

नेपाल सरकार  
गृह मन्त्रालय  
प्रहरी प्रधान कार्यालय  
(मानवश्रोत एवं प्रशासन विभाग, भर्ना तथा छनौट महाशाखा)  
नक्साल, काठमाण्डौ ।

प्राविधिक प्रहरी सहायक निरीक्षक (सि.एम.ए.) समूहको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

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

प्रथम चरण:- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १५०

द्वितीय चरण:- अन्तरवार्ता (Interview)

पूर्णाङ्क :- २५

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्कभार	समय
प्रथम	सम्बन्धित विषय सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multi Choice)	५०x२=१००	४५ मिनेट
द्वितीय	नेपाल प्रहरी सेवा सम्बन्धी	५०	२०	वस्तुगत बहुउत्तर	१०x१ = १०	१ घण्टा १० मिनेट
				बिषयगत	लामो उत्तर १x१० = १० छोटो उत्तर ६x५ = ३०	

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तरवार्ता	२५	मौखिक

१. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।

२. प्रथम चरणमा प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

एकाइ	१	२	३	४	५	६	७	८	९
प्रश्न संख्या	५	५	४	६	६	६	६	६	६

३. वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत पुरा अङ्क प्रदान गरिनेछ भने 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 ।
४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
५. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्ता परीक्षामा सम्मिलित गराइनेछ ।
६. अन्तर्वार्ताको अंकभार सम्बन्धमा प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-१९ मा ब्यवस्था भए बमोजिम हुनेछ ।
७. पाठ्यक्रम लागू मिति:- २०७५/१०/२३ गते ।

प्राबिधिक प्रहरी सहायक निरीक्षक (सि.एम.ए.) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम ।

## प्रथम पत्र - विषय सम्बन्धी पाठ्यक्रम

### 1. Anatomical structure and function of the different organs of the body system,

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

### 2. Health education

- Health Education, importance and method
- Communication & barrier of communication
- Learning process
- Leadership.

### 3. Community Health

#### (A) Epidemiology

- Definition and Scope of Epidemiology
- Vital statistic
- Epidemiological traid
- **Disease** prevention
- Basic principle of disease transmission
- Immunity.

#### (B) Environmental sanitation

- Environmental sanitation
- Scope of environmental sanitation iii. Water (Source, Water purification)
- Excreta disposal and faecal born disease
- Solid waste method of termination
- Disposal of waste water
- Health & Disease spectrum
- viii. Food sanitation
- ix. Insects and rodents and their importance in public health
- x. Milk hygiene & Milk born disease.

### 4. Basic Medical Procedures and First Aid Treatment

#### (A) First Aid of:

- Shock, Bleeding, burn/scalds, fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite, & Frost bite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

#### (B) Basic Medical Procedures:

- Vital signs

- Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- Bandage (Importance, types & application)
- Technique of giving injection
- Sterilization process, importance, type and methods.

### **5. Vector Borne Disease (VBDs):**

- History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- Rationale and Tools and techniques for the Prevention and control of VBDs.
- Clinical features, Diagnosis and Case Management of VBDs
- Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs. Trends of transmission, geographical distribution, epidemiological situation.

### **6. Maternal and Child Health, Family Planning and Nutrition**

#### **(A) Maternal and Child Health**

- Antenatal care
- Physiological Change during pregnancy
- Danger signs
- High risk group (mother)
- Population education
- Population pyramids
- Consequences of population growth
- Measures to solve population problem.
- Family planning methods
- Temporary method
- Permanent method

#### **(B) Nutrition**

- Source of nutrients
- Nutritional status measurements
- Breast feeding, Weaning and supplementary foods
- PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment

### **7. Communicable Disease and Microbiology**

#### **A. Microbiology**

- Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

#### **B. Communicable Diseases**

Causes, clinical features, treatment, complication and prevention of:

- Amoebic, bacillary, dysentery, giardiasis
- Cholera, Tuberculosis, Malaria
- Parasitic Diseases
- Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
- Bacterial Disease
- Leprosy, pertussis, tetanus, gastro-enteritis
- Enteric fever, diphtheria, syphilis, gonorrhoea.

### **8. Medicine & Surgery:**

#### **A. Medicine:**

1. History taking/physical examination, Causes, signs and symptoms, type, prevention, treatment, complication and investigation of

a. Digestive System

- Gastritis, peptic ulcer, cholecystitis
- Appendicitis
- Dysentery
- Gastroenteritis
- b. Respiratory system
- Common cold
- Tonsillitis
- Pharyngitis
- Rhinitis
- Sinusitis

c. Cardiovascular System

- Hyper Tension
- d. Genito Urinary System
- Nephritis
- Renal Colic
- Urinary Tract Infection (UTI)

e. Endocrine System

B Surgery:

1. Definition Clinical Features and appropriate treatment of:

- Boils
- Carbuncles
- Ulcer
- Piles
- Wound
- Burn and scalds
- Fracture
- Dislocation and sprain
- Head and spinal cord injuries
- Bleeding
- Foreign body in eye, ear, nose and throat
- Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- Common problem of teeth and mouth
- Acute abdominal problem

**9. Pharmacy and Pharmacology**

A. Pharmacy

- Terminology used in pharmacy
- Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- Inventory management
- Dispensing v. Narcotic drugs management
- Banned drugs

B. Pharmacology

- Terms used in pharmacology
- Meaning and types of Antibiotic
- Action, use, dose, general side effects and contradiction of the drugs used in different systems and condition:

1. Digestive systems
2. Respiratory system  
and Conditions:
  1. Pain
  2. Fever
  3. Inflammation
  4. Locally used preparations
  5. Antihypertensive drugs
  6. Nutritional Supplementary Drugs
  7. Vaccines
  8. Hormones
  9. Oral rehydration therapy
  10. Parental solution

-समाप्त-

स्वास्थ्य प्रहरी