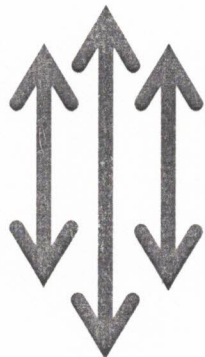


नेपाली सेना

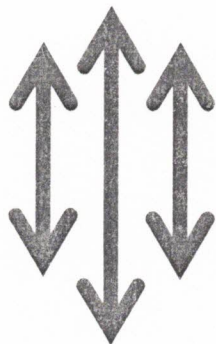
श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,

जंगी अड्डा



प्रा.उ.से. Public Health and Hygiene Officer (खुला)

पदको लिखित परीक्षाको पाठ्यक्रम



२०७८

नेपाली सेना

प्रा.उ.से. Public Health and Hygiene Officer (खुला) पदको लिखित परीक्षाको

पाठ्यक्रम

समय: ४ घण्टा १५ मिनेट

पूर्णाङ्क : १५०

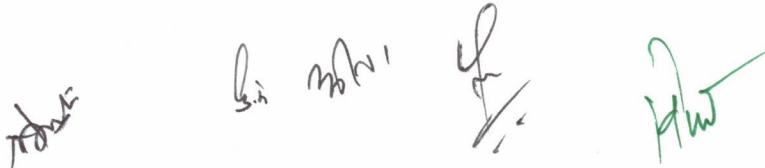
उत्तीर्णाङ्क : ६०

यो पाठ्यक्रम नेपाली सेनाको प्रा.उ.से. Public Health and Hygiene Officer (खुला) 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 गराइनेछ ।
- (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 २०७८/११/२२ 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	९ प्रश्न x ५ अङ्क = ४५	३ घण्टा
				लामो उत्तर	३ प्रश्न x १० अङ्क = ३०	



नेपाली सेना

प्रा.उ.से. Public Health and Hygiene Officer (खुला) पदको लिखित परीक्षाको

पाठ्यक्रम

1. Public health and primary health care:

- 1.1. Concept of health and disease, Social determinants of health and diseases
- 1.2. Historical development of public health, preventive health
- 1.3. Current public health problems and issues
- 1.4. Primary health care and universal health coverage
- 1.5. Existing health care delivery system
- 1.6. Sustainable development goals
- 1.7. International health and Health agencies

2. Public health administration and management:

- 2.1. Functions and models of public health administration and management
- 2.2. Project planning and analysis
- 2.3. Organizational management skills
- 2.4. Mini action project
- 2.5. Critical appraisal of health management system
- 2.6. Human resource management
- 2.7. Logistic management,
- 2.8. Curriculum development and health manpower training
- 2.9. Public health ethics
- 2.10. Quality assurance
- 2.11. Health economics and health financing: Economic evaluation, health budgeting, 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: water quality guideline and standards, water related diseases, water purification, water pollution control measures
- 3.4. Human excreta disposal practices

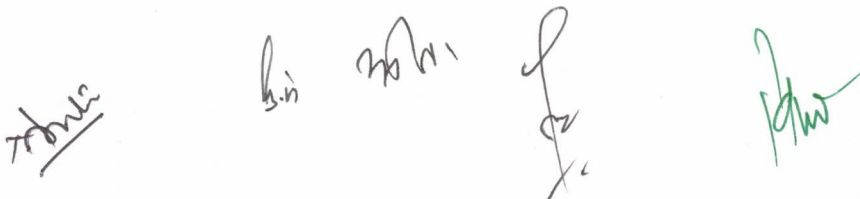
- 3.5. Solid waste management: health care waste management,
- 3.6. Liquid waste management,
- 3.7. Shelter and human health: effect of poor housing, standards of housing
- 3.8. Environmental risk assessment
- 3.9. Environmental toxicology
- 3.10. Environmental pollution,
- 3.11. Occupational health and safety: Industrial hazards, ergonomics, professional health hazards and preventive measures

4. **Health promotion and education:**

- 4.1. Health promotion and health education in context of promotive, preventive, curative and rehabilitative health
- 4.2. International declarations in health promotion
- 4.3. Process, and approaches of health promotion
- 4.4. Application of theories and principles of HPE and planning, implementation and evaluation in various settings: disaster and epidemic
- 4.5. Health behavior and behavior change process,
- 4.6. Health communication: health education methods and media, Risk communication strategy, Behavior change communication
- 4.7. Motivation
- 4.8. HPE planning, implementation and evaluation in selected health problems: environmental health, hygiene and sanitation, vector-borne disease, food borne illnesses.

5. **Epidemiology:**

- 5.1. Common terminologies
- 5.2. Epidemiology of communicable/infectious diseases
- 5.3. Disease transmission, prevention and control
- 5.4. Surveillance, monitoring, screening, EWARS
- 5.5. Clinical epidemiology
- 5.6. Epidemiological studies
- 5.7. Measure of disease frequency and indicators
- 5.8. Field epidemiology techniques and methods, investigation and management of epidemics
- 5.9. Epidemiological aspects of conflict and disaster management
- 5.10. Epidemiology of common diseases in Nepal.



6. Entomology and Rodentology:

- 6.1. Arthropods and Rodents of medical importance
- 6.2. Habits and habitats,
- 6.3. External morphology
- 6.4. Control and prevention measures: integrated vector/pest management
- 6.5. Diseases and health hazards associated
- 6.6. 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. Sterilization, Autoclaving, Disinfection, Micro-waving and Incineration.

8. First Aid and disaster management:

- 8.1. First Aid management : Wounds and Bleeding, Shock and unconsciousness, Asphyxia, muscles-joints-dislocation, Splint, Bandages, Slings, Burns and Scalds, Poison, Snakebite, Dog bite, Bee sting and other allergies,
- 8.2. Prevention of Accidents and injuries
- 8.3. Disaster Management cycle, health and diseases in disaster

9. Biostatistics, research and informatics

- 9.1. Common terms and definitions
- 9.2. Scope of biostatistics in public health research
- 9.3. Data management
- 9.4. Research design, research methodology, instrumentation, and research ethics
- 9.5. Statistical analysis
- 9.6. Report writing
- 9.7. Public health informatics, IT in public health surveillance



10. Food and nutrition:

- 10.1. Food borne diseases and preventive measures
- 10.2. Food hygiene, food adulteration, meat and milk hygiene
- 10.3. HACCAP

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, Second Long Term Health Plan, Nepal Health Professionals Council Act, National standards on WASH for Health Institutions, National Health Care Waste Management Guidelines, Solid waste management act and regulations, National sanitation policy in Nepal, labor act, climate change act, Public health service act and other relevant acts and policies.

यस विषयको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

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

[Handwritten signatures and marks]

प्रा.उ.से. Public Health and Hygiene Officer (खुला) 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 prioritization	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

समाप्त

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