

1. SYLLABUS AND SCHEME OF EXAMINATION

(Multiple choice questions)


Sr. No.	Name of the post	Pay Level	Computer Based Test (CBT)
1.	Lower Division Clerk	PB 5200-20200+ GP 1900 (Level-2)	<ul style="list-style-type: none">• Test of English & Comprehension – 30 marks• Test of Numerical Ability– 30 marks• Test of Reasoning–30 marks• Test of Konkani Language– 10 marks
			Total Marks:100 Time: 3 hours.
2.	Asst. Steward/ess	PB 5200-20200+ GP 1900 (Level-2)	<ul style="list-style-type: none">• Test of English & Comprehension – 30 marks• Test of Numerical Ability– 30 marks• Test of Reasoning–30 marks• Test of Konkani Language– 10 marks
			Total Marks:100 Time: 3 hours.



2. SYLLABUS AND SCHEME OF WRITTEN TEST EXAMINATION

(Multiple choice questions)

Sr. No.	Name of the post	Pay Level	Written Test
1.	Servant/Multi Tasking Staff	PB 5200-20200+ GP 1800 (Level-1)	<ul style="list-style-type: none">• Konkani language (Basic knowledge) – 30 marks• General awareness- 40 marks• Basic mathematics, Logical Reasoning and Basic English – 30 marks
			Total Marks:100 Time: 3 hours.
2.	Cooks	PB 5200-20200+ GP 1800 (Level-1)	<ul style="list-style-type: none">• Konkani language (Basic knowledge) – 30 marks• General awareness- 40 marks• Basic mathematics, Logical Reasoning and Basic English – 30 marks
			Total Marks:100 Time: 3 hours.
3.	Caretaker	PB 5200-20200+ GP 1800 (Level-1)	<ul style="list-style-type: none">• Konkani language (Basic knowledge) – 30 marks• General awareness- 40 marks• Basic mathematics, Logical Reasoning and Basic English – 30 marks
			Total Marks:100 Time: 3 hours.



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Syllabus for conducting examination for recruitment of ANM under Providoria.

Scheme of examination:

- Multiple choice question on Theory syllabus (70 marks)
- Objective Structured Clinical Examination (30 marks)

THEORY SYLLABUS

1. Geriatric Nursing (Care of the Elderly)

- Aging process – physical, psychological, and social changes
- Common health problems in old age (hypertension, diabetes, arthritis, dementia, incontinence, etc.)
- Nutrition for elderly and feeding assistance
- Medication care and observation of side effects
- Prevention of bed sores and complications of immobility
- End-of-life care and palliative care
- Emotional and mental health support for elderly.
- Care of dead body

2. Community Health Nursing

- Concept of health and disease
- Roles and responsibilities of ANM in community settings
- Home visiting and domiciliary care
- BCC (Behavioural change communication)
- IEC (Information, Education and communication)
- Counseling
- Record keeping and reporting
- Family health care and elderly welfare programs
- National Programme for the health care of the Elderly (NPHCE)

3. Health Promotion

- Nutrition
 - Balanced diet and dietary modifications in old age
 - Nutritional problems in old age
 - Personal, environmental, and food hygiene
 - Prevention of malnutrition and dehydration
 - Safe food handling practices.
- Human body and hygiene
 - Personal hygiene and comfort needs of elderly (comfort devices)
 - Safe handling and moving of patients.
 - Rest and sleep
 - Substance abuse in elderly (tobacco, alcohol etc.)
 - Prevention of accidents in elderly

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- Mental Health and Communication
 - Identifying depression, loneliness, and cognitive decline
 - Effective communication with elderly residents and families
 - Role of ANM in promoting mental well-being
 - Recreational and social activities for elderly
 - Safe restraints methods.
 - Assist in activities of daily living and active passive exercises
 - Meditation

4. Primary Medical Care

- First aid and emergency management and referral.
- Principles of asepsis and infection control
- Care of bed-ridden and dependent patients
- Vital signs – measurement and interpretation
- Observation and reporting of abnormal conditions
- Basic pharmacology – common drugs and dosage forms
- Immunization schedule (adult and geriatric relevance)
- Infection prevention and waste disposal

5. Midwifery

- Effect of elderly women's health in community: single, divorced deserted women, widow's special needs.
- Women's health problems.
- Menopause and its implications.

6. Health Centre Management

- Drug indent
- Storage of drugs and drug safety precautions with safe handling of drugs.
- Recording of drugs

7. Health Education & Record Maintenance

- Conducting health awareness sessions
- Maintaining nursing records, admission/discharge registers
- Reporting health statistics and patient observations

8. General Knowledge & Current Affairs (Basic)

- Health-related current affairs (National & State level)
- Awareness about welfare schemes for senior citizens
- Basic knowledge of Providoria and its functions

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PRACTICAL/SKILL ASSESSMENT

(30 marks)

- Hand washing and infection control
- Bed making (occupied/unoccupied)
- Measuring pulse, BP, temperature, respiration.
- RBSL.
- Inhalations : Steam inhalation, Oxygen inhalation and Nebulisation
- Feeding: assisted feeding and Nasogastric tube feeding.
- Pressure sore prevention – back care, repositioning
- Elimination needs: catheter care, enema
- Specimen collection: blood, sputum, urine and stool.
- Administering medication: oral, parenteral, intravenous and topical. AYUSH Medication etc.
- Hygiene: Providing bed bath, assisted bath, mouth care, hair wash, nail care, eye care etc.
- Sitz bath
- Wound dressing and aseptic techniques
- Basic CPR and first aid.
- Biomedical waste disposal.
- Maintaining patient records and reports.

3. SYLLABUS AND SCHEME OF WRITTEN TEST EXAMINATION

(Multiple choice questions)

Sr. No.	Name of the post	Pay Level	Written Test
1.	Peon	PB 5200-20200+ GP 1800 (Level-1)	<ul style="list-style-type: none">• Konkani language (Basic knowledge) – 30 marks• General awareness- 40 marks• Basic mathematics, Logical Reasoning and Basic English – 30 marks
			Total Marks:100 Time: 3 hours.