



# Intermittent Fasting Checklist

**Puja Mehta**



## **Intermittent Fasting Checklist:**

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web setting out of a curve a circular curve can be set out by i linear or chain and tape method when no angle measuring instruments is used ii instrument methods in which a theodolite tacheometer or a total station instrument is used

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web using rankine method the curve is set out by the use of deflection angles turned at the point of curvature from the tangent line to the points along the curve this method uses station measurements while two theodolite method does not

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web understand various methods of setting out curves in the field and problems in setting out these curves and know about the need of super elevation and transition curves be uniform and may consist of different gradients for instance rising gradient may be followed by falling gradient and vice versa

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web a compound curve consists of two or more circular curves between two main tangents joined at point of compound curve pcc curve at pc is designated as  $1 r 1 l 1 t 1$  etc and curve at pt is designated as  $2 r 2 l 2 t 2$  etc

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web the following are the methods of setting out simple circular curves by linear methods and by the use of chain and tape 1 by ordinates from the long chord 2 by successive bisection of arcs 3 by offsets from the tangents 4 by offsets from chords

produced method 1 by ordinates from the long chord fig 11 8

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web 10 2 setting out curves this is the process of establishing the centre line of the curve on the ground by means of pegs at 10 m to 30 m intervals in order to do this the tangent and intersection points must first be fixed in the ground in their correct positions consider figure 10 3

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web the point where the two curves connect namely the point at which the pt of the first curve equals the pc of the second curve is referred to as the point of compound curvature pcc since their tangent lengths vary compound curves fit the topography much better than simple curves

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