# Regularization, Data Augmentation and Self-supervised Learning

## Efficient Deep Learning - Session 4



2022

# Course organisation

#### Sessions

- Introduction/Refresher on Deep Learning
- Quantization,
- Pruning,
- Regularization, Data Augmentation,
- 5 Factorization,
- 6 Distillation,
- Embedded Software and Hardware for DL,
- 8 Final session.

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## Regularization

Constrain the training for faster convergence and better generalization.

#### Data Augmentation (DA)

Help generalization by sampling training examples from a larger distribution using randomized transforms.

#### Self-supervised Learning (SSL)

Exploit DA and regularization tricks for learning representations, without labels

- In some (most?) cases, DA regularizes training and is needed.
- Large networks can't be trained without regularization.

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# Regularization

## Weight Decay

An old idea (Krogh and Herz 1991):  $\ell_2$  penatly term is added to the loss, limits the growth of model weights.

Has been shown to increase generalization and suppresses irrelevant model weights.

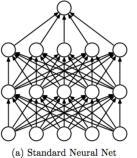
#### Ressources:

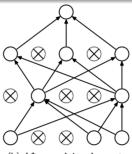
- https://proceedings.neurips.cc/paper/1991/file/ 8eefcfdf5990e441f0fb6f3fad709e21-Paper.pdf
- https://ja.d21.ai/chapter\_deep-learning-basics/ weight-decay.html
- Readily available in pytorch (optimizer options)

# Regularization

## Dropout

Randomly "drops" some units during training with a certain probability.





(b) After applying dropout.

- Was introduced to train very large networks
- Can prevent overfitting
- Adds hyperparameters: where to drop? How often? https://www.jmlr.org/papers/volume15/srivastava14a/srivastava14a.pdf

# Regularization

## Batch Normalization (Ioffe & Szegedy, 2015)

Normalize feature distributions to the standard distribution by learning batch statistics.

- Consider a batch X
- Calculate m = E(X) and  $\sigma = Var(X)$
- Compute  $\hat{X} = \frac{X-m}{\sigma}$
- $lue{}$  m and  $\sigma$  are continuously updated across batches using running statistics

#### Notes

- Has been shown to accelerate training, increase generalization
- Can remove the need for DropOut
- Should be included by default after convolutions

# Data Augmentation using image transformations

Translations, rotations, Scaling, Shifting in RGB, Crops, ....



Image from Albumentations https://albumentations.ai/docs/examples/pytorch\_classification/

# Mixup, Cutout and Cutmix

#### Mixup

For a network F trained using Cross Entropy (CE),

- Sample  $x_i$ ,  $x_j$  from the training data, associated to labels  $y_i$ ,  $y_j$ .
- Defined mixed up data samples as  $\tilde{x} = x_i + (1 \lambda)x_j$
- $loss = \lambda CE(F(\tilde{x}), y_i) + (1 \lambda)CE(F(\tilde{x}), y_i)$ , where  $\lambda \in [0, 1]$
- Train with backprop

#### Notes

- Has been shown to regularize training and achieves better generalization.
- Should be included most of the time when training classification networks!
- See Lab4.md for a proposed implementation

https://arxiv.org/pdf/1710.09412.pdf

# Mixup, Cutout and Cutmix

Image	ResNet-50	Mixup [47]	Cutout [3]	CutMix
Label	Dog 1.0	Dog 0.5 Cat 0.5	Dog 1.0	Dog 0.6 Cat 0.4
ImageNet	76.3	77.4	77.1	78.6
Cls (%)	(+0.0)	(+1.1)	(+0.8)	(+2.3)
ImageNet	46.3	45.8	46.7	47.3
Loc (%)	(+0.0)	(-0.5)	(+0.4)	(+1.0)
Pascal VOC	75.6	73.9	75.1	76.7
Det (mAP)	(+0.0)	(-1.7)	(-0.5)	(+1.1)

Table 1: Overview of the results of Mixup, Cutout, and our CutMix on ImageNet classification, ImageNet localization, and Pascal VOC 07 detection (transfer learning with SSD [23] finetuning) tasks. Note that CutMix significantly improves the performance on various tasks.

https://openaccess.thecvf.com/content\_ICCV\_2019/papers/Yun\_CutMix\_Regularization\_Strategy\_to\_Train\_Strong\_Classifiers\_With\_Localizable\_Features\_ICCV\_2019\_paper.pdf

# Application to Self supervised Learning

## Self-Supervised Learning

Learn representations of input samples without labels or annotations

#### How?

Train encoders (e.g. ResNet) on pre-text tasks:

- Self-Prediction
- Contrastive Learning

Trained encoders are expected to learn general features that generalize to supervised tasks.

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#### Contrastive Learning: SimCLR.

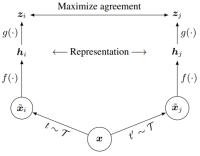


Figure 2. A simple framework for contrastive learning of visual representations. Two separate data augmentation operators are sampled from the same family of augmentations ( $t \sim \mathcal{T}$  and  $t' \sim \mathcal{T}$ ) and applied to each data example to obtain two correlated views. A base encoder network  $f(\cdot)$  and a projection head  $g(\cdot)$  are trained to maximize agreement using a contrastive loss. After training is completed, we throw away the projection head  $g(\cdot)$  and use encoder  $f(\cdot)$  and representation h for downstream tasks.

https://arxiv.org/pdf/2002.05709.pdf