

These days, many people rave over the latest tech trends because they use it as a status symbol. Patients can now consult with doctors remotely using video calls and wearable devices such as smartwatches and fitness tracker which help us monitor our health and fitness levels. Technology has afforded people the opportunity to learn new things and concept Application and programs empower people that do not have access to learn. Also, video calls and social networking have transformed the way we interact, fostering meaningful relationships and reducing feeling of isolation. With the advent of smartphones, social media and messaging apps people can communicate with each other from anywhere in the world. Technology has made healthcare more accessible. The best thing about technology is that doesn't discriminate. Moreover, people who live in a remote locations can benefit from technology tools in different ways. Also, it helps people to learn new skills and language very quickly and easily In conclusion, technology has changed our lives in many ways, both positively and negatively. Apart from being used as a status marking people can also use it to make their lives easier and safer. Technology has made communication more easier than ever before. It has made our lives easier, more convenient and more efficient. However, it is important to use technology wisely to avoid ..negative impact