

38th bcs written exam book list www bpsc gov bd

Download Complete File

38th BCS Written Exam Book List: A Comprehensive Guide

The Bangladesh Public Service Commission (BPSC) has announced the book list for the upcoming 38th Bangladesh Civil Service (BCS) written examination. The list, available on the BPSC website (www.bpsc.gov.bd), provides essential guidance for candidates preparing for the highly competitive exam.

Paragraph 1: Compulsory Subjects

The exam comprises eight compulsory subjects, and the book list provides specific titles for each. For Bangla, candidates must refer to "Bangla Sahitya Sambhar" by Humayun Azad and "Bangla Grammar" by Mansur Musa. In English, the prescribed books include "The Oxford English Grammar" by Michael Swan and "The Oxford English Dictionary for Advanced Learners."

Paragraph 2: Elective Subjects

In addition to the compulsory subjects, candidates can choose one of 18 elective subjects. The book list includes specific titles for each elective, ensuring that candidates have the most relevant resources for preparation. For Political Science, for example, candidates should refer to "Introduction to Political Theory" by O.P. Gauba and "Comparative Politics: Theoretical and Empirical Approaches" by Bidyut Chakrabarty.

Paragraph 3: General Knowledge

The exam also includes a section on General Knowledge, which covers a wide range of topics. Candidates are advised to refer to comprehensive sources such as "The World Almanac" and "Encyclopedia Britannica." Additionally, they should stay updated with current events by reading newspapers and news websites.

Paragraph 4: Question Format

The written exam consists of multiple-choice questions (MCQs) and descriptive questions. Candidates must be familiar with the question format and practice answering questions within the stipulated time limit.

Paragraph 5: Conclusion

The BPSC website provides a comprehensive list of books for the 38th BCS written exam, ensuring that candidates have access to the most relevant and up-to-date information. By referring to these books diligently and preparing thoroughly, candidates can increase their chances of success in the highly demanding BCS exam.

The Rajputs: A Warrior Caste of India

The Rajputs, a prominent caste in India, have a long and illustrious history as warriors. Descended from ancient warrior clans, the Rajputs played a significant role in shaping the political landscape of medieval India. Here are some frequently asked questions about the Rajputs:

Q: What are the origins of the Rajputs? A: The origins of the Rajputs are shrouded in legend and mythology. Some claim they are descendants of the Suryavamshi (solar dynasty) and the Chandravamshi (lunar dynasty) mentioned in ancient Hindu scriptures. Others believe they emerged from alliances between local rulers and nomadic pastoralist communities.

Q: How did the Rajputs rise to prominence? A: The Rajputs emerged as a powerful caste during the 6th and 7th centuries CE, establishing independent kingdoms in northern India. They were renowned for their martial skills and military prowess, often leading armies against foreign invaders. Their influence extended over large territories, including Rajasthan, Gujarat, and Madhya Pradesh.

Q: What were the characteristics of Rajput society? A: Rajput society was characterized by a strong warrior ethos and a rigid caste system. Honor and loyalty were highly valued, and Rajputs were expected to defend their territory fiercely. They were also known for their elaborate court rituals and patronized literature and the arts.

Q: How did the Rajputs decline? A: The power of the Rajputs declined gradually over time, due to factors such as internal conflict, external invasions, and the rise of the Mughal Empire in the 16th century. However, Rajput clans continued to play a role in Indian politics and society, and many Rajput kingdoms survived until the British colonial era.

Q: What is the legacy of the Rajputs? A: The Rajputs have left a lasting legacy on Indian culture and history. Their martial traditions continue to be admired and celebrated. Rajput forts and palaces are architectural marvels, showcasing their architectural prowess and artistic sensibilities. The Rajput legacy of honor, bravery, and sacrifice remains an inspiration to Indians today.

What is the summary of reinventing your life? Reinventing Your Life (1994) is a manual on how to pull yourself out of negative habits and improve your life. By identifying key stumbling blocks to growth – or “lifetraps” – and presenting ways to overcome them, it guides you toward sustainable personal growth and happiness.

Which lifetraps do you have?

What is the first step in reinventing yourself? Reinvention is about becoming a better version of yourself. This comes with introspection—taking a hard look at who you are and who you want to be. Reflect on your values, your strengths and those things you wish to improve. Self-awareness is the bedrock of personal development.

What happens when you reinvent yourself? Reinventing yourself can lead to improvements in personal relationships. As you become more aligned with your true self, you're likely to interact with others more authentically and attract people who resonate with your genuine self.

What triggers emotional deprivation schema? What Causes the Emotional Deprivation Schema? The emotional deprivation schema develops in childhood

when the primary caregiver is not attuned to the needs of their child.

What is emotional deprivation lifetrap? The Emotional Deprivation Lifetrap If you have this lifetrap, you have a deep and fixed belief that your needs for love will never be met. The questionnaire below will help you decide how strongly you have this lifetrap.

What is a life trap? A life-trap is a pattern of belief that has a strong emotional response and a set of behaviours that can be identified throughout life; a pattern that started in early childhood. Life-traps have a significant impact on how we think, what we interpret in situations and how we relate and interpret the world.

What are the 4 stages of gut healing? The 4R Gut Healing Protocol addresses gut health in four simple steps: remove, replace, reinoculate, and repair.

What is the gut healing protocol? The 5 Rs of gut healing are remove, replace, reinoculate, repair, and rebalance. In functional medicine, this protocol is used to improve symptoms and address the root cause of digestive issues.

What actually heals your gut? Dietary fibre in foods can improve your gut health as it can help keep us regular, reduce the risk of bowel cancer and feed the healthy bacteria in our gut. Wholefoods, such as fruits, vegetables, legumes, wholegrains and nuts, may prevent the growth of some bacteria linked to diseases and inflammation.

What are the first steps to healing your gut? Adopt a regular diet that is lower in inflammatory foods (like sugar and processed foods) and higher in anti-inflammatory, gut-healing foods like fruits and veggies, wild fish and meat, and gluten-free grains and legumes. Take a broad-spectrum probiotic supplement [89, 90, 91].

How do you detox and reset your gut?

What heals the gut lining fast? A balanced diet, complete with all the necessary macronutrients and micronutrients (vitamins and minerals) can help fortify your gut. Vitamin D and an amino acid called L-glutamine may specifically help repair your gut lining.

What is a 3 day fast heal gut? So as you're doing a water only fast, this is giving time for repair of your intestinal tract. So water only fasting has really helped to promote healthier microbiome rest and recovery for the intestinal tract by healing up the integrity and the tissue of your intestinal tract as well as really reducing inflammation.

How can I reset my gut in a week?

How do you clean and repair your gut? A 2019 study found that a diet rich in vegetables, fruits, and whole grains with a lower intake of red meat, processed foods and meats, and dairy increased the amount of total bacteria in the gut and supported beneficial bacteria like Lactobacillus and Bifidobacterium.

What drink is best for gut health? The bottom line Fermented drinks like kombucha and kefir may promote gut health. Green tea and ginger tea might also help ease gut symptoms.

What is the #1 substance to help heal the gut? Increasing your fiber intake is one of the best ways to improve your gut microbiome naturally. High fiber foods include fruits, vegetables, and whole grains. You should also consume more gut-healing foods such as bone broth, ginger, and omega-3 fatty acids like from fish.

Is coffee bad for gut health? Anti-Inflammatory Properties: Coffee has been found to positively impact the gut microbiome with its prebiotic properties. Coffee can lower harmful specifics of microbes and feed the good bacteria in your gut 7. Source of Dietary Fibre: Dietary fibre can be found in some coffee grounds.

What are the 4 R's of digestive healing? There are many factors that can lead to a disturbance in gut function. The four R's protocol (Remove, Replace, Re-inoculate, Repair) works to address the underlying causes of imbalance and aids in alleviating symptoms.

What is the best gut repair?

What are the worst foods for a leaky gut?

What is the best drink to flush your colon? Saltwater flush: Mixing two teaspoons of sea salt or pink salt with lukewarm water and drinking it on an empty stomach is helpful. It stimulates colon movements within a few minutes.

What can I drink to reset my gut? Drinking plenty of water may be linked to increased diversity of bacteria in the gut, though the source of the water also matters. One 2022 study also found that people who drank more water had less of a type of bacteria that can cause gastrointestinal infections.

What is a 24 hour gut reset? A digestive reset fast is essentially a way to 'reset' your digestive system by giving it a break from processing food. This can help to improve gut health and reduce inflammation.

Are eggs bad for a leaky gut? The leaky gut diet centers around whole, unprocessed foods with a focus on foods with nutrients that promote gut health. These include: Fruits and veggies. Eggs.

What is a good breakfast for leaky gut?

What does a leaky gut feel like? "Leaky gut syndrome" is said to have symptoms including bloating, gas, cramps, food sensitivities, and aches and pains.

How do I heal my gut ASAP? Eat Probiotic Foods Consuming probiotic foods is probably the best thing you can do for gut health. Although probiotic supplements can be helpful, they are usually too small to make much of an impact.

How do I know my gut is healing? The biggest way to tell if your leaky gut is healing is when your energy and vitality have returned, you've regained mental clarity, your mood has improved, you've returned to your ideal weight, and you feel like your best self. It's important to remember that, as with most health concerns, gut health is on a spectrum.

How many days of fasting to clear bowels? Usually after 3 days of fasting, most of the food has been eliminated from the colon. However, it's common to still have solids coming out in enemas, even after a week of fasting... meat eaters often have lots of impacted feces that doesn't get eliminated because of a lack of fibre.

What kills bad bacteria in the gut? Antibiotics. If you have an infection or overgrowth of a certain gut bacteria, the standard treatment is a course of antibiotics.

What foods cleanse the gut? Whole grains are rich in fiber and will help to cleanse the colon. Oats, oatmeal, brown rice, and quinoa are all great sources. Try to incorporate 3 – 5 servings per day into your meals. Broccoli, cauliflower, kale, and most leafy greens are fiber-dense and are always healthy choices.

How do you reset an inflamed gut?

How do I know if my gut is healing? What are the signs that your gut is healing? Dr Hobson advises that common signs of a healthier gut include improved digestion, signalled by more regular, complete bowel movements, and fewer issues with bloating, gas, constipation and diarrhoea.

How long does a gut take to heal? How long does it take to heal your gut? If you don't have any chronic conditions or food sensitivities, you could heal a not-so-perfect gut in as little as two weeks or as long as 12 weeks.

How do you know if your gut health is improving?

What are the symptoms of poor gut health?

What drink is best for gut health? The bottom line Fermented drinks like kombucha and kefir may promote gut health. Green tea and ginger tea might also help ease gut symptoms.

What does a damaged gut feel like? Frequent discomfort, gas, bloating, constipation, diarrhea, and heartburn could be signs that your gut is having a hard time processing food and eliminating waste. You feel tired more often than not. People with chronic fatigue may have imbalances in the gut.

What are the worst foods for a leaky gut?

Are eggs bad for a leaky gut? The leaky gut diet centers around whole, unprocessed foods with a focus on foods with nutrients that promote gut health. These include: Fruits and veggies. Eggs.

Is coffee bad for a leaky gut? Coffee contains acids that can upset the lining of your intestines. This is especially true if your lining is already inflamed by other factors such as a leaky gut, coffee can upset your system then. People who have intestinal inflammation often have pain and discomfort when drinking coffee.

Does apple cider vinegar heal leaky gut? Since the nature of leaky gut is unclear, determining if apple cider vinegar helps with it is even more unclear. Most scientific studies that look at the effect of apple cider vinegar on the gut were done in animals. One 2016 study described the protective effect of ACV on gastric ulcers in fish.

Are eggs good for gut health? Eggs are excellent sources of protein (the white), fat and many vitamins and minerals (the yolk). They are one of the few food sources that provide gut-healing vitamin D, albeit in much lower quantity than sun exposure, but still significant. Try to buy organic eggs to get healthier omega 3 content.

How to tell if your gut is inflamed?

Is apple cider vinegar good for gut health? You May Have Better Digestive Health In addition to its potential role in blood sugar regulation, apple-cider vinegar is often touted for its beneficial effects on digestive health. The “mother” in apple-cider vinegar is a source of probiotics, which are beneficial bacteria that contribute to a healthy gut microbiome.

Are bananas good for your gut? Bananas are another low-fructose fruit that are fiber-rich and contain inulin, a substance that stimulates the growth of good bacteria in the gut.

What is the best gut supplement?

What foods heal your gut?

[the rajputs vam, reinventing your life the breakthrough program to end negative behaviour and feel great again, healing the gut and](#)

solution manual chemistry charles mortimer 6th edition thermo king td ii max

operating manual suzuki an 125 scooter manual atlas of selective sentinel

38TH BCS WRITTEN EXAM BOOK LIST WWW BPSC GOV BD

lymphadenectomy for melanoma breast cancer and colon cancer cancer treatment
 and digital tetra infrastructure system p25 and tetra land bma new guide to
 medicines and drugs kondia powermill manual old katolight generator manual ford
 8830 manuals 1994 ski doo safari deluxe manual 1984 wilderness by fleetwood
 owners manual how to be a victorian ruth goodman ktm 50 sx jr service manual test
 report iec 60335 2 15 and or en 60335 2 15 safety of actor demo reel video editing
 guidelines for actors and editors rules tips tricks and advice to save money manage
 your acting career maximize reels for busy casting directors electronic devices and
 circuit theory 9th economy edition 2000 vw golf tdi manual mathematics for gcse 1
 1987 david rayner mitsubishi fuso canter service manual fe fg series 2005 1959 ford
 f100 manual yasnac i80 manual the river of doubt theodore roosevelts darkest
 journey by millard candice 2006 audio cd free small hydroelectric engineering
 practice eesti standard evs en iso 14816 2005 carrier weathermaker 8000 service
 manual 58tua english unlimited intermediate self study landscape architectural
 graphic standards
 2004polaris 6x6ranger partsmanual pearsondriveright 10thedition answerkey
 cagivafreccia125 c10c12 r1989service repairmanual howgoodmanners affectsour
 liveswhy wehaveto bepolitematt greenlivronamoro blindadoporrenato ecristiane
 cardosothescarlet letterchapter questionsilmu komunikasicontoh
 proposalpenelitiankuantitatif spiritualdirectorguide walkto emmausthe
 firsthorsemandisease inhumanhistory paperback2006author johnaberthapi
 sejarahgx200honda engineforsale thepirate coastthomasjefferson thefirst
 marinesandthe secretmissionof 1805hondapilotridgeline acuramdxxhonda
 pilot2003thru 2008honda ridgeline2006 thru2012acura mdx2001thru
 2007haynesrepair manualadmission requirementsof themassachusettsstate
 normalschoolsso faras applicableto applicantforadmission tothebar
 1910paperbackcommon manrayportfolio taschenspanishedition
 psbdsupervisorsecurity questionanswertroy bilttbp6040 xpmannualwitness
 preparationoxfordhandbook ofpalliative careoxfordmedical handbooksby watsonmax
 lucascarolinehoy andrewwellspolicy changeand learningan
 advocacycoalitionapproach theoreticallenses onpublic policy96589658
 96589658claas tractornectis207 workshopshopservice repairmanual calculus6th
 editionby earlw swokowskisolutionmanuals stihlfs88 carburettormannual kiario2001
 2005oemfactory servicerepair manualdownload2005 mercury994
 strokemanualstudents solutionsmanual forstatisticsinformed decisionsusing
 38TH BCS WRITTEN EXAM BOOK LIST WWW BPSC GOV BD

dataanswers tosection3 detectingradioactivityvw golfvr6workshop manualthe
sourcesof normativityby korsgaardchristinem publishedby cambridgeuniversitypress
1996samsunght tx500tx500r servicemanual repairguideafl2602
examguidelineschurch publicoccasions sermonoutlines thermalmanagement
forledapplications solidstate lightingtechnology andapplication series