



Government of Jammu and Kashmir  
Services Selection Board  
Sehkari Bhawan Rail Head Complex, Jammu  
([www.jkssb.nic.in](http://www.jkssb.nic.in))

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NOTICE

1. It is for the information of all the candidates who have applied for the items/advertisements shown hereunder that the Objective Type Written exam for the said posts is scheduled to be held in the third week of December, 2017.
2. The items /syllabi are as such being annexed herewith for the information of the candidates.
3. The candidates are also hereby being intimated that there shall be negative marking for wrong answers (0.25 for each wrong answer) attempted in the said examination. The exam shall be Computer Based for which a link shall also be provided subsequently to the candidates for acquaintance. Detailed criteria shall be notified by the Board for each item separately.
4. Issuance of Admit cards shall also be notified later.
5. This advance notice is for the purpose of intimation to the concerned candidates only. The schedule of those items of similar advertisement which is not figuring in the said notice shall be intimated subsequently.

Sd/-  
Tassaduq Hussain Mir, (KAS)  
Secretary  
Services Selection Board  
Dated: 15.11.2017

No. SSB/Secy/Sel/2017/11736-42

Copy to the:-

1. Principal Secretary to the Hon'ble Governor, J&K State.
2. Principal Secretary to the Hon'ble Chief Minister, J&K State.
3. Commissioner/Secretary to the Govt., General Administration Department, Govt. of J&K.
4. Director Information, J&K Government, Srinagar with the request to get the said notification published in at least three leading local newspaper of Jammu/Srinagar on three consecutive dates.
5. Private Secretary to the Ld. Chairman for information to Chairman.
6. I/c Web site.
7. Syllabus file.

| <b>S. No.</b> | <b>Item No.</b> | <b>Adv. No</b> | <b>Name of the Department</b>         | <b>Name of the post</b>            | <b>Cadre</b> | <b>Syllabus Annexed</b> |
|---------------|-----------------|----------------|---------------------------------------|------------------------------------|--------------|-------------------------|
| 1.            | 290             | 01 of 2011     | Technical Education                   | Vocational Instructor Horticulture | Div Kashmir  | <b>Annexure "A"</b>     |
| 2.            | 118             | 03 of 2012     | Ind. & Com.                           | Mine Surveyor                      | State        | <b>Annexure "B"</b>     |
| 3.            | 20              | 01 of 2017     | Health & Medical Education Department | Junior Nurse                       | Anantnag     | <b>Annexure "C"</b>     |
| 4.            | 22              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Anantnag     | <b>Annexure "D"</b>     |
| 5.            | 24              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Bandipora    | <b>Annexure "D"</b>     |
| 6.            | 26              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Baramulla    | <b>Annexure "D"</b>     |
| 7.            | 27              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Budgam       | <b>Annexure "D"</b>     |
| 8.            | 28              | 01 of 2017     | Health & Medical Education Department | Theatre Nurse                      | Ganderbal    | <b>Annexure "C"</b>     |
| 9.            | 31              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Jammu        | <b>Annexure "D"</b>     |
| 10.           | 33              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Kulgam       | <b>Annexure "D"</b>     |
| 11.           | 34              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Kupwara      | <b>Annexure "D"</b>     |
| 12.           | 36              | 01 of 2017     | Health & Medical Education Department | Junior Nurse                       | Rajouri      | <b>Annexure "C"</b>     |
| 13.           | 39              | 01 of 2017     | Health & Medical Education Department | Female MPHW/ANM                    | Samba        | <b>Annexure "D"</b>     |

## Annexure “A”

### SYLLA BUS VOCATIONAL INSTRUCTOR HORTICULTURE AND VOCATIONAL INSTRUCTOR FLORICULTURE & LAND SCALPING

**Marks:-150**  
**Time: - 2.30 Hours**

#### Section – I

**Marks: 40**

#### Fruit Science

Economic importance and classification of horticultural crops, nursery management practices, planting and layout, management of orchards, planting systems and planting densities, nursery techniques and their management. Principles and methods of pruning and training of fruit crops, types and use of growth regulators in horticulture, water management, weed management, fertility management in horticultural crops, intercropping, multi-tier cropping, mulching, bearing habits, factors influencing the fruitfulness and unfruitfulness. Rejuvenation of old orchards, top working, frame working, principles of organic farming.

Need and potentialities for plant multiplication, sexual and asexual methods of propagation, advantages and disadvantages. Seed dormancy (scarification & stratification) internal and external factors. Propagation Structures: Mist chamber humidifiers, greenhouses, glasshouses, cold frames, hot beds, poly-houses, nursery (tools, and implements), uses of growth regulators in seed and vegetative propagation, methods and techniques of cutting, layering, grafting and budding; physiological & bio chemical basis of rooting, factors influencing rooting of cuttings and layering, selection and maintenance of mother trees, collection of scion wood stick, scion-stock relationship, and their influences, Nursery registration act.

Horticultural zones of India, production and export potential, varieties, climate and soil requirements, propagation techniques, planting density and systems, after care, training and pruning. Management of water, nutrient and weeds, special horticultural techniques including plant growth regulators, their solution preparation and use in commercial orchards. harvest indices, harvesting methods, of the following crops. Mango, banana, grapes, citrus, papaya, guava, litchi, loquat. Bearing in mango and citrus, , causes and control measures of special production problems, alternate and irregular bearing overcome, control measures. Rainfed horticulture, importance and scope of arid and semi-arid zones of India. Characters and special adaptation of crops: ber , pomegranate, fig.

Classification of temperate fruits, detailed study of areas, production, varieties, climate and soil requirements, propagation, planting density, cropping systems, after care training and pruning , self incompatibility and pollinizers, use of growth regulators, nutrient and weed management, harvesting, of apple, pear, peach, apricot, cherry, strawberry, kiwi, almond, walnut chest nut. Replant problem, rejuvenation and special production problems like pre-mature leaf fall, physiological disorders.

Orchard management, importance, objectives, clean cultivation, sod culture, Sod mulch, herbicides and inorganic and organic mulches, competitive and complimentary effect of root and shoot, systems of irrigation.

#### Section – II

**Marks: 20**

#### Vegetable Science

- Classification of vegetable crops.

- Economic and medicinal importance and nutritive value.
- Area and production, exports and imports.
- Description of varieties and hybrids.
- Types of vegetable gardens, kitchen garden; principles of planning and layout.
- Nursery management practices.
- Soil and climate, nutrition, seed rate, preparation of field, transplanting, planting for directly sown/transplanted vegetable crops, spacing, planting systems, water and weed management; nutrient management and deficiencies, physiological disorders and their corrective measures, use of chemicals and growth regulators, harvest, yield, post-harvest handling and storage and marketing and seed production of Tomato, Brinjal, Chilli, Sweet pepper, Potato, Beans, Okra, Bottle gourd, Cucumber, Bitter gourd, Squash, Kale, Cabbage, Cauliflower, Knol-khol, Sprouting broccoli, Lettuce, Garlic, Onion, Leek, Radish, Carrot, Turnip, Beet root, Peas, Broad beans, Cowpea, Spinach, Fenugreek, Fennel and Coriander.
- Factors affecting production and productivity of vegetables.
- Cropping systems.
- Raising of vegetable crops organically.
- Nutrient management through the use of organic manures, vermicomposting, green manuring, biofertilizers.
- Disease and pest management organically.
- Types of protected structures.
- Cultivation of vegetable crops under green houses.
- Important diseases and pests of vegetable crops.
- Integrated disease management in vegetable crops
- Integrated insect-pest management in vegetable crops
- History and scope of vegetable seed industry.
- Principles of vegetable seed production.
- Methods of vegetable seed production.

### **Section – III**

**Marks: 15**

#### **Floriculture and Landscaping**

Principles and elements of landscape design, plant material for maintaining flowering calendar in landscaping, symbols, Landscape and Landscaping with basic principles and basic components, walk-paths, bridges, constructed features etc in landscaping.

Scope and importance of commercial floriculture in India, production techniques of ornamental plants like rose, tulip, Narcissus (Daffodils), Liliium, chrysanthemum, orchid, carnation, gladiolus, tuberose, anthurium, marigold and Gerbera for domestic and export market, growing of flowers under protected environments such as glass house, plastic house etc. Soilless cultivation or hydroponics and its implementation in floriculture. Post harvest management of cut flowers (Pulsing, pre cooling, recut of stem, packaging, storage etc), Flower dehydration techniques for different flower crops.

History, scope of gardening, aesthetic values, Gardens in India, types of gardens, landscaping, historical background, Definition: Floriculture industry, importance, area and production, industrial importance in India. Special types of gardens (bog garden, sunken garden, terrace garden, rock garden, bottle garden, water garden, Childrens garden, roof garden), formal, informal and free style gardens, Mugal garden, Japanses garden, English garden, ornamental trees, shrubs, herbaceous perennials, climbers, creepers, palms, ferns, grasses and cacti succulents for home gardening and landscaping along with different methods of Proagation. Flower arrangement, Bio-aesthetic planning, round country planning, urban planning and planting avenues, schools, villages, beautifying railway stations, dam sites, hydroelectric stations, colonies, river banks, Culture of bonsai. Different methods for turf making including dibbling, turfing, astro turfing, sodding etc. Important grasses for lawns with special features.

Seed production techniques in ornamental annuals, Prospects of seed production in Kashmir.

Scope ,Constraints , Agro climatic zones, Selection of Variety, Maintaining Genetic Purity of flower seeds, Production module for seed production in different annual Crops, Summer season annuals and winter seasonals, Botanical description : Common name, Botanical name, local name, family, Origin, pollination type. Nursery raising, Sowing time and Transplanting Isolation distance, Intercultural operations, Rouging, weed Control, Irrigation, Nutrition, Pinching, Staking, Plant protection, Harvesting: Hand Picking, Shattering, yield, Post harvest management, Seed treatment, Packaging and Seed Storage in *D. caryophyllus*, *D. barabatus*, *Lathyrus odoratus*, *Lupinus sp.* and *Impatiens balsamina*, *Antirrhinum sp.*, *Godetia sp.*, *Linaria sp.*, *Lobelia sp.*, *Petunia sp.*, *Phlox sp.*, *Salvia splendens*, *Verbena sp.* and *Viola tricolor.*, *Althea rosea*, *Alyssum sp.*, *Calendula sp.*, *Celosia plumosa*, *Centaurea sp.*, *Chrysanthemum sp.*, *Clarkia sp.*, *Cosmos sp.*, *Coreopsis sp.*, *Gaidardia sp.*, *Gomphrena sp.*, *Helianthus sp.*, *Helichrysum sp.*, *Iberis sp.*, *Impatiens sp.* and *Zinnia sp.*

#### **Section – IV**

**Marks: 15**

##### **Natural Resource Management (NRM)**

Introduction to soil fertility and productivity- factors affecting. Essential plant nutrient elements- functions. Salt affected soils - characteristics and management. Role of microorganisms in organic matter- decomposition. Integrated plant nutrient management. Critical limits of plant nutrient elements and hunger signs. luxury consumption, nutrient interactions, deficiency symptoms,

Water resources of J&K . Importance and consumptive use of water. Available and unavailable soil moisture. Water budgeting. Rooting characteristics and moisture extraction pattern. Water requirement of horticultural crops -lysimeter studies, use of pan evaporimeter. Critical stages of crop growth for irrigation. Irrigation scheduling, different approaches. Methods of irrigation - surface and sub-surface pressurized methods viz., sprinkler and drip irrigation, their suitability, merits and limitations, fertigation. Irrigation management practices for different soils and crops.

Methods of soil and plant sampling and processing for analysis. Soil structure and aggregate analysis. concepts of soil moisture estimation. Methods of estimation of redox potential. Soil fertility evaluation methods. Soil micro-organisms and their importance. Saline, alkali, acid, waterlogged and sandy soils, their appraisal and management. Chemical and mineral composition of horticultural crops. Leaf analysis standards, index tissue, interpretation of leaf analysis values. Quality of irrigation water.

Introduction, concept. Organic production requirements; Biological intensive nutrient management, organic manures, vermicomposting, green manuring, recycling of organic residues, biofertilizers. Weed management.

#### **Section – V**

**Marks: 15**

## **Plant Pathology**

Introduction to the science of Phyto-pathology and its objectives. Classification of plant diseases, symptoms, signs, and related terminology. Parasitic causes of plant diseases (fungi, bacteria, viruses, phytoplasma), and their characteristics. Non-parasitic causes of plant diseases. Survival and dispersal of plant pathogens. Plant disease epidemiology and forecasting. Principles and methods of plant disease management. Fungicide classification based on chemical nature and commonly used systemic, non-systemic fungicides and bactericides. Preparation of fungicidal solutions, slurries, pastes and their applications. Importance of micro organisms. Mushrooms-edible (*Agaricus* and *Pleurotus*) and poisonous types, preparation of culture/spawn and production techniques.

Symptoms, disease development and integrated management of the diseases of fruits, plantation, medicinal and aromatic crops viz. apple, pear (scab, alternaria blotch, powdery mildew, root and collar rot, cankers, pear fabraea leaf and fruit spot, pear fire blight and apple mosaic virus), peach, plum, cherry, apricot, almond, walnut (peach leaf curl, shot hole, powdery mildew, cercospora leaf spot, peach scab, cryptosporopsis leaf & twig blight and walnut anthracnose), grapes (anthracnose, powdery mildew, downy mildew, bunch rot), strawberry (leaf spot, fruit rot), mango (mango malformation, black tip), banana (panama wilt, bunchy top), citrus (citrus canker, tristeza virus), guava (wilt), tea & coffee rust, belladonna (leaf spot, root rot), dioscorea (leaf blight, rust) and pyrethrum (leaf blight and wilt). Important post harvest diseases of pome and stone fruits and their management.

Symptoms, disease development and integrated management of the diseases of vegetables, ornamental and spice crops viz., tomato & potato (early blight, late blight, septoria leaf spot, damping off), brinjal (phomopsis, alternaria blight, damping off), chilli (wilt, anthracnose, damping off), cabbage, cauliflower, radish & knol-khol (alternaria leaf blight, wire stem, white rust) onion & garlic (downey mildew, stemphylium blotch) pea (powdery mildew), beans (anthracnose, rust, mosaic), cucurbits (alternaria leaf spot, anthracnose, downey mildew, powdery mildew, angular leaf spot), saffron (leaf blight, bulb rot), cumin (alternaria blight), turmeric (rhizome rot, leaf spot), ginger (bacterial wilt, soft rot), rose (black spot, powdery mildew), gerbera (alternaria leaf blight, powdery mildew), tulip (basal rot, penicillium rot, grey mould rot).

## **Section – VI**

**Marks: 15**

### **Agricultural Entomology**

Introduction to phylum arthropoda. Importance of class Insecta. Insect dominance. Definition, division and scope of entomology. Types of mouth parts, antennae, legs and wings. Metamorphosis. Classification of insects up to orders

Definition, economic importance. General characters of plant parasitic nematodes, symptomatology and control of important plant parasitic nematodes of fruits - (subtropical and temperate) and vegetable crops economic classification of insects; Distribution, host range, bio-ecology, injury, integrated management of important insect pests affecting sub-tropical and temperate fruits, Storage insects-host range, bio-ecology, injury, integrated management of important insect pests attacking stored fruits, Toxicology-insecticide residue problems in fruit and their tolerance limits.

Economic importance of insects in vegetable crops. Distribution, host range, bio-ecology, injury, integrated management of important insect-pests affecting vegetable and ornamental crops. Important storage insect - pests of vegetable and ornamental crops, their host range, bio-ecology, injury and integrated management. Insecticidal residue problems in vegetables, Tolerance limit.

Introduction of Bee keeping, important Bee flora, Bee keeping equipments, differentiation of bee castes.

**Section: VII**

**Marks: 20**

**Post Harvest Technology**

Maturity indices, harvesting, handling, grading of fruits, vegetables and cut flowers. Factors responsible for deterioration of horticultural produce, physiological and bio-chemical changes, hardening and delaying ripening process. Methods of storage for local market and export. Pre-harvest treatment and precooling, pre-storage treatments. Different systems of storage, packaging methods and types of packages. Types of containers and cushioning materials, vacuum packaging, cold storage. Poly -shrinks packaging.

Importance and scope of fruit and vegetable preservation industry in India, losses in post-harvest operations, unit operations in food processing. Principles and methods of preservation by heat. Canning and bottling. Methods of preparation of juices. Squashes, syrups, cordials, fermented beverages, jam, jelly, marmalade, pickles, chutneys and sauces. Preservation by sugar and chemicals; candies, crystallized fruits, preserves, chemical preservatives, preservation with salt and vinegar. Freezing. Govt. policy on import and export of processed fruits. Food laws.

Classification, functions, deficiency and sources of Carbohydrates, Protein and Lipids. Mineral nutrition: macro and micro-minerals (Ca, Fe and P), function, utilization, requirements, sources, deficiency. Vitamins: functions, sources, deficiency, requirements of water soluble and fat-soluble vitamins. Recommended dietary allowances for various age groups.

**Section VIII**

**Marks: 10**

**Biotechnology**

History of biotechnology. Fundamental principles: micro-propagation and scope for commercialization. Application of micro-grafting in horticultural crops, meristem culture, anther culture, pollen culture, embryo culture, callus culture, cell culture, somaclonal variation, protoplast isolation, culture, fusion and applications. Cryopreservation .Genetic engineering. Future scope and present trends. Importance of biotechnology in horticulture.

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Annexure "B"

SYALLABUS  
MINE SURVEYOR

**Marks:150**  
**Time:-2.30 hours**

| <u>CHAIN SURVEYING</u>      |   | <u>Marks Allocation</u> |
|-----------------------------|---|-------------------------|
| 1.                          | Chain Surveying                               | 10                      |
| 2.                          | Terms commonly used in Chain Surveying        |                         |
| 3.                          | Operations in Chain Surveying                 |                         |
| 4.                          | Offsetting                                    |                         |
| 5.                          | Examples on limiting length of offset         |                         |
| 6.                          | Instruments used for setting our right angles |                         |
| 7.                          | Conventional Signs or Symbols                 |                         |
| 8.                          | Field Work in Chain Survey                    |                         |
| 9.                          | Recording Field -notes                        |                         |
| 10.                         | Plotting a Chain Survey                       |                         |
| 11.                         | Obstacles in Chaining                         |                         |
| <u>COMPUTATION OF AREAS</u> |   |                         |
| 1.                          | Calculation of Areas from the plan            | 10                      |
| 2.                          | Graphical Method                              |                         |
| 3.                          | Examples on Application of various Formulae   |                         |
| 4.                          | Instrumental method(Plani meter)              |                         |
| <u>COMPASS SURVEYING</u>    |   |                         |
| 1.                          | Compass Surveying                             | 10                      |
| 2.                          | Compass                                       |                         |
| 3.                          | Bearing of Line                               |                         |
| 4.                          | Designation of Bearings                       |                         |
| 5.                          | Fore and Back bearings                        |                         |
| 6.                          | Examples on Bearing                           |                         |
| 7.                          | Calculation of Angles from Bearings           |                         |
| 8.                          | Calculations of Bearings and Angles           |                         |
| 9.                          | Examples pm Bearing and Angles                |                         |
| 10.                         | Local Attraction                              |                         |
| 11.                         | Examples on Local Attraction                  |                         |
| 12.                         | Dip of the magnetic needle                    |                         |
| 13.                         | Magnetic Declination                          |                         |
| 14.                         | Calculation of True Bearings                  |                         |
| 15.                         | Examples on Declination                       |                         |
| 16.                         | Field work in compass Surveying               |                         |
| 17.                         | Plotting a compass Traverse                   |                         |
| 18.                         | Permissible Errors in Compass Surveying       |                         |
| 19.                         | Closing Error and its Graphical Adjustment    |                         |
| 20.                         | Precautions in using the Compass              |                         |
| 21.                         | Sources of Error in Compass work              |                         |
| 22.                         | Testing and Adjusting the Compass             |                         |
| <u>CONTOURING</u>           |   |                         |
| 1.                          | Contour and Contouring                        |                         |



|                             |  |    |
|-----------------------------|--|----|
| 2.                          | Contour Interval and Horizontal Equivalent                                   | 15 |
| 3.                          | Characteristics of Contour   |    |
| 4.                          | Method of Contouring   |    |
| 5.                          | Interpolation of Contouring  |    |
| 6.                          | Examples on Contouring   |    |
| 7.                          | Drawing the Contour lines  |    |
| 8.                          | Tracing the Contour Gradient for Alignment of Roads, Railways and Canals etc |    |
| 9.                          | Finding Volume of Earth work and capacity of a reservoir from Contour Lines  |    |
| 10.                         | Uses of Contour maps   |    |
| <b>THEODOLITE SURVEYING</b> |  |    |
| 1.                          | Theodolite   | 15 |
| 2.                          | Description of a Transit Vernier Theodolite                                  |    |
| 3.                          | Terms use while Manipulating a Transit Theodolite                            |    |
| 4.                          | Fundamental lines of a Transit Theodolite                                    |    |
| 5.                          | Adjustments of a Theodolite  |    |
| 6.                          | Vernier Scale  |    |
| 7.                          | Measurement of Horizontal Angles   |    |
| 8.                          | Practical Hints on Measuring Horizontal Angles with a Theodolite             |    |
| 9.                          | Laying out a Horizontal Angle  |    |
| 10.                         | Measuring a Vertical Angle   |    |
| 11.                         | Reading Magnetic Bearing of a line   |    |
| 12.                         | Prolonging a straight line   |    |
| 13.                         | Levelling with a Theodolite  |    |
| 14.                         | Examples on Finding the heights of objects                                   |    |
| 15.                         | Traversing with a Theodolite   |    |
| 16.                         | Methods of Traversing  |    |
| 17.                         | Checks on closed Travers   |    |
| 18.                         | Checks on open Traverse  |    |
| 19.                         | Permissible Errors in Theodolite Traversing                                  |    |
| 20.                         | Sources of Errors in Theodolite works  |    |
| 21.                         | Traverse Computations  |    |
| 22.                         | Adjustments of Closed Traverse   |    |
| 23.                         | Gales Traverse Table   |    |
| 24.                         | Problems in Theodolite Traversing  |    |
| 25.                         | Permanent Adjustments of a Transit Theodolite                                |    |
| <b>TACHEOMETRIC SURVEY</b>  |  |    |
| 1.                          | Tacheometry  | 10 |
| 2.                          | Instruments used in Tacheometry  |    |
| 3.                          | Methods of Tacheometry   |    |
| 4.                          | The Stadia System of Tacheometry   |    |
| 5.                          | General Principles of Stadia Tachemetry                                      |    |
| 6.                          | Determination of Stadia Constants of a Tacheometer                           |    |
| 7.                          | Theory of Anallatic Lons   |    |
| 8.                          | Fixed hair method of Stadia Tacheometry                                      |    |
| 9.                          | Movable hair method(Subtense method) of Stadia Tacheometry                   |    |
| 10.                         | Reduction of Readings Examples of Stadia                                     |    |

|            |  |     |
|------------|--|-----|
|            | Tacheometry  |     |
| 11.        | The Tangential system of Tacheometry Examples          |     |
| 12.        | Direct reading Instruments                             |     |
| 13.        | Substense Bar measurements                             |     |
| 14.        | Levelling by Stadia                                    |     |
| 15.        | Field-work in Tacheometri Survey                       |     |
| 16.        | Errors in Stadia Surveying                             |     |
| 17.        | Degree of Accuracy                                     |     |
| EARTH WORK |  |     |
| 1.         | Measurement of volume of Earth work from cross-section |     |
| 2.         | Formulae for Areas of X-sections                       |     |
| 3.         | Formulae for Volume                                    |     |
| 4.         | Prisomoidal correction                                 |     |
| 5.         | Curvature Correction for Volumes                       |     |
| 6.         | Measurement of Volumes from Spot levels                | 10  |
| 7.         | Measurement of Volumes from Contour                    |     |
| 8.         | Mass Diagram   |     |
| 9.         | Lift and Lead  |     |
| 1.         | Metalliferous Mines Regulations,1961                   | 70  |
| 2.         | Coal Mines Regulations,1957                            |     |
|            | Total Marks  | 150 |

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# Annexure “C”

## Syllabus

JUNIOR GRADE NURSE / JUNIOR NURSE / JUNIOR STAFF NURSE/THEATRE NURSE

Marks :-150  
Time :- 2.30 Hours

### ANATOMY PHYSIOLOGY

15 Marks

- Cell, various parts and its function.
- Skeletal System – Bones  
Axial Skelton  
  
Appendicular Skelton structure and function.
- Muscular System- Types Structure and Function.
- Digestive System- Structure, Function of Organs, Process of digestion.
- Respiratory System. Structure, Function of organs, Physiology of Respiration
- Exerelory System - Structure, Function of Urinary System Structure and Function of Skin.
- Cardio Vascular System- Heart Blood Vessels/ Position, Structure, and Function  
*Blood Circulation - Blood Pressure, Pulse Systemic and Pulamanary*
- Lumphalic System - Lhmph Glands Function.*
- Blood Composition - Function Clottong Type  
*Nervious System - Structure and Function of :-*  
  
**(a) Central Nervous System.**  
**(b) Autonomic Nervous System.**
- Endoerine System - Structure, Function of Pituitary Glands.
- Sense Organs - Ear, Eye, Nose, Structure and Function.
- Female Reproductive System- Structure, Functions, Accessory Organs, Menstural Cycle, Menopause and process of Reproduction
- Male Reproductive System- Structure and Functions.

### MICROBIOLOGY

05 Marks

- Bacteriology, Microbiology usefulness in Nursing.
  - **Common disease caused by different types of organisons.**
  - **Sources ofinction, made of exit and transmission of disease,**
  - **Immunity and Immunization schedule.**
  - **Disinfection**
  - **Sterilization.**
  - **Asepsis.**

### PSYCHOLOGY

07 Marks

- **Definition of Psychology scope and its importance for Nurses.**

- Behaviour-Nature of behavior classification, dynamics types behavior. Motivation.
- Function, Emotions.
- Habits-Meaning, Principals inhabit formation. Frustration and conflicts
- Learning laws, types, factors of learning. Intelligence.
- Personality, meaning, types, development, characteristics.
- Mental health characteristics, national mental health program.

## **SOCIOLOGY**

**03 Marks**

- Society - Def, meaning Gp, Types, structures, Rural and Urban society, Family, types, basic needs of family.

## **NURSING ARTS NUTRITION**

**35 Marks**

- Fundamentals of Nursing
- Nurses qualities, def, nursing principles, scope of Nursing.
  - *History of Nursing.*
  - *Role and responsibility of a Nurse.*
  - *Components of Basic Nursing.*
  - *Health Agencies.*
- Admission and discharge of patient.
- Signs and symptoms of approaching death.
- Nurses role in maintaining good personal hygiene.
- Bed making, various types of beds, nurses procedure for bed making.
  - *Vitals -Temperature, pulse, respiration, B.P (def, type) equipments procedure*
  - *Mouth care - purposes, equipment, procedure complication sol used,*
  - *Bed sore - Def signs and symptoms, causes pressure points prevention,*
  - *Back care. Def. purposes, equipment, procedure.*
  - *Bed bath. Def. types purpose, equipment, procedure different patients uses for different procedure.*
  - *Ryles tube feeding - Indication equipments procedure suction,*
  - *Stomach wash or gastric lavage Def. indication procedure purpose, equipments.*
  - *Catheterization - Indication purpose, procedure articles, types of catheter,*
  - *Enema-Def types, indication, procedure, equipments,*
  - *Flatus tube - Def. purpose, procedure, equipments,*

- *Gaginal douche - Def. purposes, Sol, used, procedure equipments. Local hot application - Def purpose, types, equipments procedure precautions,*
- *Local cold application - Def. purposes types equipment procedure.*
- *Inhalations - Def. types purpose equipment precautions procedure post of care for surgery.*
- *Care of patient fever (Unconscious patient) Dyspnoea.*
- *Barrier Nursing - Isolation, technique, Control of infection diseases, immunization.*

- *First Aid of Burns,  
Accident,  
Haemorrhage,  
Fractions.*

➤ **Various Bandages.**

- *Blood Transfusions - Grouping Crossmating*
- *RH factor, Precautions - Blood Transmission.*

➤ **Recording and Reporting**

➤ **Collection of Specimen.**

➤ **Drugs route of Administration of drugs.**

## **NUTRITION**

**10 Marks**

➤ **Constituents of food and its function**

- *Protene, EHO, fats, minerals, vitamins, waterthen sources, function daily requirement, deficiencies.*
- *Applied nutrition programmes.*
- *Community nutrition programmes.*
- *Diet - types of diet, balanced diet.*
- *Diet for different diseases.*
- *Planning and preparation of menui.*
- *Factors effecting coming.*
- *Presentation of mal nutrition.*
- *Health problems in India (Nutritional problems)*
  - *Communicable disease prob.*
  - *Population Prob.*
  - *Environmental suction Prob.*
  - *Medical care Prob.*

➤ **Community Health Nursing:**

- *Definition and concent of health ad elements.*

- *Principles Primary Health care.*
- *Qualities and functions of a Community Health Nurse.*
- *National Health Problems and Programmes.*
- **Hygiene-Personal and Environmental-Safe Water, Sanitation.**
  - *Building of good health, habits, Immunization.*
  - *Physical health including menstrual hygiene.*
  - *Mental health.*
- **First Aid in Emergency.**
  - *Importance of First Aid and its rules:*
  - *First Aid Emergency. Fire, Burns, Fractures, Accidents, Poisoning, Bullet injuries, Drawing, Hoemorrhages, Dog Bites.*
  - *Bandaging and splinting.*

## **Medical Surgical Nursing**

**25 Marks**

- **Disorders of Respiratory system:-**
- **Definitions, causes, types, factors, indications, investigations, treatment, NSG, Management, Prevention, Health Education, Complications of:-**
  - *Asthma/Bronchial.*
  - *Pneumonia.*
  - *Lung Abscess.*
  - *Plausy.*
  - *Emphyma.*
  - *Emphysema.*
  - *Pulmonary Tuberculosis.*
  - *Lobectomy.*
  - *Pneumonectomy.*
  - *Diet Therapy*
  - *Drug Therapy.*
- **Cardio Vascular System:**
  - **Cardia Arrhythmias.**
  - **Pericarditis.**
  - **Myocarditis.**
  - **Congestive Heart Failure.**
  - **Myocardial infection.**
  - **Fallots of Tetralogy.**
  - **Hypertension.**

- **Angina Pectoris.**
- **Mitral Stenosis.**
- **Anaemia.**
- **Lenkaemia.**
- **Haemophilia.**

➤ **Gastro Intestinal System:**

- **Gastritis.**
- **Peptic Uleer.**
- **Appendicitis.**
- **Ca Stomach**
- **Colostomy, Intestinal Obstruction**
- **Haemorrhoids.**
- **Gastrectomy.**
- **Gastrastomy.**
- **Hernia.**
- **Leprotomy.**

➤ **Disease of Liver, Spleen, Gall Bladder, Pancreas:**

- **Hepatitis.**
- **Cirrhosis of Liver.**
- **Caliver, Pancreas.**
- **Pancreatitis.**
- **Tumours.**
- **Cholieystities/Cholieysteetomy.**
- **Spleeneetomy.**

➤ **Genito - Urinary System and Male Reproductive System:**

- **Nephritis.**
- **Ureamia.**
- **Dialysis.**
- **Prostate/Prostectomy.**
- **Nephrectomy.**
- **Hydrocoel.**

➤ **Nervious System-Spinal Card, Nervious:**

- **Epilepsy.**
- **Meningitis.**

- Parkinsonism.
- Encephalitis.
- Head Injury.
- Cerebro - Vascular Accident.
- Paraplegia.
- Haemiplegia.
- Quadriplegia.
- Sciatica.

➤ **Endocrine System, Metabolic Disorder:**

- Hypothyroidism.
- Hyperthyroidism.
- Thyroidectomy.
- Diabetes Mellitus.
- Gout.
- Obesity.

➤ **Skin:**

- Burn including radiation burns.
- Allergy.
- Infections EC Zema.

➤ **Operation and Theatre:**

- Care of unconscious patients/coma.
- Pre and post operative care > adult, infant.
- Intensive Care Nursing.
- Commo.....

➤ **Common Investigation and Advanced Nursing Procedures:**

- USG, OGC, CT, Lithotripsy, LP, MRI, Radiotherapy, Chemotherapy, Catheterization, Bone Marrow, Paracentesis, Thoracentesis, LFT, Endoscopy, Sigmoidoscopy, Bronchoscopy, Intercostal Drainage, H2O Drainage, Review of Vitals.

➤ **Communicable Diseases:**

- Measles, Chickenpox, Smallpox, Mumps, Poliomyelitis, Diphtheria, Whooping Cough, Tetanus, Leprosy, Typhoid, Dysentery, Cholera, Plague, Malaria, Dengue, Fever, AIDS, Pulse Polio, National Health Programme/ Problems.

## **ORTHOPAEDIC**

**20 Marks**

➤ **Disorders and Diseases of Bone and Joints.**



*(Def. causes, types, preparation, investigations, indications, management).*

- Arthritis.
- Osteomyelitis.
- Rheumatoid Arthritis.
- Fractures, Dislocations, Sprains.
- Amputation.
- Traction.
- Casts.

➤ **Special senses (Eye, ENT, Ear)**

- Conjunctivitis.
- Dacro - Cystitis.
- Glaucoma.
- Trachoma.
- Myopia.
- Hypermetropia.
- Cataract.
- Corneal Ulcer.
- Otitis Media.
- Mastoiditis.
- Cleft Lip.
- Cleft Palate.
- DNS. S
- Sinusitis.
- Adenoids.
- Laryngitis.
- *Tonsillitis/Tonsillectomy.*
- *Pharyngitis.*
- *Tracheostomy.*
- *Epistaxis.*
- Psychiatric Nursing
- *Depression.*
- *Hallucination.*
- *Delusion.*
- *Schizophrenia.*
- *Psychosis.*
- *Nervosis.*
- *Hysteria.*
- *Epilepsy.*
- *ECT.*
- *Drugs used in Psychiatric diseases.*

➤ **Paediatric Nursing:**

- *Growth and development from Birth to adolescence. Factors responsible for growth and development. Assessment of growth and development.*
- *Immunity/ Immunization schedule.*
- *Disorders of infections - Vomiting, Diarrhoea, Convulsions, Distensions.*
- *Recognition, causes, prevention and management of congenital anomalies.*
- *Breast feeding:*
  - Importance and principals.
  - Preparation of mother.
  - Difficulties in breast feeding.
  - Factors inhibiting/ promotion lactation.

- Introduction of solids.
- Artificial feeding:
  - Maintenance of bottle hygiene.
  - Feeding techniques.

➤ **Disease of Childrens:**

➤ **Def. causes s/s investigations, factors indications; prevention, management complications of :-**

- *Gastro - enteritis.*
- *Oesophagal Atresia.*
- *Mega Colon.*
- *Imperforated Anus.*
- *Jaundice.*
- *Phototherapy.*

➤ **Benito - Urinary System:**

- *Hypospadiasis.*
- *Undescended Testes.*

➤ **Cardio Vascular System:**

- *Patent Ductus Arteriosus.*
- *Atrial Septal Defect.*
- *Ventricular septal Defect.*
- *Fallot's Tetralogy.*
- *Rheumatic Fever.*

➤ **Nervous System:**

- *Cerebral Palsy.*
- *Mental Retardation.*
- *Meningocele.*
- *Mongolism.*
- *Hydrocephalus.*

➤ **Eye, Ear:**

- *Squint.*
- *Deafness.*

➤ **Components of nutrition and Disorders:**

- *Marasmus.*
- *Kwashiorkor.*

- *Vitamin Deficiencies.*
- *Nutritional Programme.*

➤ **Community Health Nursing:  
Primary Health Centre.**

- *Set Up.*
- *Function.*
- *Services.*
- *Sub Centre.*

➤ **Health services Organisation at different levels:**

- *National.*
- *State.*
- *Local.*

➤ **Special community Health Services and Nurses Role:**

- *Industrial Nursing.*
- *Tuberculosis Nursing.*
- *Geriatric Nursing.*
- *Leprosy Nursing.*
- *Oncology Nursing.*

➤ **Function of District Public Health Nurse:**

*Health Assessment.*

- *Antenatal/Care.*
- *Postnatal/Care.*
- *Brest Palpation.*
- *Introduction of RCH.*

➤ **Human Sexuality:**

- *Puberty in male and female.*
- *Importance of sex education and sex hygiene.*
- *Different methods of family planning.*
- *Planning, Organising Family Planning Programmes in our area.*

➤ **Sex Life:**

- *Sterilization.*

➤ **Female Reproductive System and Breast:**

- *Cysts, Tumours and Fibroid of Ut. Hystrectomy.*
- *Abortions, MTP.*
- *Venereal Disease.*

- *Abnormalities of Menstruation.*
- *Breast Cancer/ Mastectomy*

## **Midwifery**

**30 Marks**

- Introduction of Histotiral Review.
  - *Morbidity and Mortality Rates their Significance.*
- Review of reproductive System and embiyology.
  - *The female pelvis and generative organs,*
  - *Menstrual Cycle.*
  - *Maturation, fertilization and implantation of Ovum,*
  - *Formation of foetal membrances and placenta,*
  - *Foetal bones, skull sutures and fontanel,*
  - *Foetal development of foetal circulation,*
  - *Measurement.*
- Normal Pregnancy:
  - *Physiological changes due to pregnancy,*
  - *Sings and symptoms diagnosis of pregnancy.*
  - *Pre - Natal Care.*
    - Objectives.
    - History raking .
    - Calculation of expected date of delivery .
    - Rotec examination .
  - *care and advice regarding diet in pregnancy and ante excise.*
  - *Minor disorders or pregnancy and alleviation of discomfort.*
- Diseases Associated with pregnancy:
  - *Cardio Vascular.*
  - *Urinary.*
  - *Respiratory.*
  - *Metabolic.*
  - *Nutritional deficiencies.*
- Normal Delivery (Preparation):
  - *Requirements for mother and Baby.*
  - *Preparation of patient and Delivery Room - hospital and Home.*
  - *Psychological preparation of mother and Family.*
- Normal Labour:
  - *Onset of Labour,*
  - *Physiological changes,*
  - *Mechanisms,*
  - *Stages of Labour,*

- **Technique of vaginal examination.**
- **Management of labour and Nursing Care of mother in labour.**

➤ **Puerperium:**

- **Physiology,**
- **Management of puerperium.**
- **Postnatal examination and care,**
- **Care of episiotomy.**
- **Establishment of breast feeding,**
- **Postnatal exercises,**
- **Minor ailments and management,**
- **Family welfare.**

➤ **Care of New Born:**

- **Establishment of respiration,**
- **Care of card eyes and skin,**
- **Examination of the new born,**
- **Examination of defeats,**
- **Care of premature,**
- **Minor ailments.**

➤ **Abnormal Midwifery:**

- **Pregnancy its complications Medical and gynaecological.**

- **Contracted pelvis**

**Ante Partum.**

- **Harmon ages ➤**

**Post Partum.**

- **Abortions.**
- **Ectopic gestation.**
- **Hydrated form Mole.**
- **Toxaemia of pregnancy.**
- **Polyhydromnias.**

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# Annexure “D”

## Syllabus FEMALE MULTIPURPOSE HEALTH WORKER /ANM

**Marks:-150**

**Time: - 2.30 Hours**

### **Science –I**

**25 Marks**

- *Anatomy and Physiology*
- *Microbiology*
- *Psychology*
- *Sociology*
- *Hygiene*
- *Nutrition.*

### **Fundamentals of Nursing-I**

**25 Marks**

- *Section “A” introduction to Nursing and Nursing procedures.*
- *Section “B” Nursing techniques*
- *Section “C” First aid and emergency nursing.*

### **Fundamentals of Nursing-II**

**25 Marks**

- *Section A introduction to Child Health.*
- *Section B introduction to Maternal Health.*
- *Section C introduction to Family Health and Community Health.*

### **Community Health Nursing-I**

**20 Marks**

- *Section A Domiciliary Midwifery.*
- *Section B Midwifery and Hepernitoy Nursing.*
- *Section C Family planning and family welfare.*

## **Community Health Nursing-II**

**25 Marks**

- *Section A Nutrition Education.*
- *Section B Health Education.*
- *Section C Communication skills and Audio-visual aids.*

## **Community Health Nursing-III**

**30 Marks**

- *Section A Basic Medicine and Pharmacology.*
- *Section B Health Problems and Plans.*
- *Section C Communicable Diseases.*
- *Section D Mental Diseases.*

## **ANATOMY**

- (i) Introduction*
- (ii) Skeletal system over view of skeletal system, Bones, bone development and the repair, axial skeleton, appendicular Skeleton, surface anatomy and land-marks.*
- (iii) Structure and function of joints, types of joints, muscular system introduction over vies of skeletal muscles chief muscles and group of muscles.*
- (iv) Heart, Structure.*
- (v) Respiratory system structure*
- (vi) Human Reproductive System structure and Embryology (Prenatal).*

## **PHYSIOLOGY**

- (i) Introduction*
- (ii) Organization of living things.*
- (iii) Cells, tissues, organs, cavities and body system.*
- (iv) Typical cell structure, properties of cell, living processes, tissues, types, structure and functions, the skin.*
- (v) Muscular system-Structure.*
- (vi) Muscle contraction and properties of muscle.*

- (vii) Nervous System –division of the nervous system, brain and its functions, cranial nerves, spinal nerves.*
- (viii) Special senses structure function and location of organs of special senses, eye structure and function of visual apparatus, ear structure and function of auditory apparatus.*
- (ix) Maintaining the metabolism of the body circulatory system-blood composition, blood cells and plasma, hemoglobin , blood coagulation bleeding time, blood grouping and cross- matching physiological structure of heart and function, heart sounds and heart rates, circulation – systematic and pulmonary, blood vessels, pulse, venous and capillary system.*
- (x) Digestive system the alimentary tract oral cavity stomach, small and large intestines peristalsis digestion salivary glands. Liver pancreas and gallbladder enzymes absorption and assimilation of food.*
- (xi) **EXCRETORY** system –Excretory organs location, structure and function. The urinary tract, urine formation composition of urine, micturition . Water and salt balance.*
- (xii) Endocrine system-overview of the endocrine system, endocrine glands location, structure and function body temperature regulation.*
- (xiii) Human Reproduction*
- (xiv) **Embryology, parental Development, maturation of reproduction Organs.***

*The male reproductive tract external, organs. The Female reproductive tract external organs, menstrual cycle, hormones and reproduction.*

**Principles of organizing care according to head of the patient.** (Seriously ill, Chronically ill)

*Moderately ill, terminally.*

*Principles of organizing care according at patient group.*

*Maintenance of supplies, equipments and other facilities.*

**Records and Reports.**

*Health records, family care records, medical records, use of diaries by health workers understanding the system of reporting and recording referral system. Maintaining a Healthy environment cleanliness of unit and sick room cleanliness of furniture, floors, space and surfaces doors and windows disposal of waste, garbage.*

## **NURSING PROCEDURES AND TECHNIQUES**

- (i) Meeting hygienic and comfort needs care of skin , care of hair, care of hands, care of eyes, nutrition mouth care elimination, exercise , body.*
- (ii) Maternal health factors.*



*Socio-economic factors affecting maternal health.*

*Section C- Introduction to family health and Community health.*

a) *Family health care.*

*The family as integral unit of the health services,*

- *Prevention and control of communicable diseases.*
- *Home visiting and domiciliary health.*

a) *Introduction to Community health.*

b) *Environmental Health and Sanitation.*

c) *School health Services.*

## **COMMUNITY HEALTH NURSING - (I)**

### **Domiciliary Midwifery**

- (i) *Contacting antenatal mothers.*
- (ii) *Conducting a delivery in the home.*
- (iii) *Post –Natal care. Records to be maintained.*

### **Midwifery and maternity nursing**

- (i) *The reproductive system*
- (ii) *Growth and development of foetus*
- (iii) *Pregnancy*
- (iv) *Labour*
- (v) *Normal puerperium*
- (vi) *Complication of pregnancy*
- (vii) *Complication of labour.*
- (viii) *Obstetric operations.*
- (ix) *Drugs used in obstetrics*

### **Family planning and welfare.**

- (i) *Introduction.*
- (ii) *National family welfare programme.*
- (iii) *Organizing family welfare work.*
- (iv) *Family planning methods.*

## **COMMUNITY HEALTH NURSING**

### **Nutrition Education:**

- (i) Introduction to nutrition education.
- (ii) Nutrition education for material and cold health.
- (iii) Nutrition education (method and media)

### **Health Education:**

- (i) Introduction
- (ii) The Teaching (Learning Proceed)
- (iii) Approaches used in health education.
- (iv) Planning health education activites.
- (v) Community resources for health education.

### **Communication Skills & Audio –Visual AIDS :**

- (i) Introduction to communication.
- (ii) Communication skill for health work.
- (iii) Introduction to Audio-visual aids.
- (iv) Selection and utilization of audio-visual aids selecting suitable aids for health work.
- (v) Preparation of audio- visual aids for health work basic skill/competencies.

### **Health Problems and Plans :**

- (i) Health problems.
- (ii) Organization and structure of health services and related welfare services.
- (iii) Health planning and programme.

### **Communicable Diseases:**

- (i) Inroduction to communicable diseases.
- (ii) Immunity and immunization.
- (iii) Care and treatment of patients with infection.
- (iv) Specific Communicable diseases and infections, symptoms, prevention and control and care in specific communicable diseases and infections.

*Malaria, filarial, dengue, typhoid, cholera infections hepatitis, other gastrage intestinal infections-acute waste enteritis, dysenteries small-pox, chicken pox mumps, measles, diphtheria. Trachoma, conjunctivitis, worm infestations hoolworm rouun worn. Threadworm, amoebiasis, rabies, tuberculosis, pertustis.*

### **Mental diseases:**

- (i) *Introduction*
- (ii) *Resources and facilities for prevention and early detection of mental illness, use of family health care services.*
- (iii) *Maternal and child health services.*
  - *School health services.*
  - *Primary health centre facilities.*
  - *Community, health worker as a resource.*
- (iv) *Prevention of mental illness.*
- (v) *Early detection of mental disorders.*
- (vi) *Mental diseases.*

## **COMMUNITY HEALTH NURSING I (II)**

### **Environmental sanitation:**

- *Basic sanitation needs all village level towns and semi-urban areas.*
- *Disinfection and disinfectants, sterilization, antiseptics, disinfectants, acaricidal, detergent, sterilization.*
- *Environmental sanitation aspects of communicable diseases communicable diseases control.*
- *Venereal diseases.*

### **Microbiology:**

- *Introduction*  
*Classification of micro-organisms, characteristics of bacteria, viruses, conditions affecting and growth of bacteria, parasites, fungi yeasts and mold.*
- *Universal presence of Micro-organisms useful bacteria and micro-organism in the environment. Micro-organism in the human body normal flora, Micro-organism in water food and milk.*
- *Sources and mode of infection.*  
*Sources of infection, mode of transmission infective factors which favour and hinder infection immunity, vaccines.*
- *Pathogenic Micro-organism.*  
*Transmitted from, respiratory tract. Alimentary tract, food, food poisoning blood-borne pathogenic organism.*
- *Collection of specimens for bacteriological examination.*

### **Sociology:**

- (i) *Introduction.*  
*Group-primary and secondary, in group and out groups, structure, activities of groups organization of groups Urban and rural administrative pattern pattern panchyats and corporations, crowd public and audience.*
- (ii) *Social process.*
- (iii) *Social controls.*
- (iv) *Social stratification.*
- (v) *Marriage and family.*
- (vi) *Community rural and urban community.*

### **Psychology:**

- (i) *Factors influencing human behavior.*
- (ii) *Life stages and behavioral patterns.*
- (iii) *Emotions and behavior.*
- (iv) *Defence mechanism and behavior.*
- (v) *Social behavior and interpersonal relations.*
- (vi) *Learning, motivation and change in behavior.*

### **Hygiene:**

- (i) *Introduction to hygiene and healthful living, concepts of health and disease. Factors influencing health and healthful living. Health habits and practice. Scientific principles related to maintenance of normal circulation, respiration, digestion sensory functions, normal skeletal alignment joint function and motor function.*
- (ii) *Physical health:- Skin care, cleanliness clothing care of the hair, prevention of pediculosis. Dental care and oral hygiene, care of hands, hygiene of elimination and menstrual hygiene, mental hygiene.*
- (iii) *Mental hygiene and health in childhood ensuring mentally healthy growth in later childhood, need for friendship, games and plays, affection and recognition. Mental hygiene, approach to some problems speed problems, reading difficulties, learning problems, day dreaming.*
- (iv) *Mental hygiene and health in adolescence. Preparation of girls for menstruation, sex-education.*
- (v) *Mental hygiene and health in adulthood. Ensuring mental health in adulthood satisfaction on the job, marriage, marital life, parental responsibilities.*
- (vi) *Mental hygiene and health in old age ensuring health in old age and need for preparation for retirement.*
- (vii) *Physical health, feature, exercise, rest relaxation and sleep care of the feet, foot wear, care of eyes, ear nose and throat food values.*
- (viii) *Periodic Health Examination.*  
*Health records, detection and correction of defects. Prevention and early treatments of common ailments, common cold, indigestion constipation, headache.*
- (ix) *Health in home.*  
C) *Disposal of refuse, waste.*

D) *Latrines and sanitation, ventilation.*

E) *Safety in the home.*

F) *Sanitation in animal sheds.*

(x) *Mental hygiene and health.*

*In adults, in-infancy and early childhood. Like, feeding weaning, thumbsucking, toilet-training, need for security, affection, love, adventure.*

**Nutrition:**

(i) *Introduction to the study of nutrition, definition, relation of nutrition of health classification and functions of food-body building, energy yielding and protective foods*

*Nutrients- Carbohydrates, protein, fats, Eatmine.*

*Mineral- functions, sources and daily requirements of each caloric requirements, water and cellulose.*

(ii) *Nutritive value of foodstuffs*

*Cereals*

*Fruits*

*Fats and oils*

*Pluses*

*Milk and Milk products*

*Sugars condiments*

*Vegetables*

*Egg, meat and Fish*

*Spices and beverages*

(iii) *The balance diet.*

a. *Definition, factors to be considered in planning meals, improvement of diars, selection of foods, cultural factors improving maternal nutrition and child nutrition.*

b. *Modified diets- liquid bland, soft, full.*

(iv) *Preparation and preservation of foods general. General principles of cooking.*

a. *Methods of cooking.*

b. *Effects of cooking on nutrients and common foodstuffs, preservations of food-house-hold methods.*

c. *Food hygiene simple household measures.*

v) *Malnutrition.*

*Malnutrition and ;under nutrition.*

*Deficiency diseases in the country.*

*Cultural factors in nutrition, food fats, food habits, food adulteration practive injurious to health.*

*Nutrition education-principles of imparting nutrition knowledge.*

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