A **Power Supply Unit (PSU)** is like the **energy provider** for your computer. It’s a box inside the computer that takes electricity from your wall outlet and turns it into the right kind of power that your computer parts need to work.

Here’s what it does in simple terms:

* **Converts Power**: The PSU takes the **high-voltage electricity** from your wall (which is usually **AC power**) and converts it into **low-voltage DC power** that your computer parts can use safely.
* **Powers All Parts**: The PSU sends power to the **motherboard**, **CPU**, **RAM**, **hard drives**, **graphics card**, and other parts through special cables. Without the PSU, none of these parts would turn on.
* **Controls Voltage**: Different parts of the computer need different amounts of power. The PSU makes sure each part gets the **right amount of voltage** it needs to work properly.
* **Keeps Things Safe**: The PSU has safety features to protect your computer from problems like **power surges** (sudden spikes in electricity) or **overheating**.
* **Connects to the Wall**: The PSU has a cable that plugs into your wall outlet to get power. It also has a switch to turn the power on or off.

In short, the **Power Supply Unit (PSU)** is the **energy heart** of your computer. It makes sure all the parts get the power they need to run smoothly and safely. Without it, your computer wouldn’t even turn on!