

# 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

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