

समूह-क

१. सामाजिक अध्ययन

- भौगोलिक आधारमा नेपालको विभाजन र यसका विशेषताहरू
- (नेपालको प्राकृतिक सम्पदा, जलस्रोत, वन, खानी र जलवायु)
- नेपालको इतिहास पृथ्वीनारायण शाहदेखि हालसम्मका महत्वपूर्ण घटनाहरू
- नेपालका प्रमुख चाडपर्व, धर्म र संस्कृति
- वातावरण प्रदूषण, जनसंख्या वृद्धि र शहरीकरण यसका कारण र निवारण
- नेपालको संविधान र यसको विकासक्रम



२. सुशासन र नागरिक अधिकार

- सुशासन र नागरिक अधिकारको महत्व र आवश्यकता
- अख्तियार दुरुपयोग अनुसन्धान आयोग र राष्ट्रिय सतर्कता केन्द्रको काम, कर्तव्यअधिकार
- प्रशासनमा संचार र विद्युतीय शासन (e-governance) को आवश्यकता र यसको महत्व
- सार्वजनिक उत्तरदायित्व

३. बोध र अभिव्यक्ति:

संक्षेपीकरण, विस्तृतीकरण, बुदा टिपोट, सारांश, टिप्पणी लेखन, अनुच्छेद लेखन वा बोध प्रश्नहरूका माध्यमबाट गहनतम ढंगले बोध र अभिव्यक्ति विषयको क्षमता परीक्षण,

४. सार्वजनिक प्रशासन

- सार्वजनिक प्रशासनको अर्थ, उद्देश्य र यसको कार्यक्षेत्र
- कर्मचारीतन्त्रको आधारणा र परिभाषा, कर्मचारीतन्त्रका प्रकारहरू
- प्रशासनमा कर्मचारीतन्त्रको स्थान
- कर्मचारी प्रशासनका विविध पक्षहरू (नियुक्ति देखि निवृत्त सम्म)
- कार्यलय व्यवस्थापन सम्बन्धी आधारभूत ज्ञान: दर्ता, चलानी, रेकर्डिङ, फाइलिङ, पत्रव्यवहार टिप्पणी र जनसम्पर्क
- शैक्षिक प्रशासन अर्थ उद्देश्य र कार्यक्षेत्र
- लेखा र जिन्सी श्रेष्ठा सम्बन्धी सामान्य जानकारी
- अख्तियार दुरुपयोग अनुसन्धान आयोग र राष्ट्रिय सतर्कता केन्द्रको सामान्य जानकारी

५. संविधान एन नियम

- नेपालको संविधान २०७२
- मूलभूत विशेषताहरू कार्यपालिका व्यवस्थापिका र न्यायपालिका
- मौलिक हक निर्देशक सिद्धान्त र राज्यका नीतिहरू
- मानवअधिकार
- नागरिक चेतना जनताका कर्तव्य र जिम्मेवारीहरू
- कानूनको शासन लोकतान्त्रिक मूल्य र मान्यता समावेशिकरण समानुपातिक प्रतिनिधित्व र सकारात्मक विभेद
- सुकुना बहुमुखी क्याम्पसको विधान २०७७
- सार्वजनिक खरिद ऐन

Anatomy and Physiology

- 1.1 Organs and functions of different body system
 - 1.1.1 Skeletal System
 - 1.1.2 Muscular System
 - 1.1.3 Respiratory System
 - 1.1.4 Circulatory System
 - 1.1.5 Digestive System
 - 1.1.6 Urinary System
 - 1.1.7 Reproductive System
 - 1.1.8 Nervous System
 - 1.1.9 Structure and functions of skin
 - 1.1.10 Cardiovascular system
 - 1.1.11 Endocrine system
 - 1.1.12 Sense organ system
- 1.2 Body temperature regulation
 - 1.2.1 Conduction; Convection; Radiation
 - 1.2.2 Excretion (excretion)
- 1.3 Organisms and parasites
 - 1.3.1 Virus; Bacteria; Protozoa; Helminths; Fungi
- 1.4 Factors affecting microorganisms
 - 1.4.1 Aerobic; Anaerobic; Temperature; Humidity; Nutrients
- 1.5 Mechanism of acid-base balance
 - 1.5.1 Electrolyte
 - 1.5.2 Relationship with respiration
 - 1.5.3 Relation with excretion
- 1.6 Fluid and electrolyte replacement
 - 1.6.1 Oral rehydration solution
 - 1.6.2 Intra venous therapy
- 1.7 Pharmacokinetics
 - 1.7.1 Absorption, Distribution, Metabolism & Excretion of drugs
- 1.8 Drugs acting on endocrine system
 - 1.8.1 Insuline
 - 1.8.2 Oral hypoglycemic drug
 - 1.8.3 Male and female sex hormone
- 1.9 Uses of essential drugs in Nepal

**2. Medical care of the Adult**

- 2.1 Medical/surgical management of the disease condition in different body system
 - 2.1.1 Nervous System : Meningitis, Encephalitis, Tetanus, Poliomyelitis, Epilepsy, Parkinson disease, Spinal cord injury, Head injury
 - 2.1.2 Respiratory System : Pleurisy, Pneumothorax, Influenza, Bronchitis, Pneumonia, Pulmonary TB, Bronchial Asthma, Pulmonary embolism
 - 2.1.3 Urinary system : Urinary Tract Infection (UTI), Nephrotic syndrome, Renal calculi, Renal failure, Prostatic hyperplasia
 - 2.1.4 Digestive System : Peptic ulcer, Esophageal varices, Hernias, Appendicitis, Intestinal obstruction, Peritonitis, Tuberculosis of Abdomen, Ulcerative colitis, Hemorrhoids, Hepatitis, Cirrhosis of liver, Cholecystitis
 - 2.1.5 Cardiovascular System : Congestive cardiac failure, Angina pectoris, Cardiac arrest, Varicose vein, Blood diseases
 - 2.1.6 Endocrine disorders : Hyper and hypothyroidism, Diabetes insipidus, Diabetes mellitus
- 2.2 Care of eye, ear and nose
 - 2.2.1 Eye : Conjunctivitis, Blephritis, Corneal ulcer, Foreign body in eye, Cataract, Claucoma
 - 2.2.2 Ear : Foreign body, Otitis media, Mastoiditis, Menier's disease

- 2.2.4 Throat : Foreign body, Laryngitis, Tonsillitis, Pharynxitis
- 2.3 Mental health problem in Nepal
- 2.4 Medical Person's - responsibilities in helping the individual and family in crisis
- 2.5 Service afford to the disabled individual during the rehabilitation
- 2.6 Problem caused by immobility and their prevention

3. Community Health

- 3.1 Factors influencing health in Nepal
- 3.2 Elements of primary health care
- 3.3 Five basic principle of Primary Health Care (PHC)
- 3.4 School health
- 3.5 Public health nursing service
- 3.6 Industrial health care
- 3.7 Mental health care
 - 3.7.1 Rehabilitation
- 3.8 Source of Nutrients
- 3.9 Communication
- 3.10 Epidemiology concepts of:
 - 3.10.1 Infection, Epidemic, Sporadic & Pandemic
 - 3.10.2 Communicable and non communicable disease
- 3.11 Immunization
 - 3.11.1 Cold chain
 - 3.11.2 Type of vaccine
- 3.12 Various health indicator and statistics
- 3.13 Environmental sanitation
 - 3.13.1 Method of refuse disposal
 - 3.13.2 Transmission of feacal borne disease
- 3.14 Method of sewage disposal
- 3.15 Water-sources and purification of water
- 3.16 Ways and means of public relation
- 3.17 Role of nurses in community organization
- 3.18 Principle, methods and media of health education
- 3.19 Roles and function of the nurses in family health care.
- 3.20 Home delivery: Preparation, Care of the mother, Care of the baby
- 3.21 Family planning
 - 3.21.1 Population problem and need of it in Nepal
 - 3.21.2 Methods of Family Planning : Behavioral, Chemical, Mechanical, Physiological, Voluntary surgical contraception (VSC)
- 3.22 Nutritional deficiencies diseases : Kwasiorkor, Marasmus, Night blindness, Goiter, Anemia



4. Behavioral Science

- 4.1 Factors and theories of effective learning
- 4.2 Characteristic of mentally health assessment
- 4.3 Component of mental health assessment
- 4.4 Classification of mental disorders: Psychosis; Neurosis; Personality disorder; Mental retardation

5. Leadership and Management

- 5.1 Leadership and management: Leadership style; Factor affecting leadership; Management process
- 5.2 Delivery of health care services
 - 5.2.1 Organizational structure of government and nongovernment health service
 - 5.2.2 Integrated health services
 - 5.2.3 Co-operation and collaboration of multisectoral groups and agencies in Nepal
- 5.3 Health Planning

- 5.3.1 National health planning and concept of National Health System
- 5.3.2 Categories of different level of health personnel in Nepal
- 5.3.3 Jon Description of different level of nursing personnel

प्रश्न योजना

पूर्णाङ्क : १००

सबै प्रश्नहरु अनिवार्य हुनेछन्।

सबै खण्डबाट प्रतिनिधित्व हुने गरी देहाय अनुसार प्रश्नहरु सोधिनेछन्।

क. प्रश्न १० x ५ अङ्क = ५०

ख. प्रश्न ३ x १० अङ्क = ३०

ग. प्रश्न २० x १ अङ्क = २० (बहुवैकल्पिक)

जम्मा १००

