Title：Ai based Super Resolution technology for Virtual Reality and Panoramic Video

In this paper, we reviewed super resolution technology, especially the progress made by using deep learning and artificial intelligence (Ai). A lightweight and efficient panoramic video super-resolution method is designed in order to balance the performance and the computing complexity. This method adopts deformable convolution to align the nearest neighbor features with the target feature, in order to further enhance the alignment effect step, we have introduced self calibrated convolution to gradually implement the alignment operation in a recursive manner. In addition, we have also proposed a lighter and more efficient LWRDB module based on the RDB module. Experiments prove the effectiveness of the proposed strategy. Compared with mainstream video super resolution algorithms, our proposed method achieves a better balance between performance and algorithm complexity.