



STUDENT WORKBOOK

AI for Homemakers

5 days, 2 hours a day · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

AI for Homemakers: Your Workbook

Dear friend,

This workbook is yours to keep, and it is meant to be used, not admired. Write in it, fold it, spill chai on it. During class, we will fill it together, one page a day. After class, it becomes your reminder book: every prompt we spoke aloud, every checklist we built, all in one place. You do not need good English to use it. Most prompts here are in Hinglish, written the way you would actually say them. If a page feels hard, skip it and come back. You run a home, which means you already manage more than most managers. AI is just one more helper joining your team.

With warmth,

Team AI Coaching India

Before day one

- Install the **ChatGPT** app (free, by OpenAI) from the Play Store or App Store.
- Install the **Google Gemini** app (free). It signs in with the Gmail account already on your phone.
- Check that **WhatsApp** is updated. Meta AI is already inside it, in your search bar.
- Make sure the **Google** app is on your phone. Google Lens lives inside it, behind the small camera icon.
- Install **Google Translate** (free) and check that **Google Sheets** (free) opens with your Gmail.
- Turn on Hindi voice typing: open any chat, look at your keyboard, press the mic icon once. We will set this up properly in class, so do not worry if it confuses you.
- Bring: your charged phone, your charger, your reading glasses if you use them, and one real thing from your life: your child's textbook, this week's grocery list, or your festival to-do list.
- One reassurance: if you can send a WhatsApp voice note, you already have every skill this course needs.

Day 1: Your first AI conversation, in your language

What today was really about

Today you spoke to a machine and it understood your Hindi. That is the whole point of this course in one sentence. You do not need typing speed, you do not need English, you need only your voice and your questions. You also learned the honest truth early: AI sounds confident even when it is wrong, so we trust it the way we trust a talkative neighbour, useful, friendly, but always double-checked.

Prompts we used

1. Main ek homemaker hoon. Mera din subah _____ baje shuru hota hai aur ghar mein _____ log hain. Tum mere kaam kaise aasaan kar sakte ho? Mujhe 5 example do.

2. Mujhe _____ ke baare mein aise samjhao jaise tum mere padosi ho. Koi mushkil shabd nahi.
3. Aaj mausam ke hisaab se shaam ke nashte ke liye 3 ideas do. Ghar mein _____ aur _____ rakha hai.
4. Write a polite message in English for my child's class teacher saying _____. Keep it short and respectful.
5. Yeh sawaal main tumse Hindi mein pooch rahi hoon: _____. Jawab bhi aasaan Hindi mein do.
6. Mujhe 10 kaam batao jo main tumse roz karwa sakti hoon, ek homemaker ke roop mein. Chhota jawab do.

Now you try

1. Use voice typing to ask AI one question you have been carrying in your head this week. Write the question here: _____
2. Ask the same question to both ChatGPT and Gemini. Was one answer better? Which one, and why? _____
3. Ask Meta AI in WhatsApp for a good morning message for your family group. Write your favourite line here: _____

Watch out

WATCH OUT

AI sometimes invents facts and says them with full confidence. This is called hallucination. Today's habit: whenever AI gives you a fact, a date, a price, or a health claim, ask yourself, where would I check this? Never share your Aadhaar number, OTPs, bank details, or family photos with any chatbot, ever.

My notes

Day 2: The kitchen assistant

What today was really about

The kitchen is where you make a hundred small decisions a day: what to cook, what to buy, what to do with leftovers. Today AI became your planning helper, not your cook. You still taste, you still decide, but the thinking work of "kya banau" got lighter. A week of meals planned in minutes, a grocery list that matches it, and last night's sabzi reborn as today's tiffin.

Prompts we used

1. Mere ghar mein _____ log hain. Ek 7 din ka meal plan banao: nashta, lunch, dinner. Hum _____ khana pasand karte hain aur budget simple rakhna hai.
2. Kal raat ki _____ bachi hai. Isse kal ke tiffin ke liye 3 naye ideas do, jo bachhe khushi se khayein.
3. Yeh recipe diabetes wale insaan ke liye adjust karo: kam oil, kam cheeni. Recipe: _____
4. Is meal plan ke hisaab se ek grocery list banao, categories mein: sabzi, dal aur masale, dairy, baaki saaman.
5. My child refuses to eat _____. Give me 3 tasty ways to include it in food without a fight.
6. Har hafte dohraane ke liye ek chhota shopping list template banao jo main bas copy karke edit kar sakoon.

Now you try

1. Make a 7-day meal plan for your own family with your real tastes and real budget. Write the two dishes your family liked most from the plan: _____
2. Point Google Lens at one packaged item in your kitchen and ask what is inside it. What did you learn? _____
3. Take tonight's real leftovers and get three tiffin ideas. Which one will you actually make?

Watch out

WATCH OUT

AI does not know your family's allergies, your diabetes readings, or your doctor's advice unless you tell it, and even then it is not a doctor. Recipe help is safe. Diet advice for a medical condition goes to your doctor first, always.

My notes

Day 3: Homework helper, not homework doer

What today was really about

Today was about a golden rule that protects your child: AI guides, the child writes. When AI does the homework, your child learns nothing and the teacher can usually tell. When AI explains a topic slowly, makes practice questions, and checks understanding, your child learns faster and you stop feeling helpless in front of the textbook. You became the parent who can help with any chapter, in Hindi or English, without pretending to know everything.

Prompts we used

1. Mere bachhe ki class _____ hai. Yeh topic aasaan Hindi mein samjhao, ek example ke saath jo ghar ki cheezon se ho: _____
2. Is chapter se 10 practice questions banao, aasaan se mushkil tak: _____. Answers alag se do, taaki pehle bachha khud try kare.
3. Yeh maths problem step by step samjhao, har step ke baad ruk kar. Answer seedha mat do: _____
4. Explain this in simple English for a class _____ student, then explain the same thing in simple Hindi: _____
5. Mere bachhe ne yeh jawab likha hai: _____. Kya yeh sahi hai? Agar galti hai toh sirf hint do, poora answer mat do.
6. Is chapter ka ek 5 minute ka revision quiz banao jo main apne bachhe se zubaani pooch sakoon.

Now you try

1. Take one real chapter from your child's current syllabus and make a revision quiz. Which chapter did you pick? _____
2. Ask AI to explain one topic you never understood in school. Did it finally make sense? Write one line you learned: _____
3. Sit with your child for ten minutes and try the quiz. What worked, what did not? _____

Watch out

WATCH OUT

AI can be confidently wrong about textbook facts, formulas, and dates. The textbook is the judge, not the chatbot. Teach your child this habit too: AI ka jawab check karo, kitaab se milao. And never upload your child's photo, school name, or full details into any AI chat.

My notes

Day 4: Festivals, functions, and family events

What today was really about

Every festival, someone in the house carries the whole plan in her head: the cleaning, the menu, the guests, the gifts, the hundred small things. Today you put that load into a written plan that AI helped you build in minutes. The joy stays yours, the remembering goes to the checklist. You also wrote invitation messages that sound warm and personal, in both Hindi and English, ready for every relative.

Prompts we used

1. _____ aane wala hai aur ghar mein _____ log aa rahe hain. Ek poora plan banao: safai ka schedule, menu, shopping list, aur guest list ka format.
2. Is festival ke liye 5 rangoli ideas aur 5 decoration ideas do jo kam budget mein ho jayein.
3. WhatsApp ke liye ek warm invitation message likho, pehle Hindi mein, phir English mein. Function: _____, date: _____, time: _____.
4. Yeh saare kaam ghar ke _____ logon mein baanto, ek simple checklist ke roop mein, har kaam ke aage naam.
5. Suggest 5 gift ideas under _____ rupees for _____. Nothing fancy, something they will actually use.
6. Is message ko _____ language mein translate karo, warm tone rakhna:

Now you try

1. Pick your next real festival or family function and build the complete plan. Which event did you plan? _____
2. Write and send one invitation message to one real person today. Who did you send it to?

3. Divide your event tasks among family members with AI's checklist. Who got which job?

Watch out

WATCH OUT

Translation tools are good but not perfect, especially with names, jokes, and emotional lines. Read every translated message once before sending. If a line feels odd, say it your own way. AI drafts, you decide.

My notes

Day 5: Money, health, and staying safe

What today was really about

Today was the most important day, and you handled it beautifully. You built a real monthly budget in Google Sheets, learned how to ask health questions safely, and sat scam school. The confident aunty who checks before she forwards, who never approves an unknown UPI request, who calls back on a

known number when a "family voice" asks for money: that aunty is now you. This knowledge protects your whole family, which makes today's sheet the most valuable thing in this workbook.

Prompts we used

1. Ek monthly household budget banao Google Sheets ke liye. Categories: kirana, doodh, school fees, bijli-paani, gas, transport, tyohaar, aur baaki. Mera approximate monthly kharcha _____ hai.
2. Is mahine maine in cheezon par kharch kiya: _____. Isse categories mein daal kar total nikalo aur batao sabse zyada kharcha kahan hua.
3. Mujhe _____ ke baare mein general information do, aur saaf batao ki doctor se kya poochna chahiye. Yaad rakho, tum doctor nahi ho.
4. Yeh WhatsApp forward mujhe mila hai: _____. Kya yeh sach lagta hai? Isko check karne ke 3 tareeke batao.
5. Meri family ke liye ek chhota safety talk plan karo: bachhon ko AI aur online scams ke baare mein kya batana chahiye, unki umar _____ hai.
6. Make a simple checklist I can stick near the phone: 5 signs that a message or call is a scam.

Now you try

1. Build your real monthly budget with your real numbers. What surprised you most about your spending? _____
2. Take one health question you have and practice the safe version: ask AI for general information, then write the question you will take to your doctor: _____
3. Test one old WhatsApp forward from your family group. Was it true, false, or half-true?

Watch out

WATCH OUT

The scams of today are polite, urgent, and official-looking: KYC expiry messages, electricity bill cutting tonight, UPI collect requests, fake delivery calls, and voice calls that clone a family member. One rule beats them all: slow down, verify on a known number, and never share OTPs. If money is ever taken, call 1930 immediately.

My notes

Your complete prompt library

All your prompts in one place. Fill the blanks with your own details and speak them with voice typing.

Day 1: First conversations

1. Main ek homemaker hoon. Mera din subah _____ baje shuru hota hai aur ghar mein _____ log hain. Tum mere kaam kaise aasaan kar sakte ho? Mujhe 5 example do.
2. Mujhe _____ ke baare mein aise samjhao jaise tum mere padosi ho. Koi mushkil shabd nahi.
3. Aaj mausam ke hisaab se shaam ke nashte ke liye 3 ideas do. Ghar mein _____ aur _____ rakha hai.
4. Write a polite message in English for my child's class teacher saying _____. Keep it short and respectful.
5. Yeh sawaal main tumse Hindi mein pooch rahi hoon: _____. Jawab bhi aasaan Hindi mein do.
6. Mujhe 10 kaam batao jo main tumse roz karwa sakti hoon, ek homemaker ke roop mein. Chhota jawab do.

Day 2: Kitchen

7. Mere ghar mein _____ log hain. Ek 7 din ka meal plan banao: nashta, lunch, dinner. Hum _____ khana pasand karte hain aur budget simple rakhna hai.
8. Kal raat ki _____ bachi hai. Isse kal ke tiffin ke liye 3 naye ideas do, jo bachhe khushi se khayein.
9. Yeh recipe diabetes wale insaan ke liye adjust karo: kam oil, kam cheeni. Recipe: _____
10. Is meal plan ke hisaab se ek grocery list banao, categories mein: sabzi, dal aur masale, dairy, baaki saaman.
1. My child refuses to eat _____. Give me 3 tasty ways to include it in food without a fight.
2. Har hafte dohraane ke liye ek chhota shopping list template banao jo main bas copy karke edit kar sakoon.

Day 3: Homework

3. Mere bachhe ki class _____ hai. Yeh topic aasaan Hindi mein samjhao, ek example ke saath jo ghar ki cheezon se ho: _____
4. Is chapter se 10 practice questions banao, aasaan se mushkil tak: _____. Answers alag se do, taaki pehle bachha khud try kare.
5. Yeh maths problem step by step samjhao, har step ke baad ruk kar. Answer seedha mat do: _____
6. Explain this in simple English for a class _____ student, then explain the same thing in simple Hindi: _____
7. Mere bachhe ne yeh jawab likha hai: _____. Kya yeh sahi hai? Agar galti hai toh sirf hint do, poora answer mat do.
8. Is chapter ka ek 5 minute ka revision quiz banao jo main apne bachhe se zubaani pooch sakoon.

Day 4: Festivals and events

9. _____ aane wala hai aur ghar mein _____ log aa rahe hain. Ek poorra plan banao: safai ka schedule, menu, shopping list, aur guest list ka format.
10. Is festival ke liye 5 rangoli ideas aur 5 decoration ideas do jo kam budget mein ho jayein.
11. WhatsApp ke liye ek warm invitation message likho, pehle Hindi mein, phir English mein. Function: _____, date: _____, time: _____.
12. Yeh saare kaam ghar ke _____ logon mein baanto, ek simple checklist ke roop mein, har kaam ke aage naam.
13. Suggest 5 gift ideas under _____ rupees for _____. Nothing fancy, something they will actually use.
14. Is message ko _____ language mein translate karo, warm tone rakhna: _____

Day 5: Money, health, and safety

15. Ek monthly household budget banao Google Sheets ke liye. Categories: kirana, doodh, school fees, bijli-paani, gas, transport, tyohaar, aur baaki. Mera approximate monthly kharcha _____ hai.
16. Is mahine maine in cheezon par kharch kiya: _____. Isse categories mein daal kar total nikalo aur batao sabse zyada kharcha kahan hua.
17. Mujhe _____ ke baare mein general information do, aur saaf batao ki doctor se kya poochna chahiye. Yaad rakho, tum doctor nahi ho.
18. Yeh WhatsApp forward mujhe mila hai: _____. Kya yeh sach lagta hai? Isko check karne ke 3 tareeke batao.
19. Meri family ke liye ek chhota safety talk plan karo: bachhon ko AI aur online scams ke baare mein kya batana chahiye, unki umar _____ hai.
20. Make a simple checklist I can stick near the phone: 5 signs that a message or call is a scam.

Your safety card

Stick this page near the phone. It protects the whole family.

Never share with any chatbot, caller, or message:

- Aadhaar number, PAN number, OTPs, ATM PINs, bank account details
- Family photos, your child's school name and class, your home address
- Passwords of any kind, even to someone claiming to be from the bank

Today's common scams, know them by name:

- **KYC expiry message:** "Your account will be blocked today, click this link." Banks never do this by link. Visit the branch or call the number on your passbook.
- **Electricity bill scam:** "Your power will be cut tonight, pay immediately." Check only on the official electricity app or office.

- **UPI collect request:** A request asks YOU to approve a payment "to receive money." Receiving money never needs your PIN. Never approve unknown requests.
- **Fake delivery call:** "Your parcel is stuck, pay a small fee." Real delivery companies do not call for fees.
- **Voice clone call:** A voice exactly like your son or daughter asks for urgent money. Hang up, call them back on their real number. Always.

Your verification habits:

- Slow down. Scams need you to hurry. Real work can wait ten minutes.
- Check any big claim in two places before believing or forwarding it.
- Health answers from AI go to the doctor before they change what anyone eats or takes.

If money is ever stolen: call **1930**, the national cyber fraud helpline, immediately. The first hour matters most.

Keep going: your 30-day plan

The course ends, the habit begins. Keep it small and weekly.

Week 1: Use voice typing every day for one task: meals, a message, a question. Follow your 7-day meal plan and tick off what worked.

Week 2: Sit with your child twice this week for ten minutes of AI-made quiz practice. Update your grocery list template.

Week 3: Update your budget sheet with this month's real spending. Check one WhatsApp forward before sending it on, and tell one friend how you checked it.

Week 4: Plan one small event, a birthday, a puja, a Sunday lunch, using your festival planning prompts. Then hold a ten-minute family safety talk using your safety card.

After 30 days: you will have used AI for food, homework, money, events, and safety. That is not a course anymore. That is a habit, and it is yours.

Plain-words glossary

- **AI:** a computer program that talks with you and helps with tasks, like a very well-read assistant.
- **Chatbot:** an AI you chat with, by typing or speaking. ChatGPT and Gemini are chatbots.
- **Prompt:** the question or instruction you give to AI. Better prompt, better answer.
- **Voice typing:** speaking instead of typing. The mic button on your keyboard writes what you say.
- **Hinglish:** Hindi written in English letters, like "khana kya banau". AI understands it well.
- **Hallucination:** when AI confidently gives a wrong or made-up answer. It happens, so we verify.
- **OTP:** the one-time password sent by SMS. It is a key to your money. Never share it with anyone.
- **UPI:** the system behind PhonePe, Google Pay, and Paytm payments.

- **UPI collect request:** a request asking you to approve sending money. Approving unknown ones loses money.
- **Voice clone:** a computer copy of a real person's voice, used by scammers on calls.
- **Google Lens:** the camera tool that tells you what it sees: a plant, a product, a label.
- **Meta AI:** the AI assistant built into WhatsApp, in your search bar.
- **Google Sheets:** a free app for tables and budgets, like a digital bahi-khata.
- **Forward:** a message passed along on WhatsApp. Check before you forward, that is the family rule now.