

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

प्राविधिक प्रहरी सहायक निरीक्षक (ल्याब असिष्टेन्ट) 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

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रथम चरणमा प्रथम पत्रका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

एकाइ	१	२	३	४	५
प्रश्न संख्या	१२	१३	१०	८	७

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 (ल्याब असिष्टेन्ट) पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम ।

प्रथम पत्र - विषय सम्बन्धी पाठ्यक्रम

Unit 1. Bacteriology

- General knowledge about Bacteriology
- Morphology of Bacteria (size, shape)
- Differentiation of bacteria (cocci, bacilli)
- Sample collection (pus, urine, throat swab, sputum, blood)
- Principle of Gram's stain, microscopic identification of Gram +ve and Gram -ve bacteria.
- Staining- Use of different dye and its principle, method of preparation.
- Mycobacteria- M. tuberculosis/M.leprae, sample collection, staining and recording result.
- Preparation of sputum smear
- Safety precaution and proper disposal of infected materials.
- Culture media-General introduction to different type of culture media.
- General introduction to sterilization- by dry heat, moist heat,
- Cultural technique of blood, urine, sputum, throat swab.
- Use of disinfectants-preparation of disinfectant solution.

Unit 2. Parasitology

- Introduction to parasitology
- Terms used in parasitology
- Classification of parasites
- Helminthic parasites (Ascaris lumbricoides, Ancylostoma duodenale, Necator Americans, Trichiuris trichiura, Strongyloides stercoralis, Enteribius vermicularis, Taenia solium, Taenia saginata, Hymenolepis nana, life cycle, mode of transmission, laboratory diagnosis, prevention and control measures.
- Protozoal parasites (Giardia lamblia, Entamoeba histolytica, Entamoeba coli, Balatidum coli, Trichomonas vaginalis, Trichomonas hominis) - life cycle, mode of transmission, laboratory diagnosis, prevention and control measures.
- Dysentery (amoebic and bacillary dysentery).
- Difference between of Entamoeba coli & Entamoeba histolytica
- Laboratory procedure:
- Collection of samples.
- Preparation of reagents: normal saline solution, Iodine solution, 33% Zinc sulphate sol'n.
- Stool examination- routine and concentration method, interpretation of results.
- Occult blood test.
- Disposal of waste materials

Unit 3. Haematology

- Composition of blood, plasma, serum and whole blood.

- Collection of blood sample – finger prick, vein puncture, ear lobe prick.
- Anticoagulants, types of anticoagulants, preparation of Anticoagulantvials.
- Use of instruments – Sahli's haemoglobinometer, haemocytometers, diluting pipettes, Neubaur counting chamber, ESR tubes, importance of bulk dilution, preparation of blood diluting fluid.
- Preparation of thin and thick blood smears.
- Total WBC, RBC and platelet count.
- Sources of error in blood count.
- Differential WBC count.
- ESR estimation (Wintrobe and Westergren method).
- Haemoglobin estimation, preparation of standard curve.
- Preparation of Drabkin's Solution.
- Use of Sahli Haemoglobinometer
- Preparation of N/10 HCL.
- Performance of –BT, CT,
- Staining procedure – Preparation and use of Wright's stain and its principle.
- Blood parasites – Malaria, filaria,
- Perform blood grouping
- Sources of errors in above haematological tests.
- Quality control in haematology.

Unit 4. Biochemistry

- Basic chemistry- matter, substance, atom and molecules element, compound.
- Solution- Preparation of normal sol'n,
- Cleaning of glass-wares
- Instrument: Colorimeter, , Centrifuge, Balance, Refrigerator
- Law of colorimetry-Beer's and Lambert's law
- Collection of specimens for biochemical tests
- Estimation of B. glucose preparation of std. curve interpretation of results, source of errors.
- Estimation of Blood Urea, interpretation of result, source of errors.
- Preparation of reagents for Glucose, Urea,
- Estimation of S. amylase, and calculation of results.
- CSF – Glucose, Protein, Cell count, Gram's stain, AFB stain

Unit 5. Miscellaneous

- Urinalysis
- Importance of urine analysis
- Collection of specimens
- Preservation of urine for routine & culture purpose.
- Examination of urinary deposit
- Urine albumin test by heat and acetic acid, SSA method & strip.
- Urinary glucose test by Benedict's & strip methods.
- Preparation of Benedict's reagents.
- Semen analysis
- Volume
- Motility
- Sperm count
- Instrumentation

- Microscope- use of microscope, parts of microscope, handling of microscope.
- Use of incubators, hot air oven, water bath, refrigerator, chemical balance, Colori meter.
- Basic knowledge of glass-wares (test tube, flask, measuring cylinder).
- Immunology
- Perform VDR L and HIV tests.
- Definition of precipitation, agglutination, flocculation.
- Quality control in following tests
- Gram's stain, AFB microscopy
- TC, DC, Hb, ESR
- Blood sugar, Blood urea
- Basic knowledge of Anatomy and Physiology
- Digestive system – pancreatic amylase, ptylin
- Urinary system – kidney, bladder, ureter

-समाप्त-