

গার্হস্থ্য বিজ্ঞান (বহুনির্বাচনি প্রশ্ন)

(যেটি ৩০টি প্রশ্ন থাকবে, প্রতিটি প্রশ্নের উত্তর দিতে হবে। প্রতিটি প্রশ্নের মান-১)

সূর্যমান-৩০

সময় : ৩০ মিনিট

- ১। স্বাস্থ্যকর অবস্থায় কিশোর-কিশোরীর প্রতি মিনিটে হৃদয় স্পন্দন কতবার হয় থাকে?
- ক) ৬০-৭০ বার খ) ৬৫-৮০ বার
গ) ৮০-৯০ বার ঘ) ৯০-১০০ বার
- ২। কোন ক্ষেত্রে টুথপেস্ট ব্যবহার করতে হয়?
- ক) নরম ভাপ লাগলে খ) নখের কোনো দাবলে
গ) পেশিতে চাল লাগলে ঘ) ঠাট্টা ফুটলে
- ৩। তেঁত-মুখে পানির কাপটী দিতে হয় কোন দুটিদ্বারা?
- ক) অঙ্গুলে চাল লাগলে খ) নখ দাবলে
গ) সাপে কামিলে ঘ) অঙ্গুলে হলে
- ৪। পুষ্টি পরিবেশ পরিষ্কার-পরিচ্ছন্ন থাকা প্রয়োজন কেন?
- ক) সুস্বাদুবে কাজ করার জন্য
খ) ভোগ-বিলাসের জন্য
গ) বিশ্রামবহুল জীবনের জন্য
ঘ) উৎসব পালাবার জন্য
- ৫। মহলা আবর্তনার ক্ষেত্রে কোন ধরনের সতর্কতা অবলম্বন করা উচিত?
- i. হ্যান্ডবিনে ফেলা ii. সরঞ্জাম একত্রে রাখা
iii. নির্দিষ্ট স্থানে ফেলা
নিচের কোনটি সঠিক?
- ক) i ও ii খ) i ও iii গ) ii ও iii ঘ) i, ii ও iii
- ৬। অঙ্গুলে হলে, রোগীর গায়ে বাতাস লাগার উপায় হলো—
- i. হাতুখের তিড়ি কমানো
ii. মুখে পানির কাপটী দেয়া
iii. গায়ে কাপড় ঢিলা করা
নিচের কোনটি সঠিক?
- ক) i ও ii খ) i ও iii গ) ii ও iii ঘ) i, ii ও iii
- ৭। জীবাণুনাশক দ্রব্য কোনটি?
- ক) লব খ) বিটিকিং
গ) পিপিট ঘ) ব্যাভেক্স
- ৮। রোগীর কক্ষে অতীত পূরত্বপূর্ণ হলো—
- ক) সেলাই মেশিন খ) ব্যারোমিটার
গ) ড্রেজার ঘ) তরঙ্গিণী মেশিন
- ৯। রোগীর নড়ির পতি নির্দিষ্ট নিচের কোনটির অন্তর্ভুক্ত?
- ক) পরিচর্যা খ) ভালো পরিবেশ
গ) পথচার ঘ) মানসিক যত্নের
- ১০। কার্বেমাইড্রেটজাতীয় খাবার নিয়ন্ত্রণে রাখতে হয় কোন রোগে?
- ক) ডায়াবেটিস খ) ডায়রিয়া
গ) কিডনি রোগ ঘ) হৃদরোগ
- ১১। রোগীর কক্ষ পরিষ্কার পরিচ্ছন্ন রাখতে হয়। কারণ অপরিস্রূ পরিবেশ—
- ক) রোগীর জন্য অনিরাপদ
খ) রোগের তীব্রতা কমায়
গ) সুবিলোক চুকেতে দেয় না
ঘ) কোলাহল হ্রাসায়

- ১২। হিসেন রাবেয়া তার অনুশ্রম মেজের জন্য কাম্বিবিহীন সহজলভ্য খাবার তৈরি করছেন, তার মেজ কুপছন্দ—
- ক) ডায়াবেটিসে খ) হৃদরোগে
গ) বেশি ভুবে ঘ) মাথা ব্যথায়
- ১৩। অনুশ্রম ব্যক্তির সবার সহযোগিতা দরকার হয় কেন?
- ক) শরীর দুর্বল থাকায় খ) হাত অবশ থাকায়
গ) মাথা কাজ না করার ঘ) রোগে কিছু না সেবার
- ১৪। রান্না উৎসাহিত হওয়ার তার নিজা কমে পক্ষের কাছে দাখি বাড়ি বা বাড়ি চায়। এটি নিচের কোন বিষয়কে সমর্থন করছে?
- ক) উৎসাহ প্রেরণ খ) বৌদ্ধিক
গ) ঘুম গ্রহণ ঘ) উপহার আসার প্রমদ
- ১৫। মেলে শিশুরা কীভাবে বৌন নিপীড়নের শিকার হয়?
- ক) প্রাপ্ত বয়স্ক মহিলাদের দ্বারা
খ) প্রাপ্ত বয়স্ক পুরুষ ব্যক্তির দ্বারা
গ) সহপাঠী দ্বারা
ঘ) বেলার সাথী দ্বারা
- ১৬। শিশু-কিশোরদের মন থেকে হতাশা দূর করতে কোনটি করা উচিত?
- ক) কপড়বিলাস বাড়তে হবে
খ) বেকার ভাতা দিতে হবে
গ) পরিবারিক শান্তি নিশ্চিত করা
ঘ) শেয়ার দ্রব্য সরবরাহ করা
- ১৭। কোনগুলোকে মাসকট্রব্য বলা হয়?
- i. বাজা, রেবেইন ii. অফিম, ফেনসিডিল
iii. ইয়াবা, সিটি জুস
নিচের কোনটি সঠিক?
- ক) i ও iii খ) i ও ii গ) ii ও iii ঘ) i, ii ও iii
- ১৮। খাবার কক্ষ কী?
- ক) পুষ্টিসাধন খ) বৃদ্ধিসাধন
গ) খুশা বিহারণ ঘ) রোগ প্রতিরোধ করা
- ১৯। পোশাক ইটীর অংশে কয়টি পদ্ধতিতে কাপড় প্রস্তুত করা হয়?
- ক) ২টি খ) ৩টি গ) ৪টি ঘ) ৫টি
- ২০। অপটিকানিট রোগগুলোর মধ্যে নিচের কোনটি অধিক উপযোগী?
- ক) ক্রুর খ) মাথাব্যথা
গ) ডায়রিয়া ঘ) হাতকালা
- নিচের উদ্দীপকটি পড় এবং ২১ ও ২২নং প্রশ্নের উত্তর দাও :
- রেহানা তার মেয়েকে নিয়ে খুবই চিন্তিত। কারণ তার বয়স মাত্র ২ বছর। কিন্তু মুখ ফুলে পোল হয়ে উঠেছে মতো হয়ে গেছে। স্বাস্থ্যকর ওজন বৃদ্ধি হচ্ছে না। সে কিছু খেতে চায় না এবং হাত, পা ও মুখে পানি জমে গেছে।
- ২১। রেহনার মেয়ের মধ্যে কোন রোগের উপলব্ধি পরিলক্ষিত হয়?
- ক) ডায়রিয়া খ) ম্যালেরিয়া
গ) হজ্মাশ্রয় ঘ) কোরোণারকর

- ২২। উক্ত রোগটি প্রতিরোধে তুমি যে ধরনের বিষয়কে সমর্থন কর—
- i. প্রোটিনযুক্ত খাবার পাওয়ার
ii. ডায়রিয়ার পর পুষ্টিকর খাবার পাওয়ার
iii. খালি পাত্রে ইটীর অত্যাচার করানো
নিচের কোনটি সঠিক?
- ক) i ও ii খ) i ও iii
গ) ii ও iii ঘ) i, ii ও iii
- নিচের উদ্দীপকটি পড় এবং ২৩ ও ২৪ নং প্রশ্নের উত্তর দাও :
- কাম্ভা পরিবারের সদস্যদের জন্য প্রাচী বিকেল বেলা বিভিন্ন ধরনের সবজি নিয়ে চপ, মাছের কাটলেট ইত্যাদি তৈরি করে খাওয়ায়। খাবারগুলো মুখেহেতক বলে সবাই খুব পছন্দ করে।
- ২৩। কাম্ভা বিকেলের কাম্ভা তৈরিতে রান্নার কোন পদ্ধতি ব্যবহার করে?
- ক) মূলতঃল নিম্ব খ) ভাজা
গ) বেজিং ঘ) সেকা
- ২৪। কাম্ভার তৈরি খাবারগুলোতে আছে—
- i. ভিটামিন এ ও ডি ii. ভিটামিন ই ও কে
iii. ভিটামিন সি ও বি
নিচের কোনটি সঠিক?
- ক) i ও ii খ) i ও iii
গ) ii ও iii ঘ) i, ii ও iii
- ২৫। কটির সরঞ্জামগুলো কাজ শেষ করার পর কী করতে হবে?
- ক) বাইরে ফেলে দিতে হবে
খ) ঘরের চালে রেখে দিতে হবে
গ) লুটিয়ে রাখতে হবে
ঘ) নির্দিষ্ট স্থানে পুড়িয়ে রাখতে হবে
- ২৬। রান্নার সময় বার বার কী খোঁজা হয়?
- ক) অরকারি খ) রান্নার সরঞ্জাম
গ) হাত ঘ) মুখ
- ২৭। সবুজ বৈজ্ঞানিক ও সুন্দর পোশাকে একটি অনুষ্ঠানে যাচ্ছে। এটি নিচের কোন ধরনের অনুষ্ঠানকে সমর্থন করছে?
- ক) আনন্দমুখর খ) ধর্মীয়
গ) পোকাবহ ঘ) শিকাদুলক
- ২৮। পোশাকের স্বাভাবিক হিসের উপর নির্ভর করে?
- ক) বয়স খ) পৌষা গ) মূল্য ঘ) সিটিজি
- ২৯। তুমি পোশাক তৈরির পর কেমন তার বাহু বা কলির মেয়ের মাল সঠিক হবেন। তুমি পোশাকের এ মাপের সাথে সাদৃশ্য রয়েছে কোনটির?
- ক) কুল খ) হাতা গ) মুহুরী ঘ) বেটী
- ৩০। মহিলাদের পর পর দুটি সন্ধান রয়েছে। বড় ছোপের কখন কম এবং চুল পাতলা। এটি কোন রোগের লক্ষণ?
- ক) মাল্পাস খ) কোরোণারকর
গ) হাম ঘ) ডায়রিয়া

উত্তরমালা

১	২	৩	৪	৫	৬	৭	৮	৯	১০	১১	১২	১৩	১৪	১৫	১৬	১৭	১৮	১৯	২০	২১	২২	২৩	২৪	২৫	২৬	২৭	২৮	২৯	৩০
১৬	১৭	১৮	১৯	২০	২১	২২	২৩	২৪	২৫	২৬	২৭	২৮	২৯	৩০	৩১	৩২	৩৩	৩৪	৩৫	৩৬	৩৭	৩৮	৩৯	৪০	৪১	৪২	৪৩	৪৪	৪৫

Jsc Board Science Question 2012

**National Academies of Sciences,
Engineering, and Medicine, Division on
Engineering and Physical
Sciences, Space Studies
Board, Committee on Achieving
Science Goals with CubeSats**

Jsc Board Science Qution 2012:

Achieving Science with CubeSats National Academies of Sciences, Engineering, and Medicine, Division on Engineering and Physical Sciences, Space Studies Board, Committee on Achieving Science Goals with CubeSats, 2016-11-06 Space based observations have transformed our understanding of Earth its environment the solar system and the universe at large During past decades driven by increasingly advanced science questions space observatories have become more sophisticated and more complex with costs often growing to billions of dollars Although these kinds of ever more sophisticated missions will continue into the future small satellites ranging in mass between 500 kg to 0.1 kg are gaining momentum as an additional means to address targeted science questions in a rapid and possibly more affordable manner Within the category of small satellites CubeSats have emerged as a space platform defined in terms of 10 cm x 10 cm x 10 cm sized cubic units of approximately 1.3 kg each called U.S. Historically CubeSats were developed as training projects to expose students to the challenges of real world engineering practices and system design Yet their use has rapidly spread within academia industry and government agencies both nationally and internationally In particular CubeSats have caught the attention of parts of the U.S. space science community which sees this platform despite its inherent constraints as a way to affordably access space and perform unique measurements of scientific value The first science results from such CubeSats have only recently become available however questions remain regarding the scientific potential and technological promise of CubeSats in the future Achieving Science with CubeSats reviews the current state of the scientific potential and technological promise of CubeSats This report focuses on the platform's promise to obtain high priority science data as defined in recent decadal surveys in astronomy and astrophysics Earth science and applications from space planetary science and solar and space physics heliophysics the science priorities identified in the 2014 NASA Science Plan and the potential for CubeSats to advance biology and microgravity research It provides a list of sample science goals for CubeSats many of which address targeted science often in coordination with other spacecraft or use sacrificial or high risk orbits that lead to the demise of the satellite after critical data have been collected Other goals relate to the use of CubeSats as constellations or swarms deploying tens to hundreds of CubeSats that function as one distributed array of measurements

Ethics and Science Adam Briggie, Carl Mitcham, 2012-10-25 This book explores ethical issues at the interfaces of science policy religion and technology cultivating the skills for critical analysis

Library and Information Science Trends and Research Amanda Spink, Jannica Heinström, 2012-12-17 Suitable for undergraduate and graduate students academics educators and information professionals interested in library and information science this title provides an understanding of the advanced directions in library and information science management education and research in Europe

The Use of Data in School Counseling Trish Hatch, Julie Hartline, 2021-07-29 This edition provides school counselors with new ways for moving from reactive to proactive and from random to intentional counseling By using data to determine what all students deserve to receive and when some

students need more it offers effective ways to provide proactive school counseling services stay accountable and advocate for systemic change Includes data analysis intervention strategies methods aligned with standards examples artifacts and other tools

When Biospheres Collide: A History of NASA's Planetary Protection Programs Michael Meltzer, 2012-01-27 PRINT
FORMAT ONLY NOTE NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT OVERSTOCK SALE Significantly reduced list price This new book from the NASA History Series tackles an interesting duo of biological problems that will be familiar to anybody who has seen photos of Apollo astronauts quarantined after their return to Earth Namely how do we avoid contaminating celestial bodies with Earthly germs when we send spacecraft to study these bodies and how do we avoid spreading foreign biological matter from space when our robotic and human spacefarers return to Earth Biological matter from an external system could potentially cause an unchecked epidemic either on Earth or in space so strict precautions are necessary Each time a space vehicle visits another world it runs the risk of forever changing that extraterrestrial environment We are surrounded on Earth by a m lange of different microorganisms and if some of these hitchhike onboard a space mission they could contaminate and start colonies on a different planet Such an occurrence would irrevocably alter the nature of that world compromise all future scientific exploration of the body and possibly damage any extant life on it By inadvertently carrying exotic organisms back to Earth on our spacecraft we also risk the release of biohazardous materials into our own ecosystem Such concerns were recognized by scientists even before the 1957 launch of Sputnik This book presents the history of planetary protection by tracing the responses to the above concerns on NASA s missions to the Moon Mars Venus Jupiter Saturn and many smaller bodies of our solar system The book relates the extensive efforts put forth by NASA to plan operations and prepare space vehicles that return exemplary science without contaminating the biospheres of other worlds or our own To protect irreplaceable environments NASA has committed to conducting space exploration in a manner that is protective of the bodies visited as well as of our own planet

Psychology and Human Performance in Space Programs Lauren Blackwell Landon, Kelley J. Slack, Eduardo Salas, 2020-10-08 In *Psychology and Human Performance in Space Programs* Research at the Frontier leading space researchers from multiple fields of expertise summarize the recent growth of knowledge the resulting tools and techniques and the research still needed to protect humans in space Making use of cutting edge research and development related to composing training and supporting astronaut crews who will live and work together for future missions to Mars this book examines the current practices of leaders in the field both at NASA and in academia Presenting astronaut data alongside data from analogous extreme environments such as mission simulation habitats this volume helpfully contrasts and compares to examine the lessons that can be learned from other approaches Using the context of current International Space Station missions the book discusses the influence of human factors and physiological health on individual and team job performance and social cohesion With an overview of the physical and psychological hazards of space and the challenges posed by conducting space related applied psychology research this

volume uses the context of a long duration Mars mission as a lens through which to discuss adaptation and resilience technical and team training technological advances related to working and living in space and human interaction with onboard systems Additionally the book includes an essay from retired astronaut Clay Anderson on his experiences in space and thoughts on future missions to the moon and Mars This first of two volumes will be of interest to professionals in the field of human factors and psychology at work as well as academics examining human performance in extreme environments and aerospace

eWork and eBusiness in Architecture, Engineering and Construction Gudni Gudnason, Raimar Scherer, 2012-07-06 Since 1994 the European Conferences of Product and Process Modelling www.ecppm.org have provided a review of research development and industrial implementation of product and process model technology in the Architecture Engineering Construction and Facilities Management AEC FM industry Product Building Information Modelling has matured

[sig Addictions Counseling Today](#) Kevin Alderson, 2019-12-03 Focusing on the new DSM V classifications for addiction with an emphasis on CACREP neuroscience and treatment this provocative contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction

Environmental Law Across Cultures Kirk W. Junker, 2019-12-09 This book provides a practical functional comparison among various institutions tools implementation practices and norms in environmental law across legal cultures This is a new approach that focuses on the act of comparison looking at legal practice from the ground up including the perspective of citizens Most literature on comparative environmental law either focuses on a two way comparison of state jurisdictions or simply juxtaposes environmental features of two or more state jurisdictions without engaging in any analysis of the comparison However this book treats legal cultures as the objects of comparison as it provides practical comparisons among various institutions tools and norms in environmental law The arrangement and organisation of the material reverses the more traditional presentation of comparative environmental law as a series of countries within which separate descriptions are respectively presented In this book the reader is presented with environmental legal themes with examples and case studies drawn from various cultures that are compared in order to help understand the theme Case studies draw on the authors experiences in a range of legal cultures including in Australia Brazil China Chile Ethiopia Germany India Nigeria Slovakia and the USA The comparative nature of the book allows domestic professionals to develop skills to enable them to understand and advocate broader contexts for clients and helps students become more aware of specific legal systems while questioning why their own system functions or does not function as it does The book is aimed at advanced undergraduate and postgraduate students of environmental law as well as researchers and practitioners

Where No Man Has Gone Before William David Compton, 2012-08-03 This official NASA history chronicles the behind the scenes conflicts and cooperation during the Apollo expeditions It shows how the space agency s scientists who were primarily interested in the moon itself worked out their differences with the engineers who were charged with the astronauts safe landing and return The close collaboration

between the scientists and engineers ensured the success of a program that remains a major achievement for both fields. The first half of the book concerns the preparations for the Moon landings tracing the development of the Apollo science program from the earliest days. The second half documents the flights that followed Apollo 11 during which twelve astronauts explored the lunar surface and returned with samples for investigation. The author drew upon the Lyndon B Johnson Space Center's collection of more than 31 000 Apollo related documents and conducted more than 300 interviews with program participants to assemble this definitive survey.

Nordic Food Transitions Jesper Manniche, Bjornar Saether, 2018-12-07. The ambition of the book is to investigate a possible transition in the markets for food in the Nordic countries. Six chapters from various disciplinary traditions study change and innovation within the food sectors in Denmark, Sweden, and Norway while an introductory chapter discusses the findings of these analyses. Specialty food has established a strong position within product categories such as craft beer in Denmark and organic food in Sweden but has failed to do so in others. The emergence of markets for specialty foods have been promoted by top down policy initiatives and bottom up entrepreneurial efforts. Far from providing the only relevant platform for food transition and innovation the New Nordic Food manifesto has helped creating a territorialized action space for networks of food producers and distributors promoting diversity in local food and rural development. Some of the specialty food networks have succeeded in re scaling their operations from a local to a national market. Today even large retailers and food processing companies have to pay notice to the ongoing changes among consumers. There is however a paradoxical constraint in a transition towards specialty food. A large scale transition would imply that producers and consumers abandon precisely what constitute them: their exclusiveness. The chapters were originally published in a special issue of *European Planning Studies*.

Phytomanagement of Polluted Sites Vimal Chandra Pandey, Kuldeep Baudh, 2018-11-30. *Phytomanagement of Polluted Sites* Market Opportunities in Sustainable Phytoremediation brings together recent and established knowledge on different aspects of phytoremediation providing this information in a single source that offers a cutting edge synthesis of scientific and experiential knowledge on industrially contaminated site restoration that is useful for both practitioners and scientists. The book gives interested groups both non profit and for profit methods to manage dumpsites and other contaminated areas including tactics on how to mitigate costs and even profit from ecological restoration. Covers successful examples of turning industrially contaminated sites into ecologically healthy revenue producers. Explores examples of phytomanagement of dumpsites from around the globe. Provides the tools the reader needs to select specific plant species according to site specificity.

9/11 Ten Years Later David Ray Griffin, 2012-04-10. On the tenth anniversary of the September 11 2001 terrorist attacks David Ray Griffin reviews the troubling questions that remain unanswered. *9 11 Ten Years Later* is David Ray Griffin's tenth book about the tragic events of September 11 2001. Asking in the first chapter whether 9 11 justified the war in Afghanistan he explains why it did not. In the following three chapters devoted to the destruction of the World Trade Center Griffin asks why otherwise rational journalists

have endorsed miracles understood as events that contradict laws of science Also introducing the book s theme Griffin points out that 9 11 has been categorized by some social scientists as a state crime against democracy Turning next to debates within the 9 11 Truth Movement Griffin reinforces his claim that the reported phone calls from the airliners were faked and argues that the intensely debated issue about the Pentagon whether it was struck by a Boeing 757 is quite unimportant Finally Griffin suggests that the basic faith of Americans is not Christianity but nationalist faith which most fundamentally prevents Americans from examining evidence that 9 11 was orchestrated by U S leaders and argues that the success thus far of the 9 11 state crime against democracy need not be permanent **Aviation Space and Environmental Medicine** ,1986

Doing the Impossible Arthur L. Slotkin,2012-07-26 Apollo was known for its engineering triumphs but its success also came from a disciplined management style This excellent account of one of the most important personalities in early American human spaceflight history describes for the first time how George E Mueller the system manager of the human spaceflight program of the 1960s applied the SPO methodology and other special considerations such as all up testing resulting in the success of the Apollo Program Wernher von Braun and others did not readily accept such testing or Mueller s approach to system management but later acknowledged that without them NASA would not have landed astronauts on the Moon by 1969 While Apollo remained Mueller s priority from his earliest days at the agency he promoted a robust post Apollo Program which resulted in Skylab the Space Shuttle and the International Space Station As a result of these efforts Mueller earned the sobriquet the father of the space shuttle Following his success at NASA Mueller returned to industry Although he did not play a leading role in human spaceflight again in 2011 the National Air and Space Museum awarded him their lifetime achievement trophy for his contributions Following the contributions of George E Mueller in this unique book Arthur L Slotkin answers such questions as exactly how did the methods developed for use in the Air Force ballistic missile programs get modified and used in the Apollo Program How did George E Mueller with the help of others manage the Apollo Program How did NASA centers coming from federal agencies with cultures of their own adapt to the new structured approach imposed from Washington George E Mueller is the ideal central character for this book He was instrumental in the creation of Apollo extension systems leading to Apollo the Shuttle and today s ISS and thus was a pivotal figure in early American human spaceflight history *Yearbook of International Organizations 2013-2014 (Volumes 1a-1b)* Union Of International Associations,Union of International Associations,2013-06-21 Volume 1 A and B covers international organizations throughout the world comprising their aims activities and events

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