**Impact of VR tech. on human lives**

The term VR stands for Virtual Reality and it can be defined as the computer technology that creates a simulated replica of the real physical world to interact with. This technology is used worldwide for various purposes as it has a great bandwidth of functionality which helps an individual to solve a problem and get desired output/product.  
As talking about interacting with this technology it has its major impacts on an individual, some of which may be beneficial and some may have the adverse effects on us. There's a huge beneficial impact on us, as we have seen this tech. helping people to deal with their problems more efficiently, the tech such as plane simulator, military training equipment, Surgery in the medical fields has made our life more convenient. Despite, of having such major functions, this tech has also aided in entertainment media i.e. movies, gamming. It has completely revolutionized the term gamming and watching movies in recent times. In this time we the consumers are given then sense of real gamming with the sense of self interaction, VR has set a new benchmark for the task like gaming and watching movies (finextra, n.d.). With such functions impacting us mentally and physically, VR has also has an adverse impact on us. Generally, it has affected the human mental behavior with increasing statistics of the impacts. The impacts such as loss of awareness, soreness in the eyes, dizziness and behavioural disorientation, nausea etc. and many more long term effects are still to be discovered. The longer exposure to this very tech. may cause us to go banging on anything that may come in our way, as one have to wear goggles to be operating such technology. Just like watching a screen for too long may cause tiredness to the eyes it has the same classic impact on us because it has to be watched way too near to our naked eyes than the normal TV screen or PCs, which eventually may cause dizziness and headaches. And people nowadays being more prone to playing advances games in VR which gives them the real sensation of the games. The games may vary from being a racing game to killing someone, which may be much more disturbing to the person playing it and may develop the habit of doing such as the sensation of the game in this tech is really real. Which may lead an individual to having a behavioural disorientations which tragically may lead to a person committing a sever crime. Hence these are some of the beneficial and adverse impact of VR on human lives (resourcemegaonline, 2020).