**Project Title:** Reflections of Digital Life

**Introduction:** ‘Reflections of Digital Life’ is a modern art photography project that explores the impact of digital technology on the society. This project aims to capture the dichotomy between our physical presence and our digital existence, highlighting how technology shapes our interactions, emotions, and perceptions of reality. In the age of screens, the project proposes to analyse with the help of visual media the subtle relationship between people and their digital devices.

**Project Statement/Goals**: The goal of “Reflections of Digital Life” is to encourage reflection and discourse about technology and our role in modern society. By presenting the discrepancy between the sense of community that digital life offers and the opportunities for emotional isolation digital life affords, the project aims to engage viewers in a dialogue about their relationship with digital life and its impact on their lives. Through this series of photographs, “Reflections of Digital Life” will convey the invisible emotional and psychological impact of digital life.

**Methodology/Approach:** The project will use a mix of candid captures and staged photography of people engrossed in their devices in various settings. Reflections, screens and shadows will be employed as visual metaphors of living between the two worlds. Dystopian themes will be explored with black and white photography. I will use a CANON EF‑S 18‑55mm f/4.0 and 55‑250mm f/4.0 lens to capture the subjects well with good natural blur and sharpness. A Canon 1200D (APSC camera running Magic Lantern) along with a gorilla pod and Samsung’s S23+ is my primary apparatus.

**Visual References/Inspirations:**

* The work of Edward Hopper for its exploration of isolation and urban life.
* The photography of Eric Pickersgill, particularly his "Removed" series, which depicts people with their devices digitally removed.
* The conceptual photography of Brooke Shaden for its surreal and thought-provoking compositions. These references align with my creative vision by emphasizing the themes of isolation, human interaction, and the surreal nature of our digital lives. I plan to incorporate similar elements, such as strong compositions and thought-provoking scenarios, into my work.

**Shooting Plan:** The project will be shot in various urban environments such as cafes, parks, homes, and public transportation. These settings will provide a diverse backdrop to capture the different contexts in which digital interaction occurs.  Multiple sessions will be planned to capture different times of the day and varying light conditions. I will mainly focus on moments where the sun is in positions that casts distinct shadows such as during sunset and sunrise. I aim to shoot this over a week, my goal is to also be able to show how throughout the workweek and weekends one’s digital life changes.

**Post-Processing and Editing:** Images will be processed using Adobe Lightroom and Photoshop to enhance contrast, sharpness, and overall visual impact. Special effects like digital overlays and reflections will be subtly added to emphasize the theme without overwhelming the main subject.