Name:_____ Roll no: _____

Choose the Correct answer:

1. The distance between the eye and monitor should be
   _____(arm length/near)

2. Monitor should be at the level of our_____ (nose/eye)

3. When we sit on the chair, our back should be _____
   (bend/Straight)

4. Write down **correct** or **incorrect** postures on using a computer:

A

B

C

D

E

F

G