



STUDENT WORKBOOK

AI in One Hour: Your First Step

1 hour, one sitting · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

AI in One Hour: Your First Step: Your Workbook

Dear friend,

You came for one hour and you did something most people only talk about: you spoke to AI yourself, on your own phone. This little workbook is your keepsake from that hour. It holds the five tasks you watched live, the prompts you can try tonight, and the safety rules that keep you in charge. Keep it near your phone. Write in it, fold it, spill chai on it. It is yours, not a textbook. And when you feel ready for more, the last page tells you honestly which workshop fits you next.

Warmly,

Team AI Coaching India

Before day one

- Install one of these free apps: **ChatGPT** (by OpenAI) or **Google Gemini**. Or simply open WhatsApp: **Meta AI** already lives there.
- If an app asks you to sign in, your Google account or phone number works. No payment, no card, ever.
- Bring your own phone, charged. Reading glasses if you use them.
- One reassurance: you cannot break anything. There is no wrong button in this hour.

Day 1: Your First Conversation with AI

What today was really about

Today was about one feeling: "oh, I can do this." AI is not magic and not a monster. It is a tool that reads your words and writes back, like a very well-read assistant who never gets tired. You watched it do five everyday tasks live, and then you did it yourself. That first conversation on your own phone is the whole point of this hour. Everything else in AI is just more of what you did today.

Prompts we used

These are the five tasks you saw live. The blanks are for your own details. Say them by voice typing in Hindi or English if typing feels slow.

1. Write a polite WhatsApp message to _____ telling them that _____. Keep it short and warm.
2. Plan a simple dinner menu for _____ people using what I have at home: _____.
3. Explain this electricity bill line by line in simple words: _____ (or attach a photo of the bill).
4. Translate this note into _____ (Hindi, English, or any language): _____
5. Mera sawaal ye hai: _____. Iska jawab aasan Hindi mein do. (Ask anything, get the answer in easy Hindi.)

Now you try

- Ask AI one question you have genuinely wondered about this week. Write the question here:

- Ask AI to draft one real message you need to send to someone. Who is it for and did the draft sound like you? _____

Watch out

WATCH OUT

AI sometimes sounds fully confident and is still wrong. It can invent facts, dates, and prices. Before you act on anything important, check it once: the official website, a newspaper, or a person who knows. Trust, but verify.

My notes

Your complete prompt library

Ten starter prompts to try at home this week. One per day is plenty.

1. Write a polite WhatsApp message to _____ about _____.
2. Plan a dinner menu for _____ people using: _____.
3. Explain this bill or notice in simple words: _____.
4. Translate this into _____: _____.
5. Mujhe _____ ke baare mein aasan Hindi mein samjhao.
6. Give me 5 ideas for _____ (a gift, a family outing, a school project).
7. Write a short birthday wish for my _____ who loves _____.
8. What questions should I ask before buying a _____?
9. Make a simple to-do list for _____ (a festival, a trip, a house repair).
10. I am learning to use AI. Suggest 3 easy things I can try tomorrow.

Your safety card

Your three rules from today, plus two habits.

- **Verify facts.** AI can be confidently wrong. Check anything important before acting on it.
- **Guard private details.** Never share OTPs, passwords, bank or card numbers, or your Aadhaar number with any AI or any caller.
- **Stay in charge.** AI suggests, you decide. It is your assistant, not your boss.

- Habit: if a message or call creates panic or pressure, slow down. Panic is the scammer's tool.
 - Habit: if money fraud ever touches you, call the national cyber fraud helpline **1930** immediately.
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Keep going: your 30-day plan

- **Week 1:** One prompt from the library every day. Five minutes, no more.
- **Week 2:** Use AI for one real task: a message, a plan, a question about a bill.
- **Week 3:** Try voice typing in Hindi or Hinglish. Speak instead of typing.
- **Week 4:** Teach one family member the three safety rules. Teaching it locks it in.

And when you want more, here is our honest guidance on what fits whom:

- **AI for Daily Life** (3 days): for most people in this room. Messages, plans, forms, shopping, travel, and family safety, all on your phone.
 - **AI for Seniors** (3 days): if you are 55 or above and want a slower pace, voice-first, with extra time on scam safety.
 - **Speak English Confidently with AI** (7 days): if you understand English but hesitate to speak it.
 - **The 10-Day AI Bootcamp:** only if you can give ten full days. It is the deep end, and we will tell you plainly on the call if a shorter course serves you better.
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Plain-words glossary

- **AI:** a computer program that reads your words and writes back helpfully.
- **ChatGPT:** a popular free AI app you type or speak to.
- **Gemini:** Google's AI app, similar to ChatGPT.
- **Meta AI:** the AI helper built into WhatsApp.
- **Prompt:** the question or instruction you give AI.
- **Voice typing:** speaking instead of typing; your phone writes what you say.
- **Hallucination:** when AI confidently makes something up.
- **OTP:** the one-time password sent by SMS; never share it with anyone.
- **App:** a program on your phone, like WhatsApp.
- **Account:** your personal sign-in for an app, usually your phone number or email.
- **Free tier:** the version of an app that costs nothing; enough for everything we did today.
- **Verify:** to check a fact from a second, trusted source before acting on it.