

UP NHM ANM सिलेबस 2023



परीक्षा मोड

ऑनलाइन



परीक्षा स्तर

डिप्लोमा



प्रश्न प्रकार

वस्तुनिष्ठ MCQ



कुल प्रश्न

100



कुल अंक

100



कुल समय

120 मिनट

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UP NHM ANM Syllabus 2023: UP NHM ANM का चयन ऑनलाइन परीक्षा और दस्तावेज सत्यापन के आधार पर किया जाएगा। ऑनलाइन परीक्षा के प्रश्न 10 वीं और डिप्लोमा ANM स्तर पर होंगे। ऑनलाइन परीक्षा 100 अंकों की होगी जिसमें कुल 100 प्रश्न होंगे और परीक्षा की अवधि 2 घंटे होगी। ऑनलाइन परीक्षा के पेपर में 02 भाग होंगे। उत्तर प्रदेश (UP NHM) ANM भाग 1 (80 अंक), में नर्सिंग सहायक और मिडवाइफरी व्यावसायिक ज्ञान शामिल होगा (डिसिप्लिन/डोमेन से संबंधित) और भाग 2 (20 अंक), में जनरल एप्टीट्यूड, रीजनिंग, जनरल अवेयरनेस और बेसिक कंप्यूटर विषय शामिल होगा। ऑनलाइन परीक्षा में कोई भी की नेगेटिव मार्किंग नहीं होगी। सामान्य/EWS के लिए न्यूनतम कट ऑफ अंक (33%) ओबीसी एनसीएल (30%) और एससी / एसटी / पीडब्ल्यूडी (24%) है। प्रश्न पत्र वस्तुनिष्ठ प्रकार का बहुविकल्पी होगा जिसमें 4 वैकल्पिक उत्तर होंगे। आप नीचे से पूरा विस्तृत सिलेबस, परीक्षा पैटर्न और पीडीएफ डाउनलोड कर सकते हैं।

★ ANM Selection Process (चयन प्रक्रिया)

01 Online Test (ऑनलाइन परीक्षा)

02 Document Verification (दस्तावेज सत्यापन)

NOTE ANM वेटिंग लिस्ट 1:3 के अनुपात में तैयार की जाएगी (संबंधित श्रेणी में 1 रिक्ति के विरुद्ध 3 उम्मीदवार)।

★ ANM Exam Paper: [Overview]

UP NHM ANM Syllabus 2023	
Event	Details
Organization (संगठन)	उत्तर प्रदेश राष्ट्रीय स्वास्थ्य मिशन (UP NHM)
Exam Mode (परीक्षा मोड)	ऑनलाइन
Exam Level (परीक्षा स्तर)	10वीं और डिप्लोमा (ANM)
Exam Type (परीक्षा का प्रकार)	वस्तुनिष्ठ (MCQ) Type
Paper Medium (पेपर माध्यम)	हिंदी और अंग्रेजी
Total Question (कुल प्रश्न)	100
Total Time (कुल समय)	120 मिनट
Total Marks (कुल अंक)	100
Correct Answer (सही उत्तर)	01 मार्क
Negative Marking (नकारात्मक अंकन)	नहीं, (0 मार्क)
Subject Name (विषय नाम)	सेक्शन 1: ANM प्रोफेशनल नॉलेज, सेक्शन 2: जनरल एप्टीट्यूड, रीजनिंग, जनरल अवेयरनेस और बेसिक कंप्यूटर नॉलेज
Cut Off Marks (कट ऑफ मार्क्स)	GENERAL (UR) / EWS: 33% OBC: 30% SC/ST: 24%

★ नीचे पूर्ण विवरण देखें (↓)

UP NHM ANM Subjects	
विषय	⌚ 120 मिनट
डिप्लोमा: सहायक नर्सिंग और मिडवाइफ (ANM) कोर्स	80 प्रश्न 80 मार्क
जनरल एंटीट्यूड	05 प्रश्न 05 मार्क
रीजनिंग	05 प्रश्न 05 मार्क
जनरल अवेयरनेस	05 प्रश्न 05 मार्क
बेसिक कंप्यूटर नॉलेज	05 प्रश्न 05 मार्क

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UP NHM ANM Syllabus 2022 - 2023

UP NHM ANM Syllabus 2023: UP NHM ANM will be chosen through an online examination and document verification. The online exam will include questions from the 10th and diploma ANM levels. The online exam will be worth 100 points and will include 100 questions. The examination will last two hours. The online exam paper will be divided into two parts. Part 1 (80 marks) of the Uttar Pradesh (UP NHM) ANM will consist of a nursing assistant and midwifery professional knowledge (discipline/domain related), and Part 2 (20 marks) will consist of general aptitude, reasoning, general awareness, and basic computer subjects. In the online exam, there will be no negative marking.

UP NHM ANM Syllabus 2023 Domain Specific

Health Factors & issues in India. (भारत में स्वास्थ्य कारक और मुद्दे)

About Organization: PHC, SC, and PHC. (संगठन के बारे में: PHC, SC और PHC)

ANM: Role and Responsibilities (भूमिका और जिम्मेदारियाँ)

Nutrition (पोषण):

1. Importance Of Nutrition
2. Health and sickness
3. Vitamin and Mineral deficiencies
4. Nutritional Anaemia in women
5. Balanced diet (Age Wise)

Human Body (मानव शरीर):

1. Structure and Body systems
2. Body Function
3. Mental health
4. Communicable diseases
5. Diseases Prevention
6. Signs, Symptoms
7. Care and prevention

Communicable Diseases (संचारी रोग):

1. Diphtheria (डिफ्थीरिया)
2. Pertussis (काली खांसी)
3. Tetanus (धनुस्तंभ)
4. Poliomyelitis (पोलियो)
5. Measles (खसरा)
6. Tuberculosis (तपेदिक)
7. Chickenpox (छोटी माता)
8. Mumps (कण्ठमाला)
9. Rubella (रूबेला)
10. Enteric fever (आंतों का बुखार)
11. Hepatitis (हेपेटाइटिस)
12. Rabies (रेबीज)
13. Malaria (मलेरिया)
14. Dengue (डेंगी)
15. Filariasis (फाइलेरिया)
16. Kala-azar (काला जार)
17. Trachoma (ट्रैकोमा)
18. Conjunctivitis (आँख आना)
19. Scabies (खुजली)
20. STDs (एसटीडी)
21. HIV/AIDS (एचआईवी/एड्स)

22. Encephalitis (इंसेफेलाइटिस)
23. Leptospirosis (लेप्टोस्पाइरोसिस)
24. Acute respiratory infection (तीव्र श्वसन संक्रमण)
25. Diarrhoeal diseases (अतिसार रोग)
26. Worm infestations (कृमि संक्रमण)
27. Leprosy (कुष्ठ रोग)

♦ Care of the sick in the community (समुदाय में बीमारों की देखभाल)

♦ First Aid (प्राथमिक चिकित्सा)

1. Minor Injuries and Ailments,
2. Cuts and wounds
3. First Aid types
4. First Aid Principles
5. First-Aid Care

♦ Factors affecting growth and development (वृद्धि और विकास को प्रभावित करने वाले कारक)

♦ Infants and young children, teenagers, and school health (शिशुओं और छोटे बच्चों, किशोरों और स्कूल स्वास्थ्य)

♦ Pregnancy (गर्भावस्था):

1. Fetus and placenta
2. Normal pregnancy
3. Abnormalities of pregnancy
4. Abortion

UP NHM ANM Syllabus 2022-23 General Awareness

- Geography
- History UP & India
- General Science (Up To 10th)
- Economical points of UP & India
- Civics (10th)
- Health Sector of India & Uttar Pradesh
- Current Affairs

UP NHM ANM Syllabus 2023 Reasoning & Aptitude

- Assembled words classification of data
- Blood Relation
- Calendars and clocks
- Numeral format. statistics in series
- letter combinations Equality
- Coding-Decoding
- Bar Diagram Pie Diagram
- Histogram
- Speed and Time
- HCF, LCM
- Age
- Graph
- Data Interpretation
- Combined data linguistic and visual cues.
- Number sequences
- Mathematical analysis
- Metaphors
- Setting Arrangement

UP NHM ANM Syllabus 2023 Computer Aptitude

- Computer Aptitude in the Alphanumeric Series
- Internet Memory Shortcuts for the Keyboard
- Computer Abbreviations for Terms Computing Foundations
- Office Products from Microsoft
- Applications for Word Processing and Spreadsheets
- Basics of computer hardware, software, operating systems, and GUI
- CoUP NHMuter Network
- Windows Office & Windows by Microsoft

UP NHM ANM Syllabus 2023 PDF Download In Hindi

Download the 2022 UP NHM ANM Syllabus in PDF format. The UP NHM ANM's official website has the Syllabus 2022 for ANMs posted. The UP NHM ANM Syllabus, along with exam pattern and other crucial documents, is available to applicants. A full syllabus is provided in the section



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(3) SELECTION PROCESS

Before applying, candidates should ensure that they fulfill the eligibility criteria. Computer Based Test will be purely provisional. Candidature will be subject to verification when the candidate reports for document verification, if shortlisted. At the time of document verification process, Candidate has to produce only those documents which he/she has submitted to him/her during online submission of application.

(3.1) TEST CITIES: The Computer Based Test will be held at major cities of Uttar Pradesh. The test city opted by the candidate in the online application form. Candidates may opt for three test cities preferred from the list. The test city cannot be changed after the online form is submitted. NHM reserves the right to change the test city opted by the candidate. NHM reserves the right to add or delete the test city from the list based on the number of applicants.

(3.2) COMPUTER BASED TEST: The Computer based Test will be held for duration of 2 hours. The test will consist of two sections of total 100 marks. Section-I (80 Marks) will consist of questions related to the discipline/domain and Section-II (20 Marks) will consist of General Awareness and Basic Computer knowledge with **100 multiple choice** questions. Each question will carry 1 mark and there is **NO NEGATIVE** marking for wrong answers. Marks will be awarded for un-attempted questions. The question paper shall be set in bilingual (English and Hindi) only. However, in case of any inconsistency in Hindi version, the English version shall be valid & final.

(3.3) NORMALIZATION PROCESS: - Please refer Annexure-4

(3.4) MINIMUM QUALIFYING MARKS SHALL BE AS FOLLOWS:

Minimum Qualifying marks in the Computer Based Test		
GENERAL(UR) / EWS	OBC (Non-Creamy Layer)	

Minimum 33% marks i.e. 33 Marks out of 100	Minimum 30% marks i.e. 30 Marks out of 100	Minimum
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Candidates are required to appear in the Computer based test at their own expense. In the Computer based test as per the above criteria, they will be called for the interview. A Waitlist will be prepared in the ratio of 1:3 (3 candidates against 1 vacancy in respect of each post).

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UP NHM ANM SYLL

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- **ANM:-**

1. Determinants of health and overview of health problems of community. Organization of SC, PHC, CHC and district hospital.
2. Role and Responsibilities of ANM\FHW and code of ethics for ANM. A
3. Nutrition: Importance of nutrition in health and sickness. Vitamin and Nutritional anaemia in women, Balanced diet for different age group i nutrition
4. The Human body Structure and body systems and their functions. Control and prevention of communicable diseases, General meas
5. Communicable diseases: Signs, Symptoms. care and prevention of the pertussis, tetanus, poliomyelitis, measles and tuberculosis, Chicken po mumps, rubella, enteric fever, hepatitis, rabies, malaria, dengue, filar

conjunctivitis, scabies, STDs and HIV/AIDS, Encephalitis, Leptospirosis infections, Diarrhoeal diseases, Worm infestations, leprosy.

6. Care of the sick in the community: taking history, Physical examination
7. Need of First Aid and Minor Injuries and ailments, Cuts and wounds: to first aid care.
8. Factors affecting growth and development, Physical psychological and Exclusive Breast feeding.
9. Infants and children, Adolescent health, School health: Objectives, programmes.
10. Pregnancy: Foetus and placenta, Normal pregnancy, Abnormalities of abortion

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✦ UP NHM Staff Nurse सिलेबस PDF

UP NHM ANM Qualifying Marks

✦ General Category- 33%

✦ EWS- 33%

✦ OBC (NCL) - 30%

✦ SC/ST - 24%