
Too much sugar spoils the cake

How much AI is too much AI?

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Who's talking?

- Anuvrat Parashar
- dayjob: founder@essentia, fractional CTO
- !dayjob: pydelhi, elixir-delhi, linux-delhi

Our AI and automation Experience:

- large scale OCR.
- RAG-based chatbots.
- Agentic automation — PR, DevOps
- spreadsheet to web apps automation.

We build this stuff. We have concerns.

Promise vs Reality

Promised

- Augmented intelligence
- Efficiency
- Democratized creativity

Reality

- Outsourced thinking
 - New busywork
 - Commoditized mediocrity
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Privacy & Confidentiality

- Your prompts are training data
- Proprietary code in public models
- GDPR, HIPAA, SOC2

Every convenience has a cost.

Circular Automation

- Education: Teachers → GPT → Students → GPT → GPT evaluates
- Documentation: AI writes, AI summarizes, no one reads
- Emails: 3 paragraphs for a 1-sentence message
- Cover letters: applicants don't remember applying
- Software: <insert expletives>
- Spam and Scam: bug bounty program.

We automated the appearance of work.

The Resource Crisis

- **Energy:** GPT-4 training \approx 50 GWh
- **Water:** Millions of litres for cooling
- **RAM:** Samsung can't supply itself — AI bought it all
- **Hardware:** GPUs, rare earth, e-waste

Every query has a carbon footprint.

The Absurdities of technology.

- WiFi toasters, AI washing machines, juicers have an app.
- Blog posts written by GPT, summarized by Google.
- Chatbots talking to chatbots.
- Prompts masquerading as art.

More absurdities: <https://pivot-to-ai.com>

Neural Atrophy

Arithmetic calculators freed us for higher math.

What do the word calculators do?

Unused muscles atrophy.

The Commodification Trap

- Artist → Craftsman → Imitator → Commodity
- Why do we not like the newer Marvel movies?

"I want AI to do my laundry so I can do art. Not AI to do my art so I can do laundry."

Have we got it backwards?

Principles

- 1. Human Accountability** Someone owns the output. Always.
 - 2. The IO Monad Rule** Pure functions → automate. Side effects → human checkpoint.
 - 3. The Code Rule at Essenita** “No line of code in your PR you can't explain.”
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Salt, Not Sugar

Excess of anything is bad.

Automate the tedious. Keep humans in the loop. Stay responsible.

Knife is not evil, how it is used, could be.

"We're smart enough to invent AI, dumb enough to need it, and so stupid we can't figure out if we did the right thing. We don't know!"

— Jerry Seinfeld

**When everything is automated and easy, what is
valued?**

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Questions?
