

বহুনির্বাচনি অধীক্ষা

শিক্ষাবিভাগ

প্রথম পত্র

[২০২৪ সালের শিলেবাস অনুযায়ী]

সময়—২৫ মিনিট

পূর্ণমান—২৫

দিনাজপুর বোর্ড

বিষয় কোড :

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[বিশেষ প্রকৃতি : সবসময়কৃত বহুনির্বাচনি অধীক্ষার উত্তরপত্রে প্রাপ্ত ত্রৈমিক নম্বরের বিপরীতে প্রদত্ত বর্ণসম্বলিত ক্রসমুহ হতে সঠিক/সর্বোৎকৃষ্ট উত্তরের ক্রটিটি কল পড়েটি কলম দ্বারা সম্পূর্ণ ভরাট কর। প্রতিটি প্রশ্নের মান ১। সকল প্রশ্নের উত্তর দাও।]

প্রশ্নপত্রে কোনো প্রকার দাগ/চিহ্ন দেয়া যাবে না।

- ১। স্কেরোমিটারের সাহায্যে কোনো গোলায় তলের অভ্রতার ব্যাসার্ধ নির্ণয়ের সহীকরণ কোনটি? (যেখানে রাশিগুলি প্রচলিত অর্থ বহন করে।)

(ক) $R = \frac{d^2}{6h} + \frac{h}{2}$ (খ) $R = \frac{d^2}{6h} - \frac{h}{2}$
(গ) $R = \frac{d^2}{2h} + \frac{h}{6}$ (ঘ) $R = \frac{d^2}{2h} - \frac{h}{6}$

- ২। স্কেরোমিটারের লম্বিত ক্রসক হলো—

- i. স্কেরোমিটার ক্ষুদ্রতম যে সৈধ্য সঠিকভাবে পরিমাপ করতে পারে।
ii. কৃত্রিম কোলকে একবার ঘুরালে ত্রৈমিক কোল ক্রসের যে সরণ হয়।
iii. স্কেরোমিটারের নিচ এক কৃত্রিম কোলকে কোলকে ঘোরানোর অনুপাত।

নিচের কোনটি সঠিক?

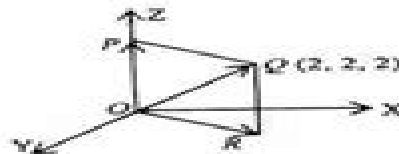
- (ক) i ও ii (খ) i ও iii
(গ) ii ও iii (ঘ) i, ii ও iii

- ৩। নিচের কোনটি ভেক্টর রাশি?

- (ক) ভর (খ) আয়তন
(গ) ক্ষেত্রফল (ঘ) চাপ

৪। $\hat{i} \times (\hat{j} \times \hat{k}) = ?$

- (ক) \hat{i} (খ) 0
(গ) 1 (ঘ) $-\hat{i}$



উপরের চিত্রটি লক্ষ কর এবং ৫ ও ৬ নং প্রশ্নের উত্তর দাও।

- ৫। \vec{OR} ভেক্টরটির নিচের কোনটি?

(ক) $2\hat{i} + 2\hat{j}$ (খ) $2\hat{j} + 2\hat{k}$
(গ) $2\hat{i} + 2\hat{k}$ (ঘ) $2\hat{i} + 2\hat{j} + 2\hat{k}$

- ৬। OPR ভেক্টর ত্রৈমিকের কোনটি?

(ক) $\frac{1}{4}$ (খ) $\frac{1}{2}$
(গ) 1 (ঘ) 4

- ৭। ত্রৈমিক ভরবেগের মাত্রা কোনটি?

(ক) MLT^{-2} (খ) MLT^{-1}
(গ) ML^2T^{-1} (ঘ) ML^2T^{-2}

- ৮। একটি কবুর ক্রসক থাকবে কখন?

- (ক) বেশ থাকলে
(খ) গতিশক্তি থাকলে
(গ) বল প্রযুক্ত থাকলে
(ঘ) ভরবেগ থাকলে

- ৯। ঘূর্ণনময় একটি কবুর ক্ষুদ্রতর আয়তন $2 \text{ kg} \cdot \text{m}^2$ । কৃত্রিমক 10^2 ঘূর্ণন গতিশক্তিতে ঘুরতে কত কৌণিক বেগের প্রয়োজন?

(ক) 10 rads^{-1}
(খ) $1 \times 10^2 \text{ rads}^{-1}$
(গ) $2 \times 10^2 \text{ rads}^{-1}$
(ঘ) $4 \times 10^2 \text{ rads}^{-1}$

নিচের উল্লীপকটি পড়ে ১০ ও ১১ নং প্রশ্নের উত্তর দাও :

P ও Q স্থানে যথাক্রমে 9m এবং 16m ব্যাসার্ধের দুটি বাকের রাখা আছে। প্রত্যেকটি বাকের ব্যাসার্ধ কোণ 3° । (উভয় স্থানে রাখার দূর 5 m)

- ১০। Q স্থানে রাখার ভিতরের পার্শ্ব অপেক্ষা বাইরের পার্শ্ব কত উচু?

(ক) 0.003 m
(খ) 0.011 m
(গ) 0.262 m
(ঘ) 0.837 m

- ১১। P ও Q স্থানের রাখা দুটিতে কোনো ব্যক্তির সর্বোচ্চ গতিবেগের অনুপাত হবে—

(ক) $\sqrt{3} : \sqrt{4}$ (খ) 3 : 4
(গ) 9 : 16 (ঘ) 81 : 256

[পর পৃষ্ঠা প্রকৃতি]

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web jan 11 2023 it s also common for athletes to want to gain weight as muscle it is best to see your health care provider if you lost weight unexpectedly your provider or a dietitian can help you gain weight in a healthy way together you can create a plan based on your needs in general your plan may include eating more frequently

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web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that

many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web to maintain a fit physique or even if you are looking for a healthy lifestyle with healthy eating habits athlete meal plans can give you great insights and in order to help you learn about different meal plans for athletes we have

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smashed baked potato bowl from liz shaw ms rd of simple swaps jackfruit black bean quinoa tacos from sharon palmer rd the plant powered dietitian pesto pasta salad from rebecca clyde rd of nourish nutrition co

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don't boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1.4 to 2.0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126-180 grams of protein a day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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web mar 1 2021 weight gain meal plan sample week 1 this healthy meal plan is for anyone looking to gain weight and add muscle mass but was designed by chris mohl ph.d. specifically for hardgainers and athletes chris mohl ph.d.