

Outline

1, Introduction

The advent of new technologies have revolutionized the human life by bringing ease and comfort through several opportunities, but its rapid growth has also raised serious concerns.

2, Evolution of technology and a sustainable digital world

3, Rise in opportunities through invention of new technologies

3.i Increased globalization leads towards development

a, Ease in sharing resources

3.ii) Quality education for all

a, Online learning especially during COVID - UNESCO report

3.iii) Augmented cultural harmony through tourism

a, Ease in travelling and hospitality culture - WTO report

3.iv) Improvement in health sector

a, Introducing GMOOT

3.v) Strengthening of economy through jobs creation.

3.vi) Strong democratic norms brings sustainability

4, Challenges

- a, FAFEN survey
- pared by new technologies.

u.i, Petilious impacts on human healthy

- a, Rise in obesity, eye diseases and insomnia - WHO reports

u.ii, Major cause of depression among youth.

- a, Increased suicides around the world - Kant theory of suicide

u.iii, Use of technology increases casualties in wars

- a, Case study of Gaza and use of Habscorn

u.iv, Birth of inequalities between developed and developing countries.

u.v, Brain drain through ^{portrayal of} unrealistic lifestyle on social media

u.vi, Xenocentric influence on third world countries.

5, Conclusion

The primitive men lived in caves where they had to go through extreme difficulties even to perform their basic tasks of cooking, storing, washing and communicating. These men decided to make their lives comfortable and through their iron clad will they conquered the vast skies and deep seas. They invented everything from type to robots. Human beings made their life easy and comfortable with the help of new technologies from education to health and from communication to transportation, every thing is quick and easy through the blessing of new inventions. However, technology is a double edged sword, that poses grave threats to humans. From rise in depression to suicide and from catastrophic impacts in wars to basic inequalities, technology permeates every aspect of human life. It has made humans vulnerable. Therefore, it is pertinent to state that; the advent of new technologies have revolutionized the human life by bringing ease and comfort through

several opportunities, but its rapid growth has also raised serious concerns.

Before analyzing the opportunities and challenges of new technologies, it is pertinent to understand the evolution of technology and how it has made digital world sustainable? Man has always been averse to change and therefore it took them thousands of years to reach the current technological advancement. Technology was perceived when man decided to change itself for good and made their life easy and comfortable. From then on, man has used its brain and utilized the resources to create new things that helped them in doing difficult task. This is how everything from a zip to a machine has been created. The modern technological advancement gave birth to a new world known as digital world. Everything is just a click away from us. It has made our economy, education and health more sustainable. The advent of new technologies brought new opportunities as well. The

most important development that has impacted the world is the ease in communication through globalization. Globalization made world a global village where every one is connected to other through technology. It has increased the dependence of countries on each other. This led to better understanding between nations. As no country is self sufficient, and requires resources of others to develop. Globalization has brought ease in sharing resources. The arrival of new technologies have increased the opportunities of growth and development of humans through globalization.

In the hard times of COVID, it was technology that came forward to help humans especially in education sector. When all academic institutes were closed and people were in quarantine, technology provided the means to connect and get education. Online learning system became extremely popular during COVID. Moreover, even after the end of COVID phase, students from underprivileged backgrounds and low developed countries got benefit from online platforms.

and received quality education. According to United Nations Education Scientific and Cultural Organization - UNESCO has shared a report in 2023, stating an increase in quality education to 23% globally. This shows that technology has improved human life by giving new opportunity to learn from their home.

Apart from educational opportunities, new culture technologies promote cultural harmony and integration through tourism. People can easily travel from place to place and in contemporary world it is very easy to learn about new people, their culture and languages. The increased interaction between people through tourism helped in developing peace and harmony among different groups. According to World Tourism Organization WTO reports, the world GDP will grow exponentially and tourism will increase to \$1.5 trillion by 2050. The love in travelling and hospitality culture has increased harmony and understanding between each other.

Similarly, new technologies have benefited humans in health sectors

through advanced techniques. Health sector has grown alot in past few decades due to rise in technology. The ^{operational} deaths have reduced due to health advancement. EMOBOT is the asme of opportunities provided by technology in health sector. The surgical robot can perform surgery with extreme care and effectiveness leading to better results. Quick identification of disease through advanced test also shows the benefits of new technologies in health sector.

Moreover, the economic opportunities have increased manifold owing to the rise in technology. The inter connected world has saved jobs for people around the globe. Almost 34 percent of people are working on online platforms. The culture of free learning and entrepreneurship - a novel concept 10 years ago - has employed a huge chunk of population. It has also increased flow of currency globally. Now due to the opportunities provided by technology, people can work from the comfort of their home and

equal opportunities are available for all irrespective of beliefs in a digital world.

Apart from increasing economic activity, new technologies have strengthened the democratic norms in society. It is easy to share opinions on social media and people exercise their right of free speech easily. Even political parties have made their media cells and promote their campaigns on social media. In the wake of recent development in technological realm, it has become severely difficult for dictators and tyrants to suppress the voice of innocent. The social media activism has strengthened the democracy. A recent report by Free and Fair Election Network - FAEN has shown that democracy has increased 24% due to rise in technology.

The above paragraphs have discussed the opportunities that come through new technologies. The following paragraphs will discuss the challenges posed by new technology.

To begin with the challenges

posed by new technologies, it is pertinent to discuss the severe impacts of technology on human health. As a famous aphorism goes, "Health is wealth and if health is lost, everything is lost." New technologies have given birth to problems like obesity, eye diseases and lack of sleep. As technology makes life easier and everything is simple and requires minimal effort.

It has increased obesity in humans as they spend most of the time on work. Lack of physical movements due to comfort provided by technology has increased fatness. Excessive use of screens has also caused eye diseases and insomnia. The catchy content on social media keeps people scrolling for hours without realizing that it is affecting their health.

Apart from physical health issues, new technology has also given birth to an eminent term depression. Depression among youth is the major reason of concern for researchers as it has alarmingly increased the

suicide rate. According to WHO reports, the suicide rate has increased 2.5% after covid 19. Another eminent psychologist Dr. Bahram from Red Cross has shared his research showing an excessive rise in suicide in Islamic world. Islam is a religion where suicide is prohibited and it was rarely heard that someone took his own life. However, the new technologies which show a false lifestyle on social media platforms create inferiority complex, and jealousy among youth. The lavish lifestyle shown on media leads towards depression.

Moreover, new technologies have threatened human race by humanoid robots used in war. Artificial Intelligence based military softwares that select target on its own is a grave danger for humans. It increases the casualties in a war. The use of Habsol in Gaza siege shows the perilous nature of AI technology in war. As machines have no ethics and emotions, so they select target on the basis of statistics leading to increased death toll. Even, children

elderly, sick, women and disabled are not spared. New technologies has posed a serious challenge for humanity as it we has put humans in grave danger.

Similarly, the inequalities between developed and developing countries have widened due to the technology. Though technology has brought development and increased communication among the world, it has also monopolized the market and gave privileged to developed nations. Developed countries are good in making new technologies and they sell their technology only to their friendly nations on a high price. They also sell the outdated technology keeping them dependent on their developed. This has made world unequal and creates injustice. New technologies have become a bone of contention between developed and developing countries giving birth to a technological war.

The gap between developed and developing nation creates a mass exodus of people creating brain drain. The lavish lifestyle posted on media

motivates people to move abroad to developed countries to live a life they see on media. The precious human resource of developing countries leave their country creating a huge gap. This keep the developing countries behind making them dependent on developed nations forever.

Lately, the rise in new technology has created a digital world in which it is very difficult to distinguish between truth and lie. The multi billion dollar companies control the digital world and show what benefits them. The comfortable lifestyle and good characteristics of one culture create a ferocious thinking. This promote moving of people from their native country to foreign land. Moreover, the visa schemes only allow skilled and educated to cross the border leaving only unskilled back. This keep under developed countries from developing and pose a severe challenge to humanity.

To put in a nutshell, new technologies have brought sustainability in a digital world, but not

without repercussions. On one hand it has made human life passel through opportunities like globalization, quality education, cultural harmony, ease in trans- portation and communication. However, on the other hand it has also posed severe challenges. The mental and physical health of humans have been compromised. The cataclysmic impact in war and inequalities among nation have provoked the countries and brought them on the brink of a war. Nothing is completely good or bad. It is the use that defines it. Technology is neither good nor bad, it is how we use it defines the sustainability of chaos. Man is a rational being and it will use technology for development.

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