

नेपाल सरकार  
गृह मन्त्रालय  
नेपाल प्रहरी प्रधान कार्यालय  
(मानवश्रोत विकास विभाग, भर्ना छनौट शाखा)  
नक्साल, काठमाण्डौ ।

प्राविधिक प्रहरी निरीक्षक (डाइटेटिक्स) पदको खुला प्रतियोगितात्मक  
परीक्षाको पाठ्यक्रम

सेवा: नेपाल प्रहरी  
उपसमूह: स्वास्थ्य

समूह: प्राविधिक प्रहरी  
श्रेणी: राजपत्राङ्कित तृतीय

**परीक्षा योजना (Examination Scheme)**

क्र.सं.	परीक्षा चरण	विवरण	पूर्णाङ्क
१.	प्रथम चरण	प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण	-
२.	द्वितीय चरण	लिखित परीक्षा	२००
३.	तृतीय चरण	विशेष स्वास्थ्य परीक्षण	-
४.	चतुर्थ चरण	अन्तरवार्ता	३०

**प्रथमचरण:-** प्रारम्भिक तथा विस्तृत स्वास्थ्य परीक्षण

- प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-६ र ८ बमोजिम हुने ।

**द्वितीयचरण:-** लिखित परीक्षा योजना (Written Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	Professional and Service Specific Test (PSST)	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice)	१०० प्रश्न×१ अंक = १००	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	<u>छोटो उत्तर</u> ४ प्रश्न×५ अंक = २० <u>लामो उत्तर</u> ८ प्रश्न ×१० अंक = ८०	३ घण्टा

**तृतीय चरण:-** विशेष स्वास्थ्य परीक्षण

- प्रहरी सेवाको पदमा नियुक्ति र बढुवा गर्दा अपनाउनु पर्ने सामान्य सिद्धान्त, २०६९ को अनुसूची-९ बमोजिम हुने ।

**चतुर्थ चरण:- अन्तरवार्ता (Interview)**

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तरवार्ता	३०	मौखिक

१. यो पाठ्यक्रमको योजना अनुसार दुई पत्रको लिखित परीक्षा हुनेछ ।
२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
३. पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु एउटै हुनेछ ।
४. प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
५. लिखित परीक्षाको प्रथम तथा द्वितीय पत्रको पाठ्यक्रमका इकाइहरूको प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

प्रथम पत्रका इकाइ	1	2	3	4	5	6	7	8	9	10	11	12	13
प्रथम पत्रका प्रश्न संख्या	8	12	8	12	6	6	14	4	4	4	8	4	10
द्वितीय पत्रका खण्ड	खण्ड-क (A)				खण्ड-ख (B)								खण्ड-ग (C)
द्वितीय पत्रका इकाइ	1	2	3	4	5	6	7	8	9	10	11	12	13
द्वितीय पत्रका	छोटो	1			1								2
प्रश्न संख्या	लामो	4			4								-

६. यस पाठ्यक्रममा जे सुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन नियमहरू तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्छ ।
७. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत १ (एक) अंक दिईने छ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २०% अंक कट्टा गरिने छ । तर उत्तर नदिएमा त्यस बापत अंक दिईने छैन र अंक कट्टा पनि गरिने छैन ।
८. द्वितीय पत्रको विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ ।
९. द्वितीय पत्रको पाठ्यक्रमलाई ३ वटा खण्डमा विभाजन गरिएको छ । ३ वटा खण्डको लागि ३ वटै उत्तरपुस्तिका दिईनेछ र परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
१०. यस भन्दा अगाडि लागू भएको माथि उल्लेखित समूहको पाठ्यक्रम खारेज गरिएको छ ।

**पाठ्यक्रम लागू मिति:- २०७९/१०/१९ गते ।**

## लिखित परीक्षा (Written Examination)

### प्रथम र द्वितीय पत्र :-Professional and Service Specific Test (PSST)

#### खण्ड “क” (Section-A)

#### 1. HUMAN NUTRITION

- 1.1 Concept and Scope of Nutrition and Health, Minimum Nutritional Requirement and Recommended Dietary Allowances (RDAs) - Formulation of RDA and Dietary Guidelines Reference Man and Reference Woman. Adult consumption unit
- 1.2 Energy in Human Nutrition: Energy and its unit, Energy Balance, Assessment of Energy Requirements - deficiency and excess, Determination of Energy in food, Basal Metabolic Rate (BMR) and its regulation
- 1.3 Growth & development from infancy to adulthood: Somatic, physical, brain and mental development, puberty, menarche, prepubertal and pubertal changes, Factors affecting growth and development. Importance of Nutrition for ensuring adequate development
- 1.4 Growth monitoring and promotion: Use of growth charts and standards, Preventions of growth faltering
- 1.5 Nutrition During Pregnancy: Factors affecting pregnancy outcome, importance of adequate weight gain during pregnancy, antenatal care and its schedule, Nutritional requirements during pregnancy and modification of existing diet and supplementation, Deficiency of nutrients, especially energy, iron folic acid, protein, calcium, iodine. Common problems of pregnancy and their managements, specially - nausea, vomiting, pica, food aversions, pregnancy induced hypertension, obesity, diabetes. Adolescent pregnancy
- 1.6 Nutrition during Lactation: Nutritional requirements during lactation, dietary management, food supplements, galactagogues, preparation for lactation, care and preparation of nipples during breast feeding
- 1.7 Nutrition during Infancy: Infant physiology relevant to feeding and care, Breast feeding - colostrum, its composition and importance in feeding, Initiations of breast feeding. Advantages of exclusive breast feeding, Basic principles of breast feeding. Introduction of supplementary foods, initiation and management of weaning, Baby-led weaning. Bottle feeding - circumstances, Care & sterilization of bottles, Preparation of formula, Mixed feeding, breast feeding and artificial feeding
- 1.8 Management of preterm and low birth weight babies
- 1.9 Nutritional needs of toddlers, preschool, school going children - and adolescents - Dietary management

#### 2. FOOD SCIENCE

- 2.1 Basic concept on Food, Nutrients, Nutrition; Classification of Food; Classification of Nutrients
- 2.2 Carbohydrates - Definition, Classification, Structure and properties of Monosaccharides (glucose, fructose, galactose) Disaccharides (Maltose, lactose, sucrose) Polysaccharides (Dextrin, starch, glycogen, resistance starch)
- 2.3 Carbohydrates - Sources, daily requirements, functions. Effects of too high - too low carbohydrates on health, Digestion & Absorption, Blood glucose and effect of different carbohydrates on blood glucose, Glycemic Index, Functional role of Sugars in food, Fermentation of Sugar
- 2.4 Lipids - Definition, Classification & Properties, Fatty acids - composition, properties, types
- 2.5 Lipids - Sources, daily requirements, functions, Digestion & Absorption, Role & nutritional significances of PUFA, MUFA, SFA, W-3 fatty acid
- 2.6 Proteins - Definition, Classification, Structure & properties, Amino acids - Classification, types, functions

- 2.7 Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health, Digestion & absorption, Assessment of Protein quality (BV, PER, NPU), Factors affecting protein bio-availability including anti-nutritional factors
- 2.8 Dietary Fiber - Classification, sources, composition, properties & nutritional significance
- 2.9 Minerals & Trace Elements, Bio-Chemical and Physiological Role, bio-availability & requirements, sources, deficiency & excess 7 (Calcium, Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium)
- 2.10 Vitamins - Bio-Chemical and Physiological Role Physiological role, bio-availability and requirements, sources, deficiency & excess.
- 2.11 Water - Functions, daily requirements, Water balance
- 2.12 Elementary idea of Probiotics, Prebiotics, Organic Food
- 2.13 Identification of: - Mono, Di and Polysaccharides; Proteins (albumin, gelatin, peptone); glycerol
- 2.14 Determination of Acid value, Saponification value of fats and oils
- 2.15 Estimation of amino nitrogen by titrimetric method

### 3. **PHYSIOLOGY**

- 3.1 Structure & Functions of cells
- 3.2 Blood and its composition, Blood groups, Coagulation of Blood, structure & function of Heart, Heart rate, Cardiac cycle, Cardiac output, Blood pressure & their regulations, Circulation of blood
- 3.3 Gastrointestinal System: Structure and function of various organs of the GI tract, Digestion and absorption of food, role of enzymes and hormones on digestion and absorption
- 3.4 Reproductive System: Structure and function of Male and Female Sex glands and organs, Roll of hormones in reproduction, Menstrual Cycle Spermatogenesis, Physiology of pregnancy, Parturition, Lactation and Menopause
- 3.5 Excretory System: Structure and functions of kidney, bladder, formation of urine, role of kidney in homeostasis, Structure and function of Skin, Regulation of temperature of the body
- 3.6 Respiratory System: Structure of respiratory system, Mechanism of respiration and its regulations, O<sub>2</sub> and CO<sub>2</sub> transport in blood, Acclimatization, Anoxia
- 3.7 Nervous System: Elementary anatomy of Nervous System, Sympathetic and Parasympathetic nervous System, Special Senses
- 3.8 Musculoskeletal System: Types of Muscles, functions and structure, formation of bone
- 3.9 Endocrine System: Structure and functions of different endocrine glands, Symptoms of deficiency and excess secretion of different endocrine glands

### 4. **FOOD COMMODITIES**

- 4.1 Cereals and Millets: Structure, processing, storage, use in various preparation, variety, selection and cost, Cereal products, breakfast cereals, fast food
- 4.2 Pulses and Legumes: Structures, Selection and variety, Storage, Processing and use in different preparations, Nutritional aspects and cost
- 4.3 Milk and Milk products: Composition, Classification, Selection Quality and Cost, Processing, Storage and uses in different preparations, Nutritional aspects, shelf life and spoilage
- 4.4 Eggs: Production, grade, quality selection, storage, and spoilage, cost nutritional aspects and use in different preparations
- 4.5 Meat, Fish and Poultry: Types, Selection, Purchase, Storage, Uses, preparations Cost, Spoilage of fish Poultry and meat
- 4.6 Vegetables and Fruits: Variety, Selection, purchase, storage, availability causes and nutritional aspects of raw and processed products and use in different preparations
- 4.7 Sugar and sugar Products: Types of natural sweeteners, manufacture, selection, storage

- and use as preserves, stages in sugar cookery
- 4.8 Fats and oils: Types and sources (animal and vegetable), Processing, uses in different preparations, storage, cost and nutritional aspects
  - 4.9 Raising and Leavening agents: Types, constituents, uses in cookery and bakery, storage
  - 4.10 Food Adjuncts: Spices, condiments, herbs, extracts; concentrates, essences, food colors, origin, classification, description, uses, specifications, procurements and storage
  - 4.11 Convenience Foods: Role, types, advantages, uses, cost and contribution to diet
  - 4.12 Salt: Types and uses
  - 4.13 Beverages: Tea; Coffee, Chocolate and Cocoa Powder-Processing, cost and nutritional aspects, other beverages-Aerated beverages, juices
  - 4.14 Preserved Products: Jams, Jellies, Pickles, Squashes, Syrup types, composition and manufacture, selection, cost, storage, uses and nutritional aspects
  - 4.15 Food Standards: ISI, Agmark, FPO, MPO, PFA
  - 4.16 **Food adulteration:**
    - 4.16.1 Detection of Vanaspati in Ghee/Butter
    - 4.16.2 Detection of Khesari flour in besan
    - 4.16.3 Detection of Metanil yellow in turmeric/coloured sweet products
    - 4.16.4 Detection of Argemone oil in edible oil
    - 4.16.5 Detection of artificially colour / foreign matter in tea (dust/leaves)

### खण्ड “ख” (Section-B)

#### 5. **NUTRITIONAL BIOCHEMISTRY**

- 5.1 Introduction to Biochemistry: Definition, objectives, scope and inter relationship between biochemistry and other biological science
- 5.2 Enzymes: Definition, types and classification of enzymes, definition and types of coenzymes, specificity of enzymes, Isozymes, enzyme Kinetics including factors affecting enzyme action, velocity of enzyme catalyzed reactions, enzyme inhibition
- 5.3 Intermediary metabolism: Carbohydrate Metabolism, lysis, TCA cycle & energy generation, gluconeogenesis, glycogenesis, glycogenolysis, blood sugar regulation. Lipids: Oxidation and biosynthesis of fatty acids (saturated & mono-unsaturated): Synthesis and utilization of ketone bodies, Ketosis, fatty livers
- 5.4 Proteins: General reaction of amino acid metabolism, urea cycle, Lipoproteins: Types, composition, role, and significance in disease (in brief)
- 5.5 Molecular aspects of transport; Passive diffusion, facilitated diffusion, active transport.
- 5.6 Introduction to Nucleic acids: Structure, replication, transcription, genetic code (in brief) elementary knowledge of biosynthesis of proteins.
- 5.7 Vitamins: Chemistry and biochemical role of fat soluble vitamins. A, D, E, and K. Water soluble vitamins – B1, B2, B6 niacin and C
- 5.8 Minerals: Biochemical role of inorganic elements
- 5.9 Blood constituents: Estimation of - serum Protein (Biuret method and Lowry method), blood Glucose (Folin Wu method), Serum inorganic phosphorus (Fiske and Subba Row method), blood creatinine

#### 6. **FOOD MICROBIOLOGY**

- 6.1 Brief history of food microbiology, important microorganisms in foods.
- 6.2 Cultivation of microorganisms, Nutritional requirements of microorganisms, types of media used, methods of isolation.
- 6.3 Primary sources of microorganisms in foods, physical and chemical methods used in the destruction of microorganism in foods: (Sterilization & Disinfection).
- 6.4 Fundamentals of control of microorganism in foods: Extrinsic and intrinsic parameters affecting growth and survival of microbes, use of high and low temperature, dehydration,

- freezing, freeze-drying, irradiation and preservatives in food preservation.
- 6.5 Food Spoilage: Contamination and microorganisms in the spoilage of different kinds of foods and such as cereal and cereal products, vegetable and fruits, fish and other sea foods, meat and meat products, eggs and poultry, milk and products, canned foods.
- 6.6 Public health hazards due to contaminated foods: Food borne infections and intoxications: Symptoms, mode of transmission and methods of prevention, investigation and detection of food borne disease out-break.

## 7. **DIET THERAPY**

- 7.1 Basic concepts of diet therapy: Therapeutic adaptations of normal diet, principles, and classification of the therapeutic diets. Team approach to health care. Assessment of needs
- 7.2 Routine Hospital Diets: Regular, light, soft, fluid, potential and enteral feeding
- 7.3 Energy modifications and nutritional care for weight management Identifying the overweight and obese, etiological factors contributing obesity, prevention and treatment. Low energy diets, balanced energy reduction and behavioral modifications, Underweight - etiology assessment, high energy diets for weight gain, anorexia nervosa and bulimia
- 7.4 Etiological factors, symptoms, diagnostic tests and management of upper GI tract disease - disease of oesophagus and dietary management, diseases of stomach and dietary management. Gastric and duodenal ulcers and dietary management
- 7.5 Diets for febrile conditions, infections and surgical conditions.
- 7.6 Etiology, symptoms, diagnostic tests, and management of intestinal diseases: Diarrhea, steatorrhoea, Diverticular disease, inflammatory bowel disease, Ulcerative Colitis, Flatulence, Constipation, Irritable Bowel Syndrome, Hemorrhoids
- 7.7 Anaemias: Pathogenesis and dietary management: Nutritional Anaemias, thalassemia, resulting from Acute Hemorrhage
- 7.8 Diseases of the liver, Exocrine Pancreas and Biliary System, Liver function tests and nutritional care in liver disease in the context of results, Dietary care and management in - Viral Hepatitis, Cirrhosis of liver, Dietary care and management in diseases of Gall Bladder and pancreas-Cholelithiasis, Cholecystitis, Cholecystectomy, etc
- 7.9 Diet in disease of the endocrine pancreas: Diabetes Mellitus - Classification, symptoms, diagnosis, management -insulin therapy, oral hypoglycemic agents, glucose monitoring at home, dietary care and nutrition therapy, meal plan (with and without insulin), special diabetic foods, sweetness, and sugar substitute.
- 7.10 Diseases of the cardiovascular system: Atherosclerosis Hyperlipidemias - brief review of Lipoprotein Dietary care: Ischemic Heart Disease - nutritional management. Hypertension - etiology, prevalence, nutritional management. Prevention of cardiovascular diseases and diet
- 7.11 Renal Diseases: Classification, etiology, symptoms of Glomerulonephritis, Dietary management for Glomerulonephritis, Acute and Chronic Nephritis, Nephrotic syndrome, Renal failure and Uraemia, Nephrolithiasis
- 7.12 Use of sodium and potassium exchange list
- 7.13 Allergies: Definitions, symptoms, diagnosis and dietary management - food selection
- 7.14 Planning and preparation of: - normal diets, fluid diets, soft/semi solid diets, high protein diets, low fat and low calorie diets, high fiber diets, kitchen feed formula
- 7.15 Planning and preparation of Diets for the following diseases: Diabetic Mellitus, CKD, IBS, Obesity, CHD, Gout

## 8. **FOOD PREPARATION AND PRESERVATION**

- 8.1 Fundamentals of food preparation, Processes involved in food preparation.
- 8.2 Planning and preparation of adequate meal for different age groups with special reference to different Physiological conditions
- 8.3 Different methods of food preservation – Drying, Freezing, Frying, canning, bottling etc
- 8.4 Aseptic handling: Sources of contamination of foods

- 8.5 Preparation of pickles, tomato sauce, chili sauce, jelly, tomato puree squash etc
- 8.6 Visit to canning industry and dairy firm, etc.

9. **SANITATION AND HYGIENE**

- 9.1 Importance of sanitation and hygiene in food, kitchen hygiene, employee's health, food plant hygiene, food laws.
- 9.2 Indices of food, milk and water: Sanitary quality, Microbiological criteria of foods, water and milk testing (Bacteriological analysis)
- 9.3 Importance of Pest control
- 9.4 Hygienic handling of Food
- 9.5 Precaution to be taken while handling pesticides

10. **EPIDEMIOLOGY**

- 10.1 Concept of Epidemiology: Study of the epidemiologic approach-determinants of disease preventive & social means, vital statistics and their significance.
- 10.2 Communicable and infective disease control: Nature of communicable and infectious diseases, infection, contamination, disinfections, decontamination, transmission direct& indirect, vector borne disease infecting organisms and positive agents, environmental agents and epidemiological principles of disease control
- 10.3 Community Food Protection: Epidemiology of food borne disease - modes of transmission, control measures and prevention

11. **COMMUNITY NUTRITION**

- 11.1 Concept and types of Community, Factors affecting health of the Community.
- 11.2 Nutritional Assessment and Surveillance: Meaning, need, objectives and importance
- 11.3 Nutritional assessment of human: Clinical findings, nutritional anthropometry, biochemical tests, biophysical methods
- 11.4 Diet survey: Need and importance, methods of dietary survey, Interpretation - concept of consumption unit, individual and total distribution of food in family, adequacy of diet in respect to RDA, concept of family food security.
- 11.5 Clinical Signs: Need & Importance, identifying signs of PEM, vitamin A deficiency and iodine deficiency, Interpretation of descriptive list of clinical signs
- 11.6 Nutritional anthropometry: Need and importance, standard for reference, techniques of measuring height, weight, head, chest and arm circumference, interpretation of these measurements. Use of growth chart
- 11.7 International, national, regional agencies and organizations, Nutritional intervention programmes to combat malnutrition.
- 11.8 Anthropometric Measurement of infant - Length, weight, circumference of chest, Mid-upper arm circumference, precautions to be taken.
- 11.9 Comparison with norms and interpretation of the nutritional assessment data and its significance Weight for age, height for age, weight for height, Z-scores, Body Mass Index (BMI) Waist - Hip Ratio (WHR)
- 11.10 Growth charts - plotting of growth charts, growth monitoring and promotion
- 11.11 Clinical assessment and signs of nutrient deficiencies specially PEM (Kwashiorkor, marasmus), vitamin A deficiencies, Anemia, Rickets, B-Complex deficiencies
- 11.12 Estimation of food and nutrient intake - Household food consumption data, adult consumption unit, 24 hours dietary recall, 24 hours record, Weighment method, food diaries, food frequency data, use of each of the above, information available through each individual, collection of data, estimation of intakes
- 11.13 Community field survey

## 12. PUBLIC HEALTH

- 12.1 Health and Dimension of Health: Positive health versus absence of disease
- 12.2 Secondary Sources of Community Health data: Sources of relevant vital statistics of infant, child & maternal mortality rates
- 12.3 Immunization: Importance and schedule of Immunization for children, adults and for foreign travels, role of individual, family and community in promoting health
- 12.4 Community Water and Waste Management: Importance of water to the community, etiology and effects of toxic agents, water borne infectious agents, sources of water, safe drinking water, potable water, waste and waste disposal, sewage disposal and treatment, solid waste and disposal, liquid waste disposal

### खण्ड 'ग' (Section-C)

#### १३. सामान्य ज्ञान तथा नेपाल प्रहरी सेवा सम्बन्धी

- क. नेपालको भूगोल सम्बन्धी सामान्य जानकारी (भौगोलिक अवस्था, स्वरूप, किसिम र विशेषताहरू, हावापानी किसिम र विशेषता, जल सम्पदा: स्थिति र महत्व, वन सम्पदा: अवस्था र महत्व, संरक्षण क्षेत्रहरू तथा वन विनाशका कारण र संरक्षणका उपायहरू, नेपालका प्रमुख हिमशिखरहरू, तालतलैया, झरना, भञ्ज्याङ।
- ख. इतिहास र संस्कृति सम्बन्धी सामान्य जानकारी (आधुनिक नेपालको इतिहास (पृथ्वीनारायण शाह देखी हालसम्म), नेपालको सांस्कृतिक, धार्मिक एवं मौलिक परम्परा, जातजाति, भाषाभाषी, कला र साहित्य सम्बन्धी सामान्य जानकारी।
- ग. नेपालको वर्तमान संविधान २०७२ (भाग १, ३, ४, ५, २८ र अनुसूचीहरू)
- घ. जनसंख्या र वातावरण सम्बन्धी सामान्य जानकारी (जनसंख्या, शहरीकरण, बसोवास (बँसाईसराई), जैविक विविधता, जलवायु परिवर्तन, वातावरण तथा प्रदूषण)
- ङ. समसामायिक घटना तथा नविनतम् विषयवस्तुहरू: (राष्ट्रिय तथा अन्तर्राष्ट्रिय महत्वका राजनैतिक, सामाजिक, आर्थिक, वैज्ञानिक, सांस्कृतिक, खेलकूद, पुरस्कार, कला साहित्य, संगीत सम्बन्धी)
- च. नेपाल प्रहरीको पृष्ठभूमि (वि.स. २००७ साल देखि हालसम्म) र वर्तमान अवस्था।
- छ. प्रहरी ऐन, २०१२ र प्रहरी नियमावली, २०७१ (संशोधन सहित) का मुख्य-मुख्य व्यवस्थाहरू (संगठनात्मक स्वरूप, सेवाको प्रकार, दर्ज्यानी चिन्ह, पद तथा श्रेणी सेवा, शर्त र सुविधा, प्रहरी आचरण, नियुक्ति र अवकाश, प्रहरी कर्मचारीको काम-कर्तव्य अधिकार, नेपाल प्रहरीमा प्राविधिक प्रहरी कर्मचारीको महत्व र आवश्यकता, नेपाल प्रहरी कार्यालयको स्थापना र कार्यालय प्रमुख सम्बन्धी व्यवस्था)
- ज. विविध:- सुरक्षा समिति (केन्द्र, प्रदेश र जिल्ला), नेपाल प्रहरी र अन्य सुरक्षा निकायहरू (नेपाली सेना, सशस्त्र प्रहरी बलनेपाल र राष्ट्रिय अनुसन्धान विभाग) संगको सम्बन्ध, अपराध परिचय, महत्व र प्रविधिको प्रयोग, विपद व्यवस्थापनमा नेपाल प्रहरी, सार्क, संयुक्त राष्ट्रसंघ, इन्टरपोल सम्बन्धी जानकारी।



## लिखित परीक्षाको नमूना प्रश्नपत्र

### वस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice Question)

1. which is not essential amino acid?
  - a) leucine
  - b) lysine
  - c) tryptophan
  - d) cysteine
2. 100 gm of egg contain
  - a) 7 gm protein
  - b) 14 gm protein
  - c) 20 gm protein.
  - d) 18 gm protein
3. PFA in food stands for
  - a) preservation of food adulteration act
  - b) preservation of food safety
  - c) physiological first aid
  - d) preservation of food
4. Which is function of kidney?
  - a) remove waste products from the body.
  - b) remove drugs from the body.
  - c) balance the body's fluids.
  - d) all of above
5. Fat soluble vitamin are
  - a) vit A
  - b) vitB
  - c) vitD
  - d) Both a and c

### छोटो प्रश्न (Short Question)

1. Write down structure and function of various organs of Gi tract.
2. What is the difference between food allergy and food intolerance describe with examples?

### लामो प्रश्न (Long Question)

1. A 55 years old man diagnosed with CKD with creatinine 1.8 and type 2 diabetes has weight 62 kg and height 1.58 m. illustrate example of Anthropometric, biochemical, clinical and diet history and prepare diet plan using exchange list.
2. A 65 years old male with estimated weight 75kg diagnosed with Cardio vascular diseases. Illustrate all clinical features and required calorie in sample menu.

-समाप्त-