

**মাধ্যমিক ও উচ্চমাধ্যমিক শিক্ষা বোর্ড**  
ঢাকা/ রাজশাহী/কুমিল্লা/খশোরচট্টগ্রাম/খরিশাল/সিলেট/দিনাজপুর/ময়মনসিংহ

স্মারক নং-আশিবা/প্রশা/২০১০/৪৯

তারিখ: ০৩.০৭.২০১৯ খ্রি:

বিষয়: ২০১৯ সালের জুনিয়র স্কুল সার্টিফিকেট (জেএসসি) পরীক্ষার সময়সূচি।

উপর্যুক্ত বিষয়ের প্রেক্ষিতে জানানো যাচ্ছে, ২০১৯ সালের জুনিয়র স্কুল সার্টিফিকেট (জেএসসি) পরীক্ষা নিম্ন বর্ণিত সময়সূচি অনুযায়ী অনুষ্ঠিত হবে। বিশেষ প্রয়োজনে বোর্ড কর্তৃপক্ষ এ সময়সূচি পরিবর্তন করতে পারবে।

বিষয় পরীক্ষা শুরু করার সময় সকাল ১০টা	বিষয় কোড	তারিখ ও দিন
১। বাংলা	১০১	০২/১১/২০১৯ শনিবার
১। ইংরেজি	১০৭	০৪/১১/২০১৯ সোমবার
১। তথ্য ও যোগাযোগ প্রযুক্তি	১৫৪	০৫/১১/২০১৯ মঙ্গলবার
১। ইসলাম ও নৈতিক শিক্ষা ২। হিন্দুধর্ম ও নৈতিক শিক্ষা ৩। বৌদ্ধধর্ম ও নৈতিক শিক্ষা ৪। খ্রিস্টধর্ম ও নৈতিক শিক্ষা	১১১ ১১২ ১১৩ ১১৪	০৬/১১/২০১৯ বুধবার
১। বাংলাদেশ ও বিশ্বপরিচয়	১৫০	০৭/১১/২০১৯ বৃহস্পতিবার
১। গণিত	১০৯	০৯/১১/২০১৯ শনিবার
১। বিজ্ঞান	১২৭	১১/১১/২০১৯ সোমবার

বিশেষ নির্দেশাবলি:

১. পরীক্ষা শুরুর ৩০ (ত্রিশ) মিনিট পূর্বে অবশ্যই পরীক্ষার্থীদেরকে পরীক্ষা কক্ষে আসন গ্রহণ করতে হবে।
২. প্রশ্নপত্রে উল্লিখিত সময় অনুযায়ী পরীক্ষা গ্রহণ করতে হবে।
৩. সুজনশীল ও বহুনির্বাচনি পরীক্ষায় একই উত্তরপত্র ব্যবহার করতে হবে।
৪. শারীরিক শিক্ষা ও স্বাস্থ্য, কর্ম ও জীবনমুখী শিক্ষা, চাক ও কারুকলা, কৃষি শিক্ষা, গার্হস্থ্য বিজ্ঞান, আরবি, সংস্কৃত, পালি বিষয়সমূহ এনসিটিবি এর নির্দেশনা অনুসারে ধারাবাহিক মূল্যায়নের মাধ্যমে প্রাপ্ত নম্বর শিক্ষা প্রতিষ্ঠানসমূহ সংশ্লিষ্ট কেন্দ্রে সরবরাহ করবে। পরীক্ষার্থীর রোলনম্বর পাওয়ার পর সংশ্লিষ্ট কেন্দ্র পরীক্ষা চলাকালীন বোর্ডের ওয়েবসাইটে অনলাইনের মাধ্যমে ধারাবাহিক মূল্যায়নের প্রাপ্ত নম্বর এন্ট্রি করে প্রেরণ করবে।
৫. পরীক্ষার্থীগণ তাদের প্রবেশপত্র নিজ নিজ প্রতিষ্ঠান প্রধানের নিকট থেকে পরীক্ষা আরম্ভের কমপক্ষে ০৩ (তিন) দিন পূর্বে সংগ্রহ করবে।
৬. পরীক্ষার্থীগণ তাদের নিজ নিজ উত্তরপত্রের OMR ফরমে তার পরীক্ষার রোল নম্বর, রেজিস্ট্রেশন নম্বর, বিষয় কোড ইত্যাদি যথাযথভাবে লিখে বৃত্ত ভরাট করবে। কোন অবস্থাতেই উত্তরপত্র ভাঁজ করা যাবে না।
৭. পরীক্ষার্থীকে প্রত্যেক বিষয়ে স্বাক্ষরলিপিতে অবশ্যই স্বাক্ষর করতে হবে।
৮. প্রত্যেক পরীক্ষার্থী কেবল নিবন্ধনপত্রে বর্ণিত বিষয়/বিষয়সমূহের পরীক্ষায় অংশগ্রহণ করতে পারবে। কোন অবস্থাতেই ভিন্ন বিষয়ে পরীক্ষায় অংশগ্রহণ করতে পারবে না।
৯. পরীক্ষার্থীগণ পরীক্ষায় সাধারণ সাইনটিক ক্যালকুলেটর ব্যবহার করতে পারবে।
১০. কেন্দ্র সচিব ব্যতীত অন্য কেউ পরীক্ষা কেন্দ্রে মোবাইল ফোন ব্যবহার করতে পারবেন না এবং কোন পরীক্ষার্থী পরীক্ষা কেন্দ্রে মোবাইল ফোন আনতে পারবে না।

  
প্রফেসর মোঃ আবুল বাশার  
আহ্বায়ক

প্রাপ্ত: শিক্ষা বোর্ড পরীক্ষা নিয়ন্ত্রক উপ কমিটি

# Jsc Exam Since Action 2014

**Daniela Niemeyer**



## Jsc Exam Since Action 2014:

**"Code of Massachusetts regulations, 2014"** ,2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020      **Children's Exercise Physiology** Filipe Manuel Clemente, Luca Paolo Ardigo, Wook Song, Matthieu E. M. Lenoir, Luis Paulo Rodrigues, Hermundur Sigmundsson, 2020-06-22      *Muscle Recovery After Exercise, Training and Competition: Physiological Indicators and Non-invasive Monitoring Techniques* Alessandro Moura Zagatto, Fábio Yuzo Nakamura, Michael R. Esco, 2020-05-21 The desire to improve muscle function and prevent overuse injuries from exercise and throughout training has led to the development of various methods to aid recovery and track readiness to perform Ergogenic aids such as cold water immersion massage and dynamic recovery procedures may have positive effects but the results of the related research remain equivocal Furthermore novel interventions in this scenario like compression garments ice vests and photobiomodulation therapy are promising but need more evidence based data to support their effectiveness Similarly to properly monitor individual physical conditioning there is a growing interest toward unobtrusive measures to accurately represent physiological status during and or after exercise There are several techniques being used such as subjective ratings of well being heart rate monitoring hormonal and hematological profile assessments However more sensitive indexes like heart rate variability and muscle activation voluntary and or involuntary are arising as attractive alternatives that may delineate physical conditioning status and readiness to perform more precisely than the aforementioned measures The purpose of this Research Topic is to critically evaluate and summarize recent data from observational and intervention studies related to non invasive methods designed to promote recovery and objectively monitor training status Their association to physical performance and physiological recovery in athletes during training and competition is a major focus of this Topic      *Neuromuscular Training and Adaptations in Youth Athletes* Urs Granacher, Christian Puta, Holger Horst Werner Gabriel, David G. Behm, Adamantios Arampatzis, 2018-11-02 The Frontiers Research Topic entitled Neuromuscular Training and Adaptations in Youth Athletes contains one editorial and 22 articles in the form of original work narrative and systematic reviews and meta analyses From a performance and health related standpoint neuromuscular training stimulates young athletes physical development and it builds a strong foundation for later success as an elite athlete The 22 articles provide current scientific knowledge on the effectiveness of neuromuscular training in young athletes      Unjust Enrichment James Edelman, Elise Bant, 2016-08-25 Unjust enrichment is one of the least understood of the major branches of private law This book builds on the 2006 work by the same authors which examined the developing law of unjust enrichment in Australia The refinement of the authors thinking responding to novel issues and circumstances that have arisen in the maturing case law has required many chapters of the book to be completely rewritten The scope of the book is also much broader It concerns the principles of the law of unjust enrichment in Australia New Zealand England and Canada Major decisions of the highest courts of these jurisdictions

in the last decade provide a fertile basis for examining the underlying principles and foundations of this subject The book uses the leading cases particularly in England and Australia to distil and explain the fundamental principles of this branch of private law The cases discussed are current as of 1 May 2016 although the most recent could only be included in footnotes

### **Rio, Tokyo Paralympic Games and beyond: How to Prepare Athletes with Motor Disabilities for Peaking**

Pierre-Marie Leprêtre, Victoria L. Goosey-Tolfrey, Thomas W. J. Janssen, Claudio Perret, 2017-05-25 In 1960 the 9th Annual International Stoke Mandeville Games were supported for the first time by the Italian Olympic Committee Taking place six days after the Closing Ceremony of the XVII Olympic Games the paralympic games for disabled athletes were born From Roma in 1960 to London in 2012 the Paralympic Games grew in terms of athletes number from 400 to 4 237 and now brings together more than 164 nations Perret 2015 The word Paralympic derives from the Greek preposition para beside or alongside and the word Olympic Paralympics want to be the parallel Games to the Olympics and illustrate how the two movements exist side by side Paralympics History of the Movement 2016 Now taking place after the Olympics Games the Paralympic Games are the pinnacle of the career of athletes with physical impairments and have become the second largest sport event in the world Perret 2015 Paralympics History of the Movement 2016 Gold and Gold 2011 The first statement of the vision of the International Paralympic Committee IPC i e to create the conditions for athlete empowerment through self determination Paralympics History of the Movement 2016 International Paralympic Committee 2016 shows the importance of the place of the athlete with an impairment at the heart of the Paralympic Movement The ultimate aim of the IPC is to enable Paralympic athletes to achieve sporting excellence and inspire and excite the world International Paralympic Committee 2016 The performance level of athletes with an impairment improved to a point that in the present days sport news and world sport movements focus on the potential advantage of artificial limbs among athletes with amputations and their integration in able bodied competitions Burkett 2010 However they do not represent the totality of athletes with an impairment at the Paralympic Games Athletes with other physical impairments visual deficit spinal cord injury cerebral palsy or else are eligible to compete These impairments induce typical functional and physiological e g cardiovascular thermoregulatory responses to exercise For example spinal cord injury athletes with tetraplegia or paraplegia causes thermoregulatory impairment Goosey Tolfrey et al 2008 and individuals with cerebral palsy have also demonstrated higher thermal and metabolic strain than matched controls during treadmill walking in the heat Maltais et al 2004 Thus hyperthermia among these athletes with an impairment alters their performance compared to their Olympic counterparts Bhambhani 2002 Mechanical performance analysis the description of physiological responses according to the functional impairment or else the response to training and the relationship between laboratory and field testing responses are different parts of a package introduced here to address the aim of the IPC to enable Paralympic athletes to achieve sporting excellence Paralympics History of the Movement 2016 International Paralympic Committee 2016 Paralympic Games held almost

immediately following the respective Olympics in the same site Gold and Gold 2011 also have exposed athletes to different environmental conditions In the present 20 odd years three of four Summer Paralympic Games have been or will be organized in the heat with or without significant humidity Beijing 2008 Average weather in September for Beijing China 2016 Rio de Janeiro 2016 Average weather in September for Rio de Janeiro Brazil 2016 and Tokyo 2020 Average weather in September for Ota Japan 2016 It has been established that the environmental conditions not only influences the level of cognitive and exercise performance capacity in trained able bodied individuals Veneroso et al 2015 but their health status may also be affected Due to the above mentioned impairment in thermoregulatory capacity athletes with spinal cord injury or cerebral palsy may be more susceptible to hyperthermia during exercise Goosey Tolfrey et al 2008 Maltais et al 2004 Bhambhani 2002 During the Paralympic tournament these athletes of the qualified nations were and will be exposed to heat and or humid conditions The hyperthermia induced by exercise among athletes with an impairment plus the effects of heat on core temperature will make their performance in the hot and warm conditions more challenging Some studies have addressed strategies to prevent the physiologic and psychological impairments in athletic performance induced by exercise performed in the heat Goosey Tolfrey et al 2008 Other proposed that wheelchair athletes should follow recommendations advocated for able bodied individuals to minimize their risks of heat stress during competition Bhambhani 2002 In the present issue the authors provide a descriptive approach of performance and especially the preparation of athletes with a physical impairment to optimize their exercise performance We argue that the interactions between environmental conditions and typical responses to exercise of athletes with an impairment and the equipment interactions with athlete s body should be taken into account in the preparation of Paralympic athletes in order to witness the most magnificent sporting display the Paralympic Games Finally the motto of Paralympic movement Spirit in Motion is also the philosophy of the present compendium to present new advances and research findings in the field of applied physiology and biomechanics in exercise within the context of optimize Paralympic preparation and performance of athletes presented an impairment

References Perret C 2015 Elite adapted wheelchair sports performance a systematic review Disabil Rehabil 27 1 9

Paralympics History of the Movement <https://www.paralympic.org/the-ipc-history-of-the-movement> Accessed July 8 2016

Gold J R Gold M M 2011 Olympic Cities City Agendas Planning and the World s Games 1896 2016 Planning History and Environment Series 2nd edition Routledge 2011 444 pages International Paralympic Committee IPC Vision Motto Symbol [https://www.paralympic.org/sites/default/files/document/120427151817794\\_Vision.pdf](https://www.paralympic.org/sites/default/files/document/120427151817794_Vision.pdf) Accessed July 8 2016

Burkett B 2010 Technology in Paralympic sport performance enhancement or essential for performance Br J Sports Med 44 215 220 doi 10 1136/bjsm.2009.067249

Goosey Tolfrey V Swainson M Boyd C Atkinson G Tolfrey K 2008 The effectiveness of hand cooling at reducing exercise induced hyperthermia and improving distance race performance in wheelchair and able bodied athletes J Appl Physiol 105 37 43 doi 10 1152/jappphysiol.01084.2007

Maltais D Wilk B Unnithan V Bar Or O 2004 Responses of

children with cerebral palsy to treadmill walking exercise in the heat Med Sci Sports Exerc 36 1674 1681 Bhambhani Y 2002 Physiology of wheelchair racing in athletes with spinal cord injury Sports Med 32 23 51 Average weather in September for Beijing China <https://weatherspark.com/averages/34097/9/Beijing-China> Accessed July 8 2016 Average weather in September for Rio de Janeiro Brazil <https://weatherspark.com/averages/33421/9/Rio-de-Janeiro-Brazil> Accessed July 8 2016 Average weather in September for Ota Japan <https://weatherspark.com/averages/33260/9/Ota-Tokyo-Japan> Accessed July 8 2016 Veneroso C E Ramos G P Mendes T T Silami Garcia E 2015 Physical performance and environmental conditions 2014 World Soccer Cup and 2016 Summer Olympics in Brazil Temperature Austin 2 439 440 doi 10.1080/23328940.2015.1106637

### **The Supreme Court of Ghana Law Reports ,2013      Injuries, Injury Prevention and Training in Climbing**

Gudmund Grønhaug,Atle Hole Saeterbakken,Volker Rainer Schöffl,Andreas Schweizer,2024-04-19 Climbing as an activity has a long and proud history of ascending mountains and steep walls Still as a newly acknowledged Olympic sport climbing has a short history of systematic training and injury prevention Sport climbing is divided in three disciplines bouldering lead climbing speed climbing that requires different physiological and psychological abilities witch again lead to different mechanical loading and thereby possible injuries Furthermore climbing is practiced by a diversified population from the recreational climber to the professional athlete One of the things that separates climbing from most other Olympic sports is that a vast majority of the athletes operates outside the federations Even internationally high performing climbers are not organized or part of a team with trainers and health personnel

**Code of Federal Regulations, Title 25, Indians, PT. 1-299, Revised as of April 1, 2014** Office of the Federal Register (U S ),2014-07-08 The Code of Federal Regulations is a codification of the general and permanent rules published in the Federal Register by the Executive departments and agencies of the United States Federal Government      *Engineering* ,1924      Nuclear Energy Data 2012 Nuclear Energy

Agency,2012-09-25 Nuclear Energy Data is the OECD Nuclear Energy Agency s annual compilation of statistics and country reports documenting the status of nuclear power in the OECD area Information provided by member country governments includes statistics on installed generating capacity total electricity produced by all sources and by nuclear power nuclear energy policies fuel cycle developments and projected generating capacity and electricity production to 2035 where available Following the accident at the Fukushima Daiichi nuclear power plant in March 2011 total nuclear generating capacity and electricity generation declined principally because of the permanent shutdown of 12 reactors 8 in Germany and 4 in Japan and the prolonged shutdown of reactors in Japan The Fukushima Daiichi accident also prompted safety reviews of existing nuclear facilities and led some governments to adopt nuclear phase out plans Other governments remained committed to maintaining nuclear power in the energy mix in some cases pursuing plans to either increase nuclear generating capacity or as in the cases of Poland and Turkey to add nuclear generating capacity for the first time Further details on these and other developments are provided in the publication s numerous tables graphs and country reports      **Refractories bibliography,**

**1947-1956, compiled by the Joint Refractory** ,1959      *Journal of the Institute of Metals* Institute of Metals,1962  
**Refractories Bibliography, 1947-1956** American Iron and Steel Institute,1959      **Energy Abstracts for Policy**  
**Analysis** ,1979      *Refractories Bibliography* ,1947      *Metallurgical Abstracts* ,1963      **Metals Abstracts** ,1992

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