

## परिशिष्ट-1

शहरी विकास विभाग में पालिका केन्द्रीयित सेवा के अंतर्गत  
सफाई निरीक्षक परीक्षा-2023 हेतु परीक्षा योजना

मुख्य परीक्षा (लिखित-वस्तुनिष्ठ प्रकार) :-

S. N	Paper	Subject	Nature of Examination	No. of Questions	Maximum Marks	Time
1	Paper-I	General Hindi	Objective Type	100	100	02 Hours
2	Paper-II	Basic Science and Public Health	Objective Type	150	150	02 Hours
<b>Total Marks</b>				<b>250</b>		

**Note:-** There will be penalty (Negative Marking) for wrong answers marked by a candidate in the objective type Question Papers.

- (a) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one fourth (1/4) of the marks assigned to that question will be deducted as penalty.
- (b) If a candidate gives more than one answer for a question, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above for that question.

**नोट:-** आवेदन पत्र अत्यधिक संख्या में प्राप्त होने पर आयोग द्वारा छंटनी के लिए सामान्य अध्ययन एवं सामान्य बुद्धिमत्ता परीक्षा वस्तुनिष्ठ प्रकार (General Studies and General Aptitude Test Objective Type) की प्रारम्भिक परीक्षा आयोजित की जा सकती है। प्रारम्भिक परीक्षा आयोजित होने पर प्रारम्भिक परीक्षा में सफल अभ्यर्थियों को ही मुख्य परीक्षा में प्रवेश दिया जायेगा। प्रारम्भिक परीक्षा में प्राप्त अंकों की गणना किसी भी दशा में अंतिम योग्यता क्रम अवधारित करने के लिए नहीं होगी। प्रारम्भिक परीक्षा की तिथि एवं पाठ्यक्रम के संबंध में सूचना आयोग की वेबसाइट पर विज्ञप्ति द्वारा पृथक से प्रसारित की जायेगी।

**परिशिष्ट-02,**

शहरी विकास विभाग में पालिका केन्द्रीयित सेवा के अंतर्गत  
सफाई निरीक्षक परीक्षा-2023 हेतु पाठ्यक्रम:-  
मुख्य लिखित परीक्षा (वस्तुनिष्ठ प्रकार)

**PAPER-I**

सामान्य हिन्दी  
(वस्तुनिष्ठ प्रकार)

समयावधि : 2 घण्टे

प्रश्नों की संख्या: 100

अधिकतम अंक: 100

1.	वर्ण-विचार : स्वर एवं व्यंजन, स्वर और व्यंजन वर्णों का वर्गीकरण, वर्णों का उच्चारण-स्थान, अनुस्वार, अनुनासिक, विसर्ग आदि।	15
2.	हिन्दी शब्द-समूह : तत्सम, तद्भव, देशज, विदेशी शब्द।	10
3.	हिन्दी शब्द-रचना : 1 – उपसर्ग, प्रत्यय, सन्धि, समास।	10
4.	हिन्दी शब्द-रचना : 2 – पर्यायवाची, विलोम शब्द।	10
5.	हिन्दी शब्द-रचना : 3 – अनेकार्थक शब्द, शब्द-युग्म, श्रुतिसम भिन्नार्थी शब्द।	10
6.	वाक्यांश के लिए एक शब्द।	05
7.	अशुद्धिशोधन : शब्दगत वर्तनी अशुद्धिशोधन, वाक्यगत अशुद्धिशोधन।	10
8.	लोकोक्ति एवं मुहावरे।	10
9.	विरामचिह्न।	05
10.	व्याकरण-विचार : संज्ञा, सर्वनाम, विशेषण, क्रिया, लिंग, वचन, काल, कारक।	15

## **PAPER-II**

### **Basic Science and Public Health (Objective Type)**

**Time: 02 Hours      No of Questions: 150      Total Marks: 150**

#### **List of topics**

##### **1. Food and Nutrition:**

1. Different nutrients of food: proteins, fat, vitamins & minerals, sources, functions, impact of deficiency/excess & daily requirement, Calories and nutrients of important food items.
2. Diet: Diet Survey, Balanced diet- definition & importance, Factors to be considered on planning meals, Nutrient requirement of different age groups.
3. Therapeutic Diet: weight reducing diet- low fat diet, bland diet, Pregnancy, lactating mothers, cirrhosis of liver, Hypertension, Diabetes, renal stone.
4. Malnutrition: Basic concept of Malnutrition, Causes and prevention of Low Birth Weight, special care of malnourished children, Different Diseases due to nutrition deficiency.
5. Family Assessment-: Clinical examination of all members, height and weight for all, head circumference and skin fold for children, blood test for Hb% for all, diet survey, weighing raw food, weighing cooked food.
6. Refrigeration and Storage: Related Storage Equipment, Types, Operation and Usage procedures, Cleaning Methods of storage Equipment like Refrigerators.
7. Concepts of Food Hygiene and cleanliness of kitchen equipment and cooking utensils and their effects on various health issues.
8. Collection and dispatch of food samples for analysis, preparation of papers for legal proceeding.
9. Simple household tests to identify adulteration in milk, ghee, oil, sugar, tea etc.

##### **2. Environmental sanitation**

1. WHO definition of environmental sanitation.

2. Night soil disposal: Sewage in liquid waste containing human excreta, Numerous impacts of night soil on the environmental factors, Faecal borne disease due to unsanitary disposal of night soil, Different types of latrines in use, principles of construction of sanitary latrines and their uses. i) Bore hole ii) Dug well iii) RCA iv) Septic tank latrines.
3. Solid waste disposal: Classification of solid waste in community, Polluting effects of different types of solid waste, Source, generation, storage, collection, transportation and disposal methods of solid waste.
4. Liquid waste disposal: Definition of liquid waste and its sources, Various methods for liquid waste disposal, Pollution of water due to sewage, Health hazards associated with liquid waste.
5. Sewage System or water carriage system: Sewers and its types, Methods of laying sewers, Construction and maintenance of sewers, Sewer appurtenances, Traps introductions, Types of traps, Definition of plumbing, Plumbing tools and operations, various equipment of sewage disposal, Sewage disposal, Definition and types of sewage system, Sewage farming and land treatment, Sewage disposal by biogas plant, of disinfecting sewage, Collection of sewage sample for chemical and bacteriological analysis and interpretation or reports
6. Bio-Medical Waste Management: Techniques of segregation, packaging, storage, transport and disposal of biomedical waste. Techniques of Biomedical waste management, Treatment methods like Autoclave, Hydroclave, Microwave, Chemical Disinfection, Solidification and stabilization, Bioremediation, Accumulation and storage of hazardous waste, Land disposal of hazardous waste.
7. Pest and Vector Control: Basic concept of vector borne diseases with preventive measures, Principle of arthropod control, Use of insecticides, pesticides, rodenticides and larvicidal and disinfectants, Various spraying equipment, different parts of spraying equipment, Operation and maintenance of spraying equipment, Application of techniques of sterilisation and disinfection of various articles.

### **3. Water & Soil:**

1. Safe and wholesome water, Sources of water, Various uses of water and its needs.
2. Water supply and storage system at the community and domestic level.
3. Conservation sources of water.
4. Quality of water: Physical, chemical and biological standard for potable water. Public health aspect of very hard water.
5. Steps of disinfection of well.
6. Purification of water: i) Large Scale ii) Small Scale Sources and nature of pollution of water.
7. Plumbing system and its maintenance.
8. Water borne diseases
9. Soil sanitation: Introduction and importance of soil, Classification of soil, soil pollution and its importance in public health, reclamation of soil, treatment of soil.

### **4. Air pollution and Global Warming:**

1. Introduction of air pollution, Composition of air, Sources and nature of air pollution
2. Concept of temperature, humidity, radiation, thermal comfort, evaporation etc.
3. Effect of air pollution on health, Prevention and controlling methods for air pollution.
4. Methods of air purification, Air disinfection.
5. Definition of ventilation, Concept and importance of adequate ventilation, Types of ventilation.
6. Global warming and its impact, Components of climate change, Factors effecting climate change.

### **5. Noise pollution:**

1. Causes, types, sources.
2. Health Impacts of noise pollution.

3. Preventive measures for controlling noise pollution

## **6. Sanitation in fairs and festivals**

1. Sanitation management at fairs and festivals.
2. Sanitary problems associated with human gatherings and temporary settlements, Alternative emergency sanitary provisions to prevent sanitation crisis for food, housing, water supply, lighting, disposal of community waste.
3. Prevention of outbreak of epidemics.

## **7. Housing**

1. General principles of healthy housing
2. Sanitary standards for construction of a healthy house
3. Home sanitation.
4. Specification for healthy housing.
5. Food hygiene at home

## **8. Personal hygiene**

1. Basic Hygiene of skin, oral, dental, nails etc
2. Right method of hand wash
3. Menstrual Hygiene
4. Disposal of Menstrual waste

## **9. Burial and Cremation**

1. Sanitary Disposal of dead, Types of disposal methods.
2. Methods of preservation of dead.
3. Basic requirements for burial and cremation grounds.
4. Health hazards associated with unsanitary disposal of dead bodies.
5. Maintenance of records.

## **10. Communicable Diseases**

1. Basic concepts of Epidemiology, endemic, epidemic and pandemic with examples.
2. Definition of communicable disease.
3. Modes of transmission of diseases and Symptoms of diseases

4. Basic concept of common communicable diseases like Swine Flu, T.B., AIDS, Diphtheria, Polio, measles, diarrhoea
5. General measures for prevention and control of communicable diseases.
6. Hand Hygiene, Use of personal protective equipment (e.g., gloves, gowns, masks)
7. Safe injection practices, Safe handling of potentially contaminated equipment or surfaces in the patient environment
8. Respiratory hygiene / cough etiquette
9. Immunity and immunisation: Importance, Types, purpose of immunisation, National immunisation schedule. Some important adult vaccines.
10. Importance of disinfection and sterilisation in hospitals.
11. Uses of various disinfection agents like Halogen, KMnO<sub>2</sub> solution, solid and liquid agents. Effective disinfectants like formaldehyde, sulphur, chlorine gases etc.
12. Use of UV radiation and ozone as disinfectants

### **11. Non-communicable Diseases**

1. Basics of diseases like cancer, hypertension, cardiac disease, diabetes etc and symptoms.
2. Prevention and control of non-communicable diseases.
3. Risk Factors of Non-communicable Diseases

### **12. Demography and different rates in reference to healthcare**

1. Infant Mortality Rate, Under 5 Mortality Rate, Maternal Mortality Rate,
2. Birth Rates, Death Rates,
3. Rates of different Diseases

### **13. Public Health Acts**

1. Definition, introduction and importance of acts.
2. Indian Epidemic Disease Act.
3. Air and Water Pollution Control act FASSI Regulations
4. Prevention of Food adulteration Act.

5. Birth and Death Registration Act.
6. M.T.P. Act.
7. Suppression of Immoral Traffic Act (SITA).
8. Municipal and Local Body Acts related to Housing Sanitation Act
9. Factory Act and Employees State Insurance Acts.
10. Acts and Legislations: (a) Food Safety (b) Solid Waste Management Rules
11. Registration, reporting and documentation process for implementation of different acts.

#### **14. Occupational health**

1. Occupational diseases, Prevention of occupational diseases
2. Importance of safety and health at work place.
3. Role of employer, trade union and employees for health and safety program
4. Provision of benefit to employees.
5. Measures for health protection workers.
6. Emergency situation management
7. Control of dust and other hazardous substances
8. Safety measures for occupational risk factors- legislative provisions.

#### **15. Health Education and Health Promotion**

1. Definition of health, Content of health education, Principles of health education.
2. Health education opportunities for health inspector in his work place.
3. Audio-visual aids and media,
4. Health education approach, Health education material
5. Planning health education activities, education in relation to environmental sanitation, personal hygiene, and common health problems.
6. Awareness on need of sanitation amenities.



7. Contribution of public health centres in health education.
8. Utilising community resources for health education

## **16. Behavioural Science**

1. Impact of behaviour, habits and customs on health.
2. Factors influencing human behaviour, change of behavioural pattern in different age groups.
3. Interpersonal relations

## **17. First- aid, Medical Emergency and Primary Health Care:**

1. Aim of first-aid, Principles and practice of first-aid, Contents of a basic first-aid box,
2. Cardiopulmonary resuscitation
3. Types of dressing and bandages, Types of wounds.
4. Handling multiple casualties in response to different types of injuries like road accidents, factories accidents and disaster injuries.
5. Basic Introduction to Incident Control Systems in public health emergency
6. Transportation of injured and unconscious cases and their management.
7. Management of bone injuries with splints, slings.
8. Diagnosis and treatment of minor ailments, cough, fever, bleeding, toothache etc.
9. Poisoning case managements

## **18. Public health Administration:**

1. Organization of National Health Care Services.
2. System of National Health Care Services
3. Sub Centre: Primary Health Care, Community Health Care, Specialization Health Intuitions.
4. International organizations and their cooperation in the field of Health. (WHO, UNICEF, UNDP (United Nation Development Programme) Voluntary Agencies in Health Programmes,
5. Operation Aspects of National Health Programs.

- Family Welfare Program
- Maternity & Child Health Service
- National Malaria Eradication program.
- National Filaria Control program
- National Leprosy program
- Diarrheal Disease Control program
- STD Control program
- Goitre Control program
- Blindness Control program
- Universal Immunization program
- National Health Mission

नोट:— प्रश्न पत्र-II के पाठ्यक्रम का हिन्दी अनुवाद विज्ञप्ति के माध्यम से आयोग की वेबसाइट पर अतिशीघ्र प्रकाशित किया जायेगा।