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**Q.1 How the use of Facebook affects our long-term memory?**

Ans: Facebook the largest socially used web platform on planet earth. Which has user approximately 2.5 Billion Monthly. Not only Facebook other social media constantly can lead to short-term memory loss. According to Erik Fransén, one of the researchers, typical internet browsing sessions can interfere with brain's capacity to file all the necessary information. Humans strongly rely on what is called short term memory to make sense of world around them. A strong working memory means that people can store all bits of information required to complete a particular task. Other research has shown that kids with higher working memory are good at comprehension and math. Surfing online for long period of time can lead less time for physical movements which in orders can't clear the information clutter in human mind.

in fact, when you try to process sensory information like speech or video, you are going to need partly the same system of working memory, so you are reducing your own working memory capacity. And when you try to store many things in your working memory, you get less good at processing information. The brain requires time to transfer data from short term to long term memory so try multitasking can lead to information overload which reduces brain efficiency. A cross-sectional descriptive study conducted among medical, dental, nursing and allied health science students using self-administered questionnaire. The study showed that 98.2 % of participants were Facebook users. Among 452 respondents,

224 and 228 were male and female respectively, with a mean age of  $20.2 \pm 1.2$  years. The main reason for using Facebook was to remain in contact with family and friend (32 %), while its use for the academic purpose was only 5 %. However, 80.8 % of students acknowledged ease in acquiring academic materials from others, through Facebook. One-fourth of the students acknowledged that they are using Facebook late at night on a regular basis, while surprisingly 4.2 % of the students admitted accessing Facebook during the classroom lectures. Almost two-third of the users, further admitted that Facebook has had a negative impact on their studies. Burning eyes (21 %), disturbed sleep (19 %), and headache (16 %) were the most common adverse health effects reported by the Facebook users. Many students (71.4 %) tried and most of them (68.7 %) succeeded, in reducing time spent on Facebook, to allow for increased time devoted to their studies. The widespread use of Facebook among the health science students, was found to have both positive and negative effects on their academics, social life, and health.

**Q.2 Due to the current stressful condition of “Lockdown”, which types of coping strategies are useful.**

**Lockdown:**

A lockdown is an emergency protocol that usually prevents people or information from leaving an area. The protocol can usually only be initiated by someone in a position of authority. Lockdowns can also be used to protect people inside a facility or, for example, a computing system, from a threat or other external event. Of buildings, a drill lockdown usually means that doors leading outside

are locked such that no person may enter or exit. A full lockdown usually means that people must stay where they are and may not enter or exit a building or rooms within said building. If people are in a hallway, they should go to the nearest safe, enclosed room. Hence in lock down students are at home it means we student have a brilliant opportunity to succeed. There are many useful strategies but most useful of them are stated below.

i. **Learning from Books**

These are certain books that people of all ages can enjoy here are a few engaging books you should be able to find online for free to make this lockdown time a fun experience for you lazing around with an engrossing book.

a. *Holy Quran*

b. *Think and grow rich.*

c. *How to influence friends and people.*

d. *Seven habits of highly effective people.*

e. *Oral histology.*

ii. **Physical Exercise**

Exercising improves strength, flexibility, agility, and mobility and most importantly it can help build your immunity during this Lockdown Practice meditation and pranayama to destress your life and relax your soul. This will also inculcate a lot of energy and boost your stamina.

It is 70% diet and 30% exercise that gives the desired results. So along with yoga, meditation and pranayama, eat almonds, cashew, resins along with all the nutrients you need in a balanced diet.

iii. **Grow Plant at home**

Since fresh vegetables might be scarce during the lockdown, you can also grow vegetables at home and get This lockdown time can be utilized in growing plants in your garden. Grow as many plants as you can. Try to grow tulsi and aloe vera which emit oxygen. If you have enough garden space, you can even try planting neem and peepal saplings. As the world is deprived of clean air, they will work wonders when they grow into trees in a few decades even if you may not be there to see them. If you grow 5 to 10 oxygen-emitting plants, you will add to the pre-existing resources. organic vegetable supply without spending money and going out.

iv. **Set Future Goals**

Read books, magazines, online websites on career planning and life goals and plan your targets in life. List down what you want to be 10 years from now and start working on your goals during the lockdown.

Study journals and books that will take you closer to your dreams and start working on them. This practice can become the most fruitful practice during the lockdown period.

v. **Spending Time with Your Family**

The best time spent is the time spent with our loved ones. Since we cannot go out during the lockdown, let's make this an opportunity to spend time with the ones who are always there for us. help your parents in cleaning the car or in cooking meals or executing any kind of task. This way you will learn new life skills as well which will help you in the future.

**Ans: Plan in the dilemma of taking admission in medical college.**

1. The student needs to be solitude for few days by confirming his decision in taking admission in medical college viz is he really want to study medical sciences.
2. If he is serious about his study in medical science, he needs to remove all distractions first.
3. After removing distraction, he needs to find best medical colleges in possible territory.
4. After getting the medical college information then he needs to apply for entry test for at least five of them.
5. After applying for entry test, he needs to study day and night and fully prepared for getting higher marks in Entry Test.

After taking entry test the student must be passed but if fails and he is passionate about studying medical science he should wait for next session.