

## AI &amp; SOCIETY

# How AI Makes Everyday Life Easier — For Everyone

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## Key Points

1

AI is no longer just for developers — it is embedded in apps you already use: Google Maps, Swiggy, PhonePe, YouTube, and Gmail.

2

Writing and communication: use ChatGPT or Claude to draft emails, summarise documents, and translate text — saving 30-60 minutes daily.

3

Learning and research: ask AI to explain any concept in simple language, generate practice questions, or summarise a 50-page report in 5 bullet points.

4

Health and wellness: AI symptom checkers (not replacements for doctors), medication reminders, and mental wellness apps all use AI.

5

Finance: AI-powered budgeting apps, fraud detection on your UPI transactions, and personalised investment suggestions.

6

Starting point: open ChatGPT or Claude today and ask one question you would normally Google. Notice the difference in the quality and depth of the answer.

### Key Takeaway

*You do not need to understand AI to benefit from it. You just need to start using it — today, for one thing.*

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