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Q.,,1

Ans.1,, The use of facebook effect our memory because when we open facebook thre

Are a lot of thing which go into our memory and cofused and become very weak

So it effect our memory.

Q. 2

Ans. 2

During this situration the situation the following strategias can be used

**Biobeek back.**

Feed back we can control our stress and headach

Time management.

Spent time and different activities like excercising .study . Sport . Same other activities so we will

Not fee stress

Relaxation techniques.

Can use relaxation technique be relaxade and calm lock during this Situate ion of lock down.

Q. 3

Ans.3

This is very difficult situation for student after completting fsc and want to get admission medicate collage the student most follow the following steps

1.,,the student most search about different field of medical and their scope

2.,, then hhe should decide that he is intrested in which field

3.,, the student must imagine about his chosen field and what will be the scope of it in future

4.,, then he should take norisk about his marks

5.,, he must take care about time because if admission are closed all the planing will be lost