

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवाको स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, अधिकृतस्तर आठौँ तह, डेन्टल सर्जन पदको खुला
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम र परीक्षा योजना
पाठ्यक्रमको रूपरेखा:- परीक्षा योजना (Examination Scheme) निम्नानुसार छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामुहिक परीक्षण र अन्तर्वार्ता	४०

१. प्रथम चरण - लिखित परीक्षा योजना

पत्र	विषय	पूर्णाङ्क	उत्तिर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या×अंक	समय
प्रथम	डेन्टिष्ट्री	१००	४०	बस्तुगत बहुवैकल्पिक (Multiple Choice)	१०० प्रश्न x १ अंक = १००	१ घन्टा ३० मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० प्रश्न x १० अंक = १००	३ घन्टा

२. अन्तिम चरण: सामुहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामुहिक परीक्षण (Group Test)	१०	समुहमा व्यक्तिगत प्रस्तुती (Individual Presentation in Group)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	

द्रष्टव्य:

१. यस पाठ्यक्रमलाई प्रथम चरण र अन्तिम चरणमा विभाजन गरिएको छ ।
२. उल्लिखित सेवाको खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ ।
३. प्रथम तथा द्वितीयपत्रका पाठ्यक्रमका एकाईहरुबाट सोधिने प्रश्नहरुको संख्या निम्नानुसार हुनेछ ।

प्रथमपत्र एकाई	१	२	३	४	५	६	७	८	९	१०
प्रश्नसंख्या	१०	१०	१०	१०	१०	१०	१०	१०	१०	१०
द्वितीयपत्र खण्ड	A		B			C		D		
द्वितीयपत्र एकाई	१	२	३	४	५	६	७	८	९	१०
प्रश्नसंख्या	१	१	१	१	१	१	१	१	१	१

४. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
५. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
६. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।
७. विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कमा 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 ।
८. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेड फोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन ।
९. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ ।
१०. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक भाग/खण्ड/एकाइका लागि छुट्टाछुट्टै उत्तर पुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक भाग/खण्ड/एकाइका प्रश्नहरूको उत्तर सोही भाग/खण्ड/एकाइको उत्तर पुस्तिकामा लेख्नुपर्नेछ ।
११. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
१२. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको परीक्षामा सम्मिलित गराइनेछ ।
१३. लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कुल प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ ।
१४. पाठ्यक्रम लागू हुने मिति: २०७९।०५।१३

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवाको स्वास्थ्य सेवा, डेन्टिष्ट्री समूह, अधिकृतस्तर आठौं तह, डेन्टल सर्जन पदको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

विषय: डेन्टिष्ट्री

Section A – 20 Marks

1. GENERAL MEDICINE & GENERAL SURGERY: Sign, Symptoms, Diagnosis, Management and its Dental Implication 10 Marks

1.1 GENERAL MEDICINE

1.1.1 Acid Peptic Disease

1.1.2 Cirrhosis of liver

1.1.3 Hepatitis

1.1.4 Worm Infestation

1.1.5 Crohn's Diseases

1.1.6 Anemia, Leukemia, Thalassemia

1.1.7 Purpuras

1.1.8 Hemophilia

1.1.9 Bleeding and clotting disorder and its management

1.1.10 Cerebro-vascular accident

1.1.11 Meningitis

1.1.12 Encephalitis

1.1.13 Epilepsy

1.1.14 Diabetes Mellitus

1.1.15 Thyrotoxicosis

- 1.1.16 Myxedema
- 1.1.17 Cushing's syndrome
- 1.1.18 Addison's disease
- 1.1.19 Hyperparathyroidism
- 1.1.20 Tetany
- 1.1.21 Rheumatoid arthritis
- 1.1.22 Systemic lupus erythematosus
- 1.1.23 Osteoarthritis
- 1.1.24 Nephrotic syndrome
- 1.1.25 Enteric fever
- 1.1.26 Valvular and Ischaemic Heart Diseases
- 1.1.27 Infective endocarditis

1.2 GENERAL SURGERY

- 1.2.1 Enteric fever
- 1.2.2 Mumps
- 1.2.3 Sinus
- 1.2.4 Fistulas
- 1.2.5 Ulcer
- 1.2.6 Tumor
- 1.2.7 Shock
- 1.2.8 Peptic ulcer
- 1.2.9 Liver abscess
- 1.2.10 Pain Abdomen

- 1.2.11 Bronchial carcinoma
- 1.2.12 Head injuries
- 1.2.13 Goiter
- 1.2.14 Cellulitis
- 1.2.15 Candidiasis
- 1.2.16 Urticaria
- 1.2.17 Herpes zoster
- 1.2.18 Lichen planus
- 1.2.19 Pemphigus
- 1.2.20 Drug eruption
- 1.2.21 HIV/AIDS
- 1.2.22 Diplopia
- 1.2.23 Sinusitis
- 1.2.24 Tonsillitis
- 1.2.25 Peritonsillar abscess
- 1.2.26 Ludwig's angina
- 1.2.27 Indication of tracheostomy
- 1.2.28 Maxillo-facial Fracture
- 1.2.29 TMJ Dislocation
- 1.2.30 Crush injury
- 1.2.31 Osteomyelitis
- 1.2.32 Tetanus
- 1.2.33 Infection control

1.2.34 Fluid and electrolyte therapy

1.2.35 Blood transfusion

2. GENERAL AND ORAL PATHOLOGY

10 Marks

2.1 Interpretations of laboratory results

2.2 Normal values of biochemical tests, Hematological tests

2.3 Developmental disorders of teeth

2.4 Dental caries

2.5 Pulpitis

2.6 Apical periodontitis

2.7 Hypercementosis

2.8 Gingivitis & Periodontitis

2.9 Cysts of the jaw: Non odontogenic and odontogenic cysts

2.10 Odontogenic tumors

2.11 Infective Stomatitis

2.12 Oral Premalignant Lesion

2.13 Oral Cancer

2.14 Common benign mucosal swelling

2.15 Cervical lymphadenopathy

2.16 Pain, anxiety and Neurological disorders of face and oral cavity

2.17 Diseases of temporomandibular joint

2.18 Signs and symptoms of anaemia, thalassemia and leukemia related to oral cavity

2.19 Haemorrhagic diseases related to oral cavity

2.20 Development disorders of the oral and maxillofacial region

2.21 Clinical features and pathogenesis of all major salivary glands

Section B – 30 Marks

3. ORAL AND MAXILLO-FACIAL SURGERY AND ANAESTHESIA

10 Marks

3.1 ORAL AND MAXILLO-FACIAL SURGERY

3.1.1 Diagnosis of different oral conditions with its surgical management

3.1.2 Management of extraction –simple and complicated teeth

3.1.3 Management of orofacial infections by proper incision, drainage and antibiotic therapy

3.1.4 Biopsy of oral tissues

3.1.5 Diagnosis and management of the odontogenic cysts & different types of oral tissue biopsy

3.1.6 Apicoectomy

3.1.7 Closure of oroantral fistula

3.1.8 Diagnosis and treatment of TMJ dislocation

3.1.9 The principles of pain control in maxillofacial surgery

3.1.10 Principles of radiotherapy, chemotherapy and other adjuvant therapy in the management of malignant tumors

3.1.11 Basic principles in the management of Facial Trauma Cases in relation with:

3.1.11.1 Nutritional consideration

3.1.11.2 Systemic evaluation of the traumatized patient

3.1.11.3 Airway management

- 3.1.11.4 Shock, fluid resuscitation and management
- 3.1.11.5 Control of bleeding due to facial trauma
- 3.1.11.6 Antibiotic and analgesic
- 3.1.11.7 Plan and Management of fixation of jaw fracture with close reduction using arch bar and IMF
- 3.1.11.8 Proper splinting of dento-alveolar injury
- 3.1.11.9 Diagnosis, classification and management of different types of maxillary & mandibular fractures
- 3.1.11.10 Diagnosis and management of benign and malignant lesions of oral cavity
- 3.1.11.11 Post operative complications of jaw fractures
- 3.1.11.12 Management of soft tissue wound of orofacial structure
- 3.1.12 Ameloblastoma
- 3.1.13 Oro-facial defects: Cleft lip and palate
- 3.1.14 Osteomyelitis of jaw bones.

3.2 ANAESTHESIA

- 3.2.1 Principles of administering safe General anaesthesia, Local anaesthesia
- 3.2.2 Pre – anesthetic drugs
- 3.2.3 Various nerve block techniques of oral cavity
- 3.2.4 Infiltration anaesthesia of oral cavity
- 3.2.5 Post operative complication of general anaesthesia
- 3.2.6 Management of complications due to Local anaesthesia

4. ORAL MEDICINE AND DENTAL RADIOLOGY

10 Marks

4.1 Oral Medicine

- 4.1.1 Introduction and scope of oral medicine
- 4.1.2 Case history discussion and patient examination
- 4.1.3 Diagnostic investigations
- 4.1.4 White lesions of oral cavity
- 4.1.5 Red lesions of oral cavity
- 4.1.6 Pigmented lesions of oral cavity
- 4.1.7 Diseases of the tongue
- 4.1.8 Infections of oral cavity
- 4.1.9 Systems review – Systemic disease and their oral manifestations and dental management
 - 4.1.9.1 Cardiovascular disease
 - 4.1.9.2 Respiratory disease
 - 4.1.9.3 Gastro intestinal disease
 - 4.1.9.4 Urinary disease
 - 4.1.9.5 Blood dyscrasias – with special reference to anaemic, thalassemic and leukaemia patients on anticoagulant therapy
 - 4.1.9.6 Endocrine disorders
- 4.1.10 Oral premalignant lesions and oral cancer and other malignant lesion
- 4.1.11 Ulcerative and vesiculobullous lesions
- 4.1.12 Salivary gland disorders
- 4.1.13 Orofacial pain- differential diagnosis and management
- 4.1.14 TMJ disorders
- 4.1.15 Immunodeficiency diseases with special reference to AIDS

4.2 DENTAL RADIOLOGY:

4.2.1 X-Ray equipments, developing and processing X-Ray film

4.2.2 Radiation hazards and protection

4.2.3 Use of Periapical radiography, Bitewing radiography, Occlusal radiography, Oblique lateral radiography, O.P.G. view of mandible, Cephalometric radiography, Tomography, O.M view of maxilla, P.A. view of mandible,

4.2.4 Radiological interpretation of different radiological images of different bony and soft tissue, lesions of Oro-facial structure including all types of Oro-facial trauma.

5. PERIODONTOLOGY

10 marks

5.1 Definition, scope, aim and objectives of periodontology

5.2 Normal periodontium: Gingiva, Periodontal ligament, Cementum, Alveolar bone

5.3 Ageing and periodontium

5.4 Defense mechanisms of gingiva

5.5 Classification of diseases of Periodontium

5.6 Epidemiology of periodontal diseases

5.7 Etiology of periodontal diseases:

5.7.1 Dental plaque/periodontal microbiology

5.7.2 Material alba, food debris and stains

5.7.3 Dental calculus

5.7.4 Food impaction

5.7.5 Host response

5.7.6 Dental occlusion/ Trauma from occlusion (TFO)/bruxism and other parafunctional habits

5.7.7 Influence of systemic diseases on periodontium- diabetes, sexhormones, nutrition, AIDS, haemorrhagic diseases

5.8 Etiology, pathogenesis, clinical signs and symptoms and management of: Plaque associated gingivitis, Systematically aggravated gingivitis, Acute gingival infection-ANUG, acute herpetic gingivostomatitis, pericoronitis, Desquamative gingivitis, Allergic gingivitis,

5.9 Gingival enlargement, Gingival abscess

5.10 Periodontal pocket

5.11 Periodontitis: Adult periodontitis, Rapidly progressive periodontitis, Early onset periodontitis, Juvenile periodontitis associated with systemic diseases, Periodontal abscess

5.12 Clinical diagnosis and Diagnostic aids

5.12 Prognosis

5.13 Treatment plan and rationale for periodontal treatment

5.14 Periodontal treatment of medically compromised patients

5.15 General principles of periodontal therapy

5.16 Definition- Periodontal regeneration, repair, new attachment, Re attachment

5.17 Plaque control: mechanical and chemical

5.18 the periodontal instrument

5.19 Anti-microbial and other chemotherapeutic agents in periodontal therapy

5.20 Coronoplasty in periodontal therapy

5.21 General principles of periodontal surgery, root planning

5.22 Gingival curettage

5.23 Gingivectomy

5.24 Flap surgery

5.25 Resective osseous surgery: Osseous defects and osseous surgery including bone grafts

5.26 Reconstructive osseous surgery: Root conditioning /guided tissue regeneration (GTR)

5.27 Furcation involvement and management

5.28 Endo-perio therapy

5.29 Mucogingival surgery

5.30 Periodontal splints, Periodontal pack

5.31 Dentinal hypersensitivity

5.32 Dental implant

5.33 Prosthetic and restorative procedures in management of periodontal disease

5.34 Maintenance phase of periodontal therapy or supportive periodontal treatment

Section C – 30 Marks

6. ORTHODONTICS

10 Marks

6.1 Definition, scope and objectives of orthodontic

6.2 Indication for orthodontics treatment

6.3 Limitation of orthodontic treatment

6.4 Growth and development: Jaws, Teeth, Face, Skull

6.5 Occlusion

6.6 Normal development of oral functions: Mastication, Swallowing, Speech, Occlusal function

- 6.7 Normal occlusion: development, Characteristics and variation
- 6.8 Genetics-applied to orthodontics
- 6.9 Malocclusion: Classification, Etiology
- 6.10 Orthodontic records
- 6.11 History and examination
- 6.12 Study models
- 6.13 Radiography
- 6.14 Preventive and interceptive orthodontics
- 6.15 Extractions in orthodontics
- 6.16 Orthodontic appliances: Removable, Functional, and Fixed
- 6.17 Tissue response to orthodontic tooth movement
- 6.18 Stability and retention
- 6.19 Oral surgery for orthodontic patients
- 6.20 Materials related to orthodontics

7. DENTAL MATERIAL

10 Marks

- 7.1 Aim and scope
- 7.2 Structure and behavior of matters, Biological consideration
- 7.3 Physical and mechanical properties of dental materials
- 7.4 Gypsum products
- 7.5 Impression materials:
 - 7.5.1 Impression compound
 - 7.5.2 ZnO-Eugenol
 - 7.5.3 Agar-agar

7.5.4 Alginate

7.5.5 Rubber base impression materials

7.6 Synthetic resins:

7.6.1 Properties

7.6.2 Denture base material

7.6.3 Repair and reline material

7.6.4 Soft liner

7.6.5 Tissue conditioners

7.7 Resins as restorative materials:

7.7.1 Unfilled and filled resins

7.7.2 Light cure

7.7.3 Dentin bonding agent

7.7.4 Acid etch

7.8 Metal alloys:

7.8.1 Dental amalgam alloys

7.8.2 Dental casting gold alloys

7.8.3 Stainless steel

7.8.4 Chrome cobalt alloy

7.8.5 Nickel titanium alloy

7.8.6 Titanium alloy

7.8.7 Vitallium

7.9 Waxes: different types of dental waxes used in dentistry

7.10 Welding and Soldering

7.11 Dental cement:

7.11.1 Zinc Oxide Eugenol

7.11.2 Zinc phosphate

7.11.3 Polycarboxylate

7.11.4 Glass Ionomers

7.11.5 Cavity liners

7.11.6 Cavity varnishes

7.11.7 Calcium hydroxide

7.12 Dental porcelain: Porcelain fused to metal, porcelain furnace and fusing

7.13 Abrasive and polishing agents.

8. PROSTHODONTICS

10 Marks

8.1 Complete denture

8.1.1 Examination, diagnosis, treatment planning and prognosis

8.1.2 Retention and stability

8.1.3 Impression making

8.1.4 Preparation of casts, trays and temporary denture bases

8.1.5 Methods of jaw registration

8.1.6 Identification of artificial teeth: Selection, arrangement and aesthetics

8.1.6.1 Principles of occlusion and articulation in complete dentures

8.1.6.2 Trial in complete dentures

8.1.6.3 Steps of processing and finishing denture

8.1.6.4 Correction of occlusal discrepancies

8.1.6.5 Steps in delivery and adjustments of complete dentures

8.1.6.6 Sequelae cause by wearing dentures

8.1.6.7 Rebasing and relining of dentures

8.1.8 Immediate dentures

8.1.9 Implant dentures

8.1.10 Obturators

8.1.11 Removable Partial Dentures

8.1.11.1 Scope of removable partial dentures

8.1.11.2 Classification of removable partial dentures

8.1.11.3 Components removable partial dentures

8.1.11.4 Mouth preparation for removable partial dentures

8.1.11.5 Impression making

8.1.11.6 Designs of removable partial dentures and associated problems

8.1.11.7 Principles on fabrication of cast metal framework

8.1.11.8 Jaw relation records, Selection and arrangement of teeth

8.1.11.9 Trial of partial dentures

8.1.11.10 Steps of processing, finishing, delivery and maintenance of partial dentures

8.1.11.11 Uses of immediate partial dentures.

8.2 Fixed partial Dentures

8.2.1 Indication and Contra-indication

8.2.2 Examination, diagnosis and treatment planning

8.2.3 Principles of selection and choice of abutment teeth

8.2.4 Principles of tooth preparation

8.2.5 Preparation of abutment teeth

8.2.6 Temporary protection of prepared tooth

8.2.7 Gingival retractions and impression procedures

8.2.8 Construction of dies and working methods, direct and indirect techniques.

Section D– 20 Marks

9. CONSERVATIVE AND Endodontics

10 Marks

9.1 CONSERVATIVE

9.1.1 Scope of conservative Dentistry and Endodontics

9.1.2 Patient examination, diagnosis and treatment planning in Conservative and Endodontics including various diagnostic aids

9.1.3 Instruments and Equipment used in Conservative and Endodontics:

9.1.3.1 Hand instruments

9.1.3.2 Rotary instruments

9.1.4 Sterilization in Conservative dentistry and Endodontics

9.1.5 Clinical significance of dental anatomy, histology, physiology and occlusion

9.1.6 Dental caries

9.1.7 Fundamentals in tooth preparation:

9.1.7.1 Nomenclature of teeth

9.1.7.2 Caries terminology

9.1.7.3 Tooth preparation terminology

9.1.7.4 Principles of tooth preparation

9.1.8 Principles of isolation and moisture control

9.1.9 Pain control in Conservative and Endodontics

9.1.10 Cavity preparation for various types of restorative material

9.1.10.1 Amalgam

9.1.10.2 Composite

9.1.10.3 Glass Ionomer Cement

9.1.10.4 Cast restoration

9.2 ENDODONTICS

9.2.1 Pulp development, structure and function

9.2.2 Periapical pathology

9.2.3 Tooth morphology and access opening

9.2.4 Working length determination

9.2.5 Cleaning and shaping the root canal system

9.2.6 Obturation of the root canal system

9.2.7 Traumatic injuries: Diagnosis and management

9.2.8 Root resorption

9.2.9 Surgical endodontics

9.2.10 Pulp capping and pulpotomy

9.2.11 Bleaching of teeth

9.2.12 Restoration of endodontically treated teeth

9.2.13 Endo – Perio lesions

9.2.14 Endodontic failures and retreatment

9.2.15 Endodontic emergencies

9.2.16 Drugs used in Conservative and Endodontics

9.2.17 Irrigants and medicaments

10. PEDODONTICS AND COMMUNITY DENTISTRY

10 Marks

10.1 PEDODONTICS

10.1.1 Definition, Scope and importance of Pedodontics

10.1.2 Morphology of dentition and its application

10.1.3 Applied morphology and histology of deciduous and permanent teeth

10.1.4 Importance of 1st permanent molar

10.1.5 Anomalies of developing dentition:

10.1.5.1 tooth eruption

10.1.5.2 tooth exfoliation

10.1.5.3 tooth number

10.1.5.4 tooth structure

10.1.5.5 tooth color

10.1.6 Orofacial growth and its modification

10.1.7 Management of common dental and oral diseases in children

10.1.8 Diagnosis and management of maxillofacial trauma in child patient

10.1.9 Oral manifestation of systemic disease in children

10.1.10 Pedodontic treatment plan

10.1.11 Psychological development and behavioural attitude in paediatric group

10.1.12 Common oral surgical procedures undertaken in children

10.1.13 Sedation and anaesthesia used in children for dental procedures

10.1.14 Pulp therapy in primary and young permanent tooth

10.1.15 Space maintainer: Indication, Classification and techniques of fabrication

10.1.16 Management of pain, anxiety and stress in child patient

10.1.17 Orthodontic treatment in primary dentition

10.2 COMMUNITY DENTISTRY

10.2.1 Concept of health and attitude towards illness

10.2.2 Community survey and family case study

10.2.3 Doctor and patient relationship

10.2.4 Epidemiology of oral diseases in Nepal

10.2.5 Fluorides

10.2.5.1 Fluoride mechanisms

10.2.5.2 fluorosis

10.2.5.3 systemic fluorides

10.2.5.4 topical fluorides

10.2.6 Prevention of dental caries

10.2.7 Concept of health education

10.2.8 Motivation and incentives

10.2.9 Methods and media of oral health education

10.2.10 Nutrition and health

10.2.11 Growth and development

10.2.12 Breast feeding

10.2.13 Motivation to community people and school teachers

10.2.14 National Oral Health Policy

सामूहिक परीक्षण

सामूहिक परीक्षण व्यक्तित्व परीक्षणको एक अंश हो । प्रदेश निजामती सेवा र स्थानीय सरकारी सेवाको क्षेत्र विस्तार तथा कार्य पद्धति परिवर्तन समेत भैरहेको सन्दर्भमा नेपाल सरकारका नीति, योजना, कार्यक्रम लगायत शासन व्यवस्था सम्बन्धी समसामयिक विषयमाथि विचार-विमर्श, छलफल गरी तिनको अझै बढी प्रभावकारी तथा कार्यान्वयन योग्य समाधान पहिल्याउने सम्बन्धमा उम्मेदवारहरूको क्षमता पहिचान गर्नु यस परीक्षणको मूलमर्म हो । यसको लागि छलफल, विचार-विमर्श गरी परिस्थिति बुझ्न सक्ने, निर्णय दिने, जनतालाई क्रियाशील बनाउने, चित्त बुझाउने, निर्धारित लक्ष्य अनुसार काम गर्ने/गराउने, जस्ता कामका लागि लेखन क्षमताका साथसाथै समस्यालाई यथार्थपरक ढंगले पहिचान गर्नसक्ने, वाकपटुता, शिष्टता, तर्कशक्तिको पनि आवश्यकता पर्दछ ।

त्यसैले यस परीक्षणमा उम्मेदवारहरूको बौद्धिक क्षमता, संचार सीप, समूह गतिशीलता, व्यवहार, व्यक्तित्व, मनोवृत्ति, क्रियाशीलता, निर्णयशक्ति, समस्या समाधान क्षमता, नेतृत्व क्षमता, समय व्यवस्थापन तथा व्यक्तित्वमा भएका अन्य गुणहरूको आंकलन अर्थात परीक्षण र मूल्याङ्कन गर्नको लागि उम्मेदवारहरूलाई कुनै समसामयिक विषय/सवाल/समस्यामा सामूहिक छलफल गरीसमस्या समाधान केन्द्रीत प्रभावकारी र कार्यान्वयन योग्य समाधान निकाल्न दिइन्छ ।

सामूहिक छलफल

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेताविहिन सामूहिक छलफलको रूपमा अवलम्बन गरिनेछ । दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समयभित्र समूहबीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति गर्नुपर्नेछ । यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको ३ जना भन्दा बढीको समिति रहनेछ ।

आयोगका अध्यक्ष वा अध्यक्षले तोकेको सदस्य	– अध्यक्ष
आयोगका सदस्य	– सदस्य
मनोविज्ञानवेत्ता	– सदस्य
दक्ष/विज्ञ (१ जना)	– सदस्य