

HACK INSTAGRAM ACCOUNT

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Can you get a hacked Instagram account? Malware that steals your username and password This malicious software has a range of abilities — from stealing your personal data to scanning your device for passwords to even spying on every word you type. If your phone has been hacked, scammers can get into your Instagram account.

Why is my Instagram account disabled? You repeatedly shared fraudulent or misleading content. You used violent or offensive language. You used a third-party tool to automatically follow users or leave likes and comments. You used a third-party application that disabled your Instagram account.

What if my Instagram was hacked and my email changed? Instagram hacked and email changed? The hacker may have also changed your password, username, or other account information. You can go to Instagram's help page for hacked accounts and follow their instructions to get your account back to prevent identity theft and other cybercrimes.

How to create an account in Instagram? You can create a new account from the Instagram app or Instagram.com. If you already have an existing Facebook or Instagram account, you can use your existing account to create a new Instagram account. Both accounts will be added to the same Accounts Center and have access to connected experiences.

How do hackers get passwords? Hackers get hold of username-password pairs from previous data breaches and test them on various platforms. Unfortunately, many people use the same passwords across many accounts. Hackers can access

multiple accounts using the same stolen credentials if one account is compromised.

How to Instagram ID password? On the Accounts Center page, click Password and security. Tap Change password, then choose your Instagram account. Type in your current password, and provide your new password. Note: It is critical to protect your Instagram account with a strong, unique password.

Can I get back my disabled Instagram account? If you disabled your Instagram account, you should be able to reactivate it by simply logging back in with your username and password. However, if your account was disabled by Instagram for violating their terms of use, you may need to submit an appeal to have your account reviewed and reinstated.

How to get a banned Instagram account back? Sending an appeal through the Instagram app It may take some time for Instagram to review your case and give your account back. This process usually takes around 24 hours, but it can be longer depending on the complexity of your case and the volume of appeals sent by other Instagram users.

Why is my Instagram account suspended? Instagram may suspend a new account for violating community guidelines, engaging in suspicious activity, providing incorrect information, or using a domain associated with spam. Review guidelines, verify information, and contact Instagram support for assistance.

Do hacked Instagram accounts get deleted? In some cases, hackers might delete all your posts, leaving your account barren. Or they might delete your account entirely.

Can I contact Instagram about a hacked account? If you're able to log in, that means your account hasn't been hacked. If you can't log in, go to the Instagram Help Center and click on the "I think my account was hacked" link. From there, you'll be able to fill out a form to contact the Instagram support team.

How long does it take for Instagram to give back hacked account? How long does Instagram take to recover a hacked account? The recovery process looks different for everyone, but you should expect this to take a couple of weeks on average (a minimum of 5-10 business days).

How to login to an Instagram account in another phone without password or email?

Can I open 2 Instagram accounts? Yes, you can have two or more Instagram accounts. Instagram allows users to have multiple accounts linked to the same email address or phone number.

How do I open another person's Instagram account?

Can hackers get into my Instagram? Phishing, social engineering, and brute force attacks are common ways hackers target Instagram accounts. Protect your Instagram by enabling 2FA, using unique passwords, and avoiding third-party apps. To restore a hacked Instagram account, reset your password via the forgot password option or contact Instagram support.

Is Instagram safe from hacker? Instagram is a common target for malicious hackers. There were over one million social media account takeovers in 2022, and the most affected accounts were on Instagram.

How to recover an Instagram account without a password?

Can phone get hacked through Instagram? Can Your Phone Get Hacked Through Instagram? Yes, If you tap on a suspicious link and unwillingly download a file, it can install malware onto your device, giving the hacker access to your Instagram account and other personal information.

How can I get PMBOK 6th edition for free? PMBOK 6th Edition PDF is available for download to all PMI Members for free. You need to login to the PMI website with your PMI user ID / password, to download the PMBOK Guide PDF. The PDF file is password protected and when you try to open it, it will prompt you for a password.

Is PMBOK 6th edition still valid? Key learnings and concepts from the PMBOK® Guide 6th Edition still remain valid for the PMP certification exam since PMI recognizes that many project managers have used specific elements like the Process Groups and ITTOs very successfully in their own project environments and will continue to do so.

What is the content of PMBOK 6th edition? PMBOK 6 will contain a new chapter on the role of the project manager which discusses the PMI Talent Triangle and the skill sets organizations demand that make project managers more competitive and relevant-technical project management, leadership, and strategic and business management.

What is the difference between PMBOK 5 and 6? The most noticeable thing that differentiates PMBOK 5th and 6th Edition is the introduction of Agile concepts across all the knowledge areas. This means that you will find many concepts and ideas of the Agile Practice Guide in this edition.

Is PMBOK 7 enough to pass PMP? Is PMBOK 7 enough to pass PMP? PMBOK 7 covers all your definitions, concepts, and “know-how”. However, only studying from the PMBOK 7 is not enough to pass the PMP exam. We recommend reading the entire PMBOK guide twice before taking the test while also referring to a good PMP exam prep book – such as Rita's PMP book.

Do PMI members get PMBOK for free? Enjoy a free download of the PMBOK® Guide and other PMI Standards, perfect for learning and reference.

Will PMP be based on 7th edition? A Guide to the Project Management Body of Knowledge (PMBOK® Guide) – Seventh Edition will now be a reference to inform the development of the exam items. However, before any validated exam item is added to the exam, there is a very rigorous and thorough review and field test cycle. This process takes multiple months.

Does the PMBOK 7th edition replace the 6th edition? So, without further ado, here are the three fundamental differences between PMBOK 6 and PMBOK 7: PMI Has Shifted from Process Based Standard To Principle Based Standard. PMBOK 7 Is NOT A Replacement of PMBOK6. PMBOK® 6 Focuses on Knowledge Domains And PMBOK® 7 Focuses On The Performance Domains.

Which PMBOK for PMP exam 2024? For PMP Exam in 2024, you need to study multiple topics from PMBOK 7th Ed very thoroughly apart from Process Group Practice Guide (which has now replaced the PMBOK 6th Ed.)

What are the 4 core processes of PMBOK? In project management generally - and the A Guide to the Project Management Body of Knowledge (PMBOK® Guide) specifically - best practices dictate a very specific series of process groups that should be performed. These are referred to as Initiating, Planning, Executing, Monitoring and Controlling, and Closing.

Is the CAPM exam based on PMBOK 6th edition? The current CAPM exam tests concepts included in the PMBOK® Guide – Sixth Edition, and the new exam will include concepts from the PMBOK® Guide – Seventh Edition and Process Groups: A Practice Guide.

What are the changes in the PMBOK 6th edition?

How different is PMBOK 7th edition? While earlier PMBOK versions focused on knowledge areas, the 7th edition has replaced the traditional knowledge areas with performance domains. The eight performance domains summarize the related elements essential to a project's success: Team. Stakeholders.

Is PMBOK the same as PMP? PMBOK stands for Project Management Body of Knowledge, while PMP stands for Project Management Professional. One is a set of terminology and guidelines used in project management; the other is a professional certification from the Project Management Institute (PMI).

Why is PMBOK so popular? The PMBOK is a valuable resource for project managers and companies alike. It helps companies standardize practices across departments, tailor processes, and prevent project failures. It's important to understand how the PMBOK is set up. The PMBOK is broken into two parts.

Is 70% passing on PMP?

Do I need to memorize 49 processes for PMP? The good news is that with a good strategy you can easily pass the exam without memorization. The key to mastering the PMBOK® Guide, 6th Ed is to 'understand' these processes and their ITTOs. Without further ado, let's look at how we would go about it using the ITTO Explorer and ITTO Quiz.

How many people fail PMP on first try? The PMP certification is gaining more and more relevance and prestige in different professional sectors. But at the same time, it is one of the most difficult exams to pass. 80% of the examinee fails in their first attempt. But why is the PMP passing rate so low?

Does PMP certification expire? The PMP Certification has a three-year effectivity period from the date you have passed the PMP exam and acquired your certification. If you let the one-year suspension period lapse as well, your status will be changed to EXPIRED. This is as close to doomsday as any certified PMP professional can get.

How much is the PMP exam in 2024? The examination fee is \$405 if you hold a Project Management Institute membership, but it's \$555 for non-members.

Is the PMP test hard? The questions on the exam are scenario-based and require a thorough understanding of the PMP framework as well as practical experience with managing projects. Many PMP exam takers report that the exam is difficult, with a passing rate of around 60% on the first attempt.

Is CAPM or PMP better? Considering that the CAPM certification is more affordable and requires less experience than PMP certification, project managers may ask themselves, "Why would I pursue PMP certification?" The answer is simple: The PMP is the most significant, industry-recognized certification for project managers worldwide.

What is 35 contact hours for PMP? The Project Management Institute (PMI) requires 35 hours of formal project management education, or "contact hours," before you sit for the Project Management Professional (PMP) exam. Every hour you sit in a class, training program, seminar, or another similar learning activity gives you one contact hour.

How many hours to study for PMP? On average, most candidates spend between 2 to 5 months preparing for the PMP exam, with approximately 150-200 hours of study. However, the exact duration can vary based on the factors we discussed. Remember, it's not about how long you study but how effectively you do.

How to get PMBOK 7th edition for free?

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Do you have to pay for each PMP exam? If you fail the examination three times within the one-year eligibility period, you must wait one year from the date of the last examination you took to reapply for the credential. You need to pay a re-examination fee for each retake. The re-examination fees also varies depending upon whether you are a PMI member.

What is the cost of PMBOK 7th edition? PMBOK GUIDE- 7th Edition at Rs 500 | Educational Books in Kolkata | ID: 2853361942788.

Is there a free PMP course? Free PMP Online Training is brought to you by Master of Project Academy – so far we've helped over 300,000 professionals from 180 countries prepare for and pass their Project Management certification exams.

Which PMBOK for PMP exam 2024? For PMP Exam in 2024, you need to study multiple topics from PMBOK 7th Ed very thoroughly apart from Process Group Practice Guide (which has now replaced the PMBOK 6th Ed.)

How much do I need to study for PMP exam? One prerequisite for taking the PMP exam is 35 hours of project management education by the time you sit for the exam. Many people treat this requirement as a task to check off their to-do list. However, those 35 hours can be a valuable learning experience if you use them strategically!

Can I still use PMBOK 6th edition? The PMBOK® Guide - 6th Edition phased down starting on March 31, 2022, or "sunsetting." While supplies remain, stakeholders may still order print copies through merchants and resellers.

What is the difference between PMP 7 and 6? PMBOK 6 emphasizes knowledge areas and processes, PMBOK 7 focuses on fundamental principles that guide the framework, including traditional knowledge areas and processes.

How to download free PMBOK 6th edition from PMI?

What happens if you fail PMP 3 times? You are allowed three attempts at passing the exam within your one-year eligibility period. Failing that, you must wait one year from your last try before attempting the exam again, but you can apply for other PMI credentials.

How many attempts do you get for the PMP exam? The PMP application submission is a crucial step in your journey to becoming a certified Project Management Professional. Once PMI approves your application, you have a one-year eligibility period during which you can attempt the PMP exam up to three times.

Does PMP expire? The PMP Certification has a three-year effectivity period from the date you have passed the PMP exam and acquired your certification. If you let the one-year suspension period lapse as well, your status will be changed to EXPIRED. This is as close to doomsday as any certified PMP professional can get.

How much does the average PMP cost? You can expect to pay training costs ranging from \$300 to \$3,000 and exam fees of \$405 or \$575, depending on PMI membership. After passing the PMP exam, you must maintain your certification through ongoing education and pay a renewal fee of \$60 or \$150 every three years.

What year is the PMBOK 6th edition? The sixth edition (September 2017) added several topics and included agile practices for the first time.

Is PMBOK 7th edition enough? It is not exhaustive. The Sixth and Seventh editions are complementary with the former being process-centric and the latter principle-centric. I suggest that you should go through both the books. Only studying the PMBOK Guide(s) is insufficient given the wider range of references used on the exam.

Slope Stability and Stabilization Methods

Introduction:

Slope stability refers to the ability of a slope to resist failure, such as landslides or avalanches. It is crucial for ensuring the safety of infrastructure, property, and human lives. Various factors influence slope stability, including soil type, slope angle, groundwater conditions, and vegetation cover.

Question 1: What Causes Slope Instability? Answer: Slope instability can be caused by natural factors such as heavy rainfall, earthquakes, or snowmelt. Human activities such as deforestation, mining, and construction can also contribute to slope instability by altering the natural equilibrium of slopes.

Question 2: What Are Slope Stabilization Methods?

Answer: Slope stabilization methods aim to increase the shear strength or reduce the shear stress acting on a slope. Common methods include:

- **Buttressing:** Constructing structures, such as retaining walls or buttresses, to support a slope.
- **Drainage:** Installing drains to control groundwater flow and reduce pore water pressure within the slope.
- **Revegetation:** Planting vegetation to strengthen the soil and reduce surface erosion.
- **Anchoring:** Installing anchors or soil nails to reinforce the slope and increase its stability.
- **Geosynthetics:** Using geotextiles or geogrids to reinforce soil and improve its mechanical properties.

Question 3: How Do I Choose a Slope Stabilization Method?

Answer: The choice of slope stabilization method depends on various factors such as:

- The type and severity of the slope instability.
- The geotechnical properties of the soil.
- The available budget and resources.
- The environmental impact of the method.

Question 4: What Are the Common Challenges in Slope Stabilization?

Answer: Common challenges in slope stabilization include:

- The complexity and uncertainty of soil behavior.
- The long-term effects of aging and environmental degradation.
- The cost and maintenance requirements of stabilization structures.
- The potential for negative environmental impacts.

Question 5: What Are Future Trends in Slope Stabilization?

Answer: Future trends in slope stabilization include:

- The development of new and innovative materials and techniques.
- The use of advanced monitoring and analysis technologies to assess slope stability.
- The adoption of green and sustainable approaches that minimize environmental impacts.

Quels additifs à éviter ?

Quels sont les 5 rôles principaux des additifs alimentaires ? garantir la qualité sanitaire des aliments (conservateurs, antioxydants) ; améliorer l'aspect et le goût d'une denrée (colorants, édulcorants, exhausteurs de goût) ; conférer une texture particulière (épaississants, gélifiants) ; garantir la stabilité du produit (émulsifiants, antiagglomérants, stabilisants).

Quels additifs sont nocifs ? Certains additifs, pourtant autorisés, sont reconnus comme potentiellement cancérigènes. Il s'agit "de colorants : E123, E131, E142 ; de conservateurs : les dérivés benzoïques E210 à 219 et les dérivés nitrés E249 à 252 ; avec des doutes pour certains édulcolorants" (L.

Quels sont les additifs les plus utilisés ? l'acide citrique (E330), utilisé notamment comme régulateur de l'acidité, qui est mentionné sur 23 % des produits ; les amidons modifiés, utilisés notamment comme épaississants, qui concerne 22 % des produits ; les lécithines (E322), utilisées notamment comme émulsifiants, présentes dans 17 % des produits.

Quels sont les additifs alimentaires cancérigènes ? Certains additifs ou groupes d'additifs (E407 et E407a, E450, E440 et E500) ont été associés à un risque accru

de cancer du sein – en particulier chez les femmes préménopausées pour les trois derniers.

Est-ce que le E407 est dangereux ? L'Organisation mondiale de la Santé (OMS) et l'Autorité européenne de sécurité des aliments (EFSA) considèrent le carraghénane alimentaire (E407) comme sûr pour la consommation humaine, dans les limites de l'apport journalier acceptable.

Comment bien manger sans additifs ? La meilleure manière de cuisiner sans additifs alimentaires est donc d'utiliser le plus possible de produits frais : légumes, fruits, viandes, poissons, œufs, fromages... Pour aller pour loin, vous pouvez même facilement fabriquer vos propres yaourts, confitures et glaces sans utiliser le moindre additif de synthèse !

Quels sont les additifs qui contiennent des insectes ? La cochenille ou acide carminique ou carmins (E120). C'est cet additif qui donne la couleur rouge à certains aliments. Il provient de la cochenille, un insecte rond d'Amérique du Sud. Pour se protéger, elle sécrète un acide, l'acide carminique, qui une fois l'insecte écrasé, révèle une couleur rouge ou orangée.

Quels sont les additifs alimentaires naturels ?

Quel est le colorant alimentaire le plus dangereux ? Certains colorants sont allergènes et cancérigènes. Voici une liste de colorants à éviter le plus possible : E102, E110, E123, E124, E127, E131, E142, E154, E160, E163, E154, E102, E110, E120, E123, E124, E125, E126, E120, E173 et E175.

Quels sont les additifs dans le pain ? L'acide ascorbique (E300), la lécithine de soja (E322) et les mono et diglycérides d'acides gras (E471) comptent parmi les plus utilisés. Ils visent surtout à accélérer la fabrication et à améliorer la conservation.

Quel est le colorant le plus toxique ? Le dioxyde de titane (E171) Le dioxyde de titane est un colorant blanc. Il est le résultat de la combinaison de deux atomes d'oxygènes avec du titane. De plus le dioxyde de titane présente de nombreux risques et est notamment suspecté d'être cancérigène, d'autant plus lorsqu'il est produit sous forme de nano-particule.

Quel sont les additifs alimentaires à éviter ?

Quel est l'additif alimentaire numéro un aux États-Unis ? 1. Glutamate monosodique (MSG) Le glutamate monosodique, ou MSG, est un additif alimentaire couramment utilisé pour intensifier et rehausser la saveur des plats salés.

C'est quoi le E445 ? En bref, la colophane de bois – E445 (CG BG CG389) est un mélange complexe d'acide abiétique dérivé de souches de pins anciens (Palustris et Elliottii), estérifié sur glycérol alimentaire.

Quels sont les aliments qui favorisent le cancer ?

Quel est le produit le plus cancérigène ? 1. Sucres raffinés. Les sucres raffinés augmentent rapidement le taux de glucose dans le sang, ce qui peut favoriser la croissance des cellules cancéreuses. La consommation excessive de sucre peut également entraîner une prise de poids et une résistance à l'insuline, deux facteurs de risque de cancer.

Est-ce que le E300 est dangereux pour la santé ? Son action antioxygène évite le brunissement des produits contenant des fruits et des légumes, mais aussi le rancissement des graisses. On retrouve la Vitamine C sous le code E300, et ses dérivés E301 et E302 : c'est un additif synthétique sans danger avéré.

Qu'est-ce que le E471 dans le pain ? Le mono- et diglycérides d'acides gras ou E471 est un additif alimentaire composé de mono- et diglycérides d'acides gras alimentaires. Il sert comme émulsifiant, agent d'enrobage, gélifiant, antioxydant et support pour colorant. Il est obtenu à partir de graisse alimentaire d'origine animale, végétale ou synthétique.

Est-ce que le E330 est dangereux ? _" D'après le député, le E330 est un produit toxique. C'est faux. Premier point gênant, le E330 n'est pas nocif pour la santé. On le trouve en très grande quantité à l'état naturel dans les citrons ou les oranges.

Est-ce que le E471 est cancérigène ? Après un suivi moyen de 7 ans, les chercheurs ont constaté que des apports plus élevés en monoglycérides et diglycérides d'acides gras (E471) étaient associés à des risques accrus de cancers au global (une augmentation de 15 % du risque chez les plus forts consommateurs – 3e tertile – par rapport aux plus faibles ...

Quels sont les émulsifiants à éviter ? Plusieurs associations avec des émulsifiants ont été observées, mais les risques se sont révélés être les plus accrus lors de la consommation de l'E471 et l'E407, de leurs noms complets mono et diglycérides d'acides gras et carraghénane. Rhume : Fervex, Humex, Rhinofebral...

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