

[দ্রষ্টব্য : ডান পাশের সংখ্যা প্রশ্নের পূর্ণমান জ্ঞাপক। ক বিভাগ থেকে তিনটি এবং খ বিভাগ তিনটি প্রশ্নের উত্তর দিতে হবে।]

## ক বিভাগ

যে কোনো ৩টি প্রশ্নের উত্তর দাও।

৫×৩=১৫

১. বিশ্রাম ও ঘুমের প্রয়োজনীয়তা বর্ণনা করো।
২. ড্রেসিং করার পদ্ধতিসমূহ আলোচনা করো।
৩. প্রজাপতি সীতারের কৌশল বর্ণনা করো।
৪. কী কী কারণে ব্যাডমিন্টনের খেলায় সার্ভিস ফল্ট হয়?
৫. হাইকিং সম্বন্ধে সংক্ষেপে লেখ।

## খ বিভাগ

যে কোনো ৩টি প্রশ্নের উত্তর দাও।

৫×৩=১৫

৬. 'AIDS' এর প্রভাব বর্ণনা করো।
৭. এইচআইভি এইডস রোগ কীভাবে মানবদেহে সংক্রমিত হয়? উল্লেখ করো।
৮. এইডস-এর উল্লেখযোগ্য লক্ষণসমূহ লেখো।
৯. প্রজনন স্বাস্থ্য রক্ষার প্রয়োজনীয়তা বর্ণনা করো।
১০. অপরিণত বয়সে গর্ভধারণের সমস্যাসমূহ আলোচনা করো।

## শারীরিক শিক্ষা ও স্বাস্থ্য

## বহুনির্বাচনি অভীক্ষা

পূর্ণমান — ২০

বিষয় কোড:

১ ৪ ৭

[বিঃ দ্রঃ সরবরাহকৃত উত্তরপত্রে বহুনির্বাচনি প্রশ্নের ত্রুটিক নথ্যের বিপরীতে প্রদত্ত বর্ণনায় হাতে সঠিক উত্তরের বর্ণটিতে টিক (✓) চিহ্ন দাও। প্রতিটি প্রশ্নের মান-১।]

১. শরীরের জীবাণুকোষগুলো কয় হাতে থাকে কেন?  
 (ক) বেশি ঘুমানোর ফলে  
 (খ) অতিরিক্ত খাওয়ার জন্য  
 (গ) নিয়মিত ব্যায়াম না করলে  
 (ঘ) কাজকর্ম ও ব্যায়ামের ফলে
২. দেহের অঙ্গ-প্রত্যঙ্গের কাজের প্রক্রিয়াকে কী বলে?  
 (ক) ফিজিওলজি  
 (খ) সিট আপ  
 (গ) এনাটমি  
 (ঘ) নিউরোলজি
৩. শিক্ষার্থীদের শিক্ষামূলক গ্রন্থাবলি নির্বাচন করা কাদের উপর নির্ভর করে?  
 (ক) ব্যক্তিগত আগ্রহের উপর  
 (খ) শিক্ষকের পরামর্শের উপর  
 (গ) পিতা-মাতার পরামর্শের উপর
৭. নেক পিঞ্জং দেয়ার সময় কী ল্যাগাতে হয়?  
 (ক) মাথা  
 (খ) পা  
 (গ) কপাল  
 (ঘ) হাড়
৮. বাংলাদেশ "রেডক্রস" সোসাইটির নাম পরিবর্তন করে "রেড ক্রিসেন্ট" রাখা হয় কত সালে?  
 (ক) ১৯৭১ সালের ১৬ ডিসেম্বরে  
 (খ) ১৯৭৩ সালের ৩১ মার্চে  
 (গ) ১৯৭৩ সালের ২০ সেপ্টেম্বরে  
 (ঘ) ১৯৮৮ সালের ৪ এপ্রিলে
৯. গ্যাজেট বলতে কী বুঝায়?  
 (ক) নীতিমালার বই  
 (খ) মালপত্র রাখার বস্তু  
 (গ) সরকারি হিসাবপত্রের খাতা  
 (ঘ) হাইকিয়ারের হিসাবপত্রের খাতা
১০. প্রাথমিক চিকিৎসা কোন ধরনের শিক্ষা?  
 (ক) ভেষজ শিক্ষা  
 (খ) ভাষিক শিক্ষা  
 (গ) হার্বাল শিক্ষা  
 (ঘ) বিজ্ঞানসম্মত শিক্ষা
১১. সম্পূর্ণ বায়ু বেঁধে কুপিয়ে রাখাকে কী বলে?  
 (ক) ফ্রি  
 (খ) ফ্রিজ  
 (গ) ফ্রাইং  
 (ঘ) ফ্রাইং
১২. এইচআইভি ভাইরাস মানবদেহের কোথায় থাকতে পারে?  
 (ক) শিরায়  
 (খ) মস্তিষ্কে  
 (গ) মুখের লালায়  
 (ঘ) রক্তে
১৩. কত সালে প্রথম এইডস আবিষ্কৃত হয়?  
 (ক) ১৯৬০ সালে  
 (খ) ১৯৬৫ সালে  
 (গ) ১৯৭১ সালে  
 (ঘ) ১৯৮১ সালে
১৪. কীভাবে চললে এইডসে আক্রান্ত হওয়ার আপত্তা অনেকাংশে কমবে?  
 (ক) নিয়ম করে চললে
৪. বন্ধুদের পরামর্শের উপর বিরতিহীনভাবে অধিক সময় ধরে কোন ব্যায়াম করা হয়?  
 (ক) এবভোমিন্যাল এক্সারসাইজ  
 (খ) স্পিন্ড এক্সারসাইজ  
 (গ) রোমান রিং এক্সারসাইজ  
 (ঘ) ফ্রিজবি এক্সারসাইজ
৫. রোমান রিংয়ের দুটি রশি কত ইঞ্চি দূরে বাঁধতে হয়?  
 (ক) ১৫-১৬  
 (খ) ১৬-১৮  
 (গ) ১৭-১৮  
 (ঘ) ১৮-১৯
৬. সর্পি বুড়োর জন্য প্রয়োজনীয় হয় কোনটি?  
 (ক) দুইটি রিং  
 (খ) তোল  
 (গ) একটি সুসজ্জিত মঞ্চ  
 (ঘ) দুটি কাঠের দণ্ড
৭. পুটিকর খাবার খেলে  
 (ক) ধর্মীয় অনুশাসন মেনে চললে  
 (খ) পরিষ্কার-পরিচ্ছন্ন থাকলে  
 (গ) ব্যাডমিন্টন খেলায় কোর্টের মাঝখানে নেটের উচ্চতা কত?  
 (ক) ৪ ফুট  
 (খ) ৬ ফুট  
 (গ) ৫ ফুট  
 (ঘ) ৭ ফুট
১৬. দ্রুত বেলায় সময় প্রথম সার্ভিসকারী কোন কোর্ট থেকে সার্ভিস করবে?  
 (ক) বাম কোর্ট  
 (খ) ডান কোর্ট  
 (গ) শর্ট সার্ভিস কোর্ট  
 (ঘ) লং সার্ভিস কোর্ট
১৭. ব্যাডমিন্টনে কোনটির কাজ দ্রুত হয়ে থাকে?  
 (ক) হাতের  
 (খ) চোখের  
 (গ) আঙ্গুলের  
 (ঘ) পায়ের
১৮. ব্যাডবল খেলায় বিপক্ষ দলকে কয়টি কারণে ফ্রি গ্লো দেওয়া হয়?  
 (ক) ৬টি  
 (খ) ৭টি  
 (গ) ৯টি  
 (ঘ) ১০টি
১৯. ব্যাডবল খেলায় কীভাবে যতক্ষণ খুশি বল হাতে রাখা যায়?  
 (ক) বল মাটিতে ড্রপ দিয়ে  
 (খ) বল ধরে পৌঁড়ালে  
 (গ) বুক চেপে আকড়ে ধরে  
 (ঘ) নিজেকে অন্যদের থেকে দূরে রেখে
২০. পানিতে রেখে যতক্ষণ ধরে সীতার আরম্ভ করতে হয় কোন ধরনের সীতারে?  
 (ক) মুক্ত সীতারে  
 (খ) ডিৎ সীতারে  
 (গ) প্রজাপতি সীতারে  
 (ঘ) বুক সীতারে

১	২	৩	৪	৫	৬	৭	৮	৯	১০	১১	১২	১৩	১৪	১৫	১৬	১৭	১৮	১৯	২০
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# Jsc Physical Science Board Out Nmo Ques

**K Payea**



**Jsc Physical Science Board Out Nmo Ques:**

## Whispering the Techniques of Language: An Psychological Journey through **Jsc Physical Science Board Out Nmo Ques**

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### **Table of Contents Jsc Physical Science Board Out Nmo Ques**

1. Understanding the eBook Jsc Physical Science Board Out Nmo Ques
  - The Rise of Digital Reading Jsc Physical Science Board Out Nmo Ques
  - Advantages of eBooks Over Traditional Books
2. Identifying Jsc Physical Science Board Out Nmo Ques
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Jsc Physical Science Board Out Nmo Ques
  - User-Friendly Interface
4. Exploring eBook Recommendations from Jsc Physical Science Board Out Nmo Ques
  - Personalized Recommendations

- Jsc Physical Science Board Out Nmo Ques User Reviews and Ratings
- Jsc Physical Science Board Out Nmo Ques and Bestseller Lists
- 5. Accessing Jsc Physical Science Board Out Nmo Ques Free and Paid eBooks
  - Jsc Physical Science Board Out Nmo Ques Public Domain eBooks
  - Jsc Physical Science Board Out Nmo Ques eBook Subscription Services
  - Jsc Physical Science Board Out Nmo Ques Budget-Friendly Options
- 6. Navigating Jsc Physical Science Board Out Nmo Ques eBook Formats
  - ePub, PDF, MOBI, and More
  - Jsc Physical Science Board Out Nmo Ques Compatibility with Devices
  - Jsc Physical Science Board Out Nmo Ques Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Jsc Physical Science Board Out Nmo Ques
  - Highlighting and Note-Taking Jsc Physical Science Board Out Nmo Ques
  - Interactive Elements Jsc Physical Science Board Out Nmo Ques
- 8. Staying Engaged with Jsc Physical Science Board Out Nmo Ques
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Jsc Physical Science Board Out Nmo Ques
- 9. Balancing eBooks and Physical Books Jsc Physical Science Board Out Nmo Ques
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Jsc Physical Science Board Out Nmo Ques
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Jsc Physical Science Board Out Nmo Ques
  - Setting Reading Goals Jsc Physical Science Board Out Nmo Ques
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Jsc Physical Science Board Out Nmo Ques
  - Fact-Checking eBook Content of Jsc Physical Science Board Out Nmo Ques

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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