



नगर कार्यपालिकाको कार्यालय बेलवारी मोरङ
कोशी प्रदेश, नेपाल

जनस्वास्थ्य अधिकृत पदको लागि सेवा करारको मध्यबन्धन पदपूर्ति गर्न तयार गरिएको परीक्षा पाठ्यक्रम
पाठ्यक्रमलाई देहाय बमोजिम बिभाजन गरिएको छः

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क	उत्तिर्णाङ्क
प्रथम	संक्षिप्त सूचि (शैक्षिक योग्यता मुल्यांकन, कार्य अनुभव मुल्यांकन, स्थानीयता मुल्यांकन)	८०	४०
दोस्रो	लिखित परीक्षा (बहु वैकल्पिक बस्तुगत)	१००	४०
अन्तिम	अन्तर्वार्ता	२०	-
	जम्मा	२००	

परीक्षा योजना (Examination Scheme)

१. प्रथम चरणः संक्षिप्त सूची

शिर्षक	शैक्षिक योग्यता	कार्य अनुभव	स्थानीयता	जम्मा
पूर्णाङ्क	६०	१०	१०	८०

२. दोस्रो चरणः लिखित परीक्षा (बहु वैकल्पिक बस्तुगत)

क्र.सं.	विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या * अङ्क	समय
क	लिखित परीक्षा (बहु वैकल्पिक बस्तुगत)	१००	४०	वस्तुगत प्रश्न	१०० प्रश्न * १ अङ्क = १००	१ घण्टा ३० मिनेट

३. अन्तिम चरणः अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक	-----

द्रष्टव्यः

- गलत उत्तर दिए बापत अंक काटिने छैन ।
- प्रथम चरणको संक्षिप्त सूचीमा नामावली प्रकाशित उम्मेदवारलाई मात्रै द्वितीय चरणको लिखित परीक्षा सम्मिलित गराइनेछ ।
- द्वितीय चरणको बहु वैकल्पिक बस्तुगत लिखित परीक्षाबाट उत्तिर्ण उम्मेदवारलाई मात्र अन्तिम चरणको अन्तर्वार्ता परीक्षामा सम्मिलित गराइनेछ ।
- सम्पूर्ण चरणको परीक्षाबाट प्राप्त कुल अंक योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।

जनस्वास्थ्य अधिकृत पदको विस्तृत पाठ्यक्रमः

१. प्रथम चरणः शैक्षिक योग्यता मूल्यांकन, कार्य अनुभव मूल्यांकन, स्थायीयता मूल्यांकन (८० अंक)

(क) शैक्षिक योग्यता मूल्यांकन : ६० (साठी) अंक,

(विशिष्ट श्रेणी वापत ६०, प्रथम श्रेणी वापत ५५, द्वितीय श्रेणी वापत ५०, तृतीय श्रेणी वापत ४५, (त्रिभुवन विश्वविद्यालयको अंक गणनाका आधारमा)। तर परीक्षार्थीको अंक GPA मा उल्लेख भएको भए सो GPA लाई २५% ले गुणा गरी प्राप्त अंकको ६०% देखी पहिलो श्रेणी, ४५% देखि दोस्रो श्रेणी र ३२% देखि तेस्रो श्रेणी कायम गरी मूल्यांकन गरिनेछ।

(ख) कार्य अनुभव मूल्यांकन : १० (दश) अंक

(अनुभव वापत प्रति वर्ष २ अंकको दरले बढीमा १० अंक प्रदान गरिनेछ। यसरी अंक प्रदान गर्दा चानचुन अवधिलाई दामासाही हिसाब गरी अंक प्रदान गरिनेछ। उमेद्वारले कार्य अनुभवको अवधि खुलेको कागजातको प्रमाणित विवरण आवेदनमा संलग्न गरेको हुनु पर्नेछ।)

(ग) स्थानीयता मूल्यांकनः स्थानीय बासिन्दालाई देहाय बमोजिम- १० (दश) अंक

(बेलबारी नगरपालिकाको बासिन्दा भएमा-१० अंक र बेलबारी नगरपालिका बाहेकको मोरङ जिल्लाको बासिन्दा भएमा-५ अंक)

२. दोस्रो चरणः लिखित परीक्षा (बहु वैकल्पिक बस्तुगत) (१०० अंक)

1. Health and Public Health

5%

1.1. Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of health, Measurement of health, disease and well being

1.2. Public health: Concept, definition, Historical development and changing concept, Three domains of public health

Health Planning and Management

20%

1. Approaches, models, methods, and practices

2. Need assessment, planning cycle, Planning, monitoring and evaluation

3. Strategic and operational planning

4. Health budget, MTEF and Periodic plan (Federal and Provincial)

5. General information of government planning, budgeting and accounting system

6. Inventory management

7. Drug management

8. Financial management

9. Health economics, Health care financing: Basic concepts and economic evaluation of health care services

10. Health care need assessment

11. Decentralization in health management

12. Health system in federal context

13. Quality assurance in health care

14. Health Emergency

3 General Epidemiology

10%

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

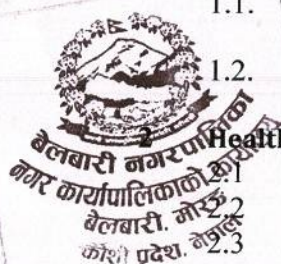
3.4 Dynamics of disease transmission

3.5 Investigation of an epidemics

3.6 Case investigation and contact tracing

3.7 Screening of diseases

3.8 Health indicators



- 3.9 Management of epidemics and recent challenges
- 4 Health Statistics 5%**
- 4.1 Sources of health information, Health information system
- 4.2 Evidence based planning, implication of research policy and research design
- 4.3 Tabulation, graphic and diagrammatic presentation of data
- 4.4 Statistical methods: Measures of central tendency, Measures of variability
- 4.5 Sampling size and Sampling methods
- 4.6 Hypothesis testing: Parametric and non-parametric Test (chi square, student t test and z test, non-parametric test, correlation and regression)
- 5. Demography 5%**
- 5.1 Population trends-world, national and provincial
- 5.2 Measures of population dynamics
- 5.3 Vital events and vital statistics
- 5.4 Factors affecting fertility, mortality and migration
- 5.5 Urbanization
- 5.6 Life expectancy, Ageing
- 6 Applied Epidemiology and Disease Control 20%**
- 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, Dengue, Rabies, Tetanus, Trachoma, Leprosy, STD, HIV/AIDS, COVID 19
- 6.2 Prevention and control of non-communicable diseases and injuries, mental health, Road Traffic Accident
- 6.3 Concept of Control, elimination and eradication of diseases
- Food and Nutrition 5%**
- 7.1 Nutritional profiles
- 7.2 Nutritional problems
- 7.3 Assessment of nutritional status
- 7.4 Management of Malnutrition
- 7.5 Food hygiene, food adulteration, food safety
- 7.6 Food borne diseases, additives and fortification
- 7.7 Comprehensive nutrition sensitive interventions
- 8 Environmental Health 5%**
- 8.1 Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing
- 8.2 Drinking water quality parameters
- 8.3 Solid and liquid waste disposal and control, health care waste management
- 8.4 Water, Sanitation, and Hygiene (WASH) status monitoring
- 8.5 Excreta disposal and control
- 8.6 Integrated vector management
- 8.7 Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control
- 8.8 Insecticides safe use and resistance
- 8.9 Rodents control
- 9 Occupational Health 5%**
- 9.1 Occupational environment and safety
- 9.2 Occupational hazards
- 9.3 Management and prevention of occupational hazards
- 9.4 Concept and importance of Ergonomics
- 9.5 Measures for general health protection of workers
- 9.6 Occupational safety and hazards prevention and control related legislations in Nepal
- Health Education and Health Promotion 10%**



- 10.1 Concept, Objectives and principles and their importance
- 10.2 Methods of health education
- 10.3 Health education, medias management for health promotion, health communication and production
- 10.4 Social and Behavior change communication (SBCC)
- 10.5 Community organization and participation
- 10.6 Communication and information: concepts and importance
- 10.7 Health promoting School health program: concepts, areas and importance
- 10.8 Health literacy: concept and importance
- 10.9 People centered health care

11 Concept, components, status and prospects of 5%

Primary Health Care (PHC), Essential Health Care Services (EHCS), Sustainable Development Goals (SDGs), Basic Health Care Services (BHCS), Universal Health Coverage (UHC) One Health, Health in All policy


12 International Health, Rural Health, Urban Health, and Global Health 5%

- 12.1 Health development partners and their priorities
- 12.2 UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS, UNOPS, and World Bank
- 12.3 Bilateral agencies working in Nepal: USAID, JICA, DFID, SDC, CIDA, AUSAID, NORAD, FINIDA, KOIKA
- 12.4 International Non -Government Organizations: ADRA Nepal, Ipas Nepal, BNMT Nepal, CARE Nepal, FHI 360 Nepal, HKI (Helen Keller International, World Vision International, UMN (United Mission to Nepal, One Heart World Wide (OHW), Plan International Nepal, PSI (Population Services International) Nepal, FAIRMED Foundation Nepal.
Non-Governmental Organization: NTAG - Nepal Technical Assistance Group, Nick Simons Institute (NSI), Sunaulo Parivar Nepal, Nepal CRS company, Family Planning Association of Nepal (FPAN), Nepal Red cross Society (NRCS), Karuna Foundation Nepal, Medic Mobile
- 12.5 Rural and Urban Health
- 12.6 Global health
- 12.7 IHR

३. अन्तिम चरणको अन्तर्वार्ता (२० अंक)

क्र.सं.	विवरण	पुर्णाङ्क
१	विषयवस्तुको ज्ञान	१०
२	प्रस्तुतीकरण	५
३	व्यक्तित्व	५

पाठ्यक्रम स्वीकृत मिति: २०८२।०९।२० गते


संजय बहादुर राजलवट
प्रमुख प्रशासकीय अधिकृत

