



# JAMDAGNI PUBLIC SCHOOL



## AI: A GHOST IN DISGUISE?

### **The uninvited ghost in our screens:**

There is something deeply bizarre about how the most insidious things make themselves feel indispensable to our lives. And right now, humanity is willingly taking the risk inviting the ultimate ghost into its home, disguised as Artificial intelligence.

It enters with unsettling silence, settles within our screens and becomes a part of our routines, until we start to ignore the dystopian side. It embedded itself into our phone screens, behaving like a sweet friend who is available for 24/7, feeding us answers to all our questions and before we even realized that it is a “wolf in sheep’s clothing”, it started to influence even the way we think and feel.

### **When students become intellectual ghosts:**

Today, this sudden realisation struck me during a conversation with respected Academic Coordinator Mr. Rajendra Sharma of my school, Jamdagni Public School, Laksar, Haridwar, that the reach of this ghost was far deeper than I imagined : Artificial intelligence hasn’t just infiltrated colleges; it has entered our schools as well, where students are increasingly becoming dependent on technology.

A simple conversation that was supposed to be about school and students suddenly took a sharp turn about how drastically our learning and working habits have changed over the years. There was a time when assignments demanded hard work, days of research, reading, mistakes and corrections, Today, they become nothing more than a prompt that generates content within minutes without any effort, gradually weakening their ability to think creatively and create something on their own.

His concern about students excessively using AI to complete assignments made me realize that the real issue was much deeper than simply using AI for homework but it was about how, through these repeated practices students may slowly become intellectual ghosts themselves – completely dependent on a machine to think on their behalf. It is an unsettling possibility that this dependency could weaken their ability to think, process, reason, and overcome challenges.

### **The slow poison of comparison:**

From my own observation over these past few years, I’ve noticed how AI doesn’t just haunt our classrooms but has also gained a hold over the emotional patterns of the students and the young adults. It has complicated the human experiences by continuously dictating what students see, learn, and think, while injecting a relentless culture of comparison like a slow poison. And not only students but everyone who is actively engaged with social media faces this constant yet invisible pressure to be socially updated and to stay tuned to trends, creating a persistent Fear of missing out [FOMO] that emotionally exhausts and disconnects them from their true selves. The irony is that while AI offers students all the answers, it quietly strips their confidence to find their own identity.

### **From being haunted to becoming shaman:**

However, his warning wasn’t entirely bleak, as he made sure to emphasize that AI is not entirely our enemy, that changed my perspective as well. He articulated that if used properly AI bots can serve as an exceptional tool for learning and seeking guidance. But without these boundaries, it ceases to be a helper and become a crutch.

The tragedy along the way is how we lose our balance. But somewhere along the journey, we completely forget the thin line between seeking guidance and lazily falling into dependency. Perhaps AI is a ghost that has influenced a huge part of population and visibly impacted our way of life.

But if AI is a ghost, we can be shamans who control it rather than being controlled by it. After all the truth will remain the same: That AI has come from us, we did not come from AI. The ghost may be powerful, but the we who created it should never allow a creation to overpower us.

**-: By Kashish Chaudhary :-**