप गरिएको पशु विकास अधिकृत (विज्ञापन नं. २०/०७७-०७८), अ.हे.व. (विज्ञापन नं. २१/०७७-०७८) र अ.न.मी (विज्ञापन नं. २२/०७७-०७८) पदको पाठ्यक्रम तपशिल बमोजिम निर्धारण गरिएको व्यहोरा मिति २०७७/०२/२४ गतेको पदपूर्ति समितिको बैठकको निर्णयानुसार सम्बन्धित सबैमा अनुरोध छ ।

तपसिल

पशु विकास अधिकृत छैठौं तहको लिखित परिक्षाको पाठ्यक्रम

पाठ्यक्रमको रुपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ ।

दोश्रो चरण: लिखित परिक्षा

पूर्णाङ्क: १००

तेश्रो चरण: अन्तर्वार्ता

पूर्णाङ्क: २०

दोश्रो चरण: लिखित परिक्षा

विषय	परीक्षा	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
सेवा सम्बन्धी	लिखित	१००	४०	विषयगत	३ घण्टा

तेश्रो चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

- लिखित परिक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन नियमहरु परीक्षाको मिति भन्दा ३(तिन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
- प्रथम चरणको छोटो सूचिमा परेका उम्मेदवारहरुलाई मात्र दोश्रो चरणको लिखित परिक्षामा सहभागि गराइनेछ ।
- लिखित परिक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

Paper I : Technical Subject

Section A-20 Marks

1. ANIMAL NUTRITION

20%

- 1.1 Conventional and non-conventional feeds
- 1.2 Nutritional contents of different species of pasture, fodder, fodder trees including indigenous species, agricultural and industrial by-products
- 1.3 Anti-nutritional factors in feeds and fodders
- 1.4 Different methods of nutritional analysis of livestock feeds and fodder
- 1.5 Computation and evaluation of ration for different livestock and poultry species
- 1.6 Utilization of wastes in animal feeding.

(Signature)
राष्ट्रिय शिक्षा
शाखा अधिकृत



देवदह नगरपालिका

नगर कार्यपालिकाको कार्यालय



प.सं. २०७७/०७८

मिति: २०७८/०२/२४

पशु विकास अधिकृत, अ.हे.व. र अ.न.मी. पदको पाठ्यक्रम सम्बन्धमा ।

मिति २०७८/०१/१३ मा प्रकाशित तथा मिति २०७८/०२/११ मा म्याद थप गरिएको पशु विकास अधिकृत (विज्ञापन नं. २०/०७७-०७८), अ.हे.व. (विज्ञापन नं. २१/०७७-०७८) र अ.न.मी (विज्ञापन नं. २२/०७७-०७८) पदको पाठ्यक्रम तपशिल बमोजिम निर्धारण गरिएको व्यहोरा मिति २०७७/०२/२४ गतेको पदपूर्ति समितिको बैठकको निर्णयानुसार सम्बन्धित सबैमा अनुरोध छ ।

तपसिल

पशु विकास अधिकृत छैठौं तहको लिखित परिक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ ।

दोश्रो चरण: लिखित परिक्षा

पूर्णाङ्क: १००

तेश्रो चरण: अन्तर्वार्ता

पूर्णाङ्क: २०

दोश्रो चरण: लिखित परिक्षा

विषय	परीक्षा	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
सेवा सम्बन्धी	लिखित	१००	४०	विषयगत	३ घण्टा

तेश्रो चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

- लिखित परिक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन नियमहरू परीक्षाको मिति भन्दा ३(तिन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
- प्रथम चरणको छोटो सूचिमा परेका उम्मेदवारहरूलाई मात्र दोश्रो चरणको लिखित परिक्षामा सहभागि गराइनेछ ।
- लिखित परिक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

Paper I : Technical Subject

Section A-20 Marks

1. ANIMAL NUTRITION

20%

- 1.1 Conventional and non-conventional feeds
- 1.2 Nutritional contents of different species of pasture, fodder, fodder trees including indigenous species, agricultural and industrial by-products
- 1.3 Anti-nutritional factors in feeds and fodders
- 1.4 Different methods of nutritional analysis of livestock feeds and fodder
- 1.5 Computation and evaluation of ration for different livestock and poultry species
- 1.6 Utilization of wastes in animal feeding.

रजेश्वर
शाखा अधिकृत



Section B-20 Marks

2. PASTURE AND FODDER

20%

- 2.1 Soil fertility evaluation-soil testing, plant analysis, deficiency symptoms and biological test in relation to pasture and fodder species
- 2.2 Soil organic matter and organic manure in relation to pasture and fodder species
- 2.3 Agronomical management of tropical, sub-tropical and temperate species of grasses and legumes such as stylo, lucern, berseem, oat, rye grass, soybean, sorghum, paragrass, broomgrass, centro, napier, desmodium, vetch, clover, teosente, molasses, cowpea, velvet bean and kudzu etc.
- 2.4 Agronomical management of fodder trees such as Badahar, Kutmiro, Tanki, Epil epil, Khannyo, Kimbu, Kabro, Pakhuri, Dabdabe, Bakaino etc.
- 2.5 Pasture and rangeland management practices in different eco-zones
- 2.6 Different methods of forage conservation-hay, silage and their nutritive values
- 2.7 Utilization of crop residues –improvement of nutritive values
- 2.8 Agro-forestry / Silvi-pasture in community and leasehold forestry, fruit orchard
- 2.9 Principles and practices of forage seed production
- 2.10 Seed (foundation and certified) production of different pasture and fodder species including fodder trees in different eco-zones
- 2.11 Quality management of seed and methods of estimation

Section C-30 Marks

3. ANIMAL BREEDING AND REPRODUCTION

20%

- 3.1 Concept of genetic resistance to diseases and parasites
- 3.2 Indigenous and exotic breeds of livestock and poultry and their characteristics
- 3.3 Methods of selection-independent culling, tandem, and selection index
- 3.4 Hormones of reproduction and their functions –estrous cycle, ovulation, fertilization, gestation and parturition; induction and synchronization of ovulation;
- 3.5 Reproductive disorders and their corrective measures
- 3.6 Collection, processing, evaluation and storage of warm and frozen semen
- 3.7 Artificial insemination technique, heat synchronization and pregnancy diagnosis
- 3.8 Embryo-transfer technology in livestock development
- 3.9 Formulation of breeding plan for livestock and poultry species

4. DAIRY

10%

- 4.1 Pasteurization and homogenization of milk
- 4.2 Standardization of milk, cream and other milk products
- 4.3 Methods of preparation, types, nutritive value of yoghurt, butter, ghee, cheese, paneer, khuwa, ice cream and chhurpi
- 4.4 Milk borne diseases in brief
- 4.5 Packaging and storing of milk and milk products
- 4.6 Development and project planning of mini dairy plant
- 4.7 Costing of different dairy products
- 4.8 Schedule for maintenance of mini dairy plants

Section D-30 Marks

5. LIVESTOCK AND POULTRY MANAGEMENT

30%

5.1 Husbandry

- 5.1.1 Functions and tools of farm management
- 5.1.2 Management of different stages of animal (young, pregnant, lactating, dry etc.)
- 5.1.3 Management of livestock and poultry breeding stocks
- 5.1.4 Handling and utilization of livestock and poultry farm wastes
- 5.1.5 Hatchery management-factors influencing hatching results

[Handwritten signature]
राष्ट्रीय प्रशिक्षण
मार्गदर्शक



- 5.1.6 Management of chicks, growers and layers including broilers
- 5.1.7 Hygienic milk production
- 5.2 Animal Health
 - 5.2.1 Sanitation and prophylactic measures
 - 5.2.2 External and internal parasites -their control measures
 - 5.2.3 Symptoms, prevention and control measures of common livestock and poultry diseases -scour, mastitis, H.S., FMD, Calf pneumonia, bloat, PPR, black quarter, enterotoxemia, foot rot, pox, swine fever, Ranikhet, Gamboro, Marex, CRD
 - 5.2.4 Zoonotic diseases and their importance to public health
- 5.3 Livestock Marketing
 - 5.3.1 Relationship between livestock production and marketing
 - 5.3.2 Types of markets for livestock and livestock products
 - 5.3.3 Factors affecting the livestock markets
 - 5.3.4 Livestock market promotion and sustainable management
 - 5.3.5 Economics of poultry (layers and broilers) farming
 - 5.3.6 Economics of livestock (cattle, buffalo, goat, sheep, pig, and rabbit) farming


रमेश मिश्रा
शाखा अधिकृत

नेपाल स्वास्थ्य सेवा सहायक चौथो तह अ.हे.व. पदको लिखित परिक्षाको पाठ्यक्रम



पाठ्यक्रमको रुपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ ।

दोश्रो चरण: लिखित परीक्षा

पूर्णाङ्क: ५०

तेश्रो चरण: अन्तर्वार्ता

पूर्णाङ्क: २०

दोश्रो चरण: लिखित परीक्षा

विषय	परीक्षा	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या	समय
सेवा सम्बन्धी	लिखित	५०	२०	बस्तुगत बहुउत्तर	५०	४५ मिनेट

तेश्रो चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

१. लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।

२. पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्नसंख्या यथासम्भव निम्नानुसार हुनेछ ।

पाठ्यक्रमको एकाइ	१	२	३	४	५	६	७	८	९	१०
प्रश्न संख्या	३	५	६	५	५	८	५	६	४	३

३. वस्तुगत बहुउत्तर प्रश्नहरूको उत्तर सही दिएमा प्रत्येक उत्तर बापत १ (एक) अंक प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अंक कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन ।

४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन नियमहरू परीक्षाको मिति भन्दा ३ (तिन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।

५. प्रथम चरणको छोटो सूचिमा परेका उम्मेदवारहरूलाई मात्र दोश्रो चरणको लिखित परीक्षामा सहभागि गराइनेछ ।

६. लिखित परीक्षाबाट छनोट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

सहायक चौथो अ.हे.व.

Anatomy and physiology

1. Anatomical structure and function of the different organs of the body system.

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

2. Health education and community Diagnosis

(A) Health Education

- Health Education, importance and method
- Communication & barrier of communication
- Learning process
- Leadership.

(B) School Health

- Purpose of School Health Program
- Activities of School Health Program.

(C) Community Diagnosis

- Importance and methods of community diagnosis

(Signature)
रमेश गिरी
सहायक अधिकारी



(D) Community Development

- Objective
- Methods of community development

3. Community Health

(A) Epidemiology

- Definition of Epidemiology
- Scope of Epidemiology
- Vital statistic
- Epidemiological investigation
- Epidemiological trends
- Disease prevention
- Basic principle of disease transmission
- Immunity.

(B) Environmental sanitation

- Environmental sanitation
- Scope of environmental sanitation
- Water (Source, Water purification)
- Excreta disposal and faecal born disease
- Solid waste method of termination
- Disposal of waste water
- Health & Disease spectrum
- Food sanitation
- Insects and rodents and their importance in public health
- Milk hygiene & Milk born disease.

4. (A) Basic Medical Procedures and First Aid Treatment

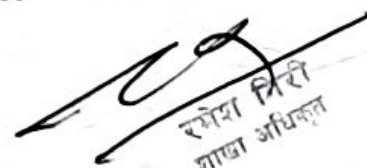
- First aid:- Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

(B) Basic Medical Procedures

- Vital signs
- Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- Bandage (Importance, types & application)
- Technique of giving injection
- Sterilization process, importance, type and methods.

5. Vector Borne Disease (VBDs):

- History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- Rationale and Tools and techniques for the Prevention and control of VBDs.
- Clinical features, Diagnosis and Case Management of VBDs
- Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs. Trends of transmission, geographical distribution, epidemiological situation.
- Planning for VBDs Prevention and Control at the district and periphery level:
 - Analysis of the district VBDs situation.
 - Development of District VBDs Profile with the risk areas and population mapped.
 - Preparation of Annual Work Plan
 - Epidemic/Outbreak preparedness and Response
 - Surveillance
 - Behaviour Change Communication (IEC)
 - Recording and Reporting of VBDs


रमेश मिश्रा
तापका अधिकृत



8. Referral and follow-up
9. Supervision, monitoring and evaluation of VBDs control programs.
10. Roles and responsibilities of different level health facilities.
11. Techniques of community mobilization for VBDs.

6. Maternal and Child Health, Family Planning and Nutrition

A. Maternal and Child Health

- i. Antenatal care
- ii. Physiological Change during pregnancy
- iii. Danger signs
- iv. High risk group (mother)
- v. Delivery care
- vi. Stages of labor
- vii. Difference between false and true labour
- viii. Postnatal care
- ix. New born Care
- x. Complication of pregnancy
- xi. Abortion
- xii. Ectopic pregnancy
- xiii. Toxemia
- xiv. Mal Presentations
- xv. Ante Partum haemorrhage
- xvi. Post partum haemorrhage
- xvii. Post partum haemorrhage, retained placenta
- xviii. Definition, signs and symptoms; and management of pelvic infection
- xix. Uterine prolapsed
- xx. Leucorrhoea, Trichomonosis
- xxi. Growth and development of baby
- xxii. Milestone development
- xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)

(B) Family Planning

- i. Population education
- ii. Population pyramids
- iii. Consequences of population growth
- iv. Measures to solve population problem.
- v. Family planning methods
- vi. Temporary method
- vii. Permanent method

(C) Nutrition


- i. Source of nutrients
- ii. Nutritional status measurements
- iii. Breast feeding, Weaning and supplementary foods
- iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

7. Communicable Disease and Microbiology

A. Microbiology

- i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

B. Communicable Diseases


रमेश गिरी
शाखा अधिकृत



Communicable disease and non communicable disease, causes, clinical features, treatment, complication and prevention of:

- i. Amoebic, bacillary, dysentery, giardiasis
- ii. Cholera, Tuberculosis, Malaria
- iii. Parasitic Diseases
- iv. Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
- v. Bacterial Disease
- vi. Leprosy, pertussis, tetanus, gastro-enteritis
- vii. Enteric fever, diphtheria, syphilis, gonorrhea.

8. Medicine & Surgery:

A. Medicine:

1. History taking/physical examination
2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of

a. Deficiency disease

- i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.

b. Digestive System

- i. Gastritis, peptic ulcer, cholecystitis
- ii. Appendicitis
- iii. Dysentery
- iv. Gastroenteritis
- v. Hepato-splenomegaly

c. Respiratory system

- i. Common cold
- ii. Tonsillitis
- iii. Pharyngitis
- iv. Rhinitis
- v. Sinusitis
- vi. Bronchitis
- vii. Pneumothorax

d. Cardiovascular System

- i. Hyper Tension
- ii. Congestive Cardiac Failure (CCF)
- iii. Rheumatic fever

e. Genito Urinary System

- i. Nephritis
- ii. Renal Colic
- iii. Urinary Tract Infection (UTI)

f. Endocrine System

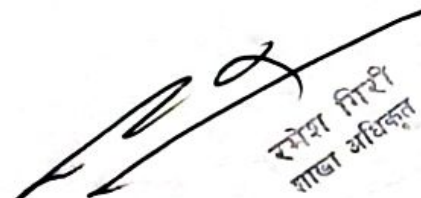
- i. Diabetes
- ii. Hypothyroidism
- iii. Hyperthyroidism

g. Nervous System

- i. CVA (Cerebro Vascular Accident)
- ii. Convulsion
- iii. Meningitis
- iv. Epilepsy
- v. Unconsciousness

h. Skin Problem

- i. Scabies
- ii. Ringworm
- iii. Impetigo
- iv. Eczema


रमेश मिश्रा
शाखा अधिकृत

v. Allergies

B Surgery:

1. Definition Clinical Features and appropriate treatment of:

- i. Boils
- ii. Carbuncles
- iii. Ulcer
- iv. Piles
- v. Wound
- vi. Burn and scales
- vii. Fracture
- viii. Dislocation and sprain
- ix. Head and spinal cord injuries
- x. Bleeding
- xi. Foreign body in eye, ear, nose and throat
- xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- xiii. Common problem of teeth and mouth
- xiv. Acute abdominal problem
- xv. Acute appendicitis
- xvi. Acute cholecystitis
- xvii. Intestinal obstruction
- xviii. Hydrocele
- xix. Hernia
- xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used in pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- iii. Inventory management
- iv. Dispensing
- v. Narcotic drugs management
- vi. Banded drugs


B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
 1. Digestive systems
 2. Respiratory system
- iv. Condition
 1. Pain
 2. Fever
 3. Inflammation
 4. Locally used preparations
 5. Antihypertensive drugs
 6. Nutritional Supplementary Drugs
 7. Vaccines
 8. Hormones
 9. Oral rehydration therapy
 10. Parental solution

10. Health Culture and Communication:

- i. Changes, process and barrier of changes in community
- ii. Traditional belief and health related taboos
- iii. Traditional medicine practice in Nepal




रमेश गिरी
शाखा अधिकृत



- iv. Concept of family health
- v. Health and disease spectrum
- vi. Health reporting and recording


Health Management:

- i. Health care system in Nepal
- ii. Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- iii. Primary Health Care (PHC): definition and components
- iv. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.

Management of:

- i. Health posts
- ii. Clinics
- iii. Health Camps
- iv. In service Training
- v. Inventory
- vi. Chart and Diagram
- vii. Meeting
- viii. Problem solving
- ix. Leaves
- x. Recording and reporting
- xi. Supervision and monitoring

-----End-----


रमेश निरि
शाखा अधिकृत

नेपाल स्वास्थ्य सेवा सहायक चौथो तह अ.न.मि. पदको लिखित परिक्षाको पाठ्यक्रम



पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ ।

दोश्रो चरण: लिखित परीक्षा

पूर्णाङ्क: ५०

तेस्रो चरण: अन्तर्वार्ता

पूर्णाङ्क: २०

दोश्रो चरण: लिखित परीक्षा

विषय	परीक्षा	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या	समय
सेवा सम्बन्धी	लिखित	५०	२०	बस्तुगत बहुउत्तर	५०	४५ मिनेट

तेस्रो चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

१. लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।

२. पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्नसंख्या यथासम्भव निम्नानुसार हुनेछ ।

पाठ्यक्रमको एकाई	A	B	C	D	E	F	G	H	I
प्रश्न संख्या	4	6	9	5	4	15	2	3	2

३. वस्तुगत बहुउत्तर प्रश्नहरूको उत्तर सही दिएमा प्रत्येक उत्तर बापत १ (एक) अंक प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अंक कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन ।

४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन नियमहरू परीक्षाको मिति भन्दा ३ (तिन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।

५. प्रथम चरणको छोटो सूचिमा परेका उम्मेदवारहरूलाई मात्र दोश्रो चरणको लिखित परीक्षामा सहभागि गराइनेछ ।

६. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

(A) Anatomy and physiology

1. Names, types and functions of the different Organs of following system

- 1.1 Skeletal System
- 1.2 Muscular System
- 1.3 Digestive System
- 1.4 Circulatory System
- 1.5 Urinary System
- 1.6 Nervous System
- 1.7 Respiratory System
- 1.8 Endocrine System
- 1.9 Sensory Organs

2. Mechanism of the different system

- 2.1 Mechanism of digestion of food
- 2.2 Mechanism of respiration
- 2.3 Mechanism of Menstrual cycle
- 2.4 Mechanism of urinary system

(B) Nursing Procedure and First Aid

1. Nursing Procedure

- 1.1 Job description of Auxiliary Nurse Midwife (ANM) in Health Post, Community and district
- 1.2 Prevention and treatment of bed sore
- 1.3 Vital signs
- 1.4 Sterilization:- Importance, types and methods

रमेश निरौ
शाखा अधिकृत



1.5 Catheterization

1.6 Medicine (Essential drugs used in Health Post, Sub-Health Post and Hospital)

2. First aid treatment of following condition

2.1 Fracture

2.2 Shock, Wound, Haemorrhages, Epistaxis, Scald and Burn

2.3 Unconscious, Fits

2.4 Dog bite, snake bite, Poisoning, foreign body in eye, ear and nose

(C) Family Planning, Maternal and Child Health (MCH) and Nutrition

1. Methods of family planning

1.1 Temporary methods for male and female

1.2 Permanent methods for male and female

1.3 Family planning counseling

1.4 Various rates and ratio used in population education

2. Maternal and Child Health (MCH)

2.1 Immunization

2.2 Six killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Measles)

2.3 Milestone

2.4 Record Height, Weight and Mid Upper Arm Circumference (MUAC)

2.5 ARI (Acute Respiratory Tract Infection)

2.6 Malnutrition; Protein energy malnutrition (P.E.M.)

2.7 Control of Diarrhoeal Diseases (CDD)

2.8 Preparation of oral rehydration solution (ORS)

2.9 Advantages of breast feeding

2.10 Vaccines

2.11 Maintenance vaccine potentiality

3. Nutrition

3.1 Importance of nutrition on the growth and development of the body

3.2 Nutritional requirement in normal children, adult, pregnancy and lactating mother

3.3 Disease due to vitamin deficiency and source of vitamin

3.3.1 Vitamin "A"

3.3.2 Vitamin "B"

3.3.3 Vitamin "C"

3.3.4 Vitamin "D"

3.4 Anaemia and its management

3.5 Goiter, cretinism, mental retardation and its prevention

(D) Diagnosis and treatment of simple disorders

1. Different types of micro organisms including spore and parasites

2. Common skin problems and its management

3. Nursing management of following conditions:

3.1 Diabetes

3.2 Peptic ulcer

3.3 Jaundice

3.4 Typhoid

3.5 Bronchial Asthma

3.6 Bronchitis

3.7 Hypertension

3.8 Congestive cardiac failure

3.9 Rheumatic fever

3.10 Sexually Transmitted Disease (STD)

3.11 Urinary Tract Infection

3.12 Meningitis, Encephalitis

3.13 Paralysis


रमेश गिरी
शाखा अधिकृत

- 3.14 Head injury
- 3.15 Infection of eye
- 3.16 Mental Health (Types and causes of mental problem)



(E) Health education and Communication

- 1. Principle and importance of health education
- 2. Methods and media of health education
- 3. Elements, barriers and techniques of communication

(F) Midwifery

1. Antenatal care (ANC)

- 1.1 Function of placenta
- 1.2 Physiological changes during pregnancy
- 1.3 Signs and symptoms of pregnancy.
- 1.4 Purpose of Antenatal care.
- 1.5 Calculation of Last Menstrual Period (LMP) and Expected Date of Delivery (EDD) and gestational week of pregnancy
- 1.6 Investigations during pregnancy
- 1.7 Health teaching during antenatal visit
- 1.8 Minor and Major disorders during pregnancy its management
- 1.9 High risk factors during pregnancy and their management

2. Labour (Intranatal)

- 2.1 Signs & symptoms; and causes of onset of labour
- 2.2 Physiological changes during first, second and third stages of labour
- 2.3 Signs and symptoms and management of maternal and foetal distress
- 2.4 Indications and time of episiotomy
- 2.5 Method of scoring of the APGAR score
- 2.6 Immediate care of newborn baby
- 2.7 Examination of newborn baby
- 2.8 Complication of third stage and its management
- 2.9 Abnormal Labour
 - 2.9.1 Occipital posterior position
 - 2.9.2 Multiple pregnancy
 - 2.9.3 Mal presentation
 - 2.9.4 Prematurity
 - 2.9.5 Post maturity
- 2.10 Management of prolonged labour
 - 2.10.1 Cephalo pelvis disproportion (CPD)
 - 2.10.2 Trial labour (Induction)

3. Postnatal care

- 3.1 Definition, Principles and purpose of postnatal care
- 3.2 Minor disorders during puerperium (After pain, retention of urine, constipation, Haemorrhoid, Cracknipple, Engorge breast, Sub-involution of the Uterus)
- 3.3 Major disorder during puerperium
 - 3.3.1 Puerperal sepsis
 - 3.3.2 Urinary Tract Infection (UTI)
 - 3.3.3 Incontinence of urine and stool
 - 3.3.4 Puerperal haemorrhage
 - 3.3.5 Venous thrombosis
 - 3.3.6 Pulmonary embolism
 - 3.3.7 Postnatal psychosis and depression
 - 3.3.8 Causes, signs and symptoms, complications and management of mother and baby
 - 3.3.9 Major disorders of new born

[Signature]
रमेश गिरी
शाखा अधिकृत

(G) Environmental Sanitation and Home visit

1. Community and home visit
2. Health problems and diseases due to poor environmental Sanitation
3. Water pollution
4. Excreta disposal and its importance
5. Types of latrines
6. Classification and management of solid waste disposal



(H) Epidemiology and communicable diseases

1. Definition and aims of epidemiology
2. Concept of diseases
3. Primary Health care (Definition, element, Basic Principles)
4. Immunity
5. Communicable diseases and its prevention, control and treatment including Acquired Immuno Deficiency Syndrome (AIDS) and Sexual Transmitted Disease (STD)

(I) Community diagnosis

1. Importance and methods of community diagnosis

-----End-----

Handwritten signature and date:
08/02/28
Printed text below signature:
रमेश गिरी
शाखा अधिकृत