

with the growing usage of the information technology our lives too revolve around it, besides it has been playing a crucial role at our homes, work as well as in entertainment. Although it comes with several cons, however its pros certainly weigh more.

First and foremost, computers have made our lives much simpler. It doesn't only proves to be a

65
108

soon professional but also personally. For instance, the outstanding function of storing massive information as well as documents on our desktops, has added immense amount of comfort to our routine. Furthermore, it aids us with great information regarding our day to day lives merely with a simple click. Gadgets like 'Alexa', adds a whole new level of leisure to our homes, where it can perform tasks like turning the television on, switching the gyeser off to name a few just by a single command.

144

on the contrary, there are a handful disadvantages like the expanding lethargy among people, especially the younger generation, who have been dependent on this advancement since a very young age, moreover affecting the overall health of an individual. A good example of this would be the rising number of headaches has become an issue of concern due to extended sitting hours in front of the laptops. Apart from this, it has had disastrous effects on the eyesight.

209

DATE

--	--	--	--	--	--

as well as accelerated the issue of migraine in people.

Although the advantages are definitely more significant than the disadvantages, however the drawbacks cannot be ignored. Hence the utilization of this technology should be done in moderation. Furthermore being more mindful regarding the glasses would be beneficial.

words = 166