



AI AND YOU

In the contemporary world AI has become an inevitable element of our daily lives.

Technology which is supposed to be our servant ~~are~~ has developed upto a level where it masters human emotions, behaviours and

character. While AI has undeniable advantages it also opens a horizon of unignorable challenges.

How AI evolves our daily life scenarios?

Artificial Intelligence is not just a machine who's invented by "Homo Sapiens", the so called Human Brain. It has a clear, evident effect on my daily life, yours and the whole individuals who have access to technology.

For example, we all refer to AI chatbots for atleast in some situations we face in day-to-day life. I've referred to chat.gpt for my academic doubt clearance, self-understanding, and things which I can't figure out. Even today I was just scrolling for



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some advanced vocabulary that I can use in the essay. I saw other participants who were about to compete with me ~~was~~ also referring to chat gpt AI bot. I realised that everyone is so advanced and no one is backing up. They were all using the resources that they had. It was quite impressive. Just like that progress is only meaningful when it is treated with responsibility and wisdom. Chat bots have so many advantages and its efficiency and convenience led people to abandon platforms like Google, Wikipedia etc. for their web browsing and doubt clearance. It helps people to be creative, innovative and ^{for} skill training by providing endless ideas and opportunities within a matter of a second. For instance AI is literally becoming a human presence. Moreover, it's just a technological invention. AI has also helped me real well for my academic excellence. It provided me with Flash cards, Formula sheets etc. for exam.

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Preperation.

For everything consist in the universe which has a boon got its own bane. AI masters human emotions, dominating the human brain, instant dopamine supply to brain leads it ^{into} an addiction. "Virtual Desires"

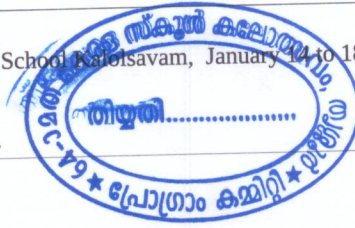
Is AI a threat to Human existence?

Firstly, we already know that AI can be dangerous and it is as powerful that it can destroy and replace humans within few years. There are some underrated but severe cases that AI caused. From my personal experience, As a person having ~~anxiety~~ anxiety issues. I can say that it really helped me overcome my internal fear and suggested me tips that I can follow when I have random anxiety attacks. But I've seen many people who becomes emotionally, mentally, and psychologically completely dependant to an AI bot.



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over use of technology entertain people to snorek into their cocoons reducing limiting human interactions. Therefore developing disorders that is very common in teens nowadays like, social anxiety, character development changes like becoming an introvert. I've friends who were really active before covid-19 pandemic and lockdown, became real silent individuals who term themselves as "introverts". But the irony is that they don't even realise while calling themselves introverted character, they are forgetting the social connections that made before. Things which we saw as "things which only happen in movies and series" are turning into lives. For example, we all read newsers regarding people marrying chat bots and replacing them with human beings with AI bots. It is unacceptable but these are the naked truths that happen around us.

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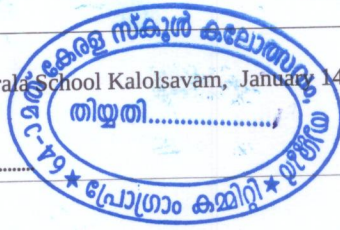
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Humans are social beings, by the arrival of AI people hat forgotten about social lives and morals, everybody is in there own virtual cocoon.

Some real and raw impacts of AI on individuals including me and you [Boones & Banes]

- I've been feeling like am in my own virtual cocoon. Most of teens feels this way.
 - Limited access to social life and more screen life.
 - Replacement for my reading habit, EBLP turned into virtual | audio books [No more books]
 - Losing my interest in hobbies.
 - Most importantly, I became myopic after lockdown due to online learning and less distant vision. I have to wear glasses for the rest of my life right now.
- As if you notice around you will find me rapid increase of people using spectacles. It's a common disorder now. And laser eye surgeons got more demand.

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IF ~~you~~^I were to explain every impact, it's more than just to be described in an essay. Being emotionally dependant on a chatbot when has no flesh and blood has become a common circumstance in the rapidly evolving globe. People considering it as their ~~be~~ husbands, boyfriend, ~~be~~ fictional characters that they possess etc. It's just purely people going insane cause of overuse of technology. Technology should save human beings. It is made for making life easier and smoother. It should not drive people crazy. I know people who starts w chatting with AI out of curiosity and the next moment we find them overly dependant on it for their small inconveniences. THIS IS NOT HOW IT SHOULD WORK!

How can we improve our relationship socially?
OR
[How can we make AI as resources helping humans limiting its risks?]



1) Detachment: Limit screen time, etc. hard but we've got hrs. Stop depending on it overly. Find solutions on yourself. It could improve our brain functioning as overuse of AI made our brain a procrastinating, lazy individual.

2) Human Interaction aka Socialising

This is something nowadays most people's worst fear including me. But it really helps us discovering ourselves and also people around us. By socialising we may find best and worst people around us. We just have to filter it down. We don't need the negativity in our life. It's always better to be picky as much as we could while building our circle. It would protect our mental peace.

3) Work out: Work out is ~~the~~ one of the best replacements for improving our relationship with ourselves. We lost ourselves somewhere on the middle of doom.

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scrolling and chatting with AI bots. We forget our health and body. Sitting hours in front of screens would only bring us chronic health conditions. Working out can sort out the overthinking, anxiety issues, and other mental health problems that brought by our virtual cocoon.

4) Communication: As we say communication is the key, if we only communicate with non-existent chatbots. It may have mastered human emotions and gives us best life advice. We may realise that slowly it can keep an authority, a dominance over us by the personal information, our feelings that we share with it. I'd say we should communicate to real people. It's so rare to find trustworthy people that we can share our personal life issues but once we find the gems we'll realise that no AI can replace them. AI is just a robot. It does not have life.

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and life experiences. It can't be compared with real individuals with real life experiences. We should consider that. In conclusion, it is the need of the hour to step out of our virtual world atleast for some time and enjoy the visual life that ~~our~~ god gave us. AI acts as a double edged sword. We should be careful with that. At one end with its advantages it surprises us at other end it disappoints us with its unnoticed challenges. However, it is true that we cannot completely avoid AI but we should have a hold on to ourselves. Sometimes we forget that we have Brain with cerebrum, cerebellum, pons and medulla which AI has not. We should not let it control our brain. As great people say "The destiny of future depends on the choices that make ^{the} present".