

Meet Our Team



RIJIA PARVEEN
RAYA
2022-3-60-192



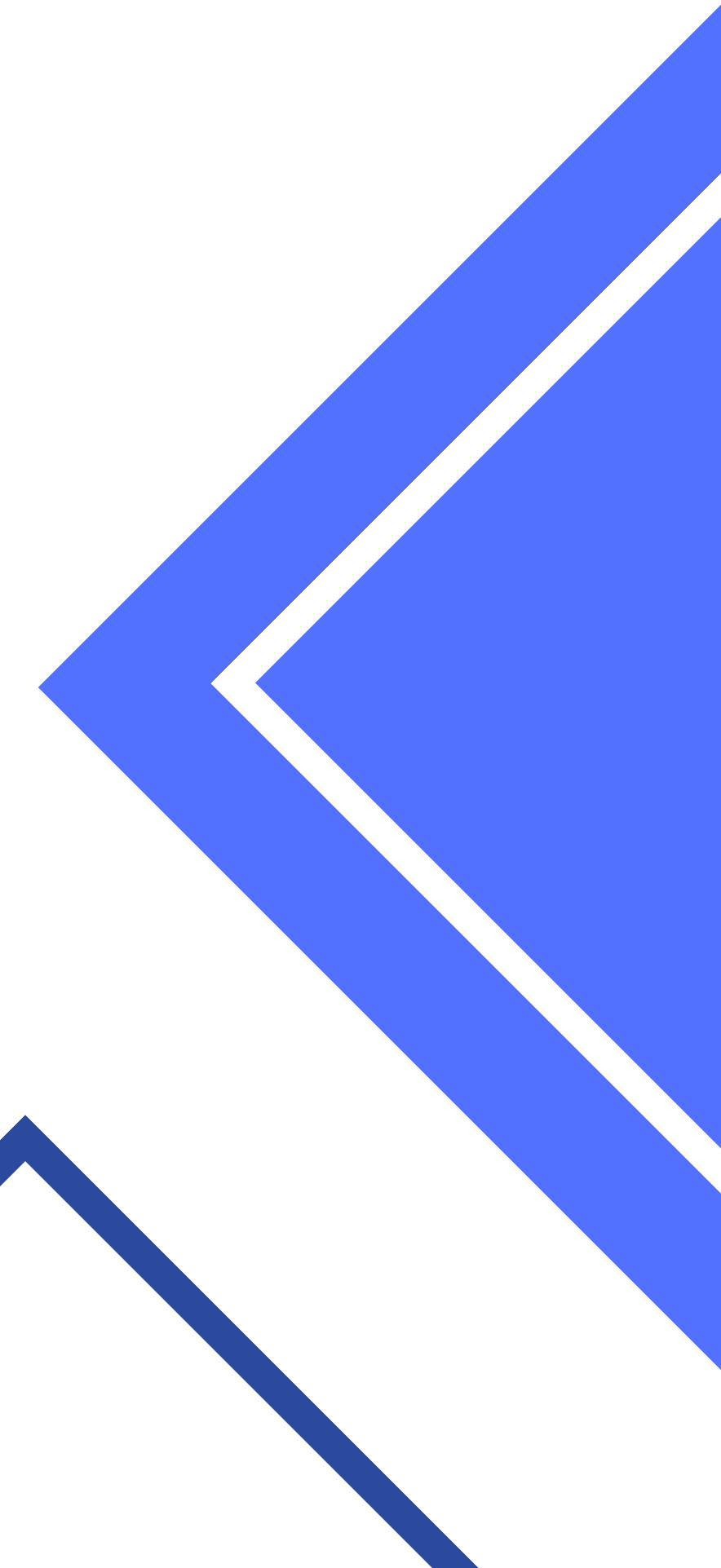
JANNATUL
FERDOUS NABILA
2022-3-60-198



SHEIKH SARAFAT
HOSSAIN
2022-3-60-109

OVERDEPENDENT ON TECHNOLOGY : A CLOSER LOOK

**A DISCUSSION ON TECH'S IMPACT ON THE VARIOUS
SECTOR**



THE REASON FOR CHOOSING THIS TOPIC

- 01 integral part of our daily lives
- 02 impacts of technology in our life.
- 03 affects
- 04 overcome addiction
- 05 Promote healthy digital habits

HOW IS IT GOING TO BENEFIT US

- 01 Increasing awareness
- 02 Provide insight to the consequences of overreliance on technology.
- 03 Encouraging technology companies
- 04 Socializing

MATERIALS

01 Abstract

02 Introduction

03 Methodology

04 Findings

05 Discussion

06 Conclusion

07 Reference

08 Appendix

THE SOLUTION TO THE PROBLEM

- 01 Limiting Screen Time**
- 02 Promoting face-to-face communication**
- 03 Encouraging Physical Activity**
- 04 Encouraging mindfulness**

Conclusion

OVERALL, THIS TERM PAPER AIMS TO PROVIDE A COMPREHENSIVE UNDERSTANDING OF THE IMPACT OF OVERDEPENDENCE ON TECHNOLOGY AND ITS POTENTIAL SOLUTIONS. IT IS ESSENTIAL TO ADDRESS THIS ISSUE TO ENSURE A HEALTHY AND BALANCED LIFESTYLE IN THE DIGITAL AGE.



Thank You

**FOR TAKING THE TIME TO BE HERE AND LISTEN TO OUR
PRESENTATION.**