

A LIFE WITH TECHNOLOGY

Technology has definitely become the most important part of our lives, but wait, after spending whole of our days on these technical gadgets are we actually left with a life? So, the other day I was in the train and somebody actually looked up from their phone! It was quite scary, because who does these sort of things now-a-days!

As funny as this may sound, the sad part is that it is all true. We have immersed ourselves so much in these gadgets that we have forgotten that there is a life outside them. For most of these people, life, now is just something that helps them continue playing video games. People have forgotten the true essence of life. People have become so obsessed that they spend any free moment that they get, on their phones. I have seen people checking their phones and texting, in red lights, while eating, while reading books and even while driving, so much so that they even have a special side walk for those who text while walking in Belgium! What

this obsession of ours is doing is, it is distracting us from our task at hand and wasting our time and energy at the same instance.

More than 27 cases of selfie related accidents have been reported last year. Many of these have even resulted in death. It is good to preserve memories but is it worth dying for? This craze of taking pictures is actually hindering us from enjoying the present moment. People have become so engrossed in the virtual world that they have forgotten how to behave in the real one and they are getting more and more isolated from it.

But it is not too late to change, it obviously won't be possible for us to completely cut off from technology but what we can do is limit the use as much as possible. As Billy Cox said Technology should improve your life, not become your life!



Gayathri V Nair
A2

