

**GOVERNMENT OF MIZORAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
MIZORAM SECRETARIAT, MINECO, AIZAWL-796001**

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*Dated Aizawl, the 6<sup>th</sup> June, 2025*

**NOTIFICATION**

**No.A.11019/3/2017-HFW:** In the interest of public service, the Competent Authority is pleased to notify syllabus for direct recruitment to the post of Health Worker under Health & Family Welfare Department in the Level-5 of the Pay Matrix (Rs.29,200/-- Rs. 64,700/-) as appended in the Annexure.

This is issued with the approval of DP&AR (GSW) vide their ID. No. A. 12011/16/2025-GSW-DPAR, Dt. 2<sup>nd</sup> June, 2025.

**Sd/-H. LALENGMAWIA**

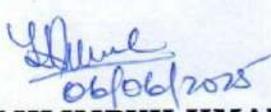
Commissioner & Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

**Memo No.A.11019/3/2017-HFW**

**: Dated Aizawl, the 6<sup>th</sup> June, 2025**

Copy to:

1. PS to Hon'ble Minister, Health & Family Welfare Department.
2. PS to Commissioner & Secretary, Health & Family Welfare Department.
3. PS to Secretary, Department of Personnel & Administrative Reforms.
4. Principal Director, Health & Family Welfare Department.
5. Director of Health Services/Hospital & Medical Education/AYUSH/  
ZMC/Nursing, Mizoram.
6. All Sr. Chief Medical Officers/ Chief Medical Officers, Health & Family  
Welfare Department.
7. Controller of Examination, Mizoram Public Service Commission (MPSC).
8. Web Manager, I,T.Section, (HRIS), Directorate of Health Services

  
**(LALHLIMPUII HMAR)**

Under Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

**APPROVED SYLLABUS FOR DIRECT RECRUITMENT FOR THE POST OF  
HEALTH WORKERS UNDER HEALTH & FAMILY WELFARE DEPARTMENT**

**PAPER – I – GENERAL STUDIES**

**Total Marks : 200**

PAPER	SUBJECT	MARKS	DURATION
I	General Knowledge (25 Questions)	50 Marks	3 hours with additional time of 20 minutes for visually handicapped/cerebral palsy candidates
	General English (20 Questions)	40 Marks	
	Essay Writing	20 Marks	
	English Comprehension	20 Marks	
	Simple Arithmetic (20 Questions)	40 Marks	
	Basic Computer Knowledge (15 Questions)	30 Marks	

**Brief Description:**

- **General Knowledge (50 Marks):** Questions will be designed to test the candidate's knowledge of current events and of such matters of everyday observation and experience as may be expected of an educated person. The test will also include questions relating to Indian history and culture, Indian polity including the Constitution of India, geography, economy and general science. Questions on Mizo history and culture will also form part of the syllabus.
- **General English (40 marks):** Questions will be designed to test the candidates understanding and knowledge of English language, vocabulary, spelling, grammar, sentence structure, synonyms, antonyms, sentence completion, phrases and idiomatic use of words etc. There will be questions on comprehension of a passage also.
- **Essay Writing (20 Marks):** Question on essay writing will be designed to test the candidate's grasp of his material, its relevance to the subject chosen, and to his ability to think constructively and to present his ideas logically, constructively and concisely.
- **English Comprehension (20 marks):** There will be questions on comprehension of passages also to test the vocabulary, grammar, logical thought ability and overall grasp of the candidates over English language.
- **Simple Arithmetic (40 marks):** Number system, simplification, roots, averages, discounts, percentages, profit & loss, ratio and proportion, partnership, chain rule, time & work, time & distance, simple & compound interest, mensuration, permutations & combinations, heights & distances, line graphs, bar graphs, pie charts and tabulation.
- **Basic Computer knowledge (30 Marks):** Introduction to Computers, introduction to Graphical user interface based Operating System, elements of Word Processing, Spreadsheets Power point presentations, Computer communication and internet, world wide web and web browser, communication and collaboration.

**PAPER – II – COMMUNITY HEALTH NURSING AND PRIMARY HEALTH CARE  
NURSING**

**Total Marks : 200**

PAPER	SUBJECT	MARKS	DURATION
II	<b>Community Health Nursing : (15 questions)</b> <ul style="list-style-type: none"> <li>• Health</li> <li>• Primary Health Care</li> <li>• Home Visit</li> <li>• Health problems of community</li> <li>• Organization of Sub-centre</li> <li>• PHC &amp; CHC</li> <li>• Referral System</li> <li>• Health team</li> <li>• Roles of Health Workers, ASHA, Anganwadi Workers</li> <li>• Legislations on family and marriage in India</li> <li>• Community Needs Assessment</li> <li>• Communication Methods &amp; Health Education,</li> <li>• Community based Rehabilitation.</li> </ul>	30 Marks	3 hours with additional time of 20 minutes for visually handicapped/cerebral palsy candidates
	<b>Health Centre Management : (15 Questions)</b> <ul style="list-style-type: none"> <li>• Organization of functions and facilities at Sub-centre and Health &amp; Wellness Centre</li> <li>• Sub-centre Action Plan</li> <li>• Clinic &amp; Special programmes at Sub-centre</li> <li>• Calculation of indent per population requirement</li> <li>• Maintenance of records and reports at Sub-centre</li> <li>• Implementation of National Health Programmes (Malaria, Dengue, TB, Leprosy, NCD)</li> </ul>	30 Marks	
	<b>Primary Health Care Nursing :</b> <b>a) Infection &amp; Immunization (15 questions)</b> <ul style="list-style-type: none"> <li>• Meaning &amp; causes of infection</li> <li>• Incubation Period</li> <li>• Transmission of Infection</li> <li>• Body's defense mechanisms &amp; Immunity</li> <li>• Hypersensitivity : antigen-antibody reaction</li> <li>• Types of Vaccines, Storage of vaccine and Cold chain maintenance</li> <li>• Immunization Schedule, 4 key messages for immunization, Precautions in immunization, Immunization Hazards, Special immunization drives &amp; programmes,</li> </ul>	30 Marks	

<ul style="list-style-type: none"> <li>• Methods of anti-sepsis, disinfection &amp; sterilization,</li> <li>• Bio-medical waste management.</li> </ul>		
<p><b>b) Communicable Diseases (15 questions)</b></p> <ul style="list-style-type: none"> <li>• Incidence, prevalence, morbidity &amp; mortality</li> <li>• Levels of prevention</li> <li>• Surveillance, isolation, notification &amp; reporting</li> <li>• Diphtheria, Pertussis, tetanus, Poliomyelitis, Measles, TB, Chicken pox, Mumps &amp; rubella, Enteric fever, Hepatitis, Rabies, Malaria, Dengue, Conjunctivitis, Scabies, STIs, HIV/AIDS, ARI, Diarrhoeal diseases, Worm infestations, Leprosy</li> <li>• Role of HW in Communicable diseases</li> <li>• Universal Precautions</li> <li>• Epidemics, Endemic and Pandemic.</li> </ul>	<p>30 Marks</p>	
<p><b>c) Community Health Problems (15 questions)</b></p> <ul style="list-style-type: none"> <li>• Danger signs of illnesses</li> <li>• Health Assessment</li> <li>• Vital Signs</li> <li>• Fever</li> <li>• Respiratory Problems: ARI, Asthma, Bronchitis, Pneumonia, TB</li> <li>• Digestive problems: Anorexia, Vomiting, Constipation, Haemorrhoids, Hernia, Ulcers &amp; Intestinal Obstruction</li> <li>• Urinary problems: Retention of urine, renal colic, edema, UTI</li> <li>• Cardiovascular problems: Heart attack, chest pain, anemia, hypertension, leukemia, care of cardiac patient at home</li> <li>• Nervous system: Paralysis, care of stoke patient, pressure points, active &amp; passive exercises</li> <li>• Metabolic Diseases: Diabetes, Urine/Blood testing for sugar, insulin administration</li> <li>• Handicaps: Types, counseling and rehabilitation.</li> </ul>	<p>30 Marks</p>	
<p><b>d) Primary Medical Care : (10 Questions)</b></p> <ul style="list-style-type: none"> <li>• Different systems of medicine</li> <li>• Classification of drugs</li> <li>• Forms &amp; characteristics of drugs</li> <li>• Abbreviations used in medications</li> <li>• Administration of drugs: precautions &amp; principles</li> <li>• Calculation of dosage</li> </ul>	<p>20 Marks</p>	

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	<ul style="list-style-type: none"> <li>• Routes of drug administration</li> <li>• Common drugs for fever, cold &amp; cough, aches &amp; pains</li> <li>• Drug kit in the Sub-centre</li> <li>• Storage and care of drugs.</li> <li>• Drugs – Methergine, Misoprostol, Oxytocin, IV fluids, Magnesium sulphate, Deriphylline, Avil, Vitamin K, Anti-rabies, Anti-snake venoms.</li> </ul> <p><b>e) First Aid &amp; Referral : (15 Questions)</b></p> <ul style="list-style-type: none"> <li>• Principles of first aid</li> <li>• Golden rules of FA</li> <li>• FA Kit &amp; supplies</li> <li>• Bandages: Types &amp; Uses</li> <li>• Bandaging</li> <li>• Cuts &amp; wounds</li> <li>• Foreign Bodies</li> <li>• Burns &amp; Scalds</li> <li>• Fractures</li> <li>• Bleeding</li> <li>• Drowning</li> <li>• Strangulation, Suffocation &amp; Asphyxia</li> <li>• Loss of consciousness</li> <li>• Convulsions</li> <li>• Cardio respiratory arrest</li> <li>• Shock and allergy</li> <li>• Poisoning</li> <li>• Bites &amp; stings</li> <li>• Stroke</li> <li>• Burn</li> <li>• CPR</li> </ul>	30 Marks	
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**Suggested Reading :**

1. "Textbook for the Health Workers (ANM)", AM Chalkley, Volume I & Volume II, Third Edition
2. 'Essentials of Community Health Nursing', K.Park, Eight Edition
3. Indian Public Health Standard (IPHS) 'Guidelines for Sub-Centre', Revised 2012
4. Indian Public Health Standards (IPHS) 'Health & Wellness Centre – Primary Health Centre', 2022, Volume III
5. Module for Multipurpose Workers (MPW)- Female/Male on Control and Screening of Common Non-Communicable Diseases, National Health Mission.
6. Training Module for Multipurpose Workers, NVBPCP, Ministry of H&FW.
7. 'Primary Health Care', SS Randhawa, RK Gupta, PV Books, 2012
8. National Tuberculosis Elimination Programme, Guidance document of implementation of 3RH (3months of daily rifampicin and isoniazid) TB Preventive Treatment regimen



9. RCH Module for Health Worker Female (ANM), Published by National Institute of Health and family Welfare, New Delhi (June 2000)

**PAPER -III : MATERNAL & CHILD HEALTH AND HEALTH PROMOTION**

**Total Marks : 200**

PAPER	SUBJECT	MARKS	DURATION
III	<b>Child Health Nursing : (25 Questions)</b> <ul style="list-style-type: none"> <li>• Growth and Development</li> <li>• Physical Examination</li> <li>• Congenital Anomalies</li> <li>• Nutritional Requirements of infants &amp; children</li> <li>• Exclusive breast feeding</li> <li>• Complementary feeding</li> <li>• Childhood disorders : Vaccine preventable diseases, ARI, Diarrhoea, Worm infestation, Accidents &amp; injuries, Skin infections, Malaria, Measles, Ear infections, Dental and Eye problems, Nutritional Deficiencies.</li> <li>• School Health Programmes</li> <li>• Adolescence : physical, emotional and behavioural changes, special need &amp; counseling, menstruation, special nutritional needs, care of adolescence</li> <li>• Role of ANM/ HWs</li> </ul>	50 Marks	3 hours with additional time of 20 minutes for visually handicapped/cerebral palsy candidates
	<b>Midwifery : (25 Questions)</b> <ul style="list-style-type: none"> <li>• Male and female reproductive system</li> <li>• Process of conception &amp; fertilization</li> <li>• Female Pelvis &amp; Fetal Skull</li> <li>• Growth &amp; development of fetus and placenta, umbilical cord and abnormalities</li> <li>• Fetal circulation and changes in circulation after birth</li> <li>• Normal Pregnancy : signs, tests, physiological changes, minor ailments</li> <li>• Ante-natal care</li> <li>• Normal Labour : Lie, attitude, denominator &amp; presentation, onset, stages, mechanisms, partograph, care during 1<sup>st</sup> and 2<sup>nd</sup> stage, AMTSL, Immediate care of newborn, Apgar Score, Care during 4<sup>th</sup> stage, Kangaroo</li> </ul>	50 Marks	

	<p>mother care, Record of childbirth</p> <ul style="list-style-type: none"> <li>• Normal Puerperium : Physiological changes, postnatal assessment, minor ailments, Post natal visits, Care of newborn</li> <li>• High Risk Pregnancy and High Risk Newborn,</li> <li>• Abnormalities of Pregnancy : Hyperemesis gravidarum, Vaginal bleeding during pregnancy, Anemia, Pre-eclampsia, Eclampsia, Premature rupture of membranes, Prolonged labour, Puerperal Sepsis, Ectopic pregnancy, Rh factor &amp; pregnancy, Abortion, MTP,CPD, PPH, Breast complications, Induction of labour, HIV &amp; pregnancy</li> <li>• Vital Statistics</li> <li>• Family Planning Methods</li> </ul>		
	<p><b>Health Promotion :</b></p> <p><b>a) Nutrition : (15 Questions)</b></p> <ul style="list-style-type: none"> <li>• Essential nutrients : functions, sources and requirements</li> <li>• Nutritional requirements and Balanced diet for different age group</li> <li>• Nutritional Deficiencies</li> <li>• Methods of nutritional assessment</li> <li>• Principles and method of cooking</li> <li>• Food hygiene and safe preparation</li> <li>• Storage and preservation of foods</li> <li>• Food adulterations</li> <li>• Methods of enriching foods</li> <li>• Planning diets and special diets for a family</li> </ul>	30 Marks	
	<p><b>b) Human Body &amp; Hygiene : (10 Questions)</b></p> <ul style="list-style-type: none"> <li>• Digestive system</li> <li>• Respiratory system</li> <li>• Genito-urinary system</li> <li>• Cardio-vascular system</li> <li>• Nervous system</li> <li>• Muscular system</li> <li>• Endocrine system</li> <li>• Special Sensory organs</li> <li>• Care of mouth, skin, hair and nails</li> <li>• Sexual Hygiene</li> <li>• Menstrual Hygiene</li> <li>• Care of bowels and bladder</li> </ul>	20 Marks	
	<p><b>c) Environmental Sanitation : (15 Questions)</b></p> <ul style="list-style-type: none"> <li>• Basic sanitary needs</li> <li>• Air, sunlight and ventilation</li> <li>• Home environment: smoke, animals, water,</li> </ul>	30 Marks	

	<p>drains and toilets</p> <ul style="list-style-type: none"> <li>• Sources of water and characteristics of safe &amp; wholesome water</li> <li>• Sources of water contamination &amp; Prevention</li> <li>• Purification of water for drinking</li> <li>• Disinfection of wells and ponds</li> <li>• Waterborne diseases and prevention</li> <li>• Methods of excreta disposal – types of latrines</li> <li>• Methods of waste disposal</li> <li>• Drainage and preparation of soak pits</li> <li>• Hazards of waste</li> </ul> <p><b>d) Mental Health : (10 Questions)</b></p> <ul style="list-style-type: none"> <li>• Concept of mental health and factors affecting mental health</li> <li>• Characteristics of a mentally healthy person</li> <li>• Different defense mechanisms</li> <li>• Maladjustment</li> <li>• Types of mental illnesses and treatments</li> <li>• Early detection and referral of mentally ill</li> <li>• Prevention of mental illness</li> <li>• Psychiatric emergencies</li> <li>• Process of ageing and care of elderly</li> </ul>	20 Marks	
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**Suggested Reading :**

1. 'Paediatric Nursing', ParulDatta, 6<sup>th</sup> Edition
2. Participant Module for Health Workers, Integrated Management of Neonatal and Childhood Illness (IMNCI), Ministry of H&FW, 2023
3. Guidelines for Health Care Workers for Waste Management and Infection Control in Sub-centres , published by Health and Family Welfare Department, Govt. of Mizoram
4. Guidelines for Antenatal Care and Skilled Attendance at Birth by ANMs/LHVs/SNs, Maternal Health Division, Ministry of H&FW, 2010
5. DC Dutta's 'Textbook of Obstetrics', HiralalKonar, 7<sup>th</sup> Edition
6. "Textbook for the Health Workers (ANM)", AM Chalkley, Volume I & Volume II, Third Edition
7. 'Essentials of Community Health Nursing', K.Park, Eight Edition

