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ARTIFICIAL INTELLIGENCE IN EDUCATION



The use of artificial intelligence in education has gained popularity. **What does this indicate for students? Has the use of AI in students' education changed anything for them?**

For every youngster, artificial intelligence in education has the power to change the game. You must understand how artificial intelligence (AI) can help students because many schools already use it across the nation.

What is Artificial Intelligence?

Artificial intelligence (AI), expressed by the general public as the ability of machines or computers to think and

act as humans do, represents the efforts towards computerized systems to imitate the human mind and actions (**Wartman & Combs, 2018**). In this respect, the basic definition of artificial intelligence can be expressed as the skilful imitation of human behaviour or mind by tools or programs (**Mohammed & Watson, 2019**). According to **Timms (2016)**, it may be an illusion of the current structure to think that artificial intelligence will come within the computer format used at home. It could get into our lives within different functions and shapes.

Effect of Artificial Intelligence in Education

The use of technology in education has always been significant, but it is now more common than ever because of the increase in smart devices and web-based education. Artificial intelligence is being applied in education in a wide variety of methods to aid students in their learning. A few AI-based technologies that have already had an

impact on education and will continue to do so are as follows:

Chatbots

One type of AI educational software that students may soon use is chatbots. These are being introduced into classrooms more frequently, where students use iPads or computers to talk with chatbots that are created to assist them in understanding particular subjects, like math or reading comprehension. Chatbot tutors might be able to teach students more than simply new ideas; they might even be useful when analysis is required. The future of all technical roots is chatbots. It shortens the teachers' workload cycle. While parents are present, chatbots in the classroom might also take the place of email communication between teachers and parents.

Virtual Reality (VR)

Virtual reality is a new development in education that is being utilised for everything from teaching history to helping students with their math skills. People can explore and interact with a multi computer-generated

environment known as virtual reality. By combining experiential learning into their lessons, VR educators are

Other Examples of Artificial Intelligence
Maps and Navigation
Facial Detection and Recognition
Text Editors or Autocorrect.
Search and Recommendation Algorithms
Chatbots
Digital Assistant
Social Media

changing what it means to be a student. VR is a fantastic tool for encouraging a sense of community among students. While using the same virtual reality programme in various classrooms, they can safely communicate even though they are still separated by distance. Students can explore things in virtual reality that they might never get the chance to see or learn about in the real world. Teachers are similarly affected. Educators can find a lot.

Learning Management System (LMS)

One of the most crucial things in today's technological world is to stay current with educational breakthroughs. Learning

management systems are one of these developments. An organised, user-friendly mechanism for overseeing all of a school's online operations is provided by a learning management system. Although these tools can be used for a wide range of tasks, they are frequently used to complete the following:

- Assign coursework
- Communicate with students and parents
- Track student progress
- Generate reports on student performance

These systems make it possible to keep all elements of a course in a single location, including lessons, assignments, tests, and grading. This implies that instructors are always free to offer input on any project or test. Without having to wait until the conclusion of the semester, students may view their marks right away.

These LMS with AI software allow for the learning of a wide range of subjects. An AI-powered intelligent digital teacher can assist a learner by giving them the solution to their

problem as well as assistance with their problems. Artificial intelligence can even be used to create learning management systems that can analyse student thought processes and improve student learning. Today's LMS systems can assist teachers in content creation, support parents in tracking their child's progress in the system, and evaluate students using an AI engine. This has helped teachers manage the classroom more effectively while also reducing their workload and helping parents better understand their child's progress. LMSs are a wonderful resource for both educators and learners.

Robotics

Over the past few years, artificial intelligence and robotics have become more prevalent in education. Now that it is being used in education, it may be seen to increase student engagement and safety for both teachers and students. The current state of AI development makes robotics in education unavoidable. Robots may be a fantastic learning tool for both students and teachers, providing an

engaging method to delve deeply into a subject. This means that robots can give teachers a method to spend more one-on-one time with children who need additional help. It also allows them to experiment with new ways of teaching, which is essential when trying to reach different types of learners. For students, it's a chance to teach themselves something new without the pressure of being the only person in class or having their peers judge them for making mistakes. Robots can offer that space where they don't feel embarrassed if they don't get something right away. Robotics is vital for students because they can teach them that engineering is more than just solving problems on paper or drawing on a mat. They can see the outcome of their efforts and the final result.

Challenges

The challenge of learning how to use technology is for the students and the teachers. In most cases, the problem is that teachers are not being trained on how to use the new technology in their classrooms. As a result, they have to

figure it out themselves or find someone they already know. Teachers need help in understanding how these tools can be used in order to provide students with an engaging learning experience.



Pros and Cons of Artificial Intelligence in Education

However, the pros and cons of AI in education are not so black and white. There are advantages to both sides, but there are disadvantages to each side as well. AI is replacing humans in an increasing number of fields, including education. It's not just teaching but also grading papers, writing essays, and making recommendations to students about what they should study next.

Pros: Artificial Intelligence in education is a very controversial topic right now. People are torn on whether or not AI should be used to

educate students. Many people argue that AI will replace teachers and take away the human element of education. However, there are many advantages to AI in education. AI can grade papers and essays much faster than a human can. This will give teachers more time to work with students on critical thinking skills and critical analysis skills. This would also allow teachers to focus on individual students who would benefit from their guidance. AI can also augment human teachers by providing insights about student learning styles and giving hands-on feedback for students who need more practice with specific topics or skills. AI doesn't get tiring, doesn't have mood swings, and doesn't have a life outside of education.

Cons: However, there are some negative aspects to Artificial Intelligence in education as well. A robot might not be as good a teacher as a human can be. The disadvantage of AI in education is that technology may not always be successful in teaching. AI does not experience emotions. Students don't feel that

they are being cared for by the AI when they are being lectured to or when they have a question, and when they do not get a response from the AI. This is an emerging field, and it's being studied at universities worldwide where professors are working on developing AI technologies that improve our lives. Artificial Intelligence can also be used to provide students with adaptive learning where it adjusts the pace of instruction based on how each student is performing. On the flip side, some people worry about AI's impact where human interaction is receding.

Conclusion

AI will benefit parents who are always concerned about their children's social life. AI technology allows them to monitor their child's interaction online more closely than ever before. Schools use software that analyses data points such as how well different students comprehend material. AI brings the ability to have

24/hr access to teachers and lessons anytime, anywhere. AI can be used as an educational tool that guides students towards their goals by providing personalised feedback on homework, quizzes etc. based on AI algorithms. Artificial Intelligence has the potential to make everyone's life easier through automation as it can do menial tasks, so you don't need to spend time doing mundane activities like organising emails or finding files.

The future of education is here!

AI is a crucial driver for change in education. There are so many benefits of AI. Every student will have equal access no matter their learning ability or disability; this makes a massive difference since not all children learn at the same pace or possess similar skill sets. With the help of AI, students can make their future bright.

Vidhi Gaba

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Artificial Intelligence Facts

AI-enabled devices are everywhere. Nearly 77 percent of devices today use AI technology in one form or another.

The growth of AI startups accelerated 14-fold since 2000. And we'd bet more of them are coming up every year.

Business leaders trust AI's power in driving growth. 84% of C-level executives believe that they need to adopt and leverage Artificial Intelligence to drive growth objectives.

The global AI market is booming. It will reach 190.61 billion dollars by 2025, at a compound annual growth rate of 36.62 percent.

By 2030, Artificial Intelligence will add 15.7 trillion dollars to the world's GDP, boosting it by 14 percent.

There will be more AI assistants than people in this world. Forecasts indicate that there will be 8.4 billion AI-powered digital voice assistant units in the world by 2024, which surpasses the total global population.

Entertainment Sector - One of the fastest growing industry



Whenever we hear the word entertainment we feel excited, happy and have an emotion that feels good. In ancient times people used to seek entertainment from dancers, singers, magicians, circus, etc but now our sources of entertainment have changed. They have become movies, web series, serials, music, concerts and extra. Whenever we have leisure time we just say ‘Let’s Netflix and chill’. But have we ever thought about the wider concept of entertainment and the process behind it, I can guarantee you this that it is at least bigger than the time you are going to spend in reading this article.

We already know that entertainment has been around since thousands of

years and has been enjoyed by all ages but now it is a billion dollar business.

Economically, entertainment consists of diverse product and services including motion pictures, television, music, broadcasting, print media, toys, gaming and fine arts.

Entertainment has grown as an industry in step with increased income and time available for leisure and recreation. We have studied that Economic development is quantified in terms of productivity or output per person-hour. Let’s understand how this industry boosted in recent times. According to American Time Use Survey, watching television was the leisure activity that occupied the most time in 2020, 3.1 hours per day, accounting for just over half of all leisure time on an average day. People age 15 and older spent 19 minutes more per day watching TV than they did in 2019. From this survey we can conclude that leisure time is an important factor for the growth of the industry. The growth of this industry is due to an increase in the amount of leisure time. As a

result, there has been an increase in the demand for entertainment and the industry has expanded. We can relate this as we are regular users of Netflix, Prime Video, Disney Hotstar and Spotify. This has increased the productivity of the economy. It has also led the entertainment industry to expand due to its increased productivity.

We can understand broader concept of entertainment by idea of Demand and Supply. The demand for entertainment products is not fixed in advance, but is discovered by consumers as they consume many entertainment products. When movie audiences see a movie they like, they make a discovery and tell their friends about it. This and other information are transmitted to other consumers and demand develops dynamically as the audience sequentially discovers which movies it likes. Supply adapts to revealed demand through flexible exhibition contracts and other business practices that permit the increasing returns in film demand to be realized.



India's Media & Entertainment industry is expected to reach \$30.9 Bn by 2024. Smart connected TVs increased by 10 Mn in 2021 and are expected to exceed 40 Mn by 2025.

Global impact of entertainment industry

Walt Disney once said, " Movies can and do have tremendous influence in shaping young lives in the realm of entertainment towards the ideals and objectives of normal adulthood"

Motion pictures, home video and television programming, music and sound recordings, books, video games, and software are collectively one of the largest and fastest-growing economic sectors, responsible for about 6 percent of total U.S. gross domestic product per annum.

The international market now yields more revenue than the North American market and it is also the

source of revenue growth for the motion-picture industry. Some global movies make such an impact that people want to travel to that country or want merchandise of that movie or series. This trend has become very common now . We can understand this by many examples like Disney land as people have seen the animations of the Disney globally. Other than Hollywood many other countries are also getting advantages from this opportunity. Like Turkey's new emerging industry. It is believed that one of the most important results of exporting TV series is to have impact on the increment of the travel demand to Turkey, which is known as film-induced tourism effect. Turkish dramas reflect their culture and are the country's most well-known economic and cultural exports. Turkey is the world's fastest growing television series exporter and has currently overtaken both Mexico and Brazil as the world's second highest television series exporter after the United States. With Korean dramas making their space in the world, people start finding South

Korea as a magnificent tourist location. According to a report published in The Korea Herald, more than half of the tourists that visited South Korea came thereafter watching Korean dramas. Basically these entertainment sources like music, films , dramas have not only made their respective countries famous as tourist spots but also the export and import have also increased which obviously has led in the rise of economy as the demand for these entertainment sectors is increasing because of their popularity and employment opportunities has also increased.

Impact on Indian Economy

I can say that we Indians are fonder of entertainment than others. We love Hindi songs (regional songs), dance performances, gaming (which has increased recently) and of course our Indian Film Industry which includes Bollywood, Tollywood and etc. But these are not only just our entertainment source but also has a huge impact on our economy. The increasing availability of fast and cheap internet, rising incomes, and

increasing purchases of consumer durables have significantly aided the industry. As per the latest report by the PwC, India's Media and entertainment Industry is expected to reach Rs. 4,30,401 crores (US\$ 53.99 billion) by 2026.

Growth of the sector is attributable to the trend of platform such as YouTube that continues to offer recent and video content-linked music for free, which is expected to drive the paid OTT music sector reaching 5 million end-users by 2023, generating revenue of Rs. 2 billion (US\$ 27 million). During covid-19 many movie theatres were shut down due to loss midst lockdown, owners were worried that the cinema viewing experience will eventually be replaced by digital platforms affecting in decrease of number of viewers visiting the theatres. As a counter fact many movies released post pandemic are making huge profit to the box office and helping with the revenue of the entertainment industry. This industry is India's second fastest growing industry and specifically film industry grows by

16% annually. Bollywood presents a 60% growth the last years and, on its way, to becoming integrated in the global economy contributing to Indian Economic development. Due to all this we are having a global impact and are showcasing our abilities to the world.

Future of entertainment sector

Entertainment is a dynamic and diverse sector. It is becoming more and more popular as we have already seen but its future is brighter.

It will not only produce employment opportunities but people can make career in this sector. With increasing technology, this industry we also evolve according to that. Engaging all human senses is the future of entertainment. Making the experience to feel as real as possible, as intense as survivable. All of us have read and seen the prediction of the headset that will bring us to alternative reality. Computer simulation will become part of our lives by 2030. Last year Sony presented personal 3D viewer headset, using which you can enjoy

3D movies everywhere, no matter are you home or in the airplane. Consumers will be able to engage with the content of the show or movie they are watching. High pick of reality shows popularity. As predicted by Hunger Games, game-based programs will not run out of the expiration date. Hopefully they will be more joyful and less deadly. Full consumer engagement up to the point where viewers will be able to make decisions for participants of the show. In addition to reality TV, new generation of movies blurring the lines between the film and gaming. future broadcast TV will be just what human wants it to be. It will be connected to our social networks, analyse our mood and behaviour and stream to us exact show we would like to watch. It will be whole new level of individualized entertainment service.

So Entertainment is not only a way of spending your leisure time but is also a huge economical sector and a leading career option which was there, is there, and will always be there for you.

Vani

BBA SEM I

Some Interesting facts about Indian Cinema

- Elphinstone palace in Calcutta Theatre was the first cinema theater in India, in the year of 1907.
- Pandit Ravi Sankar was the Music Director of the Indian Film, Gandhi.
- Nargis Dutt was the Very First actress who was nominated as a member of Rajya Sabha.
- Bhanu Athaiya was the first Indian to receive Oscar award for the costume Design of the Gandhi Film.

FUTURE EDUCATION CHALLENGES



Education is now the primary perform of a person's profile index. The higher the level of education stronger a person's profile. It is the solitary phenomenon that occurs in our universe since it provides the fundamental level of understanding of all concepts. Education is a vital right of every individual that not only aids in knowledge acquisition but also builds one's personality and moves our worldview to a higher level.

Every educational system has benefits and drawbacks. Regardless of how advanced a country is in terms of technology, teaching aids, or educational quality, there will always be some barriers that would cause

challenges in education. And India is not an exception! Education in our country is divided into two categories: government and private. You're surely aware of how difficult it may be to keep Indian educational institutions running smoothly. Everything is linked to the local economy and its prosperity. Anyway, let's look at the issues that India's education system is experiencing and what can be challenging in the Indian educational system in future.

The Increase in Cost

Even for those who can afford it, education is prohibitively expensive. The competitive pressure on students and parents leads them to supplement the school system with private tuition and training. Government aided colleges and universities have similarly raised annual tuition to the point that repaired is problematic. Our finest institutes, for example, raise their annual prize is from \$90000 to \$200000 in 2016. It was a significant increase that made little difference between private and public colleges, which was odd almost 70% of Indians live in rural areas. The

adult literacy rate is approximately 60%, but it is much lower in women and minorities. With a 2% rise in population, there is significant pressure on the education system to offer quality education at an accessible price and to raise literacy rates.

Ignorance of the Practice

Studies are primarily focused on giving students with theoretical knowledge, which has an impact on their capacity to apply the knowledge they have received correctly. One of the few things they may do is read better writing services online reviews for the website that provides writing services to obtain more beneficial information on how to apply their talents in practice. In India, the most important thing for both periods and teachers is that the children achieve good test scores. They frequently overlook the level of information gained from all they have learned. Concerning, students frequently forget the material of the books and scripts shortly after passing the exam. It is a national issue that has a

negative impact on the Indian education system in general.

Increase in Technology

Today's students are more technologically advanced than many teachers, putting teachers at a clear disadvantage in the classroom. However, a student's love of technology can cause them to become distracted from their studies. To meet the learning demands of the 21st century, technology must enter the classroom. Schools that are already short on funds may face hurdles in bringing computers and other forms of technology into their classrooms. The Covid-19 epidemic has highlighted the numerous technical issues that the education industry is facing. There is a whole other level of issues that need to be addressed, from teachers struggling with the fundamental controls of online collaboration software to those having difficulty sharing or producing digital files.

Inadequate Personalized Learning

Judging every student using a single exam is no longer appropriate, especially as the objective assessment process gains popularity around the world. There is also a scarcity of tools that can assist teachers in important tailored learning in a single class hour. As a result, there is an urgent demand for personalization in education. After all someone interested in money is unlikely to apply organic chemistry synthesis concepts later in life.



Strategies for Evaluation

Exams have always cause significant difficulty for educators, with questions being repeated for decades, evaluation procedures maintaining consistency, and answer evaluation widespread. While many test have MCQ based questions or objective in

character, a last number of them remains subjective. Furthermore, there is a poor relationship between learning outcomes and assessment, and students have no right to know whether they are adequately examined or how they are assessed. Current assessment procedures are biased since there is little openness in the evaluation process and fast feedback on assessed work is still lacking. Classroom evaluation approaches are less authentic, and students never learn whether or not there was a mistake.

A Scarcity of Resources

The economic position of the country is one of the most important factors influencing the work and advancement of educational systems. Even though India is currently ranked sixth position in the world in terms of nominal GDP, there is still a significant lack of educational resources. With over 1.2 billion people India is the world's second largest country by population, so you can imagine how difficult it might be to sort out all the essential sectors. As a result, the other aspects take

precedence over education, and students suffer the most. With such a large population to educate, a paucity of resources for the education system is to be expected.

Bullying

Bullying is not a new issue but it has a significant impact on the learning abilities of students today. Bullies now have even more ways to harass their victims, thanks to social networking, texting, and other virtual contacts. As indicated by the number of suicides that can be directly linked to bullying occurrences. Cyberbullying has become a big concern in schools. The fact that regulations involving cyberbullying are still hazy adds to the difficulty, as parents, teachers and administrators are confused about how to lawfully handle such concerns.

Health of Students

Obesity has risen to epidemic levels in the world and the same poor eating habits that contributed to the obesity crisis maybe contributing to decrease school success as well. Obesity also raises a student's risk of developing

additional disorders such as diabetes and high blood pressure, which can lead to increased academic problems. It is important that students should do exercise regularly and focus on their physical health too.

Teachers of Questionable Quality

Quality teachers are also required for students' phenomenal progress. If this is the case, they will have well-educated professors who will assist them in achieving their objectives and guiding them throughout their schooling. Unfortunately, this is not something that can be seen in India. On the contrary, teachers are frequently insufficiently qualified to guide students appropriately. The issue that the Indian education system is addressing is the lack of qualified and gifted teachers. Aside from that, they are bothered by a non-scholarly responsibility that diverts their attention away from education.

As a result, according to a study by the National Institute of Education Planning and Administration (NIEPA), the educators only spend about 19% of their time educating,

with the balance of their time spent on unexplained authoritative activity.

This attitude is not acceptable in educational institutions, especially those with a strong impact on future generations. A certain level of responsibility and professionalism should be established, but it appears that Indian educators are not entirely aware of it. And moving further is quite difficult with this type of schooling.

Family Relations

Family issues also influence a teacher's capacity to instruct students. Principals and teachers both believe that what happens at home has an impact on a student's productivity. Divorce, single parenthood, poverty, violence and a variety of other concerns are all issues that students faced on a daily basis. While some teachers and administrators try to engage with children. Many a time's parents are typically unwilling to collaborate with schools to care for their children.

Attitudes and Behaviors of Students

Delhi public school teachers believe that student attitude such as indifference towards teachers are a serious issue in today's classrooms. According to our national centre for education statistics issues such as disinterest, tardiness, rudeness and absenteeism represent substantial hurdles for teachers. This difficulties

*"I don't want you to
think like me,
I just want you to
think."
- Frida Khalo*

were notice more commonly in secondary school than in primary school.

Parental Participation

Teachers frequently discover that there is no medium for parental participation. Some parents will not be seen for the whole school year regardless of the difficulties shared with them by the institution. Others seem to follow the child and interfering with the educational

process. There are methods for parents to become active while also supporting their child's education but teachers don't always receive that degree of support from parents.

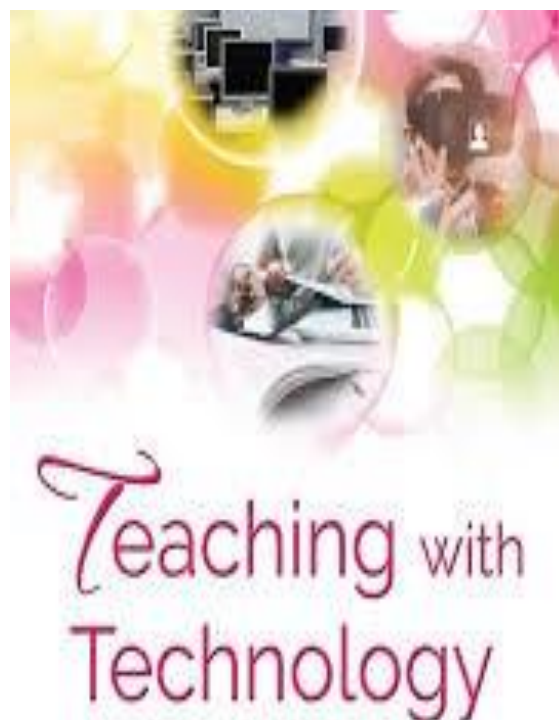
Conclusion

School systems have always been and should remain one of the main drivers of change students do not need to learn how to adapt to the system they need to learn how to look at it with a critical mind and how to imagine better alternatives.

Education systems must guide students towards a major cultural shift from individualism to cooperation, from consumerism to environmentalism, and from egoism to solidarity.

Finding the answers and the solutions to problems has never been easy and human kind has always done its best to make the most out of its understanding of reality. But today we must understand reality better it is a matter of survival, it is a matter of creating a more just one world in which every human being is granted access to progress, but not only

economical, technological and real progress should happen but change should happen inside the human being, inside his mind that is where we create our own world, that is the very starting point from which we can achieve all these results.



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FUTURE OF BITCOIN



Crypto currency-A future

Currency

Crypto currency has become a global phenomenon in recent years especially this year. It has become the hottest topic in the world. Bigwhales and many people doing investing in this and making huge profits. Even countries are adopting crypto currency and bit coin.

Even I am also a fan and supporter of bitcoin and other altcoins. I am also doing investing and trading in cryptocurrency and altcoins for a long time and making profits. Think, now I am 18 years old and start trading in cryptocurrency when I was 17, understanding fundamentals and making profit s at this small age then why you don't. Is this risky or

do you not understand. Did you know if invest 1000 dollars in bitcoin in 2010, now it would become 287 million dollar.

What is cryptocurrency?

Cryptocurrency is a digital payment system that doesn't rely onbanks to verify transactions. *It's a peer-to-peer system that can enable anyone anywhere to send and receive payments.*

Instead of being physical money carried around and exchanged in the real world, cryptocurrency payments exist purely as digital entries to an online database describing specific transactions. When you transfer cryptocurrency funds, the transactions are recorded in a public ledger. Cryptocurrency is stored in digital wallets.

Cryptocurrency received its name because it uses encryption toverify transactions. This means advanced coding is involved in storing and transmitting cryptocurrency data between wallets and to public ledgers. The aim of encryption is to provide security and safety.

The first cryptocurrency was Bitcoin, which was founded in 2009 and remains the best known today. Much of the interest in cryptocurrencies is to trade for profit, with speculators at times driving prices skyward.



How does cryptocurrency work?

Cryptocurrencies run on a distributed public ledger called block chain, a record of all transactions updated and held by currency holders. Units of cryptocurrency are created through a process called mining, which involves using computer power to solve complicated mathematical problems that generate coins. Users can also buy the currencies from brokers, then store and spend them using cryptographic wallets.

If you own cryptocurrency, you don't own anything tangible. What you own is a key that allows you to

move a record or a unit of measure from one person to another without a trusted third party.

Although Bitcoin has been around since 2009, cryptocurrencies and applications of block chain technology are still emerging in financial terms, and more uses are expected in the future.

Transactions including bonds, stocks, and other financial assets could eventually be traded using the technology.

A cryptocurrency is a digital currency, which is an alternative form of payment created using encryption algorithms.

Future of cryptocurrency in India

Cryptocurrency has grown in size and popularity among investors to facilitate the financial activities such as buying, selling and trading in India and around the world. According to the **United Nations Conference on Trade and Development Report 2021**, **7.3%** of Indians owned cryptocurrency in **2021**.

As much appreciable as it is that India is rapidly moving towards

digitisation in almost every aspect of life, an underlying concern that needs immediate attention is that at present, **India does not have any regulatory framework to govern the crypto assets market.**

The absence of a regulatory framework not only creates uncertainty for businesses looking to enter this space, but also exposes investors to avoidable frauds. An unregulated ecosystem can also facilitate money laundering, fraud and terror financing

Conclusion

As crypto mature, we will achieve a lot of stability which will make it easily transferable, and a store of value that will make it more used by businesses, the government, and everyone as a part of everyday life.

Cryptocurrency is still a lot in its early stages and some people are still skeptical about it but it is here to stay and has been adapted into our lives and will be currency used by everyone which is only a matter of time. With the acceptance and how widely talked about it is, the

future of crypto to be bright

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BBA SEM I

Is cryptocurrency safe?

Multiple factors show that cryptocurrency is not always a safe investment. All the while, other signs are emerging that cryptocurrency is here to stay.

Cryptocurrency risks

Cryptocurrency exchanges more so than stock exchanges, are vulnerable to being hacked and becoming targets of other criminal activity. Security breaches have led to sizable losses for investors who have had their digital currencies stolen, spurring many exchanges and third-party insurers to begin offering protection against hacks.

INFLUENCE OF MUSIC ON MENTAL HEALTH



Music is a powerful thing. Apart from its entertainment value, listening to music has incredibly positive effects on the brain. More specifically, music can change how we act, feel and think. Researchers have found that music increases memory and retention ability as well as maximises learning capabilities. Our brains trigger particular emotions, memories and thoughts, which often leads to more positive effects on mental health. According to a new study published in the Journal of the Medical Association Network Open, researchers said that listening and creating music is highly advocated, including in the latest World Health Organisation (WHO)

report, as a means of improving health-related quality of life, as well as various domains of well-being in clinical and healthy populations. The analysis revealed that music had a similar positive reinforcement among people as they experienced from weight loss in studies of adults with obesity.

Improves Cognitive Performance

The research found that background music, or music that is played while a person is primarily focused on another task, can improve performance on cognitive tasks in elderly people. One study suggested that playing more upbeat music led to improved processing speed, while both positive and downbeat music led to benefits in memory. So, if you are working on a task, consider turning on a bit of music in the background if you want a boost in your mental health. Consider choosing instrumental tracks rather than those with complex lyrics, which might be more distracting.

Helps Eat Less

One of the most amazing psychological benefits of music is that it might be a helpful weight-loss tool. If someone is trying to lose weight, listening to mellow music and dimming the lights might help achieve their goals. As per one study, people who ate at low-lit restaurants where soft music was played consumed **18 per cent** less food than those who ate in other restaurants. The researchers found that music and lighting help create a more relaxed setting. Since the participants were more comfortable and relaxed, they may have consumed their food slowly and have been more aware of when they completed the meal.

Reduces Stress

It has been suggested long before that music can help reduce or manage stress. So, people might consider the trend centred on meditative music to soothe their minds and induce relaxation. Fortunately, this is one trend which is supported by research. Listening to music can be an effective

tool to cope with stress. According to one study in 2013, people participated in one of three conditions before being exposed to a stressor and later taking a psychosocial stress test. Some of the participants listened to relaxing music, others listened to the sound of rippling water, and the rest received no auditory stimulation. The results found that listening to music impacted the human stress response, especially the autonomic nervous system. Those who had listened to music recovered more rapidly following a stressor.

Improves Memory

Many students enjoy listening to music while studying, but is that such a great idea? Some feel like listening to their favourite music as they study improves memory, while others observed that it serves as a pleasant distraction. Research suggests that it may help. But it depends upon various factors, including the type of music, the listener's enjoyment, and even how musically well-trained the

listener may be. As per one study, musically naive students learned better when listening to upbeat music, possibly because these songs elicited more positive emotions without interfering with memory formation. However, musically trained students performed better on learning tests when they listened to neutral music, possibly because this type was less distracting and easier to ignore. If you find yourself distracted by music, you may be better off learning in silence or with neutral tracks playing in the background. Another study found that participants learning a new language witnessed improvement in their abilities and knowledge when they practised singing new words and phrases versus just regular speaking or rhythmic speaking.

Theoretical and Practical Implications

This study makes an important contribution to the body of literature. As university students face various mental health issues and few research studies focus on this area, there was

an urgent need to investigate the role of music education in improving students' mental health. This study employs social cognitive theory to examine the conceptualized path. The study's findings show that music education increases students' self-esteem, which helps to improve their mental health. The study's main practical implication is the need to increase emotional intelligence development among music students in high school, college, and university, especially in light of research that demonstrate emotional intelligence is a predictor of academic success. Music psychology can have a big positive impact on one's physical and mental wellbeing. Instrument playing can promote emotional expression, socializing, and exploration of many therapeutic themes such as conflict, communication, bereavement, and so on. Music can be used to influence one's mood. Music engages our brain's neo-cortex, which relaxes us and reduces impulsivity due to its rhythmic and repetitive elements. It is

frequently used to enhance or alter our mood.

While there are some benefits to matching music to our mood, it can also keep us depressed, angry, or nervous. A music therapist can play music that corresponds to the client's current mood and gradually transform the person into a more happy or peaceful state. Music has numerous physiological benefits, and listening to music on a regular basis may be beneficial to your overall health and well-being. It reduces pain by eliciting emotional responses, focusing cognitive attention, and stimulating sensory pathways in the brain that compete with pain pathways. The music appears to help shift focus away from the pain by competing with the brain's pain circuits. Furthermore, music and visual art education necessitate a diversity of student labour styles, as well as a spectrum of emotions associated with the presenting of a produced piece. In terms of coping techniques and emotional intelligence, the psychological functioning of art school students

varies significantly according on their artistic activity. A musician or music student with a high level of emotional intelligence has a greater possibility of not just excelling in school, college, and university, as well as the music industry, but also of maintaining mental health and even better physical health.

Conclusion

Things that relax us. It all depends on dopamine hormones because when this hormones release, they make us happy. Whenever we would be in stress, they stop flowing in our mind. Many people say that they listen to music because it can make them feel comfortable, relax, happy and so on. The impact of music to our emotion is creating awareness of our current emotional state, in contrary, music can evoke our feeling through its structural properties. Music not only affects our emotions, but emotions also affect the choice of music.

Karuna Yadav

Bcom (H) Sem I

KNOWLEDGE IS POWER



If money is your only hope for independence, you will never have it. The only real security that a man can have in this world is a reserve of knowledge, experience and ability.

There are very few people out there who truly understand the importance of knowledge. Not every educated person is knowledgeable, but every knowledgeable person is educated. This statement may sound weird but it's true. In today's world, almost everyone is educated still they do

not have knowledge of the subject that they have studied.

Besides, Knowledge is something that helps you drive a car, ride a bike, solve a puzzle, etc. Knowledge is something that prevents us from making the same mistake twice. It is not something that you can buy from, you must earn it.

Why is knowledge considered powerful?

Knowledge is power' means that a man has education and a complete control on his life by using the strength of knowledge. Knowledge is the state of awareness or understanding and learning of specific information about something and it is gained from experience or study. This means a person has the resources to express his views dynamically and make intelligent decisions based on his everyday situations, awareness and understanding.

This doesn't make a man powerful. A man is said to be powerful when he uses his knowledge to mobilize in the right

direction.

When a man has the ability or capacity to act or perform effectively with his knowledge then he gains Power. Moreover, it never decreases in use and only increases with time.

Accordingly, a knowledgeable person is more important than a rich person because a rich person can give money to the nation, but a knowledgeable person can give knowledge to the nation and this knowledge can also increase the wealth of nation.

Besides this a question can be arise that why less knowledge is dangerous? So, for this I would say less knowledge or half knowledge can leads to man in benighted condition for rest of his life. He will never be able to excel in any field to the fullest. This type of person is only aware of major aspects of a subject. They do not focus on minor aspects which give an unbalanced view of a particular thing, which misleads a person into making wrong decisions that have a negative impact on her/his life. The ocean of

knowledge gives us broad thinking and makes us fearless. Moreover, our vision becomes clear through it.

Also, when you get knowledge of various things like science, medicine, politics, and more, you can work for the betterment of the world. Knowledge gives birth to inventions and discoveries.

There is no age limit to learn something new, we can keep learning till the end and keep earning the knowledge. We learn something to get the knowledge out of it and not to boost the ego to show superiority in front of others. Respecting the knowledge, it will take you to a level ahead in your life. Never limit yourself to what you have, the more you discuss the more you earn. This will only help you to get more and more about different things. You are always surrounded by a group of people, friends or whatsoever, they may or may not be of same educational background or traditional or work as of you, they will be aware of something that you may not know or you may have something good to

Knowledge is power' means that **a man has education and a complete control on his life by using the strength of knowledge.**

share which they think might help and this is possible if you start a conversation and discuss amongst yourself. This will make everyone share what they know and learn new things at the same time. Elderly are always treated as people of high knowledge or wise people even though they don't acquire a degree and the reason is the experience and knowledge about most of the things they have come through their life, our own parents will have so much to share about different things which they used to see in a different way as compared to that of the world it sees now.

Discussing with them will help us learn something new, it may be your own tradition or way of living, the art of living and so on.

The more you learn and share, the world will become wiser, and people

will behave well with others, the way of living may change to some, at last, the world will become more peaceful. Learn more, share more.

Knowledge is powerful because a man can mobilize his life into the right direction.

The knowledgeable person is the richest person on earth because no one can steal his/her knowledge. But anyone can easily steal your money and power from you at any time.

In conclusion, I will say that true knowledge helps a person to bloom. Also, it keeps people away from fights and corruption. Besides, knowledge brings happiness and prosperity to the nation. Above all, knowledge opens the door to success for everyone.

Devika

BBA SEM I

MENTAL HEALTH AND WELLBEING



Mental health gets defined by the tolerance power of a particular person towards an unpredicted situation. A respond towards an situation by the person decides it's mental stability. It's totally unfair to disturb your mind and put unwanted pressure to the brain.

Now a days it's a humoured topic to be discussed between elders that how we youngsters have been so intolerant towards the hardships. It bothers our elders how we youth have been confined with these depression, Impatience or silence of not revealing your feelings. As these mental health issues don't see ages to give its effects but still our youth seems to be more effected by it then any other age

groups. There was a time where children use to wait for the dinner table to be gazed with love and togetherness of the family and talked about ethics, elders experience, how day went, how it should be planned etc. Especially in early time the younger one's were influenced by the elders to press their thoughts on the table so that their perceptions should be clear. Now a days these ethics are seems to be a dream where family togetherness is seen. It was a blessing and it's lack turned out to be the worst lost and gave an adverse effect on mental health. The earth revolved, thoughts evolved and bought changes of loneliness, selfishness etc.

Depression comes in so many forms, and for so many reasons. Dealing with it — my own and others' — is still hard for me, especially when it touches loved ones whom I care for and rely on the most. But with every act of acknowledgment, each gesture of empathy, each conversation, it gets easier. And in those moments when I have the courage to empathize deeply, I find when I come back up, the air's a little sweeter. Using the

words of Martin Gore, ‘everything counts in large amounts’. The large numbers around mental illness mean that it should count. Right now, one in four people have a diagnosed mental illness. That’s 25% of the population, wherever you are in the world. Fifty percent, that’s every other person, will experience a mental health issue at some time in their life. Approximately 1% of people will have a schizophrenic episode in their lifetime. That may seem small, but that’s one person in every one hundred, or over three million people in the United States alone. More than five million people in the US and nearly one million in the UK have dementia.

The National Alliance of Mental Illness defines mental illness as ‘a medical condition that disrupts a person’s thinking, feeling, mood, ability to relate to others and daily functioning’. This last part is particularly important. A mental illness may relate to feelings, such as being happy or sad, but it is significant enough to impact our ability to function normally. Many

people with a mental illness still function but many may, and often do, find it more difficult than most. You may know people with a mental illness and not even be aware.

Mindfulness

Mindfulness is becoming an increasingly discussed aspect of mental health and wellbeing. Through a heightened level of mindfulness, we may be able to manage a diagnosed mental illness in a more positive way, we can improve our mental wellbeing and increase resilience.

So what is it? It’s a form of mental state that is achieved (or aimed for) by trying to maintain focus on the here and now, on the present moment. It involves acknowledging a situation or feelings, accepting them — whether good or bad — without judgement and moving forward in a positive way. It does sound a little like Zen Buddhism, that that’s okay because it’s derived from Buddhism. Mindfulness is similar to meditation. Any activity can be done mindfully but fully focusing on, and experiencing, the moment. By not

being distracted by the thousands of other things going on around us, we are better able to embrace a situation, good or bad, as positively and successfully as possible.

Physical health

What does physical health have to do with the brain? Just about everything. People with chronic or severe illness tend to also have mental health issues or difficulty mental wellbeing. Which is reasonable. Research has shown a link between diabetes and depression, for instance.

The other side is also true. Those who are more physically well (such as fitness, nutrition, and sleep), tend to have better mental health, or are better able to deal with mental illness. Total wellbeing is affected by physical and mental wellbeing and they impact each other. Maintain your body, and you will be better able to maintain your mind!

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Mental health

Mental health is universal. It affects all people, of all ages, of all nationalities, of all socioeconomic situations, of both genders and all sexualities. If you have a brain, if you have a mind, mental health affects you.

You can choose to exercise and be as fit as you are able, with or without any pre-existing physical conditions, or you can choose not to. You can choose to be prepared to make the most of any situation, no matter how bad, with or without a diagnosed mental illness, or you can choose not to.

Living well, living life to the best that you can, is as much about your mind and your mental wellbeing, your mental health, as it is your health, fitness, entertainment, family, work, and career. It's just as important. We all deserve a long and healthy life, and that starts with better mental health. Learn to give your mind the attention it deserves.

Clearing our mind clutter

When we consciously choose to reduce the amount of belongings we own, or materials in our household, we have less. We have less to clean, less to throw out, less to see, so less to take up our thoughts and time.

By reducing – or minimalising – all the “extras” in our life and household, we are in fact reducing the time spent on things which are unnecessary, take up our time and energy, and which can lead to living a stressful life.

By deciding to live a life which is “more minimal”, we are creating a step towards clearing out our “mind clutter”.

One of the best benefits we gain from embracing a minimalist lifestyle is that there is less stress in our daily life. Less spending means less debt hanging over our head. There’s less concern to make more money with which to buy the next gadget. Creating simple changes in our lifestyle through proactive and ethical choices means we begin to turn our values outward rather than inward. We then begin to think of the

ways in which we live and how it affects our home, our environment and the world.

And lastly we all know that love, affection and understanding can cure everything hence spend with your family.

Aishwarya

B.Com Sem I

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. ¹. Mental health is important at every stage of life, from childhood and adolescence through adulthood.




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