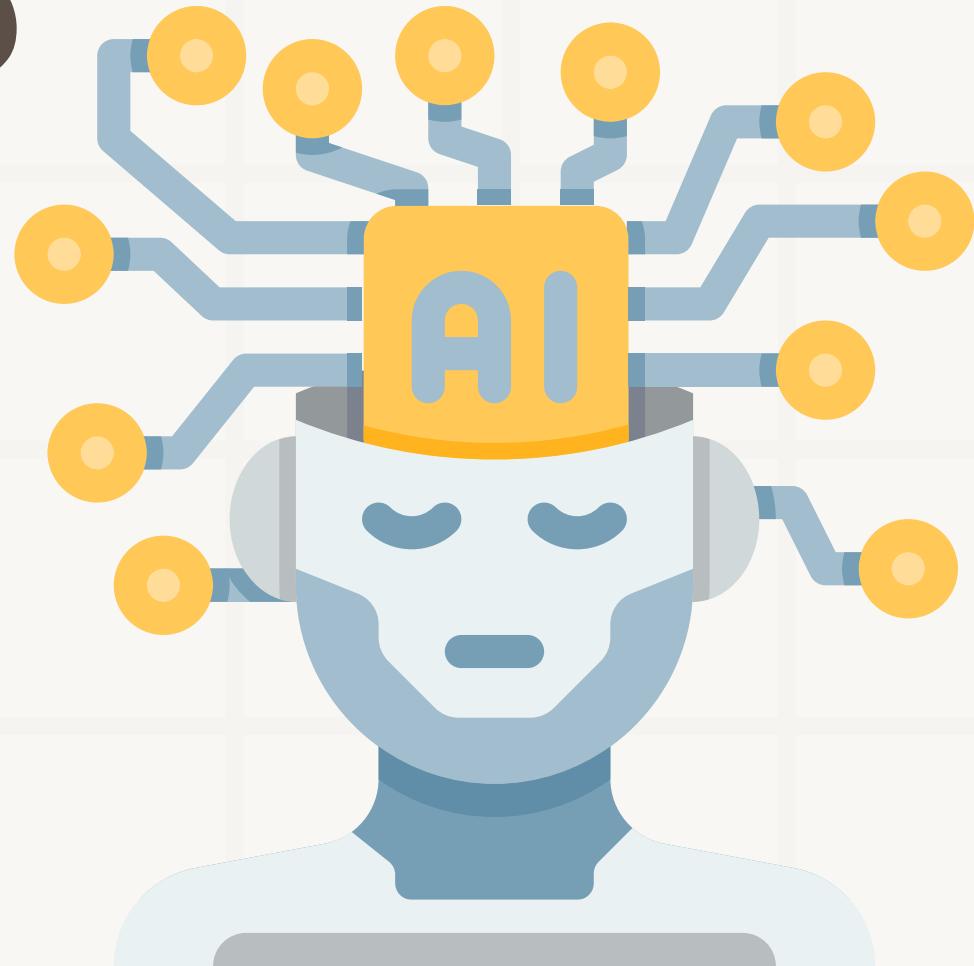


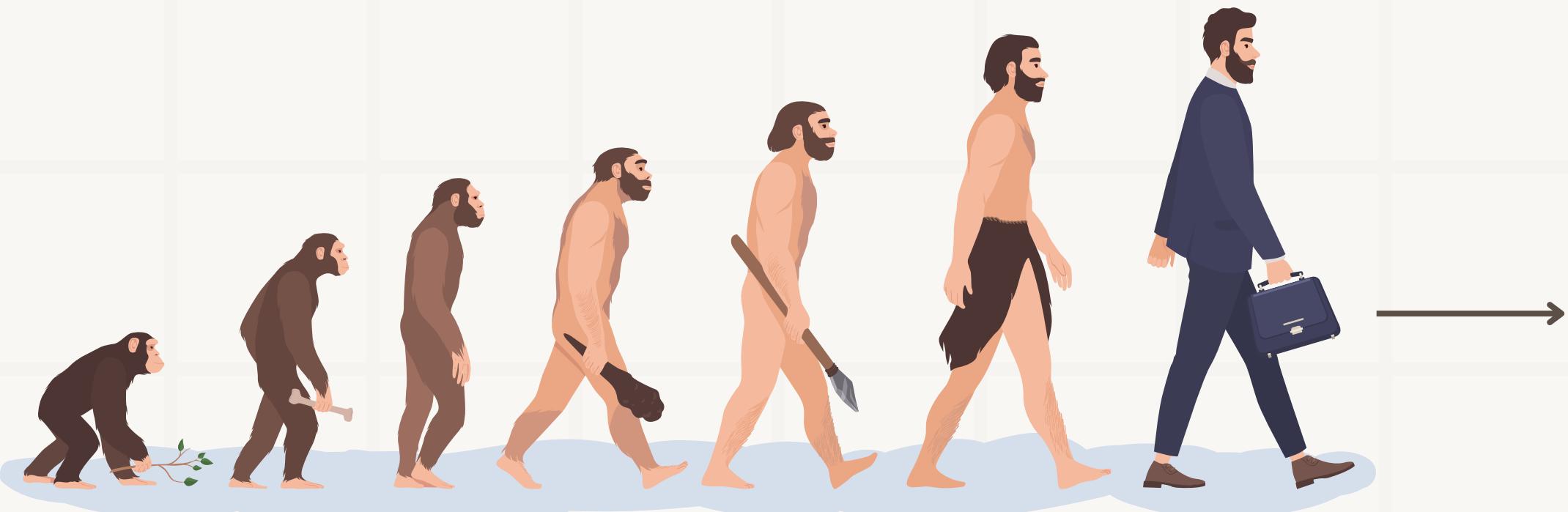


IS OUR RELIANCE ON AI DIMINISHING OUR BRAIN POWER?



AI IS EVOLVING FASTER THAN EVER.

From writing and coding to decision-making – AI is now doing what once needed human intelligence.



THE REVOLUTION BEGAN IN 2017.

The paper “Attention Is All You Need” introduced the Transformer architecture – the backbone of modern AI.



ARE WE OUTSOURCING OUR THINKING?

We now let AI handle writing, problem-solving, recall, and analysis – saving time, but skipping mental effort.



MIT STUDY SAYS...

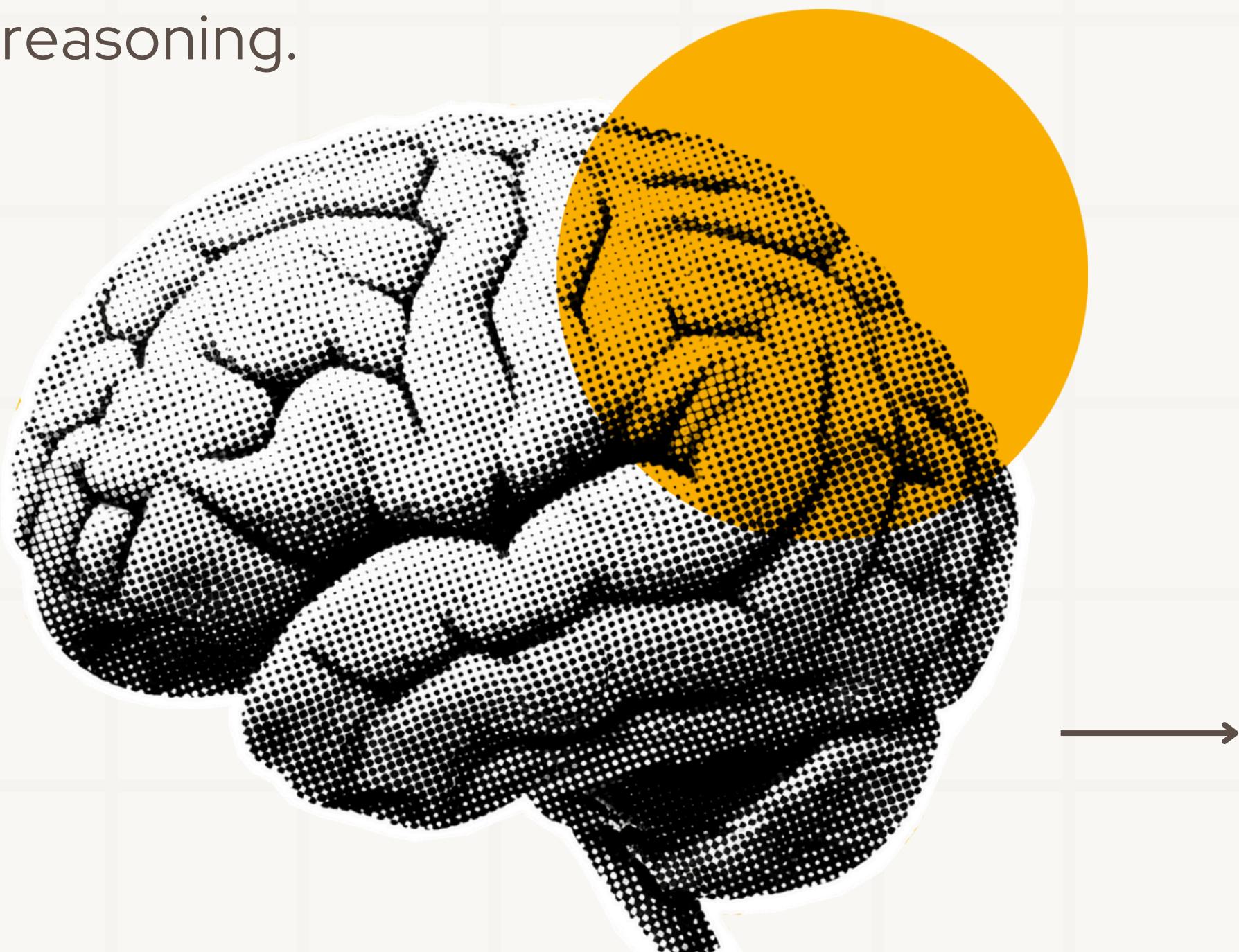
In an MIT study, people using ChatGPT for essays showed:

- 💡 Lowest brain activity
- 🧠 Weak linguistic + behavioral performance
- ⚡ Less cognitive effort overall



USE IT OR LOSE IT.

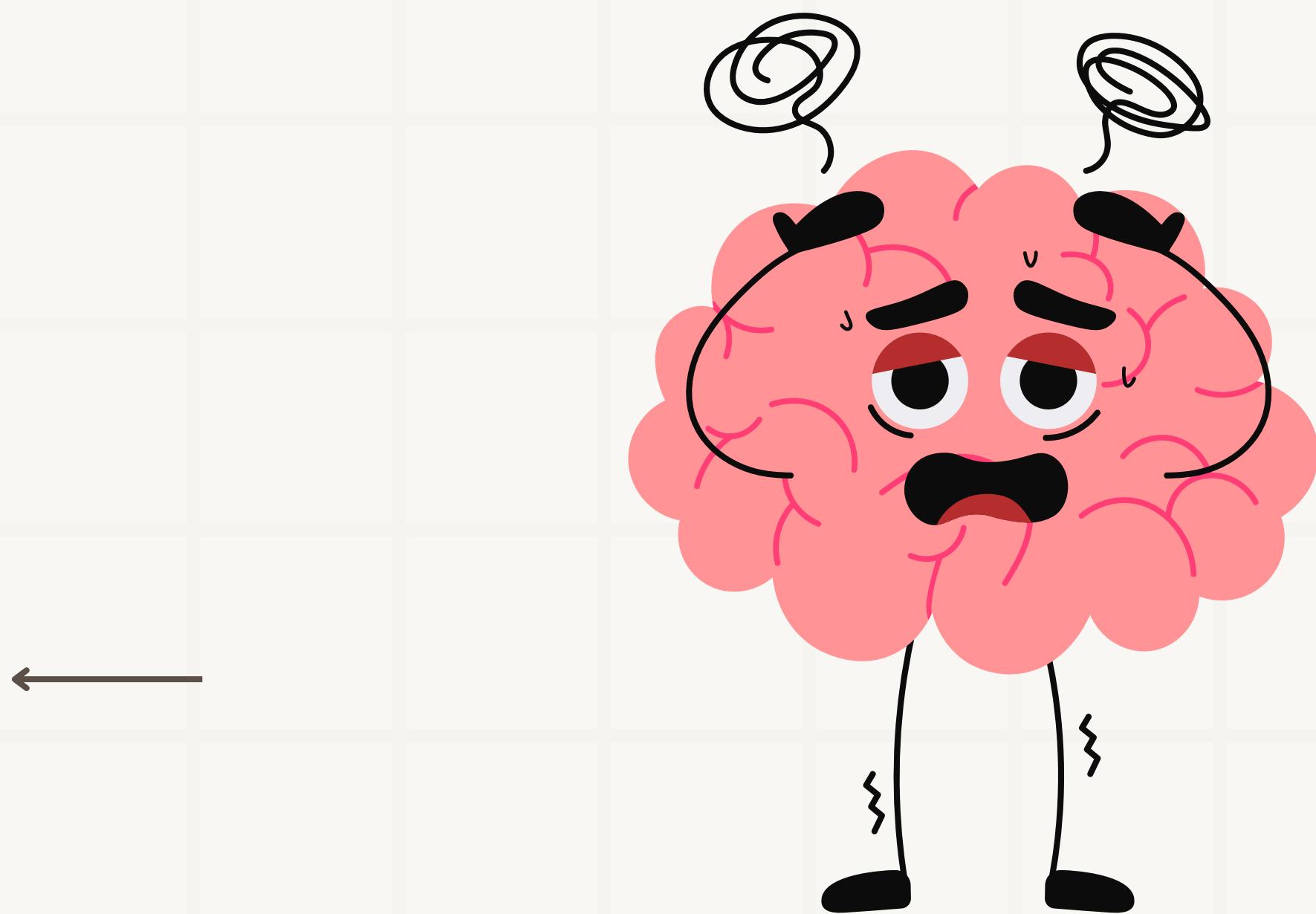
Our brains strengthen pathways we practice. Offloading thinking to AI weakens memory, logic, and critical reasoning.



RECALL IS BECOMING REDUNDANT.

Just like phones made us forget numbers –

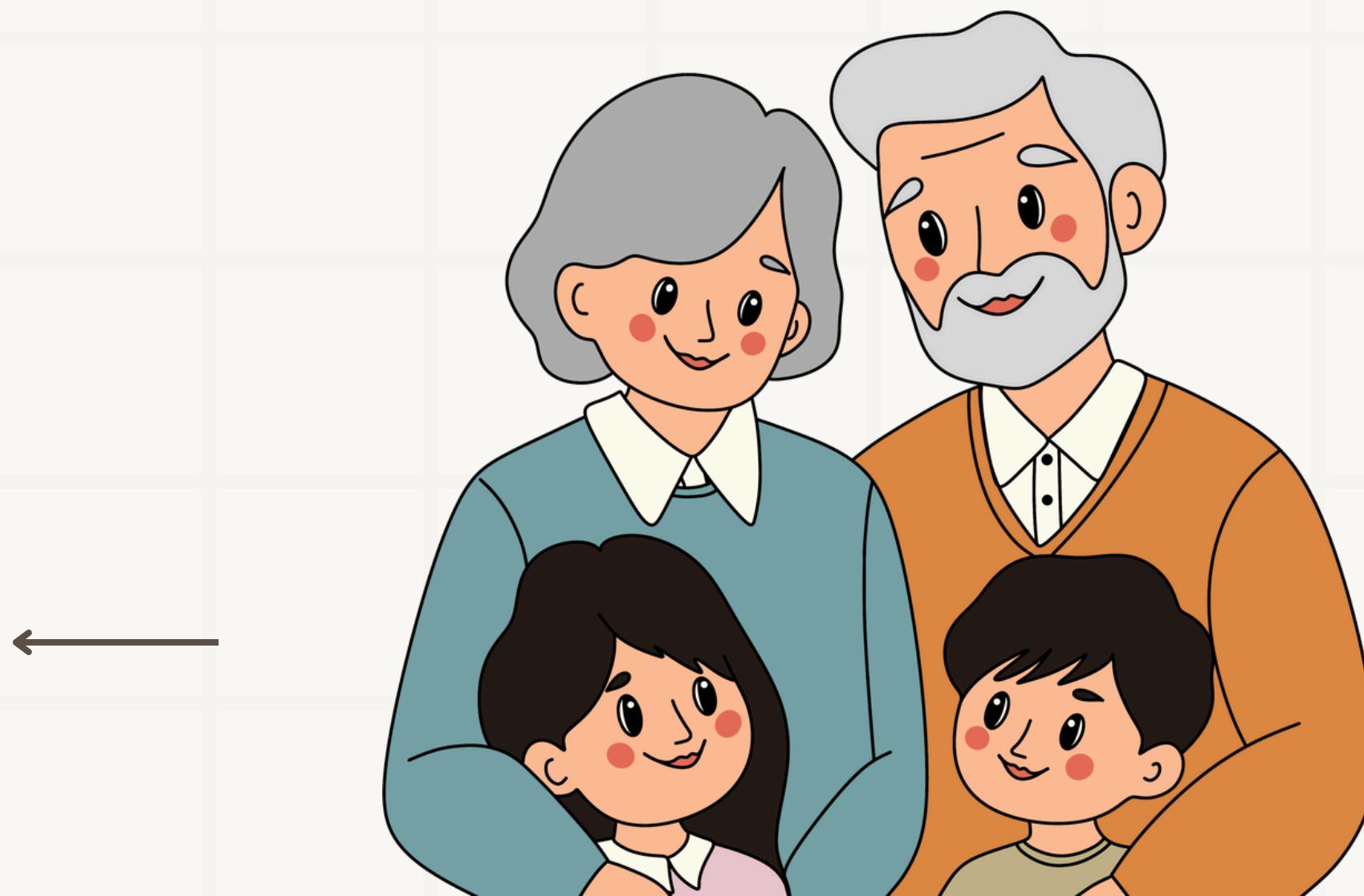
AI may make us forget facts, formulas, and reasoning links.



WILL OUR GREAT-GRANDCHILDREN THINK LESS THAN US?

No one knows how this cognitive shift will play out.

But the risk is real – intelligence may plateau or decline.



BALANCE IS KEY.

AI can amplify human potential – if we use it mindfully, not mindlessly.

Let's not let convenience cost us our cognition.

