



AI : A Ladder to future ?

Artificial intelligence, shortly and widely known as 'AI' is familiar with each and every one in the present scenario. There are a lot of wrong and manipulative definitions of AI, but the one that convinced me was that it is just a trained system. We, the 'Homo sapiens' input informations, databases, documents and commands using features like coding languages. A wide range of languages are used for that, like Java, Python, React, C++, C#, Node.js, etc. As the name says, it's just some intelligence that humans created and hence is artificial. The former models of AI had no creative thinking. They just automated repetitive works that we used to do. This made our workload lesser than ever from the moment we got to know about the merits of this 'new technology', as always, we started experimenting and improvising artificial intelligence. Techies and students across the globe performed such experiments and innovations and are still even in 2026.)

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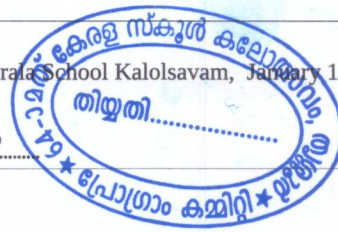


doing the same. Artificial intelligence got popularised in public in the first two decades of 21st century. But currently it is a driving force in many peoples' lives. Just like any other household tool we use, artificial intelligence had become the one of the major component of our day-to-day lives.

Just like each and everything in this universe, AI also have some advantages and disadvantages. It significantly reduced workload and created profit for us. The introduction of artificial intelligence in navigation, education, health care, job interviews, social media, research, businesses and countless fields resulted in improved accuracy and efficiency. Digital twin technologies in a number of fields are one among the amazing ideas emerged from the research on AI. Just as Along with the merits, there's also demerits. And in actual, the demerits are more popular than the merits. But before the actual demerits,



there are a bunch of misunderstanding about...
AI. The popular one is that AI is gonna over rule
us and just like we - the humans - are ruling
the world, AI will replace us and we, in turn,
will become ~~ins~~ not so significant' species. Also...
AI will replace us from jobs and eventually...
we all will become unemployed. These fears...
made people fear avoid AI tools. Movies, books...
and many such art forms also took these...
fears ~~to~~ into stories. They went straight to...
peoples' heart ~~as~~ as every art does and...
leaved a permanent sign over there. The famous
movie series 'Matrix' is one such art form...
based on the former 'threat' expressed. But...
the reality is that AI will not immediately...
turn harmful because it is still evolving, while
there ~~are~~ ^{are} still ^{feable} chances in the future for such...
an enormous form of AI. The next major...
fear that 'AI will make us ~~jobless~~ jobless' is...
actually a motivation. A motivation to up skill...
ourselves. Constantly gaining practical knowledge



and newer, functional skills which also include knowledge in using artificial intelligence in workplace will definitely keep us away from layoffs.

While these were misconceptions, demerits are yet to be discussed. Some models like those used in interviews could end up in biased results based on the informations we input. Also technical errors like errors in coding could result in backfires. The actual and most frightening demerit is that it is slowly but consistently killing our 'creative brain.' And this is my actual fear on AI. Nowadays, everyone irrespective of age depend on AI for simple daily task to complex ones. Earlier, before the wildspread usage of AI, we all feared smartphones due to addiction, dangers of blue light which in turn caused insomnia due to suppressal of melatonin (a hormone in human body that balances the circadian rhythm).



But now the uncontrolled usage of AI and the famous bots like Chat GPT, Gemini, Siri, Grok, etc results in hindered brain development. This is much serious and harmful in children. Since their brain are still developing. As we rely on AI for informations, storage, analysis, research, planning and all like that, we ~~are~~ keeping our brain aside and letting a machine work as our brain. This eventually decreases our thinking capacity. We start thinking how to automate a task instead of solving real-world problem with critical and logical reasoning. Earlier we had to store informations like phone numbers, routes and such things by ourselves and had to use them in appropriate circumstances. But now, we neither have to learn anything nor have to do something practical. Because AI does everything! Earlier drivers had well developed hippocampus. It is a special region in our brain that manages critical thinking.



Before the introduction of GPS (Global Positioning System) with integrated AI technology, drivers used their brain for navigation and hence had a well developed hippocampus and its vice versa^{today}. And this is same for all kind of people. Even though repetitive works and tasks are boring, it is a fact that such 'mundane' works plays a vital role in our brain development. It is clear from all these that over use of AI is definitely causing brainrots. All these doesn't mean that we should avoid AI and should return to the old fashion. We should use it but smartly. Because it also accounts for something funny and serious known as 'google theory'. This stands for 'being able to remember the source of the information but not able to remember the information itself'. Brain training is the major thing that we can adopt. Just like we train our body to become strong and more functional, we should train our brain to

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be more functional. In clear words, we should
challenge our brain by doing hard tasks consistently.
Along with this constantly updating ourselves
with newer versions and capabilities of AI will
help in overcoming the cons of AI usage.
With AI, the future looks brighter than
ever. Nowadays AI also provide mental support
to a lot in this world. Many people suffer with
tremendous stress, workload, pressure and all
The constant and devastating pressure from
social media is the main cause. In those
cases, people get to know that they need
assistance to bring their mental state
back to normal. But, due to the Society which
~~view~~ consider mental health as a lie they
avoid seeking help and results in huge
aftereffects. In this situation, people use
chatbots like Meta, Gemini and ChatGPT to
talk openly. They express everything in their
heart - in and out - to the AI tool. And the
tool comforts the person with the softest and



motivating tone ever. This stirs up the person's confidence and brings mental peace to them. Even when there is the fact that that human approach could never be ~~for~~ experienced by an artificially intelligent tool. But still amidst the world of judgement, some people find solace in AI. These chatbots also help people to 're-centre' their lives and to become productive. Remember, these all are done when AI is used effectively in the right manner. In this consistently destroying nature, sustainable models are gaining popularity and interest like never before. Today's generation aim for comfort, functionality, efficiency and sustainability. It is high time that we should recall what 'sustainability' is. It is the kind of living in which the present generation meet all of their needs without ~~compromising~~ compromising the ability of the future generation to do so. The dangerous climate change and the vulnerable decisions governments take.

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accounts for the depletion of nature. Recently Indian government made a huge mistake by redefining the concept of 'hills' in the case of Aravalli mountain ranges. Such cases account for environmental destruction and eventually our existence will be questioned. So in these cases technologies like 'Green-Build Designs' which aims at creating buildings and residential area space-efficient and sustainable. The usage of AI and robotics in fields like surgery and post-surgery and another streams of the benefits. The digital twin technology used to create twins to predict future problems like natural disasters and proving again and again that AI could be for good too. With AI, integration of different communities are easier than ever. In countries like India, where diversity is the major aspect, AI helps in connecting peoples mind and heart. The language barrier

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that kept Indians across different states
fighting and protesting is now not a thing
at all. In just a click any language . . .
or any dialect could be translated to a
familiar one. This way, AI helps in
conserving languages and in turn cultures
alive. Apart from the formerly discussed
fields like health, unity, sustainability, intelligence
and efficiency, scientific arenas like
space technology, military, education are
all benefitting from AI. AI powered
robotic teachers in remote areas where
actual teachers are hard to access is
revolutionizing the method of teaching.
To me, AI (Artificial intelligence) is just
a tool that we created. It is an amazing . . .
and powerful tool. With the right usage . . .
we can conquer heights. Consider a pen
we use it for writing and that is its
purpose. But it can also be used for
stabbing or hurting someone or somebody. If . . .

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we use any tool for its purpose, we will only...
reap benefits. If not even a pen could harm...
us. Then think about AI. It is mighty for...
sure. But it is also a huge zero without...
human touch.

AI, should be feared for letting us creatively...
down and that is a serious thing. Blind...
use of AI for each and everything results in...
cognitive turnoff of our brain. As the only...
creature ever found to be aware of its...
inner self ^{self} conscious - and its surrounding...
environment, we are duty bound to be moral...
always. Humans, no matter how much we all...
develop in the future should be rooted in...
the basic moral values & that initially molded...
us into this society. Human and the related...
anthropogenic actions resulted in faster...
evolution, environmental - climate change and...
etc. so far. It's our action that decide the...
future. Not any tool or technology. If we...
constantly learn and use goods for good,



we will be never short of dignity and self respect. So, if we look into the idea of 'AI and You', you is of utmost importance. AI is a thing made by human, meant for the good of human. While 'you' is something beyond.... Just like our beloved former president, Dr. A.P.J. Abdul Kalam said, 'You are meant to fly. So you better not walk or crawl. You are born with an immense power and an ignited mind.' As a youngster, AI is just a step in a long ladder that I've built to conquer the heights, goals that I aspire. Sometimes it become multiple steps by being by mental companion - which I think is really important for an adolescent mind - or my action tracker or ~~to an~~ a search engine for the information I need. As always, I govern and master my thoughts and actions. So, AI is nothing but a friendly tool!