**Impact of Augmented Reality and Virtual Reality on Acquisition of Skills**

Abstract

Augmented and Virtual Reality have emerged as powerful technologies to learn skills, revolutionizing the way people learn skills related to various fields. This study provides an overview of their impact on skill acquisition, how does it improve the process of learning a skill and what aspects make it different from traditional learning and its future prospects in this direction. In this research paper we explore how environments created by AR/VR facilitate experiential learning, improve motor skills and enhance a wide range of mental/cognitive processes. The implications of AR/VR technology for training programs, professional development, and educational setting are also studied and discussed.