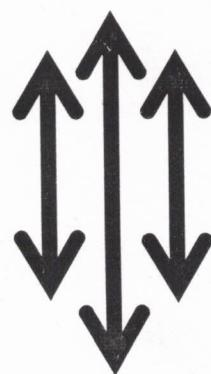
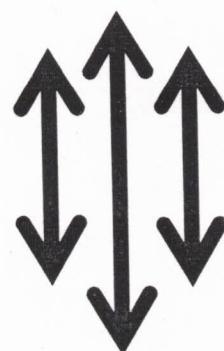


नेपाली सेना

श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,
जंगी अड्डा



प्रा.उ.से. Public Health and Hygiene (आन्तरिक)
पदको लिखित परीक्षाको पाठ्यक्रम



२०७९

नेपाली सेना

प्रा.उ.से. Public Health and Hygiene (आन्तरिक) पदको लिखित परीक्षाको पाठ्यक्रम

समय: ४ घण्टा १५ मिनेट

पूर्णाङ्क : १५०

उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से. Public Health and Hygiene (आन्तरिक) पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धी विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईनेछ ।
- (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई यथासंभव समेटिनेछ ।
- (घ) बस्तुगत र विषयगत संयुक्त रूपमा पूर्णाङ्क र उत्तीर्णाङ्क कायम गरिनेछ ।
- (ङ) बस्तुगत र विषयगत परीक्षाको पाठ्यक्रम एउटै हुनेछ ।
- (च) बस्तुगत र विषयगत विषयको लिखित परीक्षा एकैपटक वा छुट्टाछुट्टै गरी लिन सकिनेछ ।
- (छ) यो पाठ्यक्रम मिति २०७९/ ११/ १५ गतेबाट लागु हुनेछ ।

लिखित परीक्षाको योजना र पाठ्यक्रम

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या अङ्क	समय
पेशा सम्बन्धी	७५	६०	बस्तुगत (Objective)	बहु वैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा १५ मिनेट
	७५		विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	९ प्रश्नx ५ अङ्क=४५ ३ प्रश्नx १० अङ्क=३०	३ घण्टा

नेपाली सेना

प्रा.उ.से. Public Health and Hygiene (आन्तरिक) पदको लिखित परीक्षाको पाठ्यक्रम

1. Public health and primary health care:

- 1.1. Health Definition as per WHO
- 1.2. Dimension and Determinants of health
- 1.3. Concept of health and disease
- 1.4. Current public health problems and issues
- 1.5. Primary health care: Definition and concept, Principles and Elements
- 1.6. Brief concept of: Universal health coverage, Millennium development goals, Sustainable development goals, International health and Health agencies
- 1.7. Existing health care delivery system of Nepal and of the Army

2. Public health administration and management:

- 2.1. Functions of public health administration
- 2.2. Project planning: Plan and planning cycle
- 2.3. Organisational management skills
- 2.4. Human resource management
- 2.5. Logistic management
- 2.6. Health manpower training
- 2.7. Public health ethics
- 2.8. Health economics and health financing: Book keeping and audit

3. Environmental health and occupational health:

- 3.1. History and concept of environmental health
- 3.2. Common environmental problems
- 3.3. Water and health:
 - 3.3.1. Water quality guideline and standards water related diseases
 - 3.3.2. Water purification at household level Eg Boiling, Chlorination, SODIS, Filtration etc
 - 3.3.3. Water purification at large scale (including barrack set up)
 - 3.3.4. Water purification at field level and emergencies Eg Chlorination
 - 3.3.5. Chlorination of water: Process and advantages
 - 3.3.6. Water pollution: Effects and control measures
 - 3.3.7. Swimming pool water safety
- 3.4. Human excreta disposal practices: Principle of human excreta disposal, diseases and hazards of improper excreta disposal practices

3.5. Concept of Solid waste management, Principle of 3R, Health care waste management: Principal, importance, process (steps) and final disposal technique like autoclave, incineration, biogas plant etc

3.6. Liquid waste management

3.7. Shelter and human health: Effect of poor housing, standards of housing (with emphasis to military health)

3.8. Environmental risk assessment

3.10. Environmental pollution: Cause and Effects

3.11. Occupational health and safety: Concept, importance, health hazards and preventive measures housing (with emphasis to military health)

4. Health promotion and education:

4.1. Health promotion and health education in context of promotive, preventive, curative and rehabilitative health

4.2. Levels of prevention

4.3. Health communication: health education methods and media

4.4. HPE in selected health problems: Environmental health, hygiene and sanitation, vector-borne disease (Eg dengue, malaria), food borne illnesses (Diarrhoea, dysentery)

5. Epidemiology:

5.1. Common terminologies: Epidemiology, Epidemic, Pandemic, Endemic, Exotic, Incubation period, Isolation, Quarantine, Communicable disease, Period of communicability, Iatrogenic infection, Opportunistic infection

5.2. Epidemiology and its uses

5.3. Dynamics of Disease transmission (Source/Reservoir- Mode of transmission- host), Prevention and control

5.4. Epidemiological triad

5.5. Surveillance, monitoring, screening, EWARS

5.6. Measure of disease frequency and indicators (Calculation of attack rate, death rate)

5.7. Field epidemiology techniques and methods, Investigation and management of outbreaks/epidemics

5.8. Contact tracing and its importance in communicable disease like Chicken pox, COVID-19, HIV-AIDS

5.9. Epidemiological aspects of conflict and disaster management

5.10. Epidemiology of common diseases in Nepal

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2

6. Entomology and Rodentology:

- 6.1. Arthropods and Rodents of medical importance
- 6.2. Control and prevention measures: integrated vector management
- 6.3. Diseases and health hazards associated with arthropod and rodent borne disease
- 6.4. Insecticides, rodenticides and their usability and hazards associated

7. Basic Health Sciences:

- 7.1. Different microbes and morphological distribution
- 7.2. Life cycle of parasites of public health importance
- 7.3. Water microbiology
- 7.4. Immunology: immunity, vaccine, herd immunity
- 7.5. Community acquired infections, hospital acquired infections and preventive measures
- 7.6. Sterilisation, Autoclaving, Disinfection, Microwaving and Incineration.

8. First Aid and disaster management:

- 8.1. First Aid management: Primary survey, Wounds and Bleeding, Shock, Fracture and dislocation, Splint, Bandages, Slings, Burns and Scalds, Poison, Snake bite, Dog bite, Bee sting and other insect bite, heat including heat stroke, cold injury, acute mountain sickness.
- 8.2. Prevention of Accidents and injuries
- 8.3. Disaster Management: Triage, disaster cycle, health and diseases in disaster

9. Biostatistics, research and informatics

- 9.1. Common terms and definitions: Data, Data management
- 9.2. Importance of good data management in public health research
- 9.3. Name of some types of research design, importance of research in public health research
- 9.4. Research ethics (with emphasis to military personnel)
- 9.5. Calculation of attack rate and death rate
- 9.6. Role of IT in Public health, Public health Surveillance, Use of health information management system

10. Food and nutrition:

- 10.1. Food borne diseases and preventive measures
- 10.2. Food hygiene, food adulteration, meat and milk hygiene
- 10.3. Safe storage of various types of food (including military ration)



11. Gender and health

- 11.1. Concept of sex and gender
- 11.2. Difficult life circumstances and its impact on women health: IDP, destitute, Refugee, disaster and war
- 11.3. Gender sensitive health policy and programs, gender friendly health services
- 11.4. Public health and gender based violence.

12. Health policies:

Nepal Health Services Act, Nepal Health Service Regulation, National Health Policy, National standards on WASH for Health Institutions, National Health Care Waste Management Guidelines, Solid waste management act and regulations, National sanitation policy in Nepal, labour act, climate change act, Public health service act and other relevant acts and policies.

13. Military Preventive Medicine:

Concept, Importance of preventive medicine in military set up, Factors affecting health of troops (eg heat, cold, altitude, arthropods, diarrhoeal diseases, diet, troop location and living conditions), Important causes of morbidity in military (eg diarrhoeal disease, dysentery, malaria, dengue, rickettsial disease, enteric group of disease, cholera, malnutrition, STD, HIV-AIDS, mental health issues, stress, injuries etc).



A series of handwritten signatures and initials in black and green ink, likely representing signatures of attendees or participants. The signatures are fluid and vary in style, with some being more legible than others. A prominent green signature at the bottom left includes the letters 'am' and 'pw'.

यस विषयको पाठ्यक्रमका एकाईहरुबाट सोधिने प्रश्नहरुको संख्या निम्नानुसार हुनेछ ।

Section number	MCQs number	Long answer question	Short answer question
1.			
2.			
3.	35	$3 \times 10 = 30$	$2 \times 5 = 10$
4.			
5.			
6.			
7.		-	$3 \times 5 = 15$
8.	15	-	$2 \times 5 = 10$
9.		-	
10.	15	-	$2 \times 5 = 10$
11.		-	
12.	10	-	$2 \times 5 = 10$
13.		-	
Total	$75 \times 1 = 75$	$3 \times 10 = 30$	$9 \times 5 = 45$

प्रा.उ.से. Public Health and Hygiene (आन्तरिक) पदको प्रयोगात्मक परीक्षाको पाठ्यक्रम

समय: ६० मिनेट

पूर्णाङ्क: ५०

उत्तीर्णाङ्क: २५

SN	Topic	Full marks	Time
1	Situational analysis	10	15
2	Problem identification and prioritisation	10	15
3	Problem solution	5	5
4	Project formulation	5	5
5	Monitoring and evaluation	5	5
6	Viva	15	15
Total		50	60

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