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**DEPARTMENT** **OF ALLIED HEALTH SCIENCES**

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Examination : Med-Term

**Q:1 How the use of facebook affects our long term memory?**

**Answer:**

There are far-reaching effects of facebook on the memory. The creative power behind the memory has been destroyed by the facebook. Now no one strives for creative thinking in memory because everything is available easily in less-time without any efforts so, we can conclude that facebook I, e the use of facebook has a great and far-reaching effect on the memory.

**Q:2 Due to the current stressful condition of “lock down” ,which type coping strategies are useful?**

**Answer:**

Of course “Lock Down” is stressful and it is more stressful when it reaches a certain limit or exceeds that limit.

In my view first of all the needs of those people should be fulfilled who are directly affected by the lock down because if they are faced with want of daily necessary commodities they will certainly become frustrated.

Secondly 'online facilities' should be available upto the maximum level to everyone if possible.

Awareness should be created at different forums for all and sundry.

Along with government all the stakeholders should play its role honestly and they should consider at a national responsibility towards its people and nation.

**There are some strategies which are useful in the stressful condition of lockdown**

* **Bio-feedback:**

Bio-feedback is the phenomena by which we react to a stress through our body systems to attempt to change response to a stressor. Avoid the unwanted or unnecessary use of social media and not take any news seriously because it could be fake which make us stressful.

* **Time management:**

We can spent our time in different activities like recite the Holly Quran, sports, exercise, and studying books and other Indore activities. If we do these type of activities we will not feel stress.

* **Relaxation technique:**

We can use relaxation technique for releasing stress, we will be relax and calm in during this situation of lock down.

**Q;3 Case presentation:** A college student has just completed his higher secondary education (F.Sc) and wishes to get admission in medical college. But at the same time, he is confused and anxious that if he gets fail in getting admission, then what will happen next. Now keeping in mind the steps of decision making strategies, how will you make the best possible plan for this student?

**Answer:**

**Plan for a student:**

In life one should always hope for the best but at the same time prepare for the worst.So if a student wants to get admission in medical college and of course there is a big chance for him to do so. But it does not mean he would not fail.So in case of failure it does not mean that all the doors are closed for him.we know when one door is closes another opens for you in life. And after struggle if you are not succeeded then there will be same good hidden in it for you. The failure in life i,e if one fails in one field this is a necessary stip for success. And for success one should learn to accept failure.

* Student must need to search different field and see possible future if I git an admission what I will do in future and he had to also search about the scope of his field.
* Then student must need to chose one field in which he is interested
* Also necessary to the student to know about merit list of the colleges or universities.
* Then he should take no risk and think about his marks.
* Student should be able to manage time before the last date of form submission because time is very important in successful decision.
* If student should fail to manage the time then all the universities and colleges admission remain closed all the planning which student make for his future will be lost