

प्रदेश लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, जनस्वास्थ्य अधिकृत पद, सातौं तहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम



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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- २००

द्वितीय चरण:- सामूहिक परीक्षण र अन्तर्वार्ता

पूर्णाङ्क:- ४०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	Basic Knowledge on Management, Applicable Legislations and Contemporary Issues	१००	४०	विषयगत (Subjective)	६ x ५ = ३०	२ घण्टा १५ मिनेट
	वस्तुगत बहुवैकल्पिक (MCQs)			७० X १ = ७०		
द्वितीय	हेल्थ इन्स्पेक्सन सम्बन्धी	१००	४०	विषयगत (Subjective)	१० X १० = १००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	२०	सामूहिक छलफल (Group Discussion)	३० मिनेट
अन्तर्वार्ता	३०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रका विषयवस्तु फरक फरक हुनेछन् ।
- प्रथम र द्वितीय पत्रको परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम र द्वितीय पत्रको एकाईहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ

प्रथम पत्रका एकाई	Part I	१	२	३	४	५											
प्रश्न सङ्ख्या		1	1	1	1	2											
प्रथम पत्रका एकाई	Part II	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	
प्रश्न सङ्ख्या		3	6	5	5	3	8	4	6	2	5	3	4	8	4	4	
द्वितीय पत्रका खण्ड		A						B									
द्वितीय पत्रका एकाई		1		2		3		4				5					
प्रश्न सङ्ख्या		1		2		2		3				2					

- वस्तुगत बहुवैकल्पिक प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू सोध्न सकिने छ ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परिक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।



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९. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून ऐन नियम तथा नीतिहरु परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
१०. पाठ्यक्रम लागू मिति:-

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प्रथम पत्र :- हेल्थ इन्स्पेक्सन सम्बन्धी

Part I - Basic Knowledge on Management, Applicable Legislations and Contemporary Issues

(6 × 5 Marks = 30Marks)

1. Basic Knowledge on Nepal and Bagamati State: (1 ×5 Mark = 5 Marks)

- 1.1 Physical, socio-cultural and economic geography and demography of Nepal
- 1.2 Geographical diversity, climatic conditions, and livelihood & lifestyle of people of Bagamati State
- 1.3 Current periodical plan of Bagamati State

2. Constitution of Nepal (1 ×5 Mark = 5 Marks)

3. Management Aspects and Governance (1×5 Mark = 5 Marks)

3.1 Management concepts:

- Planning, organizing, directing, controlling, coordinating, budgeting,
- Motivation & morale
- Leadership
- Decision making,
- Supervision, Monitoring and Evaluation

3.2 Project Cycle

3.3 Good Governance

4. Relevant Cross Cutting Issues: (1 ×5 Mark = 5 Marks)

- 4.1 Sustainable Development Goals and Health
- 4.2 Climate change and environment,
- 4.3 Disaster Management
- 4.4 Effectiveness of Service Delivery through Citizen Charter, Social Audit, Public Hearing, Grievance Handling and Information Technology,
- 4.5 Effectiveness of Service Delivery- Public Service Charter
- 4.6 Evaluation of public works by citizens: public hearings, social audit, public audit and third-party evaluations
- 4.7 Reservation and Positive Discrimination

5. Applicable Legislations: (2 ×5 Mark = 10 Marks)

- 5.1 The Public Procurement Act, 2063
- 5.2 The Public Procurement Rules, 2064 (2007)
- 5.3 The Prevention of Corruption Act, 2059 (2002 A.D)
- 5.4 Money Laundering Prevention Act, 2064 (2008)
- 5.5 Right to Information Act, 2064 (2007)
- 5.6 Provisions of State Civil Service Act and Regulation of Bagamati State
- 5.7 National Health policy,
- 5.8 Nepal Medical Council Act
- 5.9 Mother's milk Substitute Act,
- 5.10 Organ transplant Act
- 5.11 Legalization of abortion



Part II:

1. Health and Public Health

- 1.1. Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of disease, Measurement of health, disease and well Being
- 1.2. Historical development and changing concept of Public health, Concept, Features, Issues and Hope

2. Health Planning and Management

- 2.1. Approaches, models, methods and practices
- 2.2. Need assessment, planning cycle, Situation analysis of health sector and evidence-based planning, monitoring and evaluation
- 2.3. Strategic and operational planning
- 2.4. Inventory management
- 2.5. Drug management
- 2.6. Financial management
- 2.7. Health economics, Health care financing: Basic concepts and economic
- 2.8. Evaluation of health care services
- 2.9. Health care need assessment
- 2.10. Decentralization in Public Health management in Federal system of Nepal
- 2.11. Basic health service, minimum service standards and quality health service and Quality assurance in health care

3. General Epidemiology

- 3.1. Definition, concepts, approaches, aims, and use of epidemiology
- 3.2. Epidemiological methods, Incidence, Prevalence, association and causation, disease prevention and control
- 3.3. Epidemiology of communicable and non communicable diseases
- 3.4. Dynamics of disease transmission and Chain of Infection
- 3.5. Investigation of an epidemic, case investigation and contract tracing
- 3.6. Concept, principles of screening. Different forms of screening, screening in Hospitals, industries and community, Criteria for screening, Sensitivity and specificity, Positive and negative predictive value.
- 3.7. Health indicators

4. Health Statistics

- 4.1. Health Statistics: Introduction of Health Statistics and its uses, Sources of Health Statistics, major sources of Public Health Statistics in Nepal, Classification, Tabulation and way of presentation of Health data
- 4.2. Statistical analysis methods: Measures of Central Tendency, Measures of Variability, Measures of Correlation, Measures of Regression
- 4.3. Sampling Theory: Introduction and utility of sampling, Sample, sample size and sampling, Statistic and parameter, Sampling error of a statistics, Principle steps for conducting a good survey, Types of sampling (Random and Non-Random)
- 4.4. Test of Significant: Chi-square test (χ^2 - test), Student's t and z- test

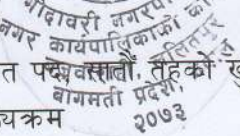
5. Introduction and scope of population study, Difference between Demography and population study

- 5.1 Vital events and Vital statistics
- 5.2 Factors affecting and measures of Fertility, Mortality, Migration

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प्रतियोगितात्मक परीक्षाको पाठ्यक्रम



- 5.3 Urbanization and its effect, Life expectancy
- 6. Applied Epidemiology and Disease Control**
 - 6.1 Epidemiology, Prevention and control of communicable diseases including: Measles, Diphtheria, Whooping cough, Acute respiratory tract infection, Rubella, Mumps, Influenza, Tuberculosis, Viral hepatitis, Food poisoning, Typhoid fever, Intestinal worms, Acute diarrheal diseases, Filariasis, Leishmaniasis, Malaria, Japanese encephalitis, Rabies, Tetanus, Trachoma, Leprosy, STD and HIV Dengue, Swine flue, COVID-19
 - 6.2 Prevention and control Existing non-communicable diseases in Nepal
 - 6.3 Concept of Control, elimination and eradication of diseases
- 7. Public Health and Nutrition**
 - 7.1 Maternal, Adolescent, infant and young child Nutrition,
 - 7.2 Current issue in Nutrition in development context;
 - 7.3 Nutrition Assessment and Nutrition Information system,
 - 7.4 Nutrition during emergency, Nutrition and disaster risk reduction;
- 8. Environmental Health**
 - 8.1 Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing
 - 8.2 Solid waste disposal and control
 - 8.3 Excreta disposal and control
 - 8.4 Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control
 - 8.5 Insecticides safe use and resistance
 - 8.6 Rodents and Snakes control
- 9. Occupational Health**
 - 9.1 Occupational environment and safety
 - 9.2 Management and prevention of occupational hazards
 - 9.3 Toxicological Basis of Occupational Diseases
 - 9.4 Measures for general health protection of workers
- 10. Health Education and Health Promotion**
 - 10.1 Concept, Objectives Health Education and Health promotion principles and their importance
 - 10.2 Methods of health education
 - 10.3 Health education medias and production
 - 10.4 Behavior changes communication (BCC)
 - 10.5 Community organization and participation
 - 10.6 Communication and information: concepts and importance
 - 10.7 School health program: concepts, areas and importance
- 11. Primary Health Care Universal Health Coverage Essential Health Care Services (EHCS review of MDG)**
 - 11.1 Concept, Components, Status and Prospects
- 12. Development Partners Support**
 - 12.1 Development Partners contributing to Health Sector in Nepal
 - 12.2 Multilateral Organizations
 - (a) UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS and World Bank, World Food Program (WFP)
 - (b) Bilateral agencies working in Nepal: USAID, JICA, GTZ/ German Development cooperation (Technical), KfW/German Development Financial Cooperation, DFID



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 नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, जनस्वास्थ्य अधिकृत पदका लागि

 प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

 बागमती प्रदेश, २०७३

12.3 International Non –Government Organizations: ADRA Nepal, Ipas Nepal, BNMT Nepal , CARE Nepal/ NURTURE, FHI 360 Nepal through USAID-/PEPFAR-funded Linkages Nepal, HKI (Helen Keller International , INRUD, Nepal (International Networks for Rational use of Drugs, World Vision International, UMN (United Mission to Nepal, One Heart World Wide (OHW) , JICA Nepal, Plan International Nepal, Country office, PSI/ Nepal) Population Services International/ Nepal, FAIRMED Foundation Nepal .

12. 4: Non-Governmental Organization : NTAG – Nepal Technical Assistance Group, Nick Simons Institute (NSI), Marie stopes International through implementing partner Snaulo Parivar Nepal, Nepal CRS company, Family Planning Association of Nepal (FPAN) , Nepal Red cross Society (NRCS), PHASE Nepal , Medic Mobile

13. नेपालको संविधान र सान्दर्भिक कानून तथा सम्बद्ध विविध विषय ८ अङ्क
- क) नेपालको संविधान २ अङ्क
१. नेपालको संविधान
- ख) सान्दर्भिक कानून ४ अङ्क
२. भ्रष्टाचार निवारण ऐन, २०५९
३. बागमती प्रदेशको प्रदेश निजामती सेवा ऐन तथा नियमावली
४. कर्मचारी समायोजन ऐन, २०७५
५. बागमती प्रदेशको प्रदेश लोक सेवा आयोग ऐन, २०७६
- ग) विविध विषय २ अङ्क
६. बागमती प्रदेशको भौगोलिक, आर्थिक तथा सामाजिक क्षेत्रको जानकारी
७. बागमती प्रदेश सरकार अन्तर्गतका निकायहरू मन्त्रालय, विभाग र कार्यालयहरू

14. नेपाली र अङ्ग्रेजी भाषाको योग्यता परीक्षण ८ अङ्क
१. नेपाली भाषा शुद्धा शुद्धिको योग्यता परीक्षण: ४ अङ्क
- नेपाली भाषामा स्तरीय शुद्ध शब्द, वाक्यांश र वाक्य लेखनको लागि आवश्यक पर्ने ह्रस्व दीर्घ, ब र व, तथा श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित शुद्ध शब्द, वाक्यांश र वाक्य लेखनसहितको नेपाली भाषाको शुद्धाशुद्धिको ज्ञान (नेपाली भाषा शुद्धसँग लेखे सीप र लेखाइको योग्यता परीक्षण गर्ने ४ प्रश्नहरू सोधिने छन्।)
- नेपालको संविधानमा भएको व्यवस्थाबमोजिम नेपाली भाषा सरकारी काम काजको भाषा भएको हुँदा सरकारी सेवाका कर्मचारीले सरकारी काम काजमा लेखिने सरकारी कामकाजको नेपाली भाषाको लेखाइ विशेष गरी पत्राचार, निर्देशन, आदेश, टिप्पणी र आदेश, परिपत्र, प्रेस विज्ञप्ति, सूचना, विज्ञापन, राजपत्र, प्रतिवेदन, वार्षिक प्रतिवेदन, ऐन, नियमावली तथा कार्यविधि, बैठकको माइन्डट तथा निर्णय, प्रशंसा पत्र, निमन्त्रणा पत्र, करारनामा, सम्झौता, कबुलियतनामा, बयान, वेवसाइटको लेखाइ लगायत सबै प्रकारका नेपाली भाषाका लिखत कागजातहरू व्याकरण अनुरूप शुद्धसँग लेखे सीप र शुद्धा शुद्धि लेखाइको योग्यता परीक्षण गर्ने।)

15. English Language Competence Test:

4 Marks

English proficiency- 2 questions from Comprehension and 1 question each from Vocabulary and Syntactic ability)

2.1 Comprehension:

2 Marks

Questions will be asked on the passage given. The questions will try to accommodate the following areas: Fact finding, inferential, core theme, true/false identification, issues raised, and language based.

2.2 Vocabulary:

1 Mark



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Questions will be asked to assess their grasp on the English language vocabulary. The questions will be of the following nature:

Meaning of the words (literal/figurative/contextual), single word for expressions, synonyms/antonyms, derivatives and homonyms/ homophones.

2.3 Syntactic ability:

1 Mark

Questions will be asked to assess the syntactic ability of the candidates. The questions will be based on the following categories:

Agreement, tense aspect, parallel structures, clauses, modifier, conditionals, phrasal expressions, shifts (tense, number, person), transformations, varieties, prepositions/conjunctions, and parts of speech.

Note: The above **English Language Competence Test** syllabus is devised for assessing the proficiency of the English language of candidates. With the view to assess the candidates' language competence, the syllabus aims:

- To test the understanding of their language through reading comprehension,
- To map the range of their vocabulary,
- To examine their syntactic ability.

The nature and standard of questions in English Language Competence Test will be such that an educated class XII level person will be able to answer them without any specialized study.

द्रष्टव्यः प्रथम पत्र सामान्य सचेतनाको बहुवैकल्पिक प्रश्न पाठ्यक्रम एकाइहरूबाट यथासम्भव Level I का ६० प्रतिशत र Level II का ४० प्रतिशत गरी प्रश्नहरू सोधिनेछ।