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Augmented Reality and Virtual Reality: A New Way of Seeing the World

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Abstract: *Technologies such as (AR) Augmented Reality &(VR) Virtual Reality, which provide immersive digital experiences, interactive environments, simulation, and engagement, have completely changed how we approach learning. However, in order to meet the huge demand in education, these technologies which are still in the emerging stage need to be heavily customized and heavily invested in. This thorough analysis seeks to contextualize the last few years of development of Virtual and Augmented Reality in the Education. For additional study, a total one thousand five hundred and thirty-six articles are chosen using text mining and theme analysis techniques. Based on earlier research on AR and VR in education, hypotheses were developed and are currently being processed and analysed to reveal the current development in literature via Augmented Reality and Virtual Reality, applications, benefits, and future directions. The findings show that wearable technology has contributed significantly to the exponential expansion in the use of Virtual and Augmented Reality in education in recent years. Results also highlight the need for faster adoption and customization of these technologies in educational institutions, based on secondary data. An increasing number of educational applications for the learning process are emerging as Virtual and Augmented Realityexp and quickly. It is advised that researchers stay up to date on the gaps in AR and VR's Changeover to education &develop practical adaptation strategies to maximize the benefits of these technological development with significant developments in high-speed transmission and processing, AR &VR are developing as Display Platforms for Next Generation for more intimate human-digital interactions. Nonetheless, matching the extraordinary Human Vision Performance while keeping Near the Eye Display module tiny and lightweight presents unprecedented hurdles for optical engineering. Fortunately, new advances in Holographic Optical Elements HOEs and Lithography Enable Devices present novel approaches to overcoming these challenges in Virtual and Augmented Reality which would otherwise be problematic with traditional optics*

Keywords: Human digital interaction, display platform, technologies, performance, Wearable technology