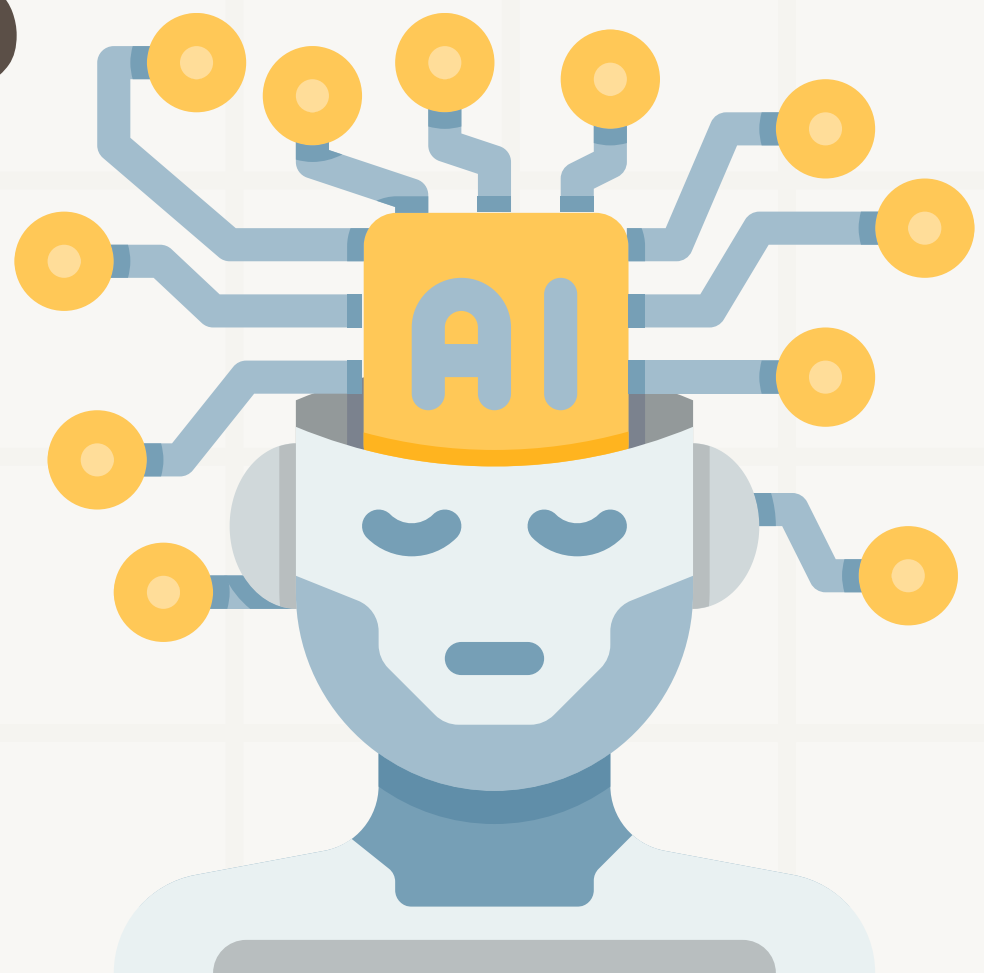


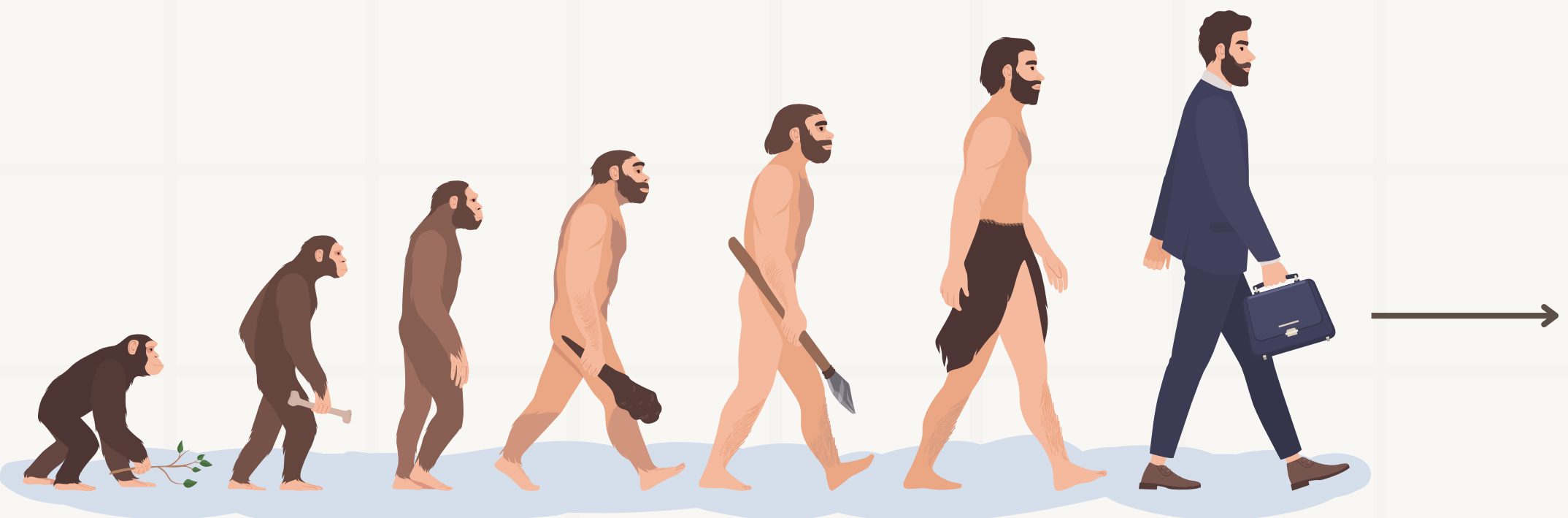


# IS OUR RELIANCE ON AI DIMINISHING OUR BRAIN POWER?



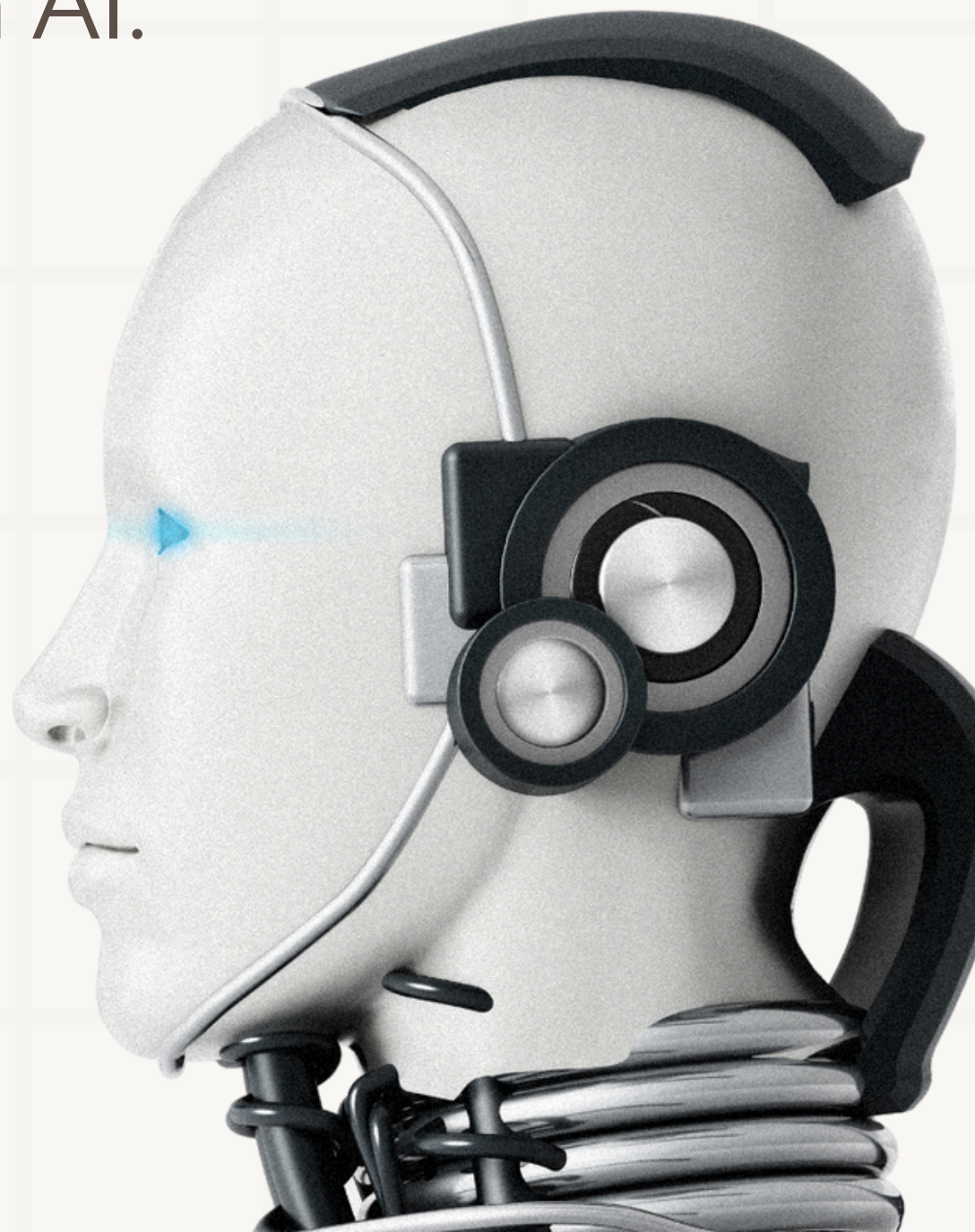
# AI IS EVOLVING FASTER THAN EVER.

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 –

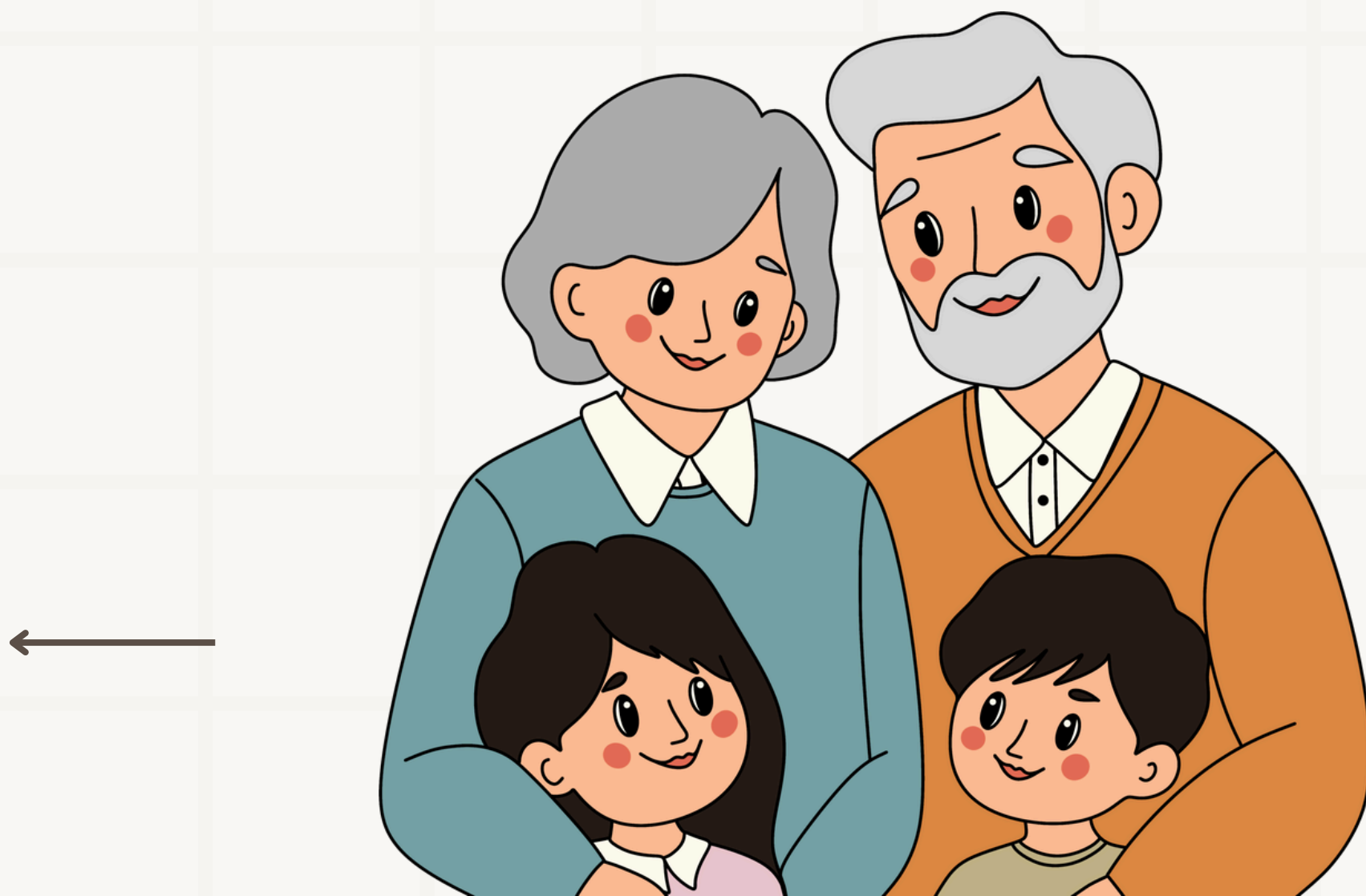
AI may make us forget facts, formulas, and reasoning links.



# 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.

