GOVERNMENT OF JAMMU AND KASHMIR,
SERVICES SELECTION BOARD,
Zum Zum Hotel, Rambagh, Srinagar

*****

(www.jkssb.nic.in)

NOTICE

It is notified for the information of the candidates, who have applied for the posts of Junior Physiotherapist notified vide advertised Notification No. 04 and 06 of 2015, that the Board is going to conduct the Objective Type Written Test during the Month of November/December 2015 for which the syllabus is appended to this notice at Annexure “A”.

<table>
<thead>
<tr>
<th>Item No.</th>
<th>Adv. Notice No</th>
<th>Dated</th>
<th>Name of the Department</th>
<th>Name of the post</th>
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<td>10.08.2015</td>
<td>Health and Medical Education Department</td>
<td>Physiotherapist</td>
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<td>Health &amp; Medical Education</td>
<td>Junior Physiotherapist</td>
<td>Srinagar</td>
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</tbody>
</table>

(S.A Raina), KAS,
Secretary,
J&K Services Selection Board,
Srinagar.

No. SSB/ /Sel/Secy/2015/11332-47

Copy to the:-
1. Principal Secretary to the Hon’ble Chief Minister J&K.
2. Principal Secretary to the Hon’ble Governor, J & K State.
4. Commissioner/Secretary, GAD for information.
5. Financial Commissioner, Revenue, J&K Govt., Srinagar.
7. Director General, Information, J&K Government Srinagar with the request to publish the said notification in at least three leading local newspaper of Jammu/Srinagar on three consecutive dates.
8. Director, Radio Kashmir, Srinagar. He is requested to kindly broadcast the above said notification appropriately.
9. Director, Doordarshan Srinagar. He is requested to kindly telecast the above said notification appropriately.
10. Deputy Secretary/Administrative Officer, J&K Services Selection Board, Jammu /Srinagar.
12. Principal Pvt. Secretary to Chief Secretary J&K Government, Srinagar.
13. Pvt Secretary to Chairperson SSB, for information of the Ld. Chairperson.
14. Incharge Website for uploading of the Notice on the official website of the Board.
15. I/c Grievance cell
## Annexure “A”

**“JR. PHYSIOTHERAPY”**

**SYLLABUS FOR WRITTEN TEST**  
Marks :-150  
Time :- 2.30 Hours

1. **A) Anatomy:**  
   
<table>
<thead>
<tr>
<th></th>
<th>10 Marks</th>
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<tbody>
<tr>
<td>I.</td>
<td>Histology-cell tissue of the body, epithelium, connective tissue, cartilage, bone, blood, lymph, muscles, nervous system.</td>
</tr>
<tr>
<td>II.</td>
<td>Osteology- formation, classifications, functions, growth and repair of bones.</td>
</tr>
<tr>
<td>III.</td>
<td>Embryology- Ovum, Spermatozoa, Fertilization, organogenesis, Development of various systems.</td>
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<tr>
<td>IV.</td>
<td>Blood Vascular system –arteries, capillaries, veins, lymphatic system.</td>
</tr>
<tr>
<td>V.</td>
<td>Respiratory System –anatomy of larynx, trachea and bronchi, the pleura, the lungs.</td>
</tr>
<tr>
<td>VI.</td>
<td>Digestive system</td>
</tr>
<tr>
<td>VII.</td>
<td>Urogenital system</td>
</tr>
<tr>
<td>VIII.</td>
<td>Surface Anatomy.</td>
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</table>

2. **B) Neuro- anatomy: Microscopic and gross study of:**  
   
<table>
<thead>
<tr>
<th></th>
<th>08 Marks</th>
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<tbody>
<tr>
<td>I.</td>
<td>Peripheral Nerves</td>
</tr>
<tr>
<td>II.</td>
<td>Neuromuscular Junction</td>
</tr>
<tr>
<td>III.</td>
<td>Sensory Organs</td>
</tr>
<tr>
<td>IV.</td>
<td>Spine Cord- Segment &amp; Areas</td>
</tr>
<tr>
<td>V.</td>
<td>Brainstem</td>
</tr>
<tr>
<td>VI.</td>
<td>Cerebellum</td>
</tr>
<tr>
<td>VII.</td>
<td>Inferior colliculi</td>
</tr>
<tr>
<td>VIII.</td>
<td>Superior Colliculi</td>
</tr>
<tr>
<td>IX.</td>
<td>Diencephalon</td>
</tr>
<tr>
<td>X.</td>
<td>The Hypothalamus</td>
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<tr>
<td>XI.</td>
<td>The Hypothalamus</td>
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<tr>
<td>XII.</td>
<td>The thalamus</td>
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<tr>
<td>XIII.</td>
<td>The Cerebral Hemispheres</td>
</tr>
<tr>
<td>XIV.</td>
<td>The Corpus Striatum</td>
</tr>
<tr>
<td>XV.</td>
<td>The Rhinencephalon</td>
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<tr>
<td>XVI.</td>
<td>The Lateral Ventricles</td>
</tr>
<tr>
<td>XVII.</td>
<td>The Meninges</td>
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<tr>
<td>XVIII.</td>
<td>The Blood supply of the Brain</td>
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### Human Physiology

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<tbody>
<tr>
<td>I.</td>
<td>Structure of Human Cell</td>
</tr>
<tr>
<td>II.</td>
<td>Elementary tissues of Body</td>
</tr>
<tr>
<td>III.</td>
<td>Blood, composition, function, Grouping Blood Disorders.</td>
</tr>
<tr>
<td>IV.</td>
<td>CVS(Cardio Vascular System) Structure of Heart, Cardiac cycle, Hypertension Cardiac disorders reference to Physiology.</td>
</tr>
<tr>
<td>V.</td>
<td>Digestive System –Physiology anatomy, Process of digestion, organs of digestion and disorders.</td>
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<tr>
<td>VI.</td>
<td>Respiratory system –structural Physiology process of respiration</td>
</tr>
<tr>
<td>VII.</td>
<td>Excretory system; detailed structure of kidney, function, disorders,</td>
</tr>
<tr>
<td>VIII.</td>
<td>Elementary knowledge of structure and function of organ of taste, smell, eye and skin.</td>
</tr>
<tr>
<td>IX.</td>
<td>Endosionology; All the endosine glands in detail</td>
</tr>
</tbody>
</table>
X. Reproductive system; physiology /Anatomy
XI. Introduction to pathology
XII. Repair and inflammation
XIII. Pathological terms
XIV. Pathology of various organs
XV. Review of pathology changes of various organs and their treatment
XVI. Drugs action on central nervous system. Anesthetics, alkaloids, narcotics, analgesics, antipyretics, sedatives, anticonvulsants,
XVII. Drugs action on cardiovascular System, neuromuscular system, respiratory system.
XIX. Drugs acting with Peripheral Nervous system
XX. Chemotherapy
XXI. Hormones and drugs effecting Endocrine functions
XXII. Vitamins
XXIII. Metallic and other Inorganic compounds
XXIV. Immunological agents
XXV. Diagnostics.

3. **EXERCISE THERAPY & MASSAGE**
   08 Marks
   I. Mechanical anatomy of motion and posture
   II. Exercise of the shoulder and hip and evaluation
   III. Exercise of the Foot and Hand evaluation
   IV. Exercise of the Knee and elbow and evaluation
   V. Vicarious motion
   VI. Joint motion assessment
   VII. Manual muscle examination
   VIII. The therapeutic gymnasium
   IX. Exercise based on Neuro Physiological Principles
   X. Crutch and cane exercises
   XI. Gait training
   XII. Principles of therapeutic exercise
   XIII. Postures
   XIV. Exercises for healthy persons
   XV. Activities of daily living
   XVI. Exercise of spine
   XVII. Massage
   XVIII. Suspension therapy
   XIX. Neuro muscular co-ordination
   XX. Starting postions
   XXI. Cryotherapy.

4. **ELECTRO THERAPY & ACTINO THERAPY**
   30 Marks
   A) **Medical Electronics**
   I. Electrical fundamentals
   II. Electron tubes
   III. Power supplies
   IV. Amplifiers
   V. Oscillators
   VI. Cathode ray tubes
   VII. Transistors
   VIII. Recorders
   IX. Transducers
   X. Radiation
   XI. Principles of designs and circuits of infrared and ultra violet generators, shortwave diathermy, microwaves, ultrasonsics and electrical stimulators
II. Signal processes

XIII. Display devices and indicators

XIV. Magnetic tape recorders

XV. Data transmission and processing

B) 

I. Physics of heat

II. Thermometry

III. Biophysics of diathermy

IV. Physiology of heat and cold

V. Thermal radiation, pain and injury

VI. General principle of thermotherapy

VII. Conducting heating

VIII. Luminous and infra-red heating

IX. High frequency instrumentation

X. Short wave diathermy

XI. Microwaves

XII. Ultrasound therapy

XIII. Instrumentation of electrotherapy

XIV. Therapeutic electro stimulation

XV. Lonotophoresis

XVI. Electrosleep Therapy and anaesthesia

XVII. Instrumentation for ultraviolet therapy

XVIII. Physiological affects of Ultraviolet radiation

XIX. Low frequency currents

XX. T.N.S.

XXI. Interferential therapy

XXII. Wax Therapy

C) ELECTRO–PHYSIOLOGY

I. Bio-Electricity

II. Electric potential generated by cell

III. Electrogenic membrane response

IV. Chemo responsive eletrogenic system

V. Propagation of nerve impulse

VI. Neuromuscular Junction

VII. Synapse

VIII. Muscle Electronic

IX. Electrophysiology of CNS

X. Chronaxy

XI. Strength duration curves

XII. Electromyography

XIII. Electrical duration curves

XIV. Nerve conduction studies

XV. Microneurography

XVI. Reflex Physiology Monosynaptic and Polysynaptic reflexes

XVII. Spinograms

XVIII. Cerebral evoked potentials.

5. PSYCHOLOGY

I. Definition and scope of psychology in relation to occupational therapy Physiotherapy.

II. Methods of studies in Psychology.

III. Psychological Development of human individual from conception to birth to old age.

IV. Special needs, characteristics and problems of the various groups of Handicapped.

V. Learning, factors affecting learning, disabilities techniques to deal with implications of various handicaps in the learning process. Principles of learning for various handicapped groups, Techniques of motivating the handicapped children.
VI. Adjustment, criteria of mental health, adjustment problems faced by handicapped children, counseling and guidance with special reference to the physically and mentally handicapped.

VII. Interaction with the family, community and poor groups Communication pattern, specific problems faced by handicapped, development of social skills and sensitivity training.

VIII. Role of Psychologist in Rehabilitation of the handicapped.

6. **MEDICINE**

**General Medicine including Respiratory Diseases**

I. Infection and antibacterial agents.

II. Infections and Diseases

III. Poisons and Venoms

IV. Chemical and Physical agents carrying diseases

V. Diseases of Metabolism.

VI. Deficiency Diseases

VII. Diseases of Endocrine Glands.

VIII. Diseases of Digestive System.

IX. Diseases of Lymphatic System

X. Diseases of Blood

XI. Diseases of Cardio- vascular system, Circulatory failure, Ischemic heart disease, Hypertension Pulmonary Heat Diseases, Congenital heart Disease, Peripheral vascular diseases, Embolism and Thrombosis, Collagen diseases.

XII. Diseases of the Respiratory System-the trachea, the bronchi, the lungs, the disphragm, the pleura.

XIII. Diseases of the Kidney


XV. Psychiatry:
   - Definition and introduction to Psychiatry in relation to OT & PT
   - Concept of normal and abnormal
   - Behavior disorders:- Causes & management
     a) Psychonenrotic disorders
     b) Psychotic disorders
     c) Psychosomatic disorder
   - Techniques of Therapy
     - Psycho Therapy:
       a) Group Therapy
       b) Psychodrama
       c) Behaviour modification

7. **SURGERY**

A) **General surgery and cardio-vascular and thoracic surgery.**

I. Surgical wounds, haemorrhage, shock, water and Electrolyte Balances, Burns.

II. Surgery of head and neck, alimentary systems and genitor-urinary system

III. Neuro Surgery

IV. Cardio-Vascular and Thoracic surgery

V. Gynaecology and obstetrics: pelvic inflammatory conditions, complications during and following pregnancy, prolapsed uterus.

VI. ENT

B) **ORTHOPAEDICS**
I. Postural defects anteroposterior and lateral curve of the spine, the feet genu valgum genu varum.

II. Back pain

III. The spine, the intervertebral disease, osteoporosis, Ankylosing spondylitis, spina bifida, torticollis, tuberculosis of the spine and sacro-illiac joints Osteomyelitis, Tumours.

IV. The Hip congenital dislocation, coxa vara, tuberculosis bursitis

V. The knee- injuries to medical ligament, lateral ligament, Semilunar cartilages, cruciate ligament, chronic strain, chondromalacia patella, locking rheumatoid Arthritis

VI. The Foot and ankle painful feet, pesavus, halux, valus gout, painful heel, the ligaments of the ankle tuberculosis,

VII. The foot and ankle painful feet, pesavcus hallux valgus Gout painful heel the ligaments of the ankle, Tuberculosis, stress fracture

VIII. The shoulder girdle pain the shoulder, cervical spondylosis, carpal Tunnel syndrome, cervico Brachial Junction Recurrent dislocation of the shoulder, Tuberculosis.

IX. The elbow tennis elbow, myositis ossificans, ulnar palsy, tuberculosis.

X. The wrist and hand tenosynovitis, tuberculosis ganglion, rupture of tendons contractures.

XI. Pyogenic infection

XII. Tuberculosis

XIII. Chronic aerthrits rheumatoid and osteoaetrghritis

XIV. Diseases of nervous system, ploliotmyelitie, cerebral Palsy

XV. Common fractures o spine and extremities.

- Trauma Therapy
- Play therapy
- Drug Therapy
- E.C. T.

XVI. The role of psychiatrist in dealing with the problems of mental health

XVII. Paediatrics.

XVIII. Geriatrics

XVIII. Nursing and Bandaging

C

I. Disorders of functions in the context of Pathophysiology & Anatomy

II. The Cranial Nerves

III. Infections of the Nervous System

IV. Disorders of the Cerebral Circulation

V. Demyelinating diseases of the nervous system

VI. Extrapyramidal syndrome

VII. Tumours and the nervous system

VIII. Conventional and degenerative disorders

IX. Disorders of the spinal Cord and Cauda Equina

X. Toxic disorders

XI. Metabolic disorders

XII. Deficiency disorders

XIII. Disorders of the peripheral nerves

XIV. Disorders of the Muscles

XV. Disorders of autonomic nervous system

XVI. Psychological aspects of neurology.

8. PHYSICAL THERAPY IN MEDICAL CONDITIONS 15 Marks

A) PHYSICAL THERAPY IN NEUROLOGICAL CONDITIONS

I. Examination of Neurological disorder and principles of treatment

II. Hemiplegia, paraplegia, cerebral palsy, Tabes dorsalisim cerebellar alaxia, extra pyramidal lessons.
III. Disseminated sclerosis muscular atrophy, amyotrophic lateral sclerosis, progressive muscular atrophy, syringomyelia, sub acute combined degeneration of cord

IV. Peripheral Nerves lesions

V. Neuritis and Neuralgia Brachial sciatica and facial palsy

VI. Infections-Poliomyelitis, Meningitis, Encephalitis, Polyneuritis

VII. Myopathies

VIII. Paediatrics and Geriatrics

B)

I. Pathological conditions:
   i. Review of pathological changes and principles of the treatment by physiotherapy of: Inflammation act acute chromic and suppurative.

   ii. Oedema Traumatic, Obstructive, Paralytic, Oedema due to poor muscle and laxity of the fascia.

II. Arthritis and Allied conditions:
   i. Osteo arthritis generalized, degenerative and traumatic, spondylosis and disorders
   ii. Rheumatoid arthritis, Still's disease, infective arthritis
   iii. Spondylitis, Ankylosing spondylitis
   iv. Non articular Rheumatism Fibrositis, Myalgia, Bursitis, Periarthritis etc

III. Diseases of the Reparatory System:
   i. Mechanism of Respiration
   ii. Examination of chest of patient and principles of physiotherapy treatment.
   iii. Bronchitis, Asthma, Lung Abscess, Bronchiectasis, Emphysema
   iv. Pleurisy and Empyemam, Pneumonia
   v. Bacterial Disease-Tuberculosis
   vi. Tumors

IV. Common conditions of Skin:
   Ane, Psoriasis, alopecia, Leucodema, Leprosy etc.

V. Common Cardiac Disorders:
   Thrombosism, Embolism, Burger's disease, Arteriosclerosis, Thrombophlebitis, Phlebitis, Gangrene, Congestive Cardiac failure, Hypertension, Rheumatic fever etc.

VI. Deficiency Diseases:
   Rickets, Osteomalacia etc.

9. Physical Therapy in Surgical Conditions 25 Marks

A)

I. Orthopaedic and fractures
   i. Fractures and dislocations
   ii. Types of displacement
   iii. Classification
   iv. Immediate, late signs and symptoms
   v. Changes at fracture site and its surrounding tissues
   vi. Reasons for union, non-union, delayed union
   vii. Healing of fractures and factors influencing it
   viii. Common fractures of upper and lower extremity and their complications
   ix. Methods of reduction and fixation
   x. Corrective surgery
   xii. Physiotherapy treatment as applicable to above conditions.

II. INJURIES
   i. Soft tissue injuries: synovitis, Capsulitis Volkmann’s ischemic contracture etc
   ii. Crush injuries
   iii. Repair of injured tendon and nerves
   iv. Injuries of semilunar cartilage and cruciate ligaments knee: Physicala Therapy treatment as applicable to above conditions.
III. **Deformities:**
   i. Congenital, torticollis, Cartilage and cruciate ligaments knee: Physicala Therapy Treatment as applicable to above conditions
   ii. Acquired: Scoliosis, Kyphosis, Lordosis, coxa vara, Genu Valgum, Genu varum and pervurvatum, Planus and other common deformities.
   iii. Other miscellaneous Orthopaedic conditions commonly treated by Physiotherapy.
   iv. Physical therapy treatment related to above conditions.

IV. **Amputations:**
   i. Traumatic, elective, common sites of amputation in Upper & Lower extremities Advantages and disadvantages physical Therapy treatment as applicable to care of prosthetic training with emphasis on Lower extremity.

B) I. Complications common to all operations: pre and post operative physiotherapy.
   II. Wounds, local infections, ulcers Surgical porocedures related to peripheral vascular disease.
   III. Burns –Degree, Grafting of skin.
   IV. General abdominal surgery and obstertrics and Gyneaeology.
   a) **Thoracic Surgery**
      i. Thoracic incisions pre and post operative treatment and later rehabilitation of the patent.
      ii. Lobectomy, pneumonectomy, Thoracotomy, Thoracoplasty
      iii. Operations on Chest Walls
      iv. Common complications with emphasis to altectasis Pneumothorax, bronchopulmonary fistula, pre and post operative physiotherapy related to Cardio thoracic surgery
      v. Operations on Pecardium and Heart, Chronic Constructive pericarditis, valvular in competence and Stasis, mitral, valvotomy, tetrology of Fallot.
   b) **Ear, Nose and throtat conditions:**
   c) **Neuro surgery otitis simusites vaso motor, Rhimorrhoea, tonsillitis**
      physiotherapy it above conditions.
      i. Cranial Surgery:
      ii. Head Injury, intra cranial abscess, Intracranial Tumours.
      iii. Surgery of spinal Cord and Couda Equina, spina Bifida and its complications, infections of the spine , Epidural Abscess, Tuberculosis, pre and post operative physiotherapy laminectomy, treatment related to above conditions.
      iv. Surgery of peripheral Nerves , peripheral nerve injuries , pre and post operative physiotherapy treatment related to above conditions.
   d) **Pre and Post Operative Physiotherapy, related to Plastic Surgery:**
      i. Tendon transplantation in Leprosy, Polio etc. Pre and Post operative Physic therapy treatment related to above conditions.

10. **Bio-Mechanics and Kinesiology**  05 Marks
   
   I. General Principles
   II. Force, axis, planes, center of gravity levers
   III. Classification of force systems
   IV. The linear force system resultant force equilibrium
   V. Parallel forces in one plane
   VI. Concurrent and general force system
   VII. Friction
   VIII. The fundamental principles of motion
   IX. Locomotion.

11. **Disability prevention and Prehabilitation**  10 Marks
   
   I. Introduction
   II. Definition concerned in the phase of disability process
   III. Definitions concerned with cause of impairment, factional limitation and disability
   IV. Rehabilitation and disability prevention
V. Present rehabilitations services
VI. Reservation & Legislation for rehabilitation services for the disabled
VII. Community and Rehabilitation
VIII. Basic principles of Administration, Budget, Approach Personnal and Space etc.
IX. Contribution of Social worker towards rehabilitation
X. Vocational evaluation and goals for disabled.
XI. Rural rehabilitation in-corporated with PHC’s
XII. Principles of Orthotics & Prosthetics:
   ➢ Lower Extremity orthotics/Upper extremity; orthosis
   ➢ Spinal Orthotics
   ➢ Upper extremity prosthetics
   ➢ Lower Extremity Prosthetics
XIII. Principle of Communication: Impairment
   ➢ Speech Production
   ➢ Communication disorders secondary to Brain damage
   ➢ Aphasia and its treatment
   ➢ Dysarthria and its treatment
   ➢ Non- aphasic language disorders
XIV. Code and Conduct
XV. Ethics and Management:
   a) Principles in Management of Social Problems:
      ➢ Social needs of the patient
      ➢ Rehabilitation centre Environment
      ➢ The Social worker as a Member of the Rehabilitation Team
      ➢ Community Resources
   b) Principles in Management of Vocational Problems:
      ➢ Vocational Evaluation
      ➢ Vocational goals for the disabled
XVI. Mental Subnormality:
   ➢ Identification and assessment of the mentally subnormal
   ➢ Classification of the Mentally subnormal
   ➢ Common characteristics of different categories of the mentally subnormal
   ➢ Training of the mentally subnormal
XVII. Definition Scope and importance of A. D. L.
XVIII. Goals of Self Help Devices
XIX. Teaching A. D. L. in the following areas:
   ➢ Wheel Chair Activities
   ➢ Bed Activities
   ➢ Self Care Activities
   ➢ Toilet, Eating Dressing, Miscellaneous Hand Activities.
XX. Principles of design materials used
XXI. A. D.L Form
XXII. A. D. L. Room
XXIII. Relationship of ADL to occupational Therapy and Physiotherapy
XXIV. National Health Programmes
XXV. Bio-Medical Waste.

(S.A Raina), KAS,
Secretary,
J&K Services Selection Board,
Srinagar.