

1. Introduction:

Karnali Academy of Health Sciences (KAHS) has been established by an Act of parliament of Nepal in 2011 AD at Jumla to provide health services in easy and sustainable way to people of backward (pichhadiyako) areas, to produce skilled health professionals & conduct research. The backward areas mentioned in act of KAHS are Humla, Jumla, Kalikot, Dolpa, Mugu districts of Karnali zone, Jajarkot district of Bheri zone & Bajura, Baghang & Achham districts of Seti zone in Nepal.

2. Mission, Vision and goal of KAHS:

Mission:

Karnali Academy of Health Sciences prepares the next generation of health professionals and leaders to become vital contributors to the delivery and advancement of health care to those who are marginalized and living in backward areas. Our mission is accomplished through educational excellence, innovative research, evidence-informed patient-centered care, public health advocacy, and collaborative community engagement.

Vision:

KAHS is an autonomous health sciences university that visualize at providing interdisciplinary leadership for new

directions in health promotion and wellness, as well as illness care and disease prevention at all levels, in the community and beyond through innovation in education, practice, research, and scholarship for Nepalese students, especially targeting to those who reside in backward and rural area as well as those who are socially marginalized. It will be a national centre for providing health services, prestigious centre for biomedical and health system research, centre for excellence in implementing complete total human development through health as main agenda in its neighboring districts.

Goals:

- Sustain and upgrade the quality of the current health services of the KAHS-related hospitals located in the remote areas and the backward region of the country as a whole.
- Train technically competent and socially responsible physicians, Nurses and other health care professionals, through its academic programs in medical and health sciences at high quality which is recognized locally, regionally, and internationally, who have the willingness and ability to become inspiring leaders in their respective fields and deal with the existing and emerging health care challenges in Nepal.
- Contribute to the advancement of medical and health sciences knowledge and practice through its support of research activities conducted by its faculty and students.

- Enable deserving students from rural and backward region of Nepal and specially those who are underprivileged and are deprived of access to health science education, including medical, nursing and other allied health science education because of topographical, social and financial barriers.
- Work in collaboration with the national health system (NHS) to contribute to the improvement of the health status of the people in Nepal, and proactively encourage the national government in the development of appropriate health policies, programs and systems to uplift the health of the rural poor.
- Accentuate the growth of the University by promoting various academic activities, by establishing inter-institutional alliance with premier health Universities and organizations.

3. Curriculum:

KAHS believes that:

- In accord with the national goal of education and the institution's philosophy, the KAHS Certificate in General Medicine course curriculum is intended to develop self reliant and committed health assistants as well as a responsible citizen and a contributing member of the society. Through a systematic process of study and experience, evidence based knowledge is gained, skills are developed and attitudes are inculcated through

conducive learning environment. The self directed learning methodology will develop committed health assistants as lifelong learners.

- Certificate in General Medicine manpower development in Nepal especially for the students residing in remote areas and desiring to serve in rural community is of urgent necessity in order to provide quality health care services throughout the country. Health Assistants as skilled health care professional, capable of rational, analytical and critical thinking can make sound judgment and render health care services with kindness, empathy, and compassion.
- Health assistant as a profession is an integral component of primary health care delivery system of Nepal.
- Health assistant requires innovative and creative patterns of holistic care in a variety of settings in order to assist individual, group, family and community to achieve optimal level of health possible within the country's economic capacity.
- The community based approach aims to assist all people to have access to health care which is scientifically and technologically sound, and economically feasible.
- Community based Teaching Learning takes into consideration the ethnic, the traditional beliefs and existing health practices of people. Involvement of the community is essential in the identification of health

care problems; the planning, management and evaluation of health services.

- The health assistants collaborates not only with members of health care team but also other sectors to help individuals, family groups and community to meet their basic health needs. The goals and activities of other developmental sectors of the community should be understood to co-ordinations the efforts to meet the needs of the community in evidence based manner.
- This program will provide the basis for further advanced education in medical and paramedical disciplines, teaching, research and administration.

Objectives of the Certificate Program in General Medicine

The general purpose of this basic educational program is to prepare competent and self-reliant Health assistants who will be able to care for individuals, groups and communities according to the principles of primary health care.

Upon completion of the program the graduate will:

1. Utilize a sound knowledge base in giving care to well and sick individuals, families and communities.

2. Perform preventive and therapeutic measures directed toward promotion, maintenance and restoration of health.
3. Utilize the communication skills effectively with individuals, groups in variety of settings.
4. Utilize the modern medical process in providing and improving health care.
5. Assume leadership for planning, directing and evaluating care given by other health workers.
6. Teach and supervise individual, family, groups and community including other health care workers.
7. Collaborate with multi-sectoral groups to develop a healthful environment, including safe drinking water, sanitation and other basic needs of the community.
8. Mobilize the community to participate in the activities of the grass root health institution.
9. Demonstrate a positive attitude and respect for cultural values in working to meet needs and solve problems.
10. Continue to seek new knowledge for personal and professional growth.

These overall objectives are used in each year to create specific objectives which guide the learning experiences from simple to complex.

4. Seats Available:

1. Full scholarship :- 20%
2. Partial scholarship :- 20%
3. Collaborative scholarship :- 20%
4. Full Tuition Fee :- 40%

5. Eligibility Criteria:

- Candidate must be a Nepali citizen.
- All candidates who have passed SLC examination or equivalent with English, Science & Mathematics as principle subjects are eligible to apply for certificate in general medicine program Or,
- Candidates who have passed SLC examination 2072 with minimum grade 'C' in English, Science & Mathematics and GPA minimum 2 are eligible to apply for certificate in general medicine program
- Candidates, who have completed CMA after SLC with full registration in the Nepal Health Professional Council are eligible to apply for certificate in general medicine program.

Eligibility for Reserved seats:-

- A. 45% seats are reserved for the candidates residing and studied in the public school from backward region (Humla, Jumla, Dolpa, Kalikot, Mugu, Bajhang, Bajura, Jajarkot, Achham districts) as per act of 'Karnali Academy of Health Sciences,

Jumla'. These candidates have to pass class 8, 9 & SLC from public schools of backward region. The candidates from Dalit, Aadibasi/Janjati, Madhesi, below poverty line & females will be given more preference for above mentioned seats.

- B.** All the candidates who has applied through this policy and secured minimum pass mark in the entrance exam will be considered a group and The successful candidates will be selected for admission on their merit list on the basis of following matrix:-

Marks obtained in entrance examination	50
Dalit	10
Aadibasi/Janjati	10
Madhesi	10
Below poverty line	10
Females	10
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Total	100

- C.** The candidates who could not get selected in these categories will be competing in their own groups (Partial scholarship & Full Tuition Fee) on the basis of merit.

6. Various schemes for the student's admission:-

Full scholarship:- Twenty percent of the total students, i.e. 8 students, will be selected under this scheme. The student must pass class 8, 9 & SLC from public schools. They also must have recommendation letter from VDC/Municipality indicating that the candidate belongs to below poverty line category.

The seats allotment under full scholarship scheme in 5 subgroups given below:-

1. Permanent Residence of Backward region-4
 2. Aadibasi/Janjati-1
 3. Madhesi-1
 4. Dalit-1
 5. Female-1
- Students applying in Aadibasi/Janajati, Madhesi and Dalit quota must submit the copy of certification from their respective commission.
 - The students will be selected according their merit on the basis of available seats in these subgroups.
 - The candidate applying for more than one subgroup will be given opportunity for each subgroup according to their merit.
 - If any of the subgroups remain vacant, all the students applying in full scholarship scheme will be made one pool and the applicant with the highest score will be selected on the basis of merit.

A. Faculty/staff children scholarship:- One seat will be available for the Child of faculty/staff of the KAHS under full scholarship scheme. Among the successful applicants, one applicant with highest score will be selected on the basis of following matrix.

Entrance examination score	60
The service period of concerned faculty & staff	20
The level of Faculty & staff	20
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Total	100

- If no one applies in this seat or the applicants fail to qualify, this seat will be incorporated into full payment category

C. Partial Scholarship:- Eight seats are available in this category out of which four seats will be reserved for backward region. The successful candidate who has applied under this category will be considered as one group & they will be selected according to their merit on the basis of following matrix.

Matrix:

Entrance examination score	50
Passed out from public school	10
HDI	10
Dalit	5
Madhesi	5
Adibasi/Janjati	5

Female candidate	5
CMA Background	10
Total	100

D. Collaborative scholarship:- This scheme will be activated, if an agreement is reached with a local government body, organization or person before the entrance examination to the effect that body, organization or person will sponsor one student from a particular district/VDC. Such sponsorship cannot be done for a particular person.

The applicants to be eligible for applying in this collaborative scheme, must fulfill all the minimum eligibility criteria mentioned above in the criteria for eligibility section and also must have passed class 8,9 and SLC from a public school and must be permanent resident of said district/VDC. The maximum seats under this scheme will be 20 % of the total number of seats.

The applicants applying in this category can also apply in other categories. Other conditions favoring disadvantaged groups in the spirit of KAHS mission, vision, goals may apply as per negotiation between sponsor and authoritative body of KAHS.

The successful candidates in the entrance examination will be considered one group under this scheme. Among them,

candidate with highest score will be selected on the basis of following matrix.

Matrix:

Entrance examination score	50
CMA background	10
Dalit	10
Madeshi	10
Aadibasi/Janjati	10
Female candidate	10
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Total	100

Note:-

1. The scholarship under this scheme will be only for remote area “Ka” and “Kha”.
2. The vacant seats in this category will be incorporated to full tuition fee scheme.

E. Full Fee paying Category: The seats under this scheme will be taken as number of seats allotted minus seats taken up by the reserved category and seats remaining from collaborative scheme.

7. How to apply:

- ❖ Applicants should buy the application form from head office KAHS, Jumla; exam office, Nepalganj or contact office, Lalitpur with a bank voucher of Rs 500 in the name of “Karnali Academy of Health

Sciences” from Agriculture Development Bank (Jumla Ac -0721300627825018) & (Lalitpur AC-02-116-00180671-01-7). The forms should be submitted with a bank voucher of Rs 1000 as examination fee from same banks mentioned above.

- ❖ Applicants can submit forms at head office, Jumla; exam office, Nepalgunj or contact office, Lalitpur. Students must specify the exam center between Jumla and Nepalgunj where they wish to sit for the entrance exam. Once the applicant chooses the exam centre in the application form, they will not be allowed to change the exam center.
- ❖ Initial verification of duly filled application form and submitted documents will be done during registration of the forms. Detailed verification will be done later and if documents are not found to be in order, KAHS holds the right to disqualify such forms. However, there will be one opportunity given to rectify the forms. Applicants will be provided with Admission card required for sitting in the entrance exam during registration. Signature and photograph of the applicants will be verified at the time of entrance examination and admission.

KAHS examination committee reserves the right to disqualify forms which are improperly or incompletely filled or if the required documents are missing. Hence, candidates are strongly advised to read the instruction

for filling the application form carefully and do a thorough check to ensure that all fields on the application form are filled properly and all required documents have been submitted along with it.

8. Entrance Examination

❖ Structure of the examination

The entrance examination comprises of multiple choice questions in general sciences, mathematics, English and knowledge about health.

The entrance examination will be of one & half hour duration and will have one paper consisting of 100 objective type questions. The question paper will be in English. The distribution of mark will be as follows:-

Subjects	Marks
General Sciences	40
Mathematics	20
English and knowledge about health	40
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Total	100

The general standard of entrance examination will be that of the SLC examination. No syllabus for the examination has been specially prescribed by KAHS.

Examination Centers

❖ The centers for entrance examination will be at **Jumla and Nepalganj**

❖ **Important dates**

- Last date of Form submission: 2073-03-14
- Date of submission of form with late fee: 2073-04-21
- Entrance exam date & time: 2073-04-29, 9.30 am
- Expected date of Result: 2073-05-03
- Date of Admission: 2073-05-17
- Second announcement: 2073-05-19
- Date of Admission: 2073-05-24
- Third announcement: 2073-05-26
- Date of Admission: 2073-05-31
- Class with orientation: 2073-06-02

9. Selection process:

A master merit list of all candidates who appeared in the entrance examination and scored at least **40% marks (cut-off mark)** will be prepared. The selection will be done for various categories as mentioned above. Result of the successful candidates under various categories and waiting list of all passed candidates will be published as per their categories. Admission will be confirmed only after paying the required amount of fees by the stipulated time and date.

10. Result and Admission procedure:

The examination committee will produce a final list of selected students and waiting list and post this in the Notice Boards of central office, Jumla, contact office, Lalitpur and Website. The decision of entrance examination committee will be final. The candidates will be admitted according to their merit in entrance examination.

The candidates are required to report to the Office of the Rector, KAHS, Jumla with all their original academic certificates and citizenship certificate within stipulated date and time for completing admission formalities, viz verification of original certificates, medical check-up and payment of fee. Please note that it will take about 3 days to get complete report of the medical check-up, and therefore, try to report the Office of the Rector as early as possible. If any candidate selected for admission fails to join the course for any reason by the last date, the top candidate on waiting list will fill their place. At the time of admission, original documents of Schooling and SLC (certificate and mark-sheet) and citizenship must be deposited to the institute and shall be returned after university registration and as per all other regulations. Candidates desiring to leave the course any time after completion of the admission process will have to pay penalty as per regulation.

11. In case of tie

In the event that there is a tie in the score obtained for the last seat/s among the applicants in the particular

category, the average percentage score obtained in the SLC exam or equivalent will be used as the deciding factor. In case of second tie, the average percentage score obtained in general science of SLC or equivalent will be used as deciding factor.

12. Medical checkup

All students need to undergo a physical examination upon selection but before being enrolled into the Certificate in General Medicine program. Their personal health files will be created, and remedial measures will be taken if needed. All admitted students will have to comply with the rules made by the Medical Committee of KAHS.

13. Fee structure:

Candidates selected for admission into the Certificate in General Medicine program will be enrolled into the HA program only upon payment of the tuition fee (Table1) and other mandatory fee (Table 2) as given below immediately after the announcement of the list of selected candidates, and after they are declared fit to pursue the study in KAHS by Medical committee.

Table 1. **Tuition Fee for various categories**

Tuition Fee	Full Scholarship	Partial Scholarship	Collaborative Scholarship	Full Payment
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First year	Waived	Rs. 57,000	Rs. 114,000	Rs. 114,000
Second year	Waived	Rs. 42,750	Rs. 85,500	Rs. 85,500
Third year	Waived	Rs. 42,750	Rs. 85,500	Rs. 85,500
Total	Waived	Rs. 142,500	Rs. 285,000	Rs. 285,000

Table 2. Mandatory Fee for all categories

Admission Fee	Rs. 15,000.00 (One Time)
Library Fee	Rs. 1,000.00 (Per Annum)
Laboratory Fee	Rs. 1,000.00 (Per Annum)
Field Program Fee	Rs. 5,000.00 (Per Annum)
Examination Fee	Rs. 3,000.00 (Per Annum) Rs. 3,000.00 (back paper)
Computer and IT	Rs. 1,000.00 (Per Annum)
Extra Curricular Activities	Rs. 1,000.00 (Per Annum)
Health Insurance Fee	Rs. 1,500.00 (Per Annum)
Hostel Fee	Rs. 12,000 (Per Annum)
Nepal Health Professional Council Fee	Rs. 2,000.00 (One Time)
Deposit (Refundable)	Rs. 10,000.00 (One Time)

Note:- Candidates from staff facility quota category will have to pay fee as per Full scholarship category.

14. Health Insurance

All candidates selected for admission in KAHS will be provided health insurance as per the policy of KAHS staff rules and regulations. All the candidates will have to enroll in the health insurance scheme laid by KAHS.

15. Duration of Course:

The course of studies leading to Certificate in General Medicine degree of Karnali Academy of Health Sciences shall last for a minimum of 3 academic years. The maximum limit of the study period of this course will not be more than 6 years from the date of admission.

16. Leaving the course/cancellation of admission

- After completing the admission process, if a candidate wishes to cancel their admission before the third announcement, they will be refunded 50% of the fees.
- Candidates leaving the course after complete admission process or after commencement of classes, they will not be refunded any fees that have been paid. They have to pay an additional Rs.50,000.00 as penalty to get back the deposited certificates.
- For candidates admitted under full scholarship, partial scholarship and candidates from reserved quota will pay as a penalty as per written in bond paper if he/she wants to leave the course before completion.

17. General guidelines for annual examination

- Attendance: To be eligible to appear in the annual examination, the student should have at least 80% attendance in theory classes & 90% attendance in practical/clinical posting and field posting separately in individual subject during their academic year.
- Students will not be allowed to appear in annual examination if they have not fulfilled the specified assignment as per curriculum in practical and/or field posting or the student has not passed the internal assessments. He or She must complete the remaining assignment in practical and/or field posting before sitting in the back paper examination.
- Students must secure 40% marks in theory & 50% marks in practical examinations in each subject separately to pass final assessment.
- The contribution in final examination of the theory and practical examination will be 80% and 20% respectively.
- The contribution of internal assessment & annual examination to the final assessment will be 20% & 80% respectively in theory and 40% in internal assessment & 60% in annual examination in practical.
- Students will be allowed to proceed further in the course even though s/he fails any number of subjects in the first and second annual examinations.

- Examination of back paper will be held every 6 monthly. Payment of fee is as per rule. The registration of those candidates failing to complete the course within 6 years from the academic year of admission will be cancelled.
- Certificate of distinction will be awarded to those students scoring a minimum aggregate of 80% on total marks in the annual examination in the first attempt.

18. Hostel

There is no provision for hostel in Certificate in General Medicine program at present. If available in future, hostel will be provided for needy student only.

19. Mandatory service obligation

All candidates who have been selected for admission under any category of Scholarship Scheme will have to sign a written agreement agreeing to fulfill the required mandatory services obligation before they could be admitted into the program. Parents/Guardians of these candidates will also be required to be present for endorsing the bond. Under no circumstances will any candidate be exempted from this obligation. KAHS Act mandates the provision of withholding candidate's Certificate in General Medicine certificate till the obligation has been fulfilled.

20. Jumla – an introduction

KAHS and its teaching hospital is situated in Chandannath Municipality of Jumla district. Jumla is one of the district of Karnali Zone in Mid-Western region of Nepal. This is remote and hilly district. The height of the district varies from 7000 ft. to 2,1077 ft. from sea level. The head quarter of Jumla is Khalang Bazar located in Chandannath Municipality. The height of Chandannath Municipality is 7600 ft. from sea level. The total area of Jumla district is 2531 square ft. with about 1,08921 population.

The temperature varies from -12 degree Celsius to 30 degree Celsius with sometimes snow fall in winter season. The winter season is from November to March Rest of the year is very comfortable with rain from June to August. Jumla is connected by air and road from Nepalganj and Surkhet.

✧ **Good luck** ✧