REGIONAL TRAINING CENTRE

DAV INSTITUTIONS, JHARKHAND ZONE-H

ICT – QUIZ on 29/12/2024

Participant Name :.....

Participant School Name :.....

1. Do you spend more time on your cellphone than you do with your family and friends?

- ◯ Yes
- ◯ No

2. Do you feel anxious or irritable when you can't use your cellphone?

- ◯ Yes
- ◯ No

3. Do you use your cellphone when you're driving, even though you know it's dangerous?

- ◯ Yes
- ◯ No

4. Do you often neglect your work or school responsibilities because you're too busy using your cellphone?

- ◯ Yes
- ◯ No

5. Do you use your cellphone even when you're in places where it's not appropriate, like in a movie theater or during a conversation with someone?

- ◯ Yes
- ◯ No

LIVEWORKSHEETS

6. Do you find yourself using your cellphone even when you're tired or need to sleep?

- ○ Yes
- ○ No

7. Do you have trouble concentrating on anything else other than your cellphone when you're using it?

- ○ Yes
- ○ No

8. Do you spend more money than you can afford on buying new phones or phone accessories?

- ○ Yes
- ○ No

9. Do you often lose track of time when you're using your cellphone?

- ○ Yes
- ○ No

10.Spending more and more time on a smartphone

- ○ Yes
- ○ No

LIVEWORKSHEETS