



STUDENT WORKBOOK

AI for Seniors (55 and Above)

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



AI Coaching India

This workbook belongs to _____

Batch code: _____

AI for Seniors (55 and Above): Your Workbook

Dear friend,

This workbook is yours. Not the class's, not your grandson's, yours.

Everything we do together over three days lives in these pages.

Write in it. Fold the corners. Spill chai on it. It is a working book, not a showpiece.

The lines and blanks are here so you never have to remember anything. You just look it up.

After the course ends, keep it near your phone. It is your reference for months to come.

Go slowly. Repeat things. That is not falling behind, that is how this course is designed.

With warmth,

Team AI Coaching India

Before day one

A small checklist. Do what you can, and do not worry about the rest. We will help you with every step in class.

- Install **ChatGPT** (the free app by OpenAI) from the Play Store or App Store
 - Install **Google Gemini** (free app by Google)
 - Check that **WhatsApp** is working. Meta AI already lives inside it, nothing new to install
 - Install **Google Translate** (free) if it is not already on your phone
 - If any install fails, leave it. We fix it together on day one
 - Bring your phone and its charger
 - Bring your reading glasses if you use them
 - Think of one real letter or application you need to write. A pension matter, a bank request, a society complaint. We will write it in class
 - One reassurance: you cannot break anything. Nothing we do in this course can damage your phone or your accounts
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Day 1: Meet AI, and Just Talk to It

What today was really about

Today you spoke to a machine and it spoke back, politely, in your language.

That is the whole secret. AI is not a computer subject. It is a conversation.

You do not need typing, you do not need English, you do not need your children's help.

You need your voice and a little curiosity, and you brought both.

Whatever you forget from today, remember this: just talk to it.

Prompts we used

Say these aloud using the microphone button, or type them. Fill your own details in the blanks.

1. Hello. My name is _____. Please talk to me in simple words and short sentences.
2. Explain what AI is, the way a friendly neighbour would explain it, not an engineer.
3. Please reply in Hindi from now on. (Or: Please reply in English, slowly and simply.)
4. Mujhe apne purane dost _____ ko ek pyara sa letter likhna hai. Simple shabdon mein likh do, phir main apne hisaab se badlungi.
5. I want to write a letter to my _____ (friend, sister, old colleague). Here is what I want to say: _____. Please write it warmly, in my voice, not a fancy one.
6. Make that letter shorter and simpler. Keep the feeling, remove the heavy words.

Now you try

1. Have one voice conversation about anything you enjoy. Gardening, cricket, old films, cooking. Write here what you asked, and one thing AI said that surprised you.

I asked: _____

It said: _____

2. Finish your letter to a friend or family member. Who is it for, and what is the one line you like most?

The letter is for: _____

My favourite line: _____

Watch out

WATCH OUT

AI sometimes makes things up, with full confidence. It can state a wrong date, a wrong price, or a wrong fact, in perfect polite language. Today's rule: never share your bank details, OTP, Aadhaar number, or any password with AI, and double-check any fact that matters before you act on it.

My notes

Things I want to remember from today:

Day 2: Health Questions, Letters and Calls

What today was really about

Today AI became your patient helper for the paperwork of life.

It explained a prescription in plain words. It drafted an official letter without you hunting for vocabulary. And we repeated the golden rule until it stuck: AI is not a doctor. It never will be. It helps you understand and prepare. Your doctor decides. Always. That one habit keeps this tool safe for the rest of your life.

Prompts we used

1. Here is the name of a medicine I take: _____. Explain in simple words what it is generally used for. I will confirm everything with my doctor.
2. Explain this medical term in plain language: _____. No difficult words please.
3. I am visiting my doctor about _____. Help me prepare a list of 5 clear questions to ask, so I do not forget anything in the clinic.
4. Write an application to _____ (pension office, bank, society) about _____. My details: name _____, address area _____, the issue started on _____. Keep it respectful and firm.
5. Mujhe apne society office ko complaint likhni hai. Problem yeh hai: _____. Ek chhoti si, seedhi si application bana do.
6. Make this letter more polite but do not remove the main request.
7. I have opened Google Lens and pointed it at _____. What should I ask about it?

Now you try

1. Write your real application letter, the one you thought of before day one. Fill this in when it is done.

My letter is addressed to: _____

It asks for: _____

I will send it by: _____

2. Prepare your doctor-visit question list. Write your top three questions here.

Question 1: _____

Question 2: _____

Question 3: _____

Watch out

WATCH OUT

Repeat after us, because repetition is the point: AI is not a doctor. Use it to understand terms and prepare questions. Never use it to change a medicine, a dose, or a treatment. Every health decision goes through your own doctor. No exceptions, ever.

My notes

Day 3: Stay Safe, Stay Curious

What today was really about

Today had two halves, and both were about power.

First, we made you hard to fool. You now know how scam calls work, including the cruel new ones that use AI to copy a family member's voice.

You have a family code word, a hang-up habit, and the helpline number 1930.

Then we played. A poem, a memoir page, maybe a song with your own words in it.

Safety and joy, in the same afternoon. That is what confidence looks like.

Prompts we used

1. I received this message: _____. Does it look like a scam? What are the warning signs?
2. Help me write the first page of my memoir. I was born in _____, and the memory I want to start with is _____.
3. Yeh meri kahani hai: _____. Isse ek chhoti si kavita bana do, simple Hindi mein.
4. Write a short poem about _____ (my garden, my grandchildren, my old school). Simple words, warm feeling.
5. I want to make a song in Suno. Write song lyrics about _____, in a _____ style (bhajan, ghazal, film-song feel). Keep it to two short verses.
6. Explain what my grandchildren mean when they talk about _____ (reels, gaming, a new app). Explain it like I am hearing it for the first time.

Now you try

1. Set your family code word today, not tomorrow. Choose a word only your family would know. Do not write the word itself here, only where you agreed it.

We agreed our code word on (date): _____

Family members who know it: _____

2. Start your memoir or your song. One line is enough to begin.

My first line: _____

3. Practise the habit once: let a family member call you, and calmly say you will hang up and call back. How did it feel?
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Watch out

WATCH OUT

If any caller creates urgency, fear, or secrecy, it is almost certainly a scam. Police and CBI never arrest anyone over a video call. A voice that sounds exactly like your son can be fake. Hang up. Call the real person back on their saved number. If money moved or fear was used, call 1930 immediately.

My notes

Your complete prompt library

All the prompts from three days, in one place. Fill the blanks with your details each time.

Day 1: Talking to AI

1. Hello. My name is _____. Please talk to me in simple words and short sentences.
2. Explain what AI is, the way a friendly neighbour would explain it, not an engineer.
3. Please reply in Hindi from now on.
4. Mujhe apne purane dost _____ ko ek pyara sa letter likhna hai. Simple shabdon mein likh do.
5. I want to write a letter to my _____. Here is what I want to say: _____. Write it warmly, in my voice.
6. Make that letter shorter and simpler. Keep the feeling, remove the heavy words.

Day 2: Health, letters and calls

7. Here is the name of a medicine I take: _____. Explain in simple words what it is generally used for. I will confirm with my doctor.
8. Explain this medical term in plain language: _____.
9. I am visiting my doctor about _____. Help me prepare 5 clear questions to ask.
10. Write an application to _____ about _____. My details: _____. Keep it respectful and firm.
1. Mujhe apne society office ko complaint likhni hai. Problem yeh hai: _____.
2. Make this letter more polite but do not remove the main request.
3. I have pointed Google Lens at _____. What should I ask about it?

Day 3: Safety and joy

4. I received this message: _____. Does it look like a scam? What are the warning signs?

5. Help me write the first page of my memoir. I was born in _____, and the memory I want to start with is _____.
 6. Yeh meri kahani hai: _____. Isse ek chhoti si kavita bana do.
 7. Write a short poem about _____. Simple words, warm feeling.
 8. Write song lyrics for Suno about _____, in a _____ style. Two short verses.
 9. Explain what my grandchildren mean by _____. Explain it like I am hearing it for the first time.
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Your safety card

Read this page once a week. Read it aloud to your family once a month.

The five never-share rules

- Never share your OTP with anyone. Not with AI, not with any caller, not even someone claiming to be from your bank
- Never share your full bank account, card number, PIN, or password with AI or with callers
- Never share your Aadhaar or PAN details in a chat with AI
- Never share when your house is empty or where you keep valuables
- Never act on money matters in a hurry. Real institutions give you time

The digital arrest scam card

How it works: a caller, sometimes on video, claims to be police, CBI, customs, or a courier office. They say a parcel or your Aadhaar is linked to a crime. They say you are under digital arrest and must stay on the call and pay money to clear your name.

The truth, in three lines:

- There is no such thing as digital arrest. It does not exist in Indian law
- No police officer or agency demands money on a call to close a case
- Real officials do not ask you to stay on video and keep it secret from family

What you do: hang up. Do not argue, do not explain, just hang up. Tell a family member immediately. If you paid or shared anything, call 1930 right away.

The voice-clone scam card

How it works: your phone rings. The voice is your son, your daughter, your grandchild. Crying, in trouble, needing money urgently. AI can copy a voice from a few seconds of audio, so the voice can be a fake.

What you do, every single time:

- Ask for the family code word. A real family member knows it. A scammer does not
- Hang up and call the person back on the number saved in your phone
- No code word, no money. However real the voice sounds

Your family code word page

A code word is one secret word your family agrees on. In any emergency call about money, the caller must say it.

- We chose our code word on (date): _____
- People who know it: _____
- We do not write the word anywhere, we do not message it, we only remember it
- We practised one hang-up-and-call-back drill on (date): _____

If something goes wrong

- National cyber fraud helpline: **1930**. Call it immediately if money moved or fear was used
 - You can also report at the national cybercrime portal through any police station
 - Calling fast matters. Quick reports give banks a chance to freeze the money
 - Feeling embarrassed is normal and unnecessary. Educated people are fooled every day. Reporting protects the next person
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Keep going: your 30-day plan

Ten minutes a day. That is the whole plan. Repetition builds comfort, and comfort builds skill.

Week 1: Talk every day

- One voice conversation with AI daily, about anything you enjoy
- Ask it one question you would normally ask a family member
- Reread your Day 1 notes once this week

Week 2: One useful task a day

- One real task daily: a message, a list, a question about a bill or notice
- Write one letter or application you have been postponing
- Reread the safety card once

Week 3: Family week

- Show one family member how you talk to AI
- Confirm everyone still remembers the code word
- Do one hang-up-and-call-back practice drill together

Week 4: Joy week

- Add one page to your memoir, or make one more poem or song
 - Ask AI to explain one thing from your grandchildren's world
 - Look back at this workbook and tick everything you can now do
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Plain-words glossary

- **AI:** a computer program you can talk to in normal language, which talks back
- **ChatGPT:** a popular free AI app. You ask, it answers
- **Gemini:** Google's AI app, very similar to ChatGPT
- **Meta AI:** the AI helper that lives inside WhatsApp
- **Prompt:** the question or request you give to AI. Nothing more than that
- **Voice typing:** speaking instead of typing. The phone writes your words for you
- **Hallucination:** when AI confidently states something that is simply wrong
- **OTP:** the one-time password sent by SMS. The one thing you never tell anyone
- **Google Lens:** point your camera at anything and ask questions about it
- **Voice clone:** a fake voice made by AI that copies a real person's voice
- **Digital arrest:** a scam story, not a real thing. No law allows arrest by video call
- **Code word:** your family's secret word that defeats voice-clone calls
- **1930:** the national cyber fraud helpline. Save it in your phone today
- **Suno:** a free app that turns your words into a real song with music