

केन्द्रीय विद्यालय आई.टी.बी.पी. करैरा
तह. करैरा , जिला- शिवपुरी (म.प्र.)-473660
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KENDRIYA VIDYALAYA ITBP KARERA
TEH. KARERA, DIST-SHIVPURI(M.P.)-473660
Ph. 07493-253226, Fax.-253547
Website: www.itbpkarera.kvs.ac.in

CBSE Affiliation No. (1000036) STATION CODE (067) KV Code (1117) CBSE School. No. (54128)

WALK-IN INTERVIEW

KV ITBP, KARERA 18th & 19th MARCH 2021 FOR THE SESSION 2021-22

IMPORTANT INSTRUCTIONS

In Kendriya Vidyalaya ITBP Karera, an interview is to be organized to prepare the selection list/panel for the academic/non-academic posts of various disciplines on the basis of part time contract for the academic session 2021-22 in the school premises at 8:30 am on 18.03.2021 & 19.03.2021. Eligible & interested candidates can apply through Google form available in announcement section of the school's official website www.itbpkarera.kvs.ac.in till 5.00 pm by 15.03.2021. After registration, the eligible candidates will be sent the application format through email provided by them in Google form.

Qualified candidates are to present in vidyalaya with filled application form received through email along with original copies of all semesters/yearly educational documents, experience certificates and their self attested copies on given time and date.

Sl.No.	Post(s) / Subject(s)	Date and Time
1	PGT (Physics, Chemistry, Maths, Biology, Hindi, English and Computer Science, Economics, Commerce)	18/03/2021 (Thursday) Time: 8:30 AM
2	TGT(Maths, Science, English, Sanskrit, Hindi and Social Science)	
3	Computer Instructor	
4	PRT(Primary Teacher)	19/03/2021 (Friday) Time: 8:30 AM
5	Yoga Instructor , Educational counselor and Nurse	

All the interested candidates can get detailed information related to the above interview from the announcement section of the official website of the school www.itbpkarera.kvs.ac.in. No travel/daily allowance will be payable to the candidates appearing for the interview.

1. Venue : Kendriya Vidyalaya, ITBP, Karera Distt. Shivpuri
2. Bus Route : From Shivpuri, Datia & Jhansi
3. Bus Stop : Near Ram Mandir, ITBP, Karera

- Minimum and maximum age limit shall be 18 years and 65 years respectively as on 01.04.2021.
- All the candidates must fill-up the Bio-Data form (as given below), affix one latest photograph and submit along with self-attested Xerox copies of all the necessary certificates attached and send to Principal Kendriya Vidyalaya ITBP, Karera Distt.-Shivpuri (Madhya Pradesh) - 473660
- Please attach separate bio data for each post applied for. Also mention clearly the post with subject you are applying for.
- All the candidates must bring the **original certificates** for verification at the time of Interview.
- Only registered candidates will be allowed to attend the interview.
- The interview may go up to late evening, so please come prepared.
- No TA & DA will be paid for attending the interview.
- Engagement of a teacher shall be made as per the available vacancies as and when required as per KVS rules.
- The candidates engaged on contractual basis, would neither have claim or right for appointment on regular basis nor be a part of the cadre of teachers of Kendriya Vidyalayas.
- Interview is to prepare a panel which will be operated for the year 2021-22 against any vacancy. Mere placement in the panel does not give any candidate the right for appointment on contract basis, as these appointments are purely need based.
- The candidates should ensure that they fulfill all the eligibility norms before applying for the same.
- A written test will be conducted for PGT(Computer Science) & Computer Instructor ,PRT,Staff Nurse and Yoga Instructor, Exam Pattern and Detailed Syllabus attached in Annexure-III
- Candidates having teaching experience in CBSE pattern will be given preference.
- The appointment and payment for the contractual teachers will be as per the KVS HQ Circular F.No.11029/39/2011/KVS(HQ)/Acad dated 21-03-2013 & F.No.11029/39/2011/KVS(HQ)/Acad dated 08-10-2013.
- Appointment of **Educational counselor, Remuneration and qualification as Per** KVS HQ Circular F.No.110338/2014-15/KVS(HQ)/Acad 5043-5153 dated 21-03-2013
- Teachers appointed on contractual basis will not be entitled for vacation pay and during Autumn/Winter break payment shall be calculated on pro rata basis. Teachers will not be entitled for pay, if they remain absent on working day. In case of absence from duty, payment will be calculated on pro rata basis.
- KV ITBP,Karera come in Normal Station.
- The qualifications and eligibility criteria is as given below for various posts

Qualifications & Posts

S.No	Name of the Post	Qualification	Remuneration
1	Post Graduate Teacher PGT (Physics, Chemistry, Maths, Biology, Hindi, English, Commerce & Economics)	Essentials: 1. Two years Integrated Post Graduate M.Sc Course of Regional College of Education of NCERT in the concerned subject; OR Master Degree from a recognized University with at least 50% marks in aggregate in the following subjects: a) PGT (English)- English b) PGT (Hindi) – Hindi or Sanskrit with Hindi as one of the subjects at Graduate level. c) PGT (Maths) -Mathematics/ Applied Mathematics d) PGT (Physics)–Physics / Electronics/Applied Physics/Nuclear Physics. e) PGT (Chemistry) Chemistry/ Bio. Chem. f) PGT (Biology) - Botany/ Zoology/ Life Sciences/Bio Sciences/ Genetics/ Micro Biology/Bio Technology/ Molecular Bio/Plant Physiology provided they have studied Botany and Zoology at Graduation level. g) PGT (Commerce) – Master’s Degree in Commerce. However, holder of Degrees of M.Com in Applied/Business Economics shall not be eligible. h) PGT (Economics) – Economics/ Applied Economics/Business Economics. 2. B.Ed. or equivalent degree from recognized university 3. Proficiency in teaching in Hindi and English media. Desirable : Knowledge of computer applications	Rs. 27500/-pm The monthly payment will be calculated on pro-rata basis.
2	Post Graduate Teacher (Computer Science)	Essentials : At-least 50 % marks in aggregate in any of the following; 1. B.E or B. Tech. (Computer Science/IT) from a recognized University or equivalent Degree or Diploma from an institution/ university recognized by the Govt. of India. OR B.E or B. Tech. (any stream) and Post Graduate Diploma in Computers from recognized University. OR M.Sc (Computer Science)/ MCA or Equivalent from a recognized University. OR B.Sc (Computer Science) / BCA or Equivalent and Post Graduate degree in subject from a recognized University. OR Post Graduate Diploma in Computer and Post Graduate degree in any subject from recognized University. OR	Rs. 27500/-pm The monthly payment will be calculated on pro-rata basis.
		„B“ Level from DOEACC and Post Graduate degree in any subject. OR „C“ Level from „DOEACC“ Ministry of Information and Communication Technology and Graduation. 2. Proficiency in teaching in Hindi and English.	

3	Trained Graduate Teacher (Sanskrit, Hindi, English, Social Science, Maths & Science)	Essentials: 1) Four years Integrated degree course of Regional College of Education of NCERT in the concerned subject with at least 50% marks in aggregate; OR Bachelor's Degree with at least 50% marks in the concerned subjects/ combination of subjects and in aggregate. The electives subjects and Languages in the combination of subjects as under : a) For TGT (Sanskrit): Sanskrit as a subject in all the three years. b) For TGT (Hindi): Hindi as a subject in all the three years. c) For TGT (English) : English as a subject in all the three years. d) For TGT (SST) Any two of the following: History, Geography, Economics and Pol. Science of which one must be either History or Geography. e) For TGT (Maths) - Bachelor Degree in Maths with any two of the following subjects: Physics, Chemistry, Electronics, Computer Science, Statistics. f) For TGT (Science)- Botany, Zoology and Chemistry. 2) B.Ed. or equivalent degree from recognized university 3) Proficiency in teaching Hindi and English medium 4) Pass in Central Teacher Eligibility Test (CTET) conducted by CBSE will be given preference. Desirable : 1) Knowledge of Computer Applications.	Rs. 26250/-pm The monthly payment will be calculated on pro-rata basis.
4	Primary Teacher (PRT)	Essential a) 10+2 with at least 50% marks and 2 years Diploma in elementary education OR (CT/JBT / D.El.Ed. / B.Ed. or equivalent from Govt. recognized institution. b) Competence to teach through Hindi & English media. c) Pass in CTET conducted by CBSE will be given preference. Desirable: Knowledge of Computer Applications.	Rs. 21,250/- pm The monthly payment will be calculated on pro-rata basis.
5	Computer Instructor	Any one of B.Tech/BCA/MCA/M.Sc(CS/IT)/B.Sc(CS) or Graduate/PG(Science/Maths) with PGDCA or PG in any subject with "B" level from DOEACC from Govt. recognized institutions	Rs. 21,250/- pm for teaching computer from III to V Rs. 26,250/- pm for teaching computer from VI to X
8	Yoga Teacher	Graduation in any subject from a recognized university and one year training in yoga education from govt. recognized institution. OR Diploma in Yoga from govt. recognized institution.	Rs. 21,250/- pm The monthly payment will be calculated on pro-rata basis

09	Educational Counselor	B.A./B.Sc. (Psychology) with certificate of Diploma in Counselling. Minimum one year experience in providing career / educational counselling to students at schools. OR Working knowledge and experience in placement bureaus. OR Registration with Rehabilitation Council of India as Vocational	Remuneration would be as per other Contractual TGTs. Rs. 26250/-pm The monthly payment will be calculated on pro-rata basis.
11	Nurse (Female candidates preferred)	Diploma in General Nursing and Midwifery with registration in the Nursing Council. Experienced candidates will be given preference.	Rs.750/- per day (Payment will be done for number of days worked)

REMUNERATION

1. Consolidated remuneration to be paid to different categories of teachers appointed on contract basis is appended as per Annexure-I

Annexure-I

SI. NO.	Designation	Station	Consolidated Pay
1	PGT All Subject	Normal	Rs. 27500/
		Hard	Rs. 32500/-
		Very Hard	Rs. 35000/
2	TGT All Subject	Normal	Rs. 26250/
		Hard	Rs. 31250/
		Very Hard	Rs. 33750/
3	PRT	Normal	Rs. 21250/
		Hard	Rs. 26250
		Very Hard	Rs. 28750/
4	Computer Instructor (Teaching in classes III to V)	Normal	Rs. 21250/
		Hard	Rs. 26250/
		Very Hard	Rs. 28750/
5	Computer Instructor (Teaching in classes VI Onwards)	Normal	Rs. 26250/
		Hard	Rs. 31250/
		Very Hard	Rs. 33750/
6	Vocational Instructor	Normal	Rs. 21250/

	for craft/dance music/art/sports Coach/Yoga Instructor etc.	Hard	Rs. 26250/
		Very Hard	Rs. 28750/
7	Spoken English : Teacher	Normal	Rs. 18750/
		Hard	Rs. 23750/
		Very Hard	Rs. 26250/
8	Educational Counselor Remuneration would be as per other Contractual TGTs. Vide KVS HQ Circular F.No.110338/2014-15/KVS(HQ)/Acad 5043-5153 dated 21-03-2013	Normal	Rs. 26250/
		Hard	Rs. 31250/
		Very Hard	Rs. 33750/

2. Consolidated payment on monthly basis may be made to the contractual teachers for the duties performed including invigilation, exam "related work instead of per period basis hitherto in force in the Kendriya Vidyalayas. However, the contractual teachers appointed for a period of less than a month will be paid on pro rata basis only. (Refer Annexure -II)

Annexure - II

The monthly payment towards the contractual teachers and the pro rata payment to the teachers may be regulated as follows.

In the overall interest of the organization, the calculation for the pro rata payment should be made as under:-

• Example :- In the normal station, a PGT worked for 15 days in April 13 from - 01.04.13 to 15.04.13.

Consolidated Pay

-----X No of days worked

30 Days

Say as : **Rs.27,500**

----- X 15 Days = **Rs.13,750**

30 days

3. Teachers appointed on contractual basis will not be entitled for vacation pay and during Autumn/Winter break payment should be calculated on the pro rata basis.

(Dr.Darshan Lal Meena)
Principal

Annexure-III**Criteria and Weightage for Selection**

Sr.No	POST	Written	Interview	Experience	Practical	Total
1.	PGTs (Physics, Chemistry, Maths, Biology, Hindi, English, Economics, Commerce)	-	85	15	-	100
2	PGT (Computer Science)	45	25	15	15	100
3.	TGT(Maths,Science,English,Sanskrit,Hindi and Social Science)	-	85	15	-	100
4	PRT(Primary Teacher)	60	25	15	-	100
5	Computer Instructor	45	25	15	15	100
6	Yoga Instructor	45	25	15	15	100
7	Staff-Nurse	60	25	15	-	100
8	Educational Counselor	-	85	15	-	100

Experience Count Calculation Criteria of Each Post

1.KV/JNV/Atomic Energy/Eklavya/Model School Govt/Autonomous Body CBSE Affiliated 3 marks Per Year Maximum up to 15

2 Private CBSE Affiliated School 2 marks Per Year Maximum up to 10

3 MP Board/State Board/Non CBSE/ Private state board Affiliated School 1 marks Per Year Maximum up to 5

(Minimum 6 Months or more than 6 months Experience in an Academics Year count as 1 year Experience

Less than 6 Months Experience Awarded Half Marks of Each Category of Weightage.)

4. In staff Nurse Govt. Hospital 3 Marks per year Maximum up to 15 and the same as working in KV/JNV/Atomic Energy/Eklavya/Model School Govt/Autonomous Body CBSE Affiliated

5. In staff Nurse Private Govt Affiliated Hospital 2 marks Per Year Maximum up to 10

1.PGTs.

Contractual PGT(Physics,Chemistry,Maths, Biology, Hindi, English)

- Interview round will be of 85 Marks.
- Experience will be of 15 marks
- The final merit list will be based on the Interview and Experience

- The weightage of Interview and Experience will be 85:15

2. PGT (Computer Science) Exam Scheme

Test	Subject	Number of Question	Total Marks	Time
1	Computer Science, Informatics Practices and Web Technology Multimedia Syllabus of CBSE Computer(Class XI and XII)	30	30	1 Hours
2	General English	5	5	
3	General Hindi	5	5	
4	General knowledge & Current Affairs	5	5	
Total		45	45	

- Interview round will be of 25 Marks.
- Experience will be of 15 marks
- Practical Knowledge will be of 15 Marks.(Programming Based 3 Exercise)
- The final merit list will be based on the performance of the candidates in Written Test , Interview ,Practical Knowledge and Experience
- The weightage of Written Test , Interview and Experience will be 45:25:15:15

3. Contractual TGT(Maths,Science,English,Sanskrit,Hindi and Social Science)

- Interview round will be of 85 Marks.
- Experience will be of 15 marks
- The final merit list will be based on the Interview and Experience
- The weightage of Interview and Experience will be 85:15

4.KVS Contractual PRT Teacher Exam Pattern 2021

Test	Subject	Number of Question	Total Marks	Time
1	General English	5	5	1 Hours 15 Minutes
2	General Hindi	5	5	
3	General knowledge & Current Affairs	5	5	
4	Reasoning Ability	5	5	
5	Computer Literacy	5	5	
6	Pedagogy	15	15	
7	Subject concerned	15	15	
8	RTE and NCF 2005	05	05	
Total		60	60	

- Interview round will be of 25 Marks.
- Experience will be of 15 marks
- The final merit list will be based on the performance of the candidates in Written Test , Interview and Experience
- The weightage of Written Test , Interview and Experience will be 60:25:15

KVS PRT : Syllabus

1 **General English:** Verb, Tenses, Voice, Subject-Verb Agreement, Articles, Comprehension, Fill in the Blanks. Adverb, Error Correction, Sentence

Rearrangement, Unseen Passages, Vocabulary, Antonyms, Synonyms, Grammar, Idioms & Phrases, etc.

2. General Hindi :संज्ञा, सर्वनाम, क्रिया, क्रियाविशेषण, आदि, रिक्तस्थान, महावरे, विलोमशब्द, समानार्थीशब्द, लेखकोकीरचनाएं, अनेकशब्दोंकेलिएएकशब्द, आदि।

3. **General Knowledge and Current Affairs:** Important Days, Indian History, Books and Authors, Indian National Movement, Awards and Honors, Budget and Five Year Plans, General Polity, Current Affairs – National & International, Indian Economy, Capitals of India, International & National Organizations, Science – Inventions & Discoveries, Science & Technology, Sports, Abbreviations, Countries & Capitals.

4. **Reasoning Ability:** Arithmetic Number Series, Spatial Orientation, Observation, Figures Classification, Relationship concepts, Arithmetical Reasoning, Non-verbal series, Analogies, Discrimination, Visual Memory, Similarities and Differences, Spatial Visualization, Coding and Decoding etc.

Number Series, Letter and Symbol Series, Verbal Classification, Essential Part, Verbal Reasoning, Logical Problems, Analogies, Theme Detection, Cause and Effect, Artificial Language, Matching Definitions, Making Judgments, Statement and Conclusion, Logical Deduction, Statement and Argument.

5. **Computer Literacy:** Computer Basics, Using Paint Brush, More in Paint, About Desktop and Computer Peripherals, Word Processor, Formatting Word Document, Internet, Computer History, Word Processor, Exploring Windows, Powerpoint Presentation, etc.

6. **Pedagogy:(i) Childhood and development of children:** Prospective in development, Physical – Motor Development, Social and Emotional development, Childhood

(ii) Education and Curriculum: Learning, Learner and Teaching, Knowledge and curriculum, Facilitating personal growth, application In teaching, Knowledge and Methods of enquiry, Learners and their context, Pedagogic practice and the process of Learning ICT in education.

iii) Methodology: Understanding Language and early Literacy, Mathematics Education for primary school child, Listening and Speaking, Reading, Writing, Language and Communication, Planning for Teaching, Classroom Management.

iv) Diversity, Gender and Inclusive Education: Inclusive Education, Children with Special Needs, Gender, School and Society.

7. **Subject concerned:** The Subject paper will assess the candidate ability in the following Areas

i) Core Language Competency (Hindi and Language)

ii) General Science

iii) General Maths.

iv) Environmental Science.

8. RTE Child Rights and NCF 2005: 1. Acts/ Rights: Right of Children to free and Compulsory Education Act, 2009 and Child Rights. 2. National Curriculum Framework, 2005: Perspective, Learning and Knowledge, Curricular Areas, School Stages and Assessment, School and classroom Environment and Systemic Reforms.

5. Computer Instructor

KVS Contractual Computer Instructor Exam Pattern 2021

Test	Subject	Number of Question	Total Marks	Time
t	Computer Literacy Syllabus	30	30	

	of KVS Computer(Class III TO X)			
2	General English	5	5	1 Hours
3	General Hindi	5	5	
4	General knowledge & Current Affairs	5	5	
Total		45	45	

- Interview round will be of 25 Marks.
- Experience will be of 15 marks
- Practical Knowledge will be of 15 Marks.(MS-Word,MS-EXCEL,MS-POWERPINT and Tally)
- The final merit list will be based on the performance of the candidates in Written Test , Interview ,Practical Knowledge and Experience
- The weightage of Written Test , Interview and Experience will be 45:25:15:15

KVS Contractual Computer Instructor

- 1. Computer Literacy Syllabus of KVS Computer(Class III TO X) Computer Basic, Computer Fundamental,** INTRODUCTION ABOUT COMPUTERS ,HISTORY OF COMPUTERS, GENERATIONS & TYPES OF COMPUTERS ,OPERATING THE COMPUTER, FUN WITH PAINT BRUSH, MORE ABOUT PAINT BRUSH APPLICATIONS OF COMPUTER, ABOUT COMPUTER PERIPHERALS & CPU (PROCESSOR), INTRODUCTION TO WORDPAD, INTRODUCTION TO LOGO, MORE ABOUT LOGO, ABOUT COMPUTER MEMORY, INTRODUCTION TO POWER POINT, COMPUTER TERMINOLOGY, INTRODUCTION TO MS-WORD, INTRODUCTION TO MS-EXCEL, INTRODUCTION TO POWERPOINT,INTERNET, OPERATING SYSTEMS & LANGUAGE PROCESSORS, (MS-ACCESS PART-I) INTRODUCTION TO DATABASE, (MS-ACCESS PART-II) DATA VALIDATION, (HTML PART-I) INTRODUCTION TO WEB PAGE DESIGNING, (HTML PART-II) LISTS, IMAGE, HYPER LINKS AND ANCHORS, (HTML PART-III) TABLES AND FRAMES AT A GLANCE, HTML Advance Tags, EXPLORING WINDOWS,MULTIMEDIA,Computer Security, Photoshop Introduction, Algorithm and Flow Chart, Working with masks,Flash,E-Commerce and E-greeting, Audio and Video Conferencing. Multimedia Authoring &Animation(Review of Flash & Introduction to Autodesk 3d Max.)Adding style to web page using CSS.Web Scripting, Java Script. Database Concepts (RDBMS) Network Safety of Computer System. Review of Autodesk 3d Max,Animation in 3DMax,Operating Web Based Application.
- 2. General English:** Verb, Tenses, Voice, Subject-Verb Agreement, Articles, Comprehension, Fill in the Blanks. Adverb, Error Correction, Sentence Rearrangement, Unseen Passages, Vocabulary, Antonyms, Synonyms, Grammar, Idioms & Phrases, etc.
- 3. General Hindi :** संज्ञा, सर्वनाम, क्रिया, क्रियाविशेषण, आदि, रिक्तस्थान, महावरे, विलोमशब्द, समानार्थीशब्द, लेखकोंकीरचनाएं, अनेकशब्दोंकेलिएएकशब्द, आदि।
- 4. General Knowledge and Current Affairs:** Important Days, Indian History, Books and Authors, Indian National Movement, Awards and Honors, Budget and Five Year Plans, General Polity, Current Affairs – National & International, Indian Economy, Capitals of India, International & National Organizations, Science – Inventions & Discoveries, Science & Technology, Sports, Abbreviations, Countries & Capitals

6 KVS Contractual Yoga Instructor Exam Pattern 2021

Test	Subject	Number of Question	Total Marks	Time
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1	General Awareness	3	3	1 Hours
2	General Intelligence and Reasoning Ability	3	3	
3	Arithmetical & Numerical Ability	3	3	
4	Test of Hindi Language & Comprehension	3	3	
5	Test of English Language & Comprehension	3		
6	Objective type multiple choice questions on the subject concerned as per the Qualification Prescribed for the post.	30	30	
Total		45	45	

- Interview round will be of 25 Marks.
- Experience will be of 15 marks
- Practical Knowledge will be of 15 Marks.(YOGA BASED)
- The final merit list will be based on the performance of the candidates in Written Test , Interview ,Practical Knowledge and Experience
- The weightage of Written Test , Interview , Experience and Practical will be 45:25:15:15

6 KVS Contractual Yoga instructor Syllabus.

1. General Awareness: Questions will be designed to test the ability of the candidate's General Awareness of the environment around him/her and its application to society. The questions will be designed to test knowledge of Current Events and of such matter of everyday observation as may be expected of an educated person. The test will also include questions relating to History, Polity Constitution, Sports, Art & Culture, Geography, Economics, Everyday Science, Scientific Research, National/International Organizations /Institutions etc.
2. (ii) General Intelligence& Reasoning Ability : The syllabus of General Intelligence& Reasoning Ability includes questions of both verbal and non-verbal types. Test may include questions on analogies, similarities, differences, space visualization, problem solving, analysis, judgement, decision making, visual memory, discrimination, observation, relationship, concepts, arithmetical reasoning, verbal and figure classification, arithmetical number series etc.
3. (iii) Arthmetical& Numerical Ability : The test of Arithmetical and Numerical Abilities will cover Number Systems including questions on Simplification, Decimals, Fractions, L.C.M., H.C.F., Ratio & Proportion, Percentage, Average, Profit & Loss, Discount, Simple & Compound Interest, Mensuration, Time & Work, Time & Distance, Tables & Graphs etc. of 10th level.

4&5. Hindi Language & Comprehension and English Language & Comprehension: In addition to the testing of candidate's understanding and comprehension of the English and Hindi Languages, questions on its Vocabulary, Grammar,

6. Post specific subject related questions: Objective Type Multiple Choice Questions on the subject concerned as per the qualification prescribed in the Recruitment Rules for the post.

1. Foundations of Yoga : History, Evolution of Yoga and Schools of Yoga
2. Basic Yoga Texts : Principal Upanishads Bhagavad Gita, Yoga Vasishtha
3. Patanjala Yoga Sutra
4. Hatha Yoga Texts
5. Allied Sciences : Anatomy and Physiology, Diet and Nutrition, General Psychology and Counseling
6. Yoga and Health
7. Therapeutic Yoga – Disease Wise and Evidence based
8. Applications of Yoga
9. Practical Yoga: Asana, Pranayama, Dharana Dhyana, Bandha, Mudra, Shat Kriya
10. . Methods of Teaching Yoga

CLASSWISE YOGA SYLLABUS

CLASS	PRACTICAL	THEORY
VI	<p>Shatha karma- kapalbhati(11-30 storkes)</p> <p>Shakshumayyayama- Nol-11</p> <p>Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana</p> <p>Prinayama - Bhastrika Concentration - On own breath 2-minutes) Ohm Chanting and shanti path</p>	<ol style="list-style-type: none"> 1. Yoga Detinition 2. Knowledge of five yama with more emphasis on 4 steyn' 3. Knowledge of five Niyama with emphasis on 'Santosh' 4. Knowledge of Aahar-Vihar 5. Maihods and benefits of Sukslima Vyayama, Asanas and prayers.
VII	<p>Shatha karma- Introduction of Trataka and Practice of concentration on nose-up,</p> <p>Shukshmavyayama- No 12-23 Asanas- Garudasana, Ek-Pad Pranarnasana Kati Chakrasana, UrdhavaHastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pavanmuktasana. Bhujangasana.</p> <p>Shalāsana Pranayama- Bhramar Concentration- On own breath (3</p>	<ol style="list-style-type: none"> 1. Knowledge or Yama with more eniphasis on 'Anisa' 2. Knowledge of Niyama with emphasis on "Shauclis 3. A brief knowledge of different type of yoga (Bhakti, Jnana, Kamna and Hatha Yoga) 4. Methods and benifits Vyayama, Asanas and prayer

	minutes) Ohm Chanting and shanti path.	
VIII	<p>Shatha karma - Introduction of Nauli</p> <p>Shukshnavyayama- No 24-32</p> <p>Asanas- PadaHastasana, UrdhvPranamasana, Konasana, Vajrasana, SuptaVajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible)</p> <p>Pranayaina- Anuloma-Viloma (Nadishodhan)</p> <p>Concentration- On own breath (So-ham) Olim Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. Knowledge of Yama withmore emphasis on 'Satya' 2. Knowledge of Niyama with emphasis on'Suvadhyaya *Istrarpranidhan' 3. Simple anatomical and physiological aspects of Human body 4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama S. Personal importance of hygiene and health.
IX	<p>Shatha karma-JalaNeti (if facility Available)</p> <p>ShukshmaYyayama- No 33-48</p> <p>Asanas- Trikonasana, Tadasana, Natrajasana, Kato Chakarasana, Buddhapunasanas, Ushtrasana. pochinonanasuna, Bana, Kuomasuna, AdhaMarsicodrasan, Albinsana, Diumurasana, Sharan, Surya Namaskar(if possible) Pranayama - Ujuvi and suryabhedanConcentration- In beinineybrowa, Ohm Chanting and shaurti path.</p>	<ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on 'Brahmcharya' 2. Knowledge of Niyamawithi emphasis on "Tapas'' 3. Relationship of yoga and education . 4. Brief knowledge of 'Astangen 5. Importance of SatvikAahar 6.Knowledge of SatvikAhar
X	<p>Shatha: karma- TratakiSzakshmayayana-One or TwoVyayama for each part of body.</p> <p>Asanas-Trikonasana, Vrikshasana, ParivratTrikonasana, tadmasana, Yognudra, MatsyasmaMiandukasana, VnstitapadaBhoonamanasana, Pawanmuktasana, Vioritkarni, Shavasana, YoganidraPranayama- BhramariShekari Concentration-on 'Dol' ui Ohm', olm Chunting and shanti path</p>	<ol style="list-style-type: none"> 1. Objectives of yoga Education. 2. Difference between Yoga Asana and physical exercise 3. Importance of Yoga daily life. 4. Methods and benefit of Asanas, Pranayama and Concentration
XI	<p>Shatha karma - Shathakriyas by rotation (if facilities available)</p> <p>Shukshnavyayama - One or Two Vyayama for each part of body</p>	<ol style="list-style-type: none"> 1. Role of yoga in character Building 2. Therapeutic values of yoga 3. Introduction of yoga literature

	Asanas- All kinds of Asmas by rotation depending upon facilities Bandhya-MoolaUddiyana and Jalandhar Pranayama- kapalbhati, Bhramari, Ujjayi Concentration- on Dot or Ohm Trataia Ohm Chanting and shanti path .	4. Life history of Arvindo, Vivekanand and other yogis. 5. Knowledge of Bandha, Aludra and Chakras 6. Methods and benefits of Pranayama and Concentration .
XII	Shatha karma- Kunjla, jalaleti&Nauli (if facilities available) Shukshnavyayama- One or two Vyayama for each pan of body Asanas. SunaNanaskar. Ginahasana. PrandvocariaSuptaVajracana. Hinuminasan:Sarvangasana, Ottapadusana, Dhanurasana, Shavasana Bandhya-Moola, Uddiyalla and Jalandhar i Pranayama - Bhasuika, Nadisodhan Concentration-on Dot ,ohm Chanting and shanti path	1.Effects otAsanas and Pranayama on physiolog of human body 2. Concept of NishKamna yoga 3. Role of Yoga practices in power and discipline 4. Techniques of stress Management.

7. KVS Contractual Staff Nurse Exam Pattern 2021

Test	Subject	Number of Question	Total Marks	Time
1	General Awareness	4	4	1 Hours 15 Minutes
2	General Intelligence and Reasoning Ability	4	4	
3	Arithmetical & Numerical Ability	4	4	
4	Test of Hindi Language & Comprehension	4	4	
5	Test of English Language & Comprehension	4	4	
6	Objective type multiple choice questions on the subject concerned as per the Qualification Prescribed for the post.	40	40	
Total		60	60	

- Interview round will be of 25 Marks.
- Experience will be of 15 marks
- The final merit list will be based on the performance of the candidates in Written Test , Interview and Experience
- The weightage of Written Test , Interview and Experience will be 60:25:15

KVS Contractual Staff Nurse Syllabus

1. General Awareness: Questions will be designed to test the ability of the candidate's General Awareness of the environment around him/her and its application to

society. The questions will be designed to test knowledge of Current Events and of such matter of everyday observation as may be expected of an educated person. The test will also include questions relating to History, Polity Constitution, Sports, Art & Culture, Geography, Economics, Everyday Science, Scientific Research, National/International Organizations /Institutions etc.

2. (ii) General Intelligence & Reasoning Ability : The syllabus of General Intelligence & Reasoning Ability includes questions of both verbal and non-verbal types. Test may include questions on analogies, similarities, differences, space visualization, problem solving, analysis, judgement, decision making, visual memory, discrimination, observation, relationship, concepts, arithmetical reasoning, verbal and figure classification, arithmetical number series etc.
3. (iii) Arithmetical & Numerical Ability : The test of Arithmetical and Numerical Abilities will cover Number Systems including questions on Simplification, Decimals, Fractions, L.C.M., H.C.F., Ratio & Proportion, Percentage, Average, Profit & Loss, Discount, Simple & Compound Interest, Mensuration, Time & Work, Time & Distance, Tables & Graphs etc. of 10th level.

4&5. Hindi Language & Comprehension and English Language & Comprehension: In addition to the testing of candidate's understanding and comprehension of the English and Hindi Languages, questions on its Vocabulary, Grammar,

6. Post specific subject related questions: Objective Type Multiple Choice Questions on the subject **concerned as per the qualification prescribed in the Recruitment Rules for the post.**

Concerned Subjects :

Bioscience: Structure and functions of human body — Structure and functions of the different organs and systems of the human body like skeletal and muscular system, cardiovascular system, respiratory system, digestive system, Excretory system, nervous system, endocrine system and reproductive system and the sense organs.

Classification and characteristics of micro-organisms — Infection and its transmission - Immunity- Control and destruction of micro-organisms - laboratory techniques for identification of various microbes.

Behavioral Sciences: Structure of mind — Psychology of human behavior - dynamics of human behavior — body mind relationship — stress and conflicts — attitudes — habit formation and breaking of bad habits -learning, thinking, reasoning and observation and perception — personality - intelligence and its assessment - adjustment mechanisms and emotions in health and illness - application of principle of psychology in nursing practice in all health care settings. Concept of family as a social unit and the influence of environment on individual development and the rights and responsibilities of the individual in the society. Common social problems and utilizing the understanding of sociology in nursing practice.

Family — Characteristics, types, functions and family cycle and basic needs and medical social aspects of marriage.

Fundamentals of Nursing: Scope and functions of Nursing — History of nursing in India — Qualities for a nursing professional — ethics in nursing — Health care agencies. Health and determinants of health status — Basic human needs and illness and its effects on individuals. Comprehensive Nursing Care - Needs of the patient - Assessment of patient / Client — Infection control methods and practices — Biomedical waste management - Therapeutic Nursing Care and Procedures. First Aid in Emergency situations, Community Emergencies and Resource Community Emergencies - Importance of first aid and rules of first aid. Personal Hygiene - maintenance of health both physical health and mental health.

Medical Surgical Nursing: History of modern medicine and surgery — Nursing Assessment — Patho-physiological mechanism of disease — Altered immune response - Nurse's role in management of fluids and electrolyte balance. Operation theater techniques and management of patient undergoing surgery. Nursing management of patients with impaired respiratory function, digestive and gastro-intestinal disorders, metabolic and endocrine disorders, renal and urinary disorders, neurological disorders, connective tissue collagen disorders. Nursing management of patients with oncological conditions, diseases of male genitourinary tract, disorders of breast, integumentary system, ophthalmic disorders and diseases, diseases of ear, nose and throat, cardio vascular, circulatory and hematological disorders, musculo-skeletal disorders, communicable diseases and sexually transmitted diseases. Nursing Management of the Elderly. Emergency Management — Emergency and disaster Nursing.

Pharmacology: Principles of administration of medications — Principles, types and procedures adopted for various routes of Administration — Storage of maintenance of drugs — Broad classification of drugs — Therapeutic effects, side and toxic effects and allergic reaction and drug interactions — factors influencing drug action. Measuring system of drug and conversions of measurement units.

Mental Health and Psychiatric Nursing: Concept of Mental health and mental illness - Principles of Mental health nursing — Psychiatry - history of Psychiatry and psychiatric nursing in India and international level —National Mental health programme — Mental Health Assessment — Therapeutic nurse-patient relationship — Communication skills. Mental disorders and Nursing Interventions — Bio-Psycho & Social Therapies — Forensic Psychiatry / Legal Aspects — Psychiatric Emergencies and Crisis Intervention — Community Mental health.

Child Health Nursing: Modern concept of child health nursing - role of pediatric nurses in child health nursing. Concept of preventive pediatrics - nursing process related to pediatric nursing. Growth and development of children -the newborn, infant, toddler, preschoolers, school ager, and the adolescent. Nursing care for sick child, behavioral disorders. Prevention, medical and nursing management common health problems during childhood.

Comprehensive nursing care to children with congenital defects/malformations and children with various disorders and diseases. Child Welfare services - laws pertaining to paediatrics.

Midwifery and Gynaecological Nursing: Scope and trends in Midwifery - history of midwifery - vital statistics related to maternal health in India. Structure and function of the female reproductive system - embryology and fetal development. Nursing management of pregnant women, women in labour, baby at birth, mother during puerperium. Management of complications during pregnancy, high risk pregnancy, high risk labour and high risk and sick newborn - Puerperal complications and its management. Obstetric operations - drugs used in obstetrics. Ethical and legal aspects related to midwifery and gynaecological Nursing. Gynaecological nursing - puberty - fertility and infertility. Pelvic infections — sexually transmitted diseases and their prevention. Gynaecological and breast disorders. Menopause.

Community Health Nursing: Concept of the community, community health and community health nursing - dimensions and indicators of health and health determinants. History and development of community health in India. Health assessment - Principles of epidemiology and epidemiology methods - Family health nursing care - Family health care settings - management of minor ailments - referral system - records and reports used in community health nursing practice. Environmental Hygiene - environmental factors contributing to health - Community organization to promote environmental health. Communication - principles, types, barriers. Concept, principles, process, levels and methods and nurse's role in Health Education. Methods and media of Health education - Health education agencies. Role of nurse in counselling. Principles of nutrition and dietetics and its relationship to human body in health and disease - Nutrition and nutrients - Classification of food - Normal Dietary requirements - Food Preparation, Preservation & Storage - Therapeutic diet - Community Nutrition.

Health Systems in India - Organization and administration of Health systems at Central, State and district level. Health care delivery system - concept and trends. Health care services - Public sector both rural and urban, private sector, public private partnership etc. Indigenous system of Medicine (AYUSH). Voluntary health services. National Health Programmes - Nurse's role in health care services - Health Planning in India - Specialized community Health Services and nurse's role Nurse's Role in National Health Programmes - Demography and family welfare. Role of nursing personnel at various levels in the health team - Health Information system - Vital Health Statistics - International and National Health Agencies.

Nursing Education and Research: Nursing education - principles, process of teaching and learning - clinical methods of teaching. Definition, terminology, importance and characteristics of good research - research process, approaches and designs. Data collection - Analysis of data. Importance of Statistics in research - Scale of measurement - Frequency of distribution - mean, median, mode and standard deviation, Utilization of research in nursing practice.

Professional Trends and Adjustment: Nursing as a profession - Professional ethics - Personal and professional development - Legislation in nursing - Organizations related to health and nursing profession.

Nursing administration and Ward Management:- Principles of administration-Management process - Administration of hospital/department/ward/unit - Management of equipment supplies - Cost of health care - Hospital Financing of health - National Health Plans - Health insurance.

8. Educational Counselor

- Interview round will be of 85 Marks.
- Experience will be of 15 marks
- The final merit list will be based on the Interview and Experience
- The weightage of Interview and Experience will be 85:15

(Dr.Darshan Lal Meena)

Principal

Approved/Not Approved

President

VIDYALAYA MANAGEMENT COMMITTEE