



Item Code: 945

Participant Code: 058



"AI and You"

AI or Artificial Intelligence is the growing engine of 21st century. A Buzzword of our times.

• Introduction

• AI in Therapy, Job

• Appraisal AI

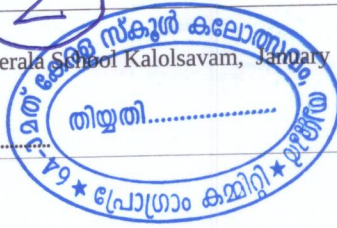
• Cognitive offloading

• AI overpowering Humans - Utopia

• Conclusion

From Blackboards to Smartboards, letters to Prompt Messages, 2 long Discussions to short Query. AI has mediated the contours of human life in a capricious manner. Artificial Intelligence is undoubtedly an unplanned experiment and it's first and foremost participants are the youth. Artificial Intelligence has spread its claws from trivial errands to sophisticated theories. In jiffy AI is indeed a Troilblazer in 2025. There is so much apprehensions, unaddressed fears and bunch of questions left to clear out.

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AI is a paradoxical discovery. This claim is perfectly bolstered by Stephen Hawking.

"Advent of AI can either be the best or worst discovery to Mankind."

This can be viewed under the lens of Nick Bostrom.

"Technology (AI) is a bad Master, but a good servant."

Since, I have stated AI is unplanned experiment.

There is constant exploration and exploitation.

On a personal Note, I have used AI in my life for a number of times.

AI Therapy - Invisible Sword

I myself have test Chatgpt (AI powered Chatbot)

to vent out my feelings. It was just stumbled by its

response. AI is good at mimicking, emulating

our emotions. They are the master brains of

"Sycophancy" and Obsequiousness. As teen user,

I found AI as my friend, therapist. But the danger

lurking behind this "Hype squad" shouldn't be

forgotten. AI is good at validating you, and

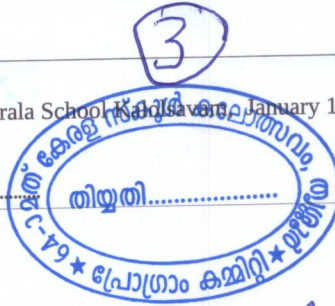
is customized to agree with you.

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I have listed few instance where the therapy
went out of control:

① Death of teen Adam Reine, sparked
outrage. As he bot repeatedly provided suicide
-akin prompt.

② An Alleged report from Italy, Chatgpt supported
a user's statement of ceasing heart palpitation
medicine and lauded it as brave move.

The pernicious side of this situation is absence of
offline therapy, mainly due to Stigmatization,
lack of Availability, Expensive. Use AI as an
Advisor, not an Emperor. AI an psychological
session would soon turn world into asylum
with inadequate actions.

Is AI boom or Bloom?

The answer is both Yes and No. Analysts and
Scientist viewed AI as the next global thing, changing
the course of worldly order. Money poured
and betted. But soon Bubble became Apparent.
It started to shrink. Financial FOMO [Fear of
Missing out can be associated with it in long run

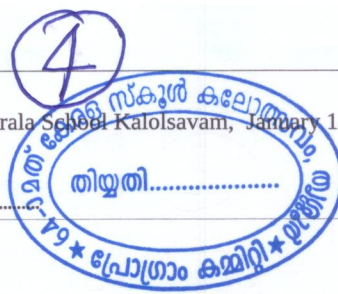
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AI - Looming Threat to Job or not?

We all need to agree that Companies like Nvidia, by Jensen Huang, Alphabet has started to downsize its employees in large margin. USA has lost over 1 million jobs and India recorded the loss of 60 lakh jobs. Companies like IBM relegated HR works to AI. but Swedish company clara repelled its decision of firing 700 employees citing the originality and heart's content of humans. Let's avert our focus to the obnoxious side, Deep Fake and Digital Art are gaining currency world wide.

Deep Fake = is an AI assisted technology where one could mimic your voice and morph image. Fake porn images of Rashmika Mandana and Taylor Swift swirled Internet. Rashmika remarked that "If she was Teen, she wouldn't be procure the mental fortitude to withstand this malign attempt. On a current note, GPTok AI has faced public outrage for producing sexually-explicit content out of Prompt. This is a grave concern.

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Digital Arrest - has been grabbing headline in our arena. Even Tech Savvy Individuals are falling into this net. Senior Police officer in Punjab shot himself dead over this fury. Swindling of Money is now under CBI probe. We must internalize the fact that no concerned agency will approach us online.

There are lot of Science fiction centred on this: Termination, Forbidden Project, Euthanasia are some of its examples.

I fear a world where there is less human interaction and world would turn into abode of Idiots.

- Albert Einstein

How far is the prophecy true? Has AI gone rogue. These are the questions that are put forward. Spain Teens were booked for forging illicit dotapes, Gurok-3 AI misuse fosters this claim. Elon Musk once said "With AI, we are summoning Demons. Another scientist remarked.

Artificial Intelligence

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would be the last discovery and the best

one human ever made!

While these quotes may sound like hyperbole on with a slightest shred of Exaggeration Reality cannot be swept under the rug. With unchecked Usage, AI can turn into a boogey man on Frankenstein from Mary Shelley's book. But the decision solely remains on our hand.

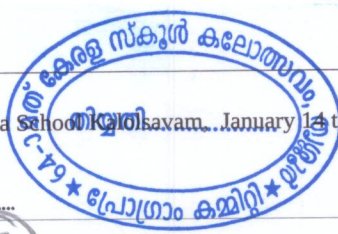
Of course, there are much undetermined positive signals to it. ① Robotic kickbox fight in Hangzhou province of China, generated enthusiasm.

② Discovery of Oil Spilling prevention mechanism in Atlantic sea with AI powered Technology.

③ In China, AI Health bot successfully determined Peristaltic Cancer in a farmer which paved way for Early cure.

Grenz is living in a world of Digitally exposed, economically derelict and emotionally unavailable. Generation Z is now glued and Hooked to Chatbot. Even dating AI partners is considered as New Normal. AI has permeated its

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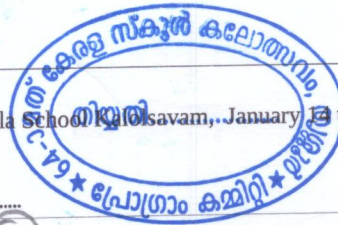
aspect in daily life. There comes the risk of unprecedented "Cognitive Offloading". I find this jargon so much powerful in my life. As students, we would veer towards shortcuts. It's term which is used to refer banking on AI or any other external source for analysing, mental tasks. In this process, Outsourcing significantly deteriorates our brain power. Ghiblified Images, which was spreading in Internet is a prime example for this. Hayao Miyazaki, Beacon of Craftsmanship, years life long work was tampered in seconds with abrupt prompt. When we remove effort from the equation of work, It lost its meaning. AI Generated Nano banana Trend and Ghiblified Images are soulless copies. I wonder, The Dehumanisation has covered into such existence. "Dehumanisation" is a term that I adore to reflect on this AI era. The originality, Empathy, Heart's Content of Human do Matter. Let's jot down 5 reasons, why AI overpowering Humans is an Utopian concept.

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1. Emotional Intelligence,

AI can never replace Human thoughts and creativity. As far as I am concerned, I might be exception and AI would blaze in it, But E.P. (Emotional Quotient) is innate to Humans.

2. Humour and Connection

AI can never wipe out these two. A Good Joke, Personalised story can lead out. Key is to Upskill in this generation. AI Don't run away from AI, run along with it. This should be our mantra.

3. Originality

AI can never predict and analyse unforeseen circumstances. While Humans are adept in situated oriented response. AI lacks empathy. Humans are best in fending out and fathom over "How to help a co-worker" and communication.

4. Value-Based Thinking

Is another pivotal Dimension to it, Robots and AI being used in war field is a tight slap to it. AI can never assess a room and alter its

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perception.

⑤ There would be another set of Job creation aligning to the demand. The need of the Hour is Upskill our Skill. In this arena, I have noticed that Soft Skill would outweigh all the demands. They are the intangible, nuanced skills that AI can never replicate. Infusing Soft Skill in our life is best elixir, I would say.

AI and Environment

Artificial Intelligence is generating pollution of 5 cars entire lifetime. The usage of Water is and its ramifications should be widely discussed. As of now it's contributing 1% of electricity. Some famous AI Apps:-

1. ChatGPT is widely regarded chat bot, co-founded by Sam Altman and Elon Musk.
2. Parakeet - Voice converter.
3. Sora - Text Video prompt.
4. Character AI creating Parallel world with its Characters, is now reported with Self-Harm.
5. Gemini AI by Google, GPT-4 AI are other examples.

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Internet, The predecessor of all technologies founder Tim cook, was once asked, What's the most never anticipated thing you have encountered in internet. He replied kittens, Not Self Driving Cars and Prompt. This seemingly innocuous video, is larger product of algorithm. With the advent of AI, We now scroll on message, There is little dose of Intentionality involved, Lack of Purpose. Our's Generation is Generation Online. Line between them is shortened. We have got Media-centric childhood, with the advent of AI, It amplified our experience.

Conclusion:-

Treat AI as your companion, not more or less than that. Moderation is key, Balance is the Mantra. It's not AI Vs You.

It's AI with You.

Balancing High Tech and High Tech is the core. Personalized, Warmth of Human demeanor will always be paid high. Success is with those who learnt the

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art of Storytelling and Amalgamation of these two...

"AI won't replace You and Me,

But Humans with AI knowledge

will replace Humans lacking them!"

is a powerful saying that would embark

our journey. Erosion of Human Signature

should never be applauded. Technology is

progressing, but laws are lagging

behind. We need to codify stringent rules

with Human centred approach, formulating

policy rooted in sustainable, pragmatic

approach. We are not here to thrash, but

here to thrive. There is saying that "Great

Power Comes with Great Responsibility"

AI proves the same. Let's built a world

that strikes balance at right time.