

प्राविधिक शिक्षा तथा व्यावसायिक तालिम परिषद् र पोखरा महानगरपालिकाद्वारा संचालित

गण्डकी बहुप्राविधिक शिक्षालय

पोखरा – २९ भण्डारदिक, कास्की

प्राविधिक तथा प्रशिक्षण सेवा, स्वास्थ्य प्रशिक्षण समूह, जनस्वास्थ्य उपसमूह

अधिकृतस्तर अधिकृत छैटौं र सातौं तह जनस्वास्थ्य प्रशिक्षक पदको खुल्ला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

सेवा: प्राविधिक तथा प्रशिक्षण	समूह: स्वास्थ्य प्रशिक्षण	उपसमूह: जनस्वास्थ्य
पद: जनस्वास्थ्य प्रशिक्षक	स्तर: अधिकृत छैटौं र सातौं	किसिम: खुल्ला
पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइनेछ :-		
प्रथम चरण: लिखित परीक्षा		पूर्णाङ्क: ११०
दोस्रो चरण: अन्तरवार्ता, शैक्षिक योग्यता र अनुभव		पूर्णाङ्क: ४०

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
प्रथम	सेवा सम्बन्धी	४०	१६	बस्तुगत बहुवैकल्पिक प्रश्नहरू (MCQS)	४० x १ = ४०	३० मिनेट
दोस्रो	सेवा सम्बन्धी	७०	२८	विषयगत प्रश्नहरू	७ x १० = ७०	२ घण्टा ३० मिनेट

दोस्रो चरण: अन्तरवार्ता, शैक्षिक योग्यता र अनुभव

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तरवार्ता	२५	मौखिक (Interview)
शैक्षिक योग्यता	१०	शैक्षिक योग्यता प्रमाणपत्रको आधारमा
कार्य अनुभव	५	सम्बन्धित विषयको दखलताको आधारमा

शैक्षिक योग्यता र अनुभवको मुल्याङ्कन गण्डकी बहुप्राविधिक शिक्षालयमा करार कर्मचारी/प्रशिक्षक छनौट तथा ब्यबस्थापन गर्ने सम्बन्धी कार्यविधि, २०७७ बमोजिम हुनेछ।

द्रष्टव्य:

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र दोस्रो चरण गरी दुई भागमा विभाजन गरिएको छ।
- माथि उल्लेखित सेवा अन्तर्गतका समूह उप-समूहहरूको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम उपर्युक्त बमोजिम हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- बस्तुगत बहुवैकल्पिक प्रश्नहरूको गलत उत्तर दिएका प्रत्येक गलत उत्तर वापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क पनि कट्टा गरिने छैन।
- वस्तुगत बहुउत्तर हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षर (Capital Letters) A, B, C, D मा लेख्नु पर्नेछ। सानो अक्षर (Small letters) a, b, c, d मा लेखेको वा अन्य कुनै संकेत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन।
- विषयगत प्रश्नका लागि तोकिएका अंकका हकमा एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग वा एउटै प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू सोध्न सकिनेछ।
- परीक्षामा सोधिने प्रश्नसंख्या, अंक र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा भए अनुसार हुनेछ।
- परीक्षामा परीक्षार्थीले मोवाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन।
- विषयगत प्रश्न हुने पत्रका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नु पर्नेछ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयबस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणमा सम्मिलित गराइनेछ।

प्रथम पत्र: सामान्य ज्ञान तथा ऐन नियमहरू र सेवा सम्बन्धित विषय

पूर्णाङ्क – ४०

खण्ड क: सामान्य ज्ञान तथा ऐन नियमहरू

१५ x १ = १५

१. बिज्ञान र प्रविधि, प्रसिद्ध बैज्ञानिक र तिनको योगदान
२. वातावरण प्रदूषण तथा जलवायु परिवर्तन
३. राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक घटना तथा नविनतम गतिविधिहरू
४. दिगो विकासका लक्ष्यहरू
५. National health policies 1991 and 2019
६. Nepal Health Sector Program (NHSP), NHSP I, II, Nepal Health Sector Strategy III (2015-2020) and NHSS (2023-2030)
७. National Health Financing Strategy in Nepal (2023-2033)
८. Health Sector in Current Five-Year Plan
९. Right of Health in Constitution of Nepal
१०. Health act, 2053 and Health regulation, 2054
११. National Health Professional Council (NHPC), act and related regulations
१२. प्राविधिक शिक्षा तथा व्यावसायिक तालीमको पृष्ठभूमि, लक्ष्य र उद्देश्य
१३. प्राविधिक तथा व्यावसायिक शिक्षा एवं तालिम नीति, २०६९
१४. पोखरा महानगरपालिको सामान्य जानकारी
१५. गण्डकी बहुप्राविधिक शिक्षालय संग सम्बन्धित ऐन, नियम तथा कार्यविधिहरू

खण्ड ख: सेवा सम्बन्धी विषय

२५ x १ = २५

दोस्रो पत्रको सेवा सम्बन्धी विषयको पाठ्यक्रम नै प्रथम पत्रको खण्ड “ख” को सेवा सम्बन्धी विषयको पाठ्यक्रम हुनेछ ।

दोस्रो पत्र: सेवा सम्बन्धित

1. Health, Health Planning and Management

- 1.1. Meaning, concept and spectrum of health and disease; factors that influence health, social determinants, dimension of disease, measurement of health, disease and well being
- 1.2. Public health: historical development, changing concept, scope and evidence based public health
- 1.3. Health planning and management
 - 1.3.1. Approaches, models, methods and practices
 - 1.3.2. Need assessment, planning cycle, elements, types, methods of planning
 - 1.3.3. Planning in decentralized health system of Nepal
 - 1.3.4. Concept, importance and methods of quality assurance in health care
 - 1.3.5. National health surveys and importance of research in health system
 - 1.3.6. Use of artificial intelligence (AI) in health system : opportunities & challenges
- 1.4. Meaning, concept and scope of public health management and administration
- 1.5. Components of health service management in Nepal
- 1.6. Various approaches of health service delivery in Nepal
- 1.7. Electronic Health Service Management, Information System (e-HMIS)
- 1.8. District Health Information System 2 (DHIS-2)
- 1.9. Electronic Medical Record (EMR) and Electronic Health Record (EHR)
- 1.10. Organizational structure of health system in Nepal, Organization and Management (O and M) Survey
- 1.11. Logistics management and electronic logistics management center (e-LMIS)
- 1.12. Financial management, health sector budget, National Health Insurance Program, National Health Accounts
- 1.13. Health economics, health care financing: basic concepts and economic evaluation of health care services

2. General Epidemiology, Demography and Health Statistics

- 2.1. Epidemiology: historical development, definition and scope; terminology used in epidemiology; epidemiological methods, incidence, prevalence, association and causation, disease prevention and control; epidemiology of communicable and non-communicable diseases; dynamics of disease transmission; investigation of an epidemics; screening of diseases; health indicators
- 2.2. Demography: population trends-world and national; measures of population dynamics; factors affecting fertility, mortality and migration; urbanization, life expectancy, demographic dividend, dependency ratio

- 2.3. Health statistics: sources of health information, health information system; tabulation, graphic and diagrammatic presentation of data; statistical methods; measures of central tendency, measures of variability, correlation, regression, permutations, combinations, probability and distribution, sampling theory, sampling distribution, estimation and hypothesis testing

3. Applied Epidemiology and Disease Control

- 3.1. Epidemiology, prevention and control of communicable diseases : viral, bacterial, fungal and protozoal infections, helminthes infestation, zoonotic diseases and others (trachoma), food poisoning
Risk factors, prevention and control of non-communicable diseases: CVD, COPD, cancer, diabetes, accidents, mental health, suicide, drug abuse and snake bites.
- 3.2. Concept of control, elimination and eradication of diseases
- 3.3. Introduction and consequences of conflict and disaster, disaster planning, preparedness and prevention, conflict management and its importance in health service management, and outbreak investigation steps in field epidemiology

4. Family Health, Child Health, and Food and Nutrition

- 4.1. Family health: concept and historical development of family health; roles of family health in prevention, promotion, treatment and rehabilitation of health; reproductive health and safe motherhood program; pattern of communicable and non-communicable diseases concerned to reproductive health and safe motherhood; family planning principles and methods and importance of counseling; life cycle approach in health; healthy and active ageing and disability
- 4.2. Child health: child health and national health care system; malnutrition and vaccine preventable diseases; indicators used in child health program in Nepal
- 4.3. Food and nutrition: food classification, sources and daily requirement of calorie; unhygienic food and effect in health; food borne diseases; food hygiene and its importance; food security and nutrition; nutritional profiles; nutritional problems; assessment of nutritional status; food toxication, additives and fortification

5. Environmental and Occupational Health

- 5.1. Environmental and occupational health: meaning, scope, component, application and importance
- 5.2. Management and control of basic and fundamental factors - water, air, lighting, noise, housing; solid waste disposal and control; excreta disposal and control

- 5.3. Medical entomology: definition and classification of important arthropods and rodents, diseases and health hazards associated with arthropods and rodents; prevention and control of diseases and health hazards, Integrated Vector Management (IVM)
- 5.4. Biodiversity and human health; basic concept of biodiversity, environmental toxicology, prevention and control; health impact of pesticide use, global warming and climate change
- 5.5. Management and prevention of occupational hazards; measures for general health protection of workers
- 5.6. Concept and importance of One Health Approach

6. Health Promotion and Education

- 6.1. Health promotion and education: history, meaning, concept, principles and scope
- 6.2. Principles of learning; methods and media for health education and health promotion; behavior change communication (BCC); community organization, community participation and empowerment
- 6.3. Communication and information: concepts, types and importance
- 6.4. Planning of health education and promotion program; importance of health education and promotion planning; steps of health education planning; PRECEDE-PROCEED framework of health education diagnosis; approaches in health promotion and education planning; monitoring and indicator of health education and promotion programs
- 6.5. School health program: concepts, areas and importance, health promoting school
- 6.6. Culture and health: definition of culture, characteristics, elements and types of culture; health behavior, illness behavior and sickness role; socio-cultural influences in health behavior; models of health behavior
- 6.7. Rational use of social media in health promotion and education

7. Management Issues in Health Services

- 7.1. Primary health care (PHC), Selective and Comprehensive PHC, Essential health care services (EHCS), Alma-Ata Declaration, , Astana Declaration
- 7.2. Introduction, objectives, strategies, targets and current status of national health programs - family planning, safe motherhood, immunization program, nutrition, community based integrated management of neonatal and childhood illness (CBIMNCI), vector borne diseases, tuberculosis, leprosy, sexually transmitted infections (STIs) and HIV/AIDS
- 7.3. International health organization, development partners, their priorities and critical analysis on their role in health sector
- 7.4. Indigenous and traditional health care system including ayurveda and other system, importance and scope in public health
- 7.5. Ethical issues in health and responsible code of conduct
- 7.6. Sustainable development goals (SDGs) and health

7.7. Concept and importance of governance in health system

8. Basic Science

- 8.1. Anatomy: definition of terminologies used in anatomy; cell; basic types of tissues with their characteristic features and organ systems
- 8.2. Physiology: introduction to different components of cell and their function; different tissue of body and their characteristics; body fluids and electrolyte balance their classification and composition and homeostasis
- 8.3. Biochemistry: introduction and application of biochemistry in public health; basic concept of acid, base and salt; definition, classification, properties of carbohydrates, protein, fats and vitamins
- 8.4. Microbiology: introduction to microbial world; introduction to community acquired microbial infection
- 8.5. Bacteriology: classification of bacteria; concept of opportunistic and pathogenic organisms; mechanism of infection
- 8.6. Parasitology: classification of human parasite; introduction to parasitic diseases associated with poor personal and public hygiene; Blood parasites (malaria parasite, kala-azar, microfilaria) - treatment, prevention and control; Intestinal protozoa (entamoeba hystolytica, Giardia lamblia and Cryptosporia) - treatment, prevention and control; Intestinal worms (roundworm, hookworm, pinworm, whipworm) - treatment, prevention and control

Questions will cover all units as far as possible from both parts as a long or short question.