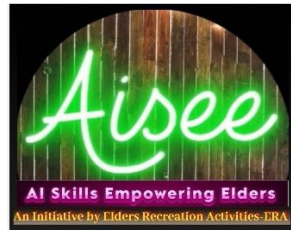


“Aisee”- AISkillsEmpoweringElders , a weekly Sunday Awareness Program

organized by Elders Recreation Activities Trust (ERA).w.e.f. 09.07.2025



1st session 1. 9.7.2025 – After successfully conducting a range of impactful community programs—such as the Live Virtual Club through Google Meet on diverse topics for isolated elders, weekly digital literacy sessions to empower seniors in using smartphones confidently, monthly cyber safety awareness sessions on Cyber Jagrookta Diwas (observed on the first Wednesday of every month- continuing), and special campaigns on Safer Internet Day (every 2nd Tuesday of February of each year - continuing)—**Elders Recreation Activities** (ERA) is now pleased to announce another forward-looking initiative.

Starting on coming **July 16th**, on the eve of **Artificial Intelligence Appreciation Day**, a new weekly program titled “**Aisee**” – **AISkillsEmpoweringElders**“ will be commenced to bridge the digital divide and bring senior citizens into the growing world of Artificial Intelligence (AI). It's no longer a distant, futuristic technology, but an integral part of our daily lives. AI is transforming every aspect of our daily lives—how we communicate, access healthcare, manage finances, or navigate the world. **The Odisha Government's recent implementation of AI Policy 2025** further underscores the importance of digital inclusion for all age groups. Yet, many elders remain excluded from this transformation due to lack of exposure or guidance.

A recent "AI for Elders" masterclass (June 7 2025) saw over 130 senior citizens attend, and around 50% had already tried AI tools, most commonly ChatGPT, valuing its simplicity and utility. This suggests an interest and willingness to engage with AI when exposed to it in an accessible manner.

So there's a clear emerging interest and potential for growth, especially when AI tools are introduced in user-friendly and supportive environments.

(Ref. www.csm.tech/news)

This innovative program “**Aisee**”—**derived from “I see AI”**

and an acronym for AI Skills Empowering Elders—

symbolizes the mission to help seniors become confident, informed,

and safe users of modern AI tools. It's specially curated for elders and will cover a wide range of beginner-friendly topics designed as mentioned below to simplify and personalize the AI learning journey.



Beginner-Friendly Topics Include:

- Introduction to AI – Demystifying AI for every baby understanding
- Essential AI Terms – Easy glossary for beginners
- Chatbots for Seniors – A practical guide to using ChatGPT and similar tools
- How to Talk to AI – Mastering the art of prompts to get useful responses
- Personal Assistants & AI Agents – How to simplify tasks with AI help
- Writing Skills with AI – Create blogs, resumes, summaries, and more
- AI in Healthcare – Fitness, health monitoring, and medication reminders
- AI for Communication – Video calls, language translation, and messaging
- Smart Home Basics – Enhancing safety and comfort with AI-enabled devices
- AI Companions – Combating loneliness with digital companionship
- Online Safety & Privacy – Staying secure in an AI-driven world
- AI in Transportation – Smart navigation and nearby service suggestions

- Entertainment through AI – Music, movies, games made easier
- AI in Finance – Managing banking, payments, and fraud detection
- Learning with AI – Acquiring new skills and hobbies
- Daily Utilities – Shopping lists, recipes, groceries made simple
- Free AI Apps & Tools – Easy-to-use, accessible tools for seniors
- And Many More...

We invite expert volunteers to join us in this noble mission by sharing their time and knowledge online for the benefit of unskilled senior citizens.

Whether you're a seasoned AI user or just starting out,
we welcome you to be part of this empowering journey.

Let's make AI accessible, enjoyable, and empowering for every elder!

Elders Recreation Activities (ERA)



16.07.2025

Today, we observe **Artificial Intelligence (AI) Appreciation Day**, celebrated all over world annually on **July 16th** to recognize the growing impact of AI on our lives and society.

This year's theme, **"AI and Education:**

Preserving Human Agency in a World of Automation," highlights the crucial need to empower individuals—especially elders—with the knowledge and skills to adapt to the evolving AI landscape, without losing the human touch that defines us. In response to this call, **Elder Recreation Activities (ERA)** is proud to announce the launch of a unique, beginner-friendly weekly initiative: **"Aisee –**

AI Skills Empowering Elders". This innovative program is specially curated to help elders:

- Understand AI with clarity
- Explore its everyday uses
- Learn how to apply AI meaningfully in daily life



Program Launch Date: Sunday, 20th July 2025



Platform: All WhatsApp Groups



Note: technical background required – just curiosity and willingness to learn!

A diverse range of easy-to-follow topics has already been circulated, covering everything from health and safety to communication, writing, home automation, and more.

:As we embark on this empowering journey of AI literacy for our seniors, we're not just bridging the digital divide – we're unlocking a wealth of possibilities. By embracing AI, our elders can enhance their lives, stay connected, and contribute to society in meaningful ways. Let's work together to ensure that our seniors are not left

behind in this digital transformation. Join us in empowering them with AI skills, and let's create a future where technology serves all ages. Let's see AI with new eyes and make it work for our elders – for a more inclusive, connected, and empowered society.

N.B. Next session starting on coming Sunday (20.7.25) with introduction to AI.



20.07.2025 -

Introduction to Artificial Intelligence Empowering Elders organised by Elders Recreation Activities-era

Welcome to the very first session of our special Sunday tutorial series titled "

Intelligence Empowering Elders " (***AISEE***) — a step towards making our senior citizens not just aware but confident users of AI in their daily lives.

We are living in an ***Era of Artificial Intelligence***, where avoiding AI is becoming as difficult as avoiding electricity or the internet. From voice assistants to features in our smartphones, AI is everywhere.

Whether we realise it or not, AI touches almost every part of our lives — helping us navigate routes, recognise faces in photos, suggest words while typing, or even translating languages.

Our program focuses on the essentials of AI that can make a real difference in the daily lives of our elder community. We'll explore the beginner-friendly aspects of AI that can help seniors:

- ***Stay connected***: Use technology to bridge the gap and stay in touch with loved ones.
- ***Enhance daily life***: Leverage AI-powered tools to simplify tasks, access information, and enjoy hobbies.
- ***Stay engaged***: Participate in meaningful activities and contribute to society in new ways. By covering the most relevant and practical aspects of AI, our program aims to empower seniors to navigate the digital world with confidence and independence."



What is AI?

Let's begin with the basics. **AI** is made up of two words:

- **Artificial** — meaning "man-made"
- **Intelligence** — meaning "thinking power"

So, **Artificial Intelligence** means man-made thinking power. Simply put, it's about creating machines or computer programs that can think, learn, and make decisions similar to how we do.

Imagine a machine that can:

- Understand and respond to your voice
- Read and translate languages
- Recognise people or objects in a photo
- Suggest your next move or decision

That's the power of AI — teaching computers to "think" and act intelligently.



How Does AI Work?

Think of AI as a smart friend who has read a million books and watched thousands of videos. Because of all this information, they can answer your questions, write a letter for you, or suggest a good movie and many more.

AI systems work by:

- **Responding** your question or input
- **Analyzing** vast amounts of information (called datasets)
- **Responding** or making decisions based on what it has learned

For example, when you ask an AI like ChatGPT a question, it doesn't just search the internet. It tries to understand the meaning and give you the best possible answer — in a friendly and useful way.



WhatAreDatasets?

A dataset is just a big collection of examples. It could be:

- A thousand photos of flowers
- A million lines of written text
- A long list of questions and answers

AI looks at these examples and finds patterns. It learns from those patterns — just like we learn from seeing the same thing again and again.

So, **datasetshelpAIlearn** the way we learn from repetition and experience.



Fundamentals of AI – Talk to It Like a Friend

Here's a key point: The better your question, the better the answer. AI works best when you give clear and simple instructions or prompts. This is sometimes called the **Golden Rule of AI**:



“Good data inputs equal better AI outputs.”

But like any tool, AI must be used carefully. A hammer can help build a home, but in the wrong hands, it can cause harm. That's why learning how to use AI properly is so important.

The building block of AI is Chatbot : Many of us will come across AI in the form of .

- “ ” means having a conversation
- “ ” is short for robot, a program that works automatically

So, a **Chatbot** is a computer program that can talk with you — answer your questions, help you with tasks, or guide you through a process.

In this program, you'll interact with friendly AI tools — just like talking to a real person — to understand how they can assist you.



What's Next? As we move forward in this tutorial series, we'll:

- Explain some of the technical terms in simpler language
- Introduce real-life uses of AI like ChatGPT
- Demonstrate how to use **safe and senior-friendly AI tools**



Final Thought: You don't need to be a tech expert to use AI. All you need is an open mind and curiosity to learn and apply AI in daily lives . This series is **your doorway to understanding how AI can make your life easier, safer, and more connected.**

Join us in this journey — where learning never retires, and empowerment is just a conversation away! Stay tuned for Session-3 schedule for coming Sunday - 27.07.2025 :

“Breaking Down AI Terms – Understanding the Jargon in Simple Words”

27.07.2025

AI Terms under AI Skills Empowering Elders organise by Elders Recreation Activities- era

A first step toward understanding AI is getting to know some important terms which are popping up everywhere. Getting to know AI jargon will help you both navigate this emerging field and also make you sound smart. Here are some familiar AI terms defined in simple words, suitable for non-technical beginners : You are bombarded with terms like “**Chatbot**”, “ ” which can be very confusing . 'Chat' means having a conversation & '**bot**' is short for , a program that works automatically.

So, a **ChatGPT** is a computer program that can talk with you . It answers your questions, help you with tasks, or guide you through a process. Imagine you're texting a friend, but instead of your friend, you're texting a computer program. That's essentially a chatbot!

* **How it** : You type a question or a statement, and the chatbot tries to understand what you mean and then gives you an answer or performs a task. So it's a virtual helper or assistant on your phone, website, or app that chats with you and guides you through a process . Think of it this way: ChatGPT is an app, while GPT is the brain behind that app. It relies on GPT to process text, audio, images, and video, but it's not an AI model itself. GPT is one of the leading industry standards for AI models right now.

ChatGPT model is a very advanced type of chatbot developed by **OpenAI** . It's special because it uses something called "Generative AI" to understand and generate human-like text. The launch of AI chatbot - ChatGPT in late 2022 completely transformed how we interact with technology.

Now pretty much every major tech company has launched its own chatbot to compete with OpenAI's ChatGPT, including some common models like **Gemini** developed by Google , **Copilot** by Microsoft , **MetaAI** by Meta (formerly Facebook) , **Claude** by Anthropic , **Perplexity** by Aravind Srinivas (an Indian computer scientist) and many more.

CNET (short for "Computer Network") reviewed all of those AI chatbots to find the best one for you and found that Anthropic's Claude is the best with OpenAI 's ChatGPT is 2nd best till 2024. Most AI chatbots do have a paid tier that often performs better than the free version. For most people, the free chatbot will get you 90% of what you need.

What's Next ?

There are a lot of free models of Chatbots alternatives to OpenAI's ChatGPT that can be useful for various purposes with their specific works. The most popular OpenAI's **ChatGPT** will be focused on coming session schedule to be held on 3.8.2025 , Sunday .

03.08.2025 OpenAI's "ChatGPT" under AI Skills Empowering Elders organise by Elders Recreation Activities- era

: OpenAI's **"ChatGPT" under AI Skills Empowering Elders organise by Elders Recreation Activities- era**

ChatGPT developed by OpenAI is one of the most popular AI models which is revolutionizing the way we interact with machines. Let's learn the

Step-By-Step Process of Using ChatGPT

Getting started with ChatGPT is simple. Just we need to follow below steps to begin:

Step1: Sign Up and Log In

- Sign Up: Visit the OpenAI website www.openai.com and create an account.
- Log In: After verifying the email, log in using your credentials to access ChatGPT.
- ChatGPT Landing Page

Step2: Start Interacting with ChatGPT

- Once logged in, you'll be then redirected to the main page and you'll find a small tour guide.
- Then, you will be able to see a screen with multiple options tools that you can do with ChatGPT with a small chat box in the bottom line where you can ask any questions. You can upload any file for any queries by clicking on " + " icon. You can give commands in your own language using any of over 80 languages including following Indian local languages such as Odia, Hindi, Bengali , Telugu, Tamil, Kannada, Malayalam, Marathi, Gujarati, Punjabi, Urdu, Assamese, Manipuri, Nepali, Sanskrit, Sindhi, Kashmiri, Konkani, Santali . ChatGPT can help with various tasks such as:
 - Everything from work-related tasks like creating a resume and a cover letter etc.
 - Writing essays, poems or stories.
 - Ask to translate any language,
 - Finding the best deals and coupons while shopping online
 - Creating recipes as per your convenience
 - Offering recommendations for movies, books, etc.

Step 3: Refine Responses -- If needed, you can follow up with additional questions or clarify your request for better results. No need to repeat your queries because ChatGPT can remember your every conversation.

What's Next ?

Worried about sharing personal info to create a ChatGPT account ? Don't worry !

You will no longer need to log in to use ChatGPT.

We'll cover the entire process in detail during our next Sunday session on August 10 , 2025.

You'll learn how to safely interact with ChatGPT via phone, WhatsApp, or other methods.

10.08.2025 OpenAI's " ChatGPT without Logging In under AI Skills Empowering Elders organise by Elders Recreation

nActivities-era

OpenAI recently introduced a new way to talk to ChatGPT by various ways without the need to create an account or remember passwords. Today you will learn using only web browser without logging in with its limitations and later on coming session you will learn by Calling and Messaging ChatGPT with your WhatsApp .

HowtoBrowseChatGPTWithoutSigningUp

Follow these steps to start using ChatGPT without creating an account:

- Instead of visiting www.openai.com click on www.chat.openai.com or www.chatgpt.com.
- **Select the 'Guest Access' Option:** On the site, look for the 'Guest Access' option. This feature allows you to use ChatGPT without logging in. Click on it to proceed.
- **Start Using ChatGPT :** After selecting guest access, you can start interacting with ChatGPT as described in previous session.
- Type your queries or messages and hit enter. Enjoy the convenience of using ChatGPT without the need for login credentials.



Limitations of Using ChatGPT Without an Account

While accessing ChatGPT without an account is generally smooth, you might encounter some limitations as follows:

- **No Chat History:** Your conversations won't be saved. Each session is temporary, and you won't be able to revisit previous chats.
- **Limited Features:** Advanced functionalities like voice interactions, custom instructions, and access to GPT-4 or DALL·E (A novel generative model developed by OpenAI that generates images from textual descriptions) are unavailable without an account.
- **Content Restrictions:** Additional safeguards are in place to prevent misuse, which might limit certain types of queries.

Advantages of using ChatGPT without an account include making it easier to use if for example you're using a new device and don't need to log in to your account. This feature caters to those who value privacy and seek immediate interaction.

No Personal Data Required

Using ChatGPT without an account means you don't have to share any personal information. This feature appeals to those who are cautious about their data being stored or used by AI platforms. You can engage with ChatGPT freely, knowing that your personal details remain confidential.

What'sNext ? The upcoming session schedule to be held on

17.08.2025 (Sunday) will focus on Calling and Messaging ChatGPT with your WhatsApp .

17.8.2025 -6th Session-nteractwithOpenAI's "ChatGPT"

byCalling&MessagingwithyourWhatsApp

withoutLoggingInunderAISkillsEmpoweringEldersorganisebyEldersRecreationActivities-era

OpenAI recently introduced a new way to talk to ChatGPT instantly by dialing or WhatsApp messages via 1-800-242-8478(1-800-CHATGPT) .



Whatusagelimitsapplywhenyoucallormessage 1-800-ChatGPT?

You can talk to 1-800-ChatGPT for 30 minutes per month for free with a daily limit on WhatsApp messages. ChatGPT will provide a notice as you approach the limit and inform you when the limit has been reached.

* You can use the official app (ChatGPTOpenAI) which can be downloaded from Google play store.

* You can talk by scanning the QR code. For generating basic QR code click on www.chatgpt.com

These no-sign-up access is ideal for quick queries, casual use, or for those who prefer not to create an account.

What'sNext ? The upcoming session schedule to be held on

24.08.2025 (Sunday) will focus on

differentmodelsofOpenAI'sChatGPTandhowtochooserightmodelsforyourneeds.

24.08.2025 - 7th

Session *Different models of OpenAI's ChatGPT and how to choose right models for your needs under AI Skills Empowering Elders organise by Elders Recreation Activities-era*

OpenAI offers various ChatGPT models whether paid or free, each with unique strengths and capabilities. If you're on a paid ChatGPT plan (Plus, Pro, Team, or Enterprise), you can switch between models with the model selector. You're probably asking yourself: Why pay when you can use it for free? If you only use ChatGPT for fun or for light works, it's not worth subscribing. But if you use it for professional jobs especially for programming, then subscribing is likely a good idea. Here we are not touching paid plan or any complex version required for professionals particularly in areas like coding or scientific tasks. Free tier users can upgrade to Plus or Pro at any time by clicking on ChatGPT.

If you're looking for a versatile model for everyday tasks, GPT-4o (free) is a good starting point. There will be a limit on the number of messages that free users can send with GPT-4o depending on usage and demand. When the limit is reached, ChatGPT will automatically switch to GPT-3.5 so users can continue their conversations. For general use, GPT-4o is generally considered the best OpenAI model for most tasks, combining high intelligence with the ability to process both text and image inputs. ChatGPT Free tier accounts can send up to 10 messages every 5 hours. After reaching this limit, chats will automatically use the mini version of the model until your limit resets. Free tier users also have access to one GPT-5 which was officially revealed recently on 7th August '25. The free plan offers basic access to GPT-5 with features like web search, voice mode, and limited file uploads, and once you hit your usage limit, the system automatically switches to a smaller model called GPT-5 mini.

ChatGPT Go is a new economical subscription @ 399/month that OpenAI has launched exclusively in India to grow its subscriber base in its second-largest market.

How to access GPT-5?

- Go to the ChatGPT platform via web or mobile app.
- Log in or sign up using your credentials.
- No separate installation or upgrade is required as GPT 5 is now the default model.
- Enter a prompt, and GPT-5 automatically chooses the right mode for text or images or both.

What's Next?

Looking for alternative ChatGPT other than OpenAI's ChatGPT? From next session we will explore different Claude based Chatbots that can be more useful depending on your workflows.

The upcoming session scheduled to be held on 31.08.2025 () will describe what is Claude AI, and how it is differentiated from ChatGPT

31.08.2025 Session *explore Claude,*

and how it is differentiated from ChatGPT under AI Skills Empowering Elders organise by Elders Recreation Activities-era

What is Cloud? The cloud is a vast network of interconnected servers, managed by third-party providers, that can be accessed and utilized over the internet.

Cloud servers are located in data centers all over the world and it enables users to access the same files and applications from almost any device, because the computing and storage takes place on servers in a data center, instead of locally on the user device.

What is Cloud AI?

Cloud AI refers to artificial intelligence services and resources that are hosted on public cloud platforms. These services are accessible to users over the internet, and the AI models and data are stored on the cloud provider's servers.

How is Claude Different from ChatGPT?

Both Claude and ChatGPT are AI assistants, but they have some key differences:

ChatGPT is best for users who want an all-in-one AI toolkit.

Claude is best for users focused on sophisticated text and code work. ChatGPT was the first widely popular AI chatbot, so it has a large user base. Claude can process more words than ChatGPT. Cloud AI is created by Anthropic while ChatGPT is created by OpenAI. Both offer free tiers and more powerful paid versions. Thus both have become mainstays in the AI landscape.

In short, while both are cutting-edge AI assistants, Claude is often preferred for tasks that require deep technical understanding, long-form content analysis, and high-quality, natural-sounding writing. ChatGPT, on the other hand, is a more versatile, feature-rich platform that excels at a wider variety of tasks, particularly those involving image generation and integration with other tools.

Choosing between Claude and ChatGPT:

- *Task-oriented conversations : ChatGPT might be more suitable for tasks like writing articles, answering questions, or generating code.

- *Conversational tone : Claude's friendly and conversational tone might be more suitable for applications where user engagement is crucial.

Ultimately, the choice between Claude and ChatGPT depends on your specific needs and preferences

What's Next ? The upcoming sessions schedule to be held on 7th September () will focus on Anthropic's Claude ai

7.9.225 – 9th Session explore

Anthropic's Claude ai under AI Skills Empowering Elders organise by Elders Recreation Activities era

Claude ai developed by Anthropic is your all-in-one AI assistant designed to help you write, research, code, and solve complex tasks instantly. It enhances your productivity and boosts your efficiency, right from your phone . It can use as your personal AI voice assistant, and dictate directly in multiple languages including Indian local language even Odia . You can avail its free plan through Claude 4 Sonnet which is quite cool.

This free Claude is better than free ChatGPT.

Pros & Cons of Claude

Before diving into a details of pros and cons, it is vital to understand that Claude represents a significant step in the evolution of conversational AI.

Pros of Claude

- * **Robust Safety Protocols** - One of the most remarkable features of Claude is its robust safety protocols, which are designed to ensure that interactions remain respectful, secure, and free of harmful content. This comprehensive safety framework protects users from exposure to sensitive or dangerous information and builds trust in the technology, making it an attractive choice for professional and educational environments.

- * **High-Quality Language Generation** - Claude's high-quality language generation is a cornerstone of its design, enabling it to produce articulate, coherent, and contextually rich responses across many topics. It can mimic human-like conversational styles and ensures its outputs are correct, engaging, and reader-friendly.

- * **Customizable User Interactions** - Whether a user is seeking a straightforward answer or a more nuanced exploration of a topic, it can adapt its responses accordingly. In addition, the customization features support diverse use cases across various professional and educational settings.

- * **Adaptive Learning Capabilities** - The system is designed to recognize patterns in user queries and adjust its responses accordingly, ensuring that the conversational experience improves over time.

- * **Comprehensive Knowledge Base** - Its vast reservoir of information enables to draw from various subjects and contexts, delivering accurate and detailed responses to complex queries.

Cons of Claude

- **Occasional Over-Cautious Responses** - Claude's design incorporates strict safety protocols that, while beneficial in preventing the generation of harmful content, can sometimes result in over-cautious responses. In practice, the system may error on the side of restraint, filtering out content or providing less detailed answers than users might expect.

- **Dependency on High-Quality Input** - Claude's effectiveness is significantly influenced by the quality of the input it receives. The system is designed to process and generate responses based on user-provided data, meaning that ambiguous, incomplete, or low-quality prompts can lead to less accurate or contextually appropriate answers.

• **Potential Latency Under High Demand** - One of the key challenges with Claude under high user demand is potential latency. During peak usage, the system may experience slower response times, affecting its ability to deliver quick and efficient interactions.

• **Challenges in Handling Ambiguous Queries** - Claude sometimes faces difficulties when processing ambiguous queries without clear context or explicit intent. In such cases, the AI may generate either generic or off-target responses as it struggles to decipher the user's precise meaning.

What's Next ? The upcoming sessions schedule to be held on

14th September will explore how to access Anthropic's Claude ai on your device .

14.9.25. –10th Session *How to access Anthropic's Claude ai*

your device under AI Skills Empowering Elders organise by Elders Recreation Activities- era

There are several platforms for accessing Claude ai :

With the web interface - it's the most accessible and requires no downloads . Visit <https://claude.ai> to chat with Claude in a web browser. No installation required - just create an account and start chatting .Works on any device with internet access. You can use " Claude Sonnet 4 " free plan for different works using different tools .

Mobile Apps

- Claude has mobile applications available for smartphones and tablets
- Download from your device's app store (iOS App Store or Google Play Store)
- Search for "Claude by Anthropic"

Desktop Applications

- There are desktop versions available for computers
- These provide a dedicated Claude interface without needing a web browser.

API Access and Claude Code for Developers.

Tips for Getting Started

- Start Simple: Begin with straightforward questions to get familiar with how Claude responds.
- Be Specific: The more specific your request, the better Claude can assist you.
- Iterate: Don't hesitate to refine your prompts or ask follow-up questions.
- Explore: Try different types of tasks - from having Claude answer basic questions to using it as a collaboration partner for more involved projects.
- Prompts: Ask with any local language including Odia & get answers with same language.
- Claude lets you upload files by clicking the attachment button " + " or dragging and dropping them right onto the text input area. Users can add up to five files at a time, each one up to 10MB. When a user uploads a file and submits it with no other instructions, Claude will automatically summarize it. Summarization isn't the only benefit. Once you add text or a file, the AI chatbot will learn about it and maintain the context of the information you upload throughout your conversation. As a result, you can ask the chatbot follow-up questions specific to the document or text, such as explaining something you didn't understand or that wasn't covered in the summary. For example, suppose you add a medical study PDF to a chat with Claude. In that case, the AI will learn what the study says so that you can ask it specific questions, such as, "What was the study's intent?" or "What percentage of participants had X results?"

N.B. For the most up-to-date information about accessing Claude, I'd recommend checking Anthropic's official website and support documentation at <https://support.anthropic.com>

What's Next ? For a powerful writing, research, and coding tool, you don't always have to rely on OpenAI's ChatGPT or Anthropic's Claude. Many user-friendly and free alternatives exist. Trying a few is the best way to discover which one works for you.

Join us next Sunday, September 21, 2025, when we'll take a deep dive into one of these alternatives: Google's Gemini.

21.9.25 –11th Session

:Explore Gemini by Google under AI Skills Empowering Elders organise by Elders Recreation Activities- era

Gemini formerly known as Bard -- is an artificial intelligence (AI) chatbot tool designed by Google is one of the top ChatGPT alternatives. It brings you quick facts and outcomes that are related to the web. Gemini is Google's AI version of Google Search. It works quickly, is connected to the internet, and provides you answers right away. Gemini knows what's going on right now, from cricket scores to stock updates. It has both free and paid versions (Pro & Ultra)

and works fine on mobile phones. Gemini can process and understand various data types, including text, images, audio, and video, making it highly versatile. The AI can also fetch information from live search. This is all about its pros. The only con we feel here is that it may seem more mechanical and sometimes the generated image quality can be unimpressive, with potential AI-related artifacts.

Create images: Gemini can generate images from text prompts and edit existing images. You can upload multiple photos to combine elements and blend them together in the same scene. Transfer the style, colour or texture of one object and apply it to another. Restore a photo, change a background, replace a subject and more. You can ask to analyze image. Free users can generate 10-20 images a day.

What's Next ?

A detailed guide on how to access Gemini which is scheduled to be held on coming Sunday 28.09.2025.

28.9.25 – 12th Session *How to access Ge*

er AI Skills Empowering Elders or organise by Elders Recreation Activities-era

Here's the comprehensive guide on accessing Gemini .

Method 1:

Web Browser Access (Easiest)

Step 1: Visit Gemini's Website

• Open your web browser • Go to gemini.google.com • You'll see the main Gemini interface

Step 2: Sign In

• Click "Sign in" in the top right corner • Use your Google account credentials • If you don't have a Google account, create one first

Step 3: Start Chatting

• Type your question or request in the text box • Press Enter or click the send button • Gemini will respond with helpful information

What you can do with free web access:

• Ask questions and get detailed answers • Generate creative content (stories, poems, scripts) • Get help with writing and editing • Basic coding assistance • Image analysis (upload images and ask questions about them)

Method 2: Mobile App Access For Android Users:

• Open Google Play Store • Search for "Gemini" or "Google Gemini" • Install the official Gemini app

• Open the app and sign in with your Google account • Start chatting with Gemini

For iPhone Users:

• Open the App Store • Search for "Gemini" or download the Google app • In the Google app, look for the Gemini feature • Sign in and start using Gemini

Mobile app benefits:

• Voice conversations with Gemini • Camera integration for image analysis • Notifications and quick access • Seamless integration with other Google services

N.B. There are other methods like " Google Workspace Integration " " Gemini Advanced (Premium) " " API Access (For Developers) " but these complicated methods are not suitable for beginners.

How to use

Choose the AI model you want to use from following options:

2.5 Flash - Fast all-round tool Reasoning, maths and code

2.5 Pro - Reasoning, maths and code or Upgrade to Google AI Pro to get the most capable models and features.

Way to Ask Gemini

• Type your AI prompt in the text box, and press Enter (or click the Submit icon, which looks like a paper plane).

• Use Deep Research in Gemini to get it to comb through hundreds of online sources and files to give you a comprehensive response, complete with cited sources to verify its claims. To do this, click Tools in the message bar, select Deep Research, and enter your prompt.

• Create a separate canvas. If you want Gemini to output its response into its own document of sorts, click Tools, and then select Canvas. That will open up a new canvas, and you can work on the response in detail.

- Generate or edit an image by clicking Tools, selecting Create images, and entering your AI art prompt.
- Talk to Gemini by pressing the microphone icon to enter your prompt using speech-to-text. If you're using the mobile app, you can also tap the Gemini Live icon, which looks like a star floating above three vertical bars, to chat back and forth with Gemini.
- Upload an image by clicking the Add files icon in the message bar (it looks like a plus sign), uploading the image you want to share, and entering your accompanying prompt. You can also drag and drop the image from your computer into the message bar.

What's Next ? We'll explore how to apply different features on coming Sunday, October 5th, 2025. Stay tuned!

5.10.25—13th Session *Exploring Canvas, an important tool of Google Gemini*

What is Gemini's Canvas ?

It's a new optional tool that you can enable for refining your documents and for writing an essay, draft a blog post, code or a small project. It's free to use but with limit. Please note, it's free to use for users 18 years of old & over with a personal Google Account or a Google Workspace account . Free users are currently limited to 5 prompts per day to the Gemini 2.5 Pro model. For K-12 educators and their students, there is 100% free under "Canvas for Education" program.

How to Access Gemini's Canvas

- Go to gemini.google.com
- Log In: Sign in with your Google account.
- Make sure you have the Gemini 2.0 Flash model selected (Canvas works with this model).
- Find the Canvas Option: Look below the prompt box (twin rounds adjacent to + icon). Click the "Canvas" button to enter the workspace.
- Enter Your Prompt: Type what you want to create. For example, "Write a blog post about AI in education" or "Create a simple tic-tac-toe game."
- Interact and Edit: Once your content appears, you can click on sections to make changes. Use the built-in tools to adjust tone, expand text, or debug code. You can also highlight sections of text and ask Gemini to adjust the tone, length, or format of the content.
- Export or Share: When you're happy with your work, export it to Google Docs, Export to Colab or share it with others using a shareable link.

How to Write with Canvas

Start a draft by simply typing ideas, and the tool offered suggestions to make text clearer and more engaging. With quick editing tools, it can easily adjust the tone, length, and format of the draft. Teachers and students can use Canvas to prepare lesson plans, study guides, or quizzes.

If Canvas isn't showing up, try visiting gemini.google/overview/canvas and clicking Try Canvas to open it directly. You can know everything about Canvas. If you have selected models like Deep Research or 2.0 Flash Thinking, Canvas will be disabled.

Currently, text formatting and style adjustments are not available on mobile. For full editing capabilities, use the Gemini web app on a computer.

What's Next ? We'll explore another latest photographic tool " oBanana " from Gemini on coming Sunday, October 12th, 2025.

12.10.25 – 14th Session *Exploring " oBanana "*

a latest photographic tool from Google Gemini under AI Skills Empowering Elders or organise by Elders Recreation Activities-era

What is Nano Banana :

Nano Banana (officially Gemini 2.5 Flash Image) is an artificial intelligence image generating and editing tool created by Google. This Image Generator has made it possible to create photorealistic, artistic, and imaginative images simply by typing text prompts, no design background or editing skills required. A single descriptive prompt is enough to achieve a professional look.

How to Access Gemini's Nano Banana :

- Go to gemini.google.com or
- Download " Google Gemini from play store.
- Log In: Sign in with your Google account.
- Make sure you have the Gemini 2.0 Flash model selected .
- Look below the prompt box (twin rounds adjacent to + icon) & click.

- Choose " Create images " for Nano Banana Tool (Banana icon) & click.
- Upload your photos file by clicking "+" button & enter your prompt. Alternatively, you can provide a custom text prompt to design a figurine without a photo.
- Write a detailed prompt: Start by stating the subject ("fantasy landscape", "retro travel poster"), followed by style ("realistic", "cartoon", "vintage"), colors, lighting, and desired mood ("warm sunset", "moody shadows", "bright and clean"). Mention features or actions (pose, environment, attire, object placement) and use negatives to avoid unwanted elements ("no text", "no watermark").
- Generate image: Submit your prompt; wait a minute for your image.
- Refine and iterate until you get desired image .
- You can also visit <https://nanobanana.ai> website directly to view Nano Banana.

Whattypesofeditscanithandle ?

The editor handles complex edits including face completion, background changes, object placement, style transfers, and character modifications. It excels at understanding contextual instructions like "place in a blizzard" or "create the whole face" while maintaining photorealistic quality.

Gemini's creative abilities go beyond text and images—it can also **generate AI videos using Veo3** . Type in a text prompt describing the scene you want. You can also upload a static image to give Gemini a visual reference. Gemini will then turn it into a short video clip, complete with natural-sounding speech and background audio.

Video generation capabilities, powered by Veo 3 model, are not available on the free tier. To access this feature, users are required to subscribe to a paid plan, either "Google AI Pro" or "Google AI Ultra."

What'sNext ? OncomingSunday, October 19th2025

,ewilldiveintoaninterestingandsophisticatedAIimageeditingtools - "DeepfakesImageCreation " whichhasraisedconcernswithinthetechcommunityandamongdigitalsafetyexperts.

19.10.25 –15th SessionExploring "Deepfakes(Fake) Image / Video "

whichhasraisedconcernswithinthetechcommunityandamongdigitalsafetyexpertsunderAISkillsEmpoweringEldersorganisebyEldersRecreationActivities-era

WhatisDeepfakesTechnology

By this video, image, voice etc. that have been edited or generated using artificial intelligence which is used maliciously or to spread false information. The technology is now widely available to the general public . Creating and distributing deepfakes can be illegal in India if they are used for harmful purposes like defamation, impersonation, fraud, or creating non-consensual sexual content, which are covered under various sections of India's updated criminal laws and the IT Act.

While India doesn't have a single "deepfake law," existing laws are being used to prosecute the misuse of this technology.

Specificoffensesandpotentialpenalties:

- * Non-consensual sexual content: Deepfakes depicting sexual content without consent are a severe offense. The punishment can include 5-10 years of imprisonment and fines of ₹5 lakh to ₹10 lakh, say SSRN eLibrary.
- * Political manipulation and misinformation: Deepfakes used to spread false information during elections or to harm political figures can result in 3-7 years imprisonment and fines from ₹3 lakh to ₹7 lakh.
- * Fraud and identity theft: Using deepfakes to impersonate individuals for financial gain or other fraudulent activities can lead to 2-5 years imprisonment and fines of ₹2 lakh to ₹5 lakh.
- * Defamation: Creating deepfakes to damage someone's reputation is a crime, and penalties can range from 1-3 years imprisonment and fines of ₹1 lakh to ₹3 lakh.
- * Unauthorized use of public figures: Using deepfakes of celebrities or public figures for misleading advertisements or other unauthorized purposes can lead to civil penalties and fines of up to ₹15 lakh.
- * Legal framework

(Modernized laws) :The BharatiyaNyayaSanhita (BNS), 2023, replaced the Indian Penal Code and contains provisions like Section 353, which penalizes making false or misleading statements that cause public mischief or fear.

* IT Act: The Information Technology Act, 2000, is also used to tackle the creation and distribution of harmful electronic content. For legal advice, consult a professional.

How to detect deep fakes AI-Generated misinformation

Detecting a deepfake isn't always easy, but there are visual, behavioral, and technical clues that can help. When suspecting you might be watching a deepfake video, look for the following tell-tale signs:

- Visual inconsistencies: Look for unnatural lighting, overly smooth skin textures, flickering edges, or blurred backgrounds.
- Facial anomalies: Misaligned eyes, distorted teeth, or unusual blinking patterns are common giveaways.
- Lip-sync mismatches: When the audio doesn't quite match the mouth movements, it's often a warning sign.
- Metadata manipulation: Examine a file's creation and modification dates. Deepfake tools often alter or erase this metadata, leaving behind inconsistencies.
- Reverse search tools: Platforms like TinEye or Google Image Search can help you track down the original version of an image or video thumbnail. If strikingly similar video exists elsewhere with different content, you've likely spotted a fake.
- In addition, consult dedicated fact-checking platforms, which exist specifically to help verify questionable claims or viral content:
- You can use online tools to detect deepfake images and videos at scale by uploading any images or videos files. Any of following website may be used to detect deepfakes:

<https://sightengine.com><https://deepfake-detect.com><https://decopy.ai>

What's Next ? Oncoming Sunday, October 26th 2025

, we will dive into different ways to Create Realistic AI Deepfake Image/Videos Online.

. Please note that this topic is for fun and ethically questionable if they are used for harmful purposes

26.10.25 – 16th Session :Exploring different ways to Create Realistic AI Deepfake (Fake) Image/Videos Online under AI Skills Empowering Elders or organise by Elders Recreation Activities-era

Deepfake technology is quickly becoming a part of our everyday lives .Using AI to generate deepfake videos and images is possible through online tools and apps, but it is ethically questionable and can be illegal depending on how the technology is used. There are literally hundreds of deepfake audio-, image-, and video-making sites and services and more appear each day. You can use any of these sites as mentioned below : <https://www.hedra.com>www.akool.com<https://www.heygen.com>

<https://www.adobe.com><https://www.paperspace.com><https://www.kapwing.com>

<https://www.canva.com>

You can also use Google's Gemini (Nano Banana) for editing images. Both use AI and can create synthetic media, but Nano Banana is a regulated, transparent creative tool, while deepfakes are generally associated with deceptive manipulation. With powerful facial mapping, emotional expression preservation, and smooth blending, you can create professional-grade deepfake videos in just a few clicks. But before going to generate, learn more about the ethical concerns of AI deepfake technology as mentioned in previous session. .

After logging the website , upload (or copy and paste) the text of what you want the deepfake audio/video to be saying. You can upload a voice, pick a voice from among the dozens of free existing ones, or clone

(i.e., copy) your voice or someone else's. You can type in a "prompt" or command to guide how you want the audio and video to be. You really must make sure you have the permission of the person you are using to represent a picture of anyone. That is it. Just wait a few minutes and your deepfake video is finished and is ready for download.

You can clone a voice which allows you to import anyone's audio along with text you want that voice to say.

***What's Next ? Oncoming Sunday, 2nd November 2025
we will explore what is voice cloning & how to clone AI***

2.11.25 -

17th Session: *Exploring voice cloning & how to clone AI voice online free under AI Skills Empowering Elders or organise by Elders Recreation Activities-era*

What is Voice Cloning ?

Voice cloning is a technology that uses AI to replicate a person's voice. The AI analyzes samples of your voice to understand your speech patterns and create a digital version that sounds just like you. Ethical and legal guidelines must be strictly followed when using voice cloning technology for deepfakes. Because using someone's voice without their explicit permission can result in significant legal consequences, including lawsuits for violating personal rights, privacy breaches, and the risk of misuse for fraudulent purposes.

How Does AI Voice Cloning Work ?

The process is simpler than it sounds. It works in three basic steps:

- **Audio Input:** You provide a short, clean audio recording of your voice (usually 1-2 minutes).
- **AI Training:** The AI "listens" to your audio and analyzes its unique qualities: your pitch, tone, accent, and speaking style. It uses this to build a digital model of your voice.
- **Text-to-Speech (TTS):** Once your voice model is ready, you can type any text, and the AI will generate new audio of that text spoken in your voice.

Step-by-Step Guide: Cloning Your Own Voice on a Smartphone :

You don't need a powerful computer. You can do this on your phone's web browser (like Chrome or Safari).

* **Step 1: Choose a Free Online Tool** - Most "free" tools offer a "free tier," which gives you a limited amount of use each month. Go to your phone's browser and you will find any popular platforms like <https://elevenlabs.io> , <https://www.vidnoz.com/ai-voice-cloning.html> , <https://invideo.io/tools/ai-voice-cloning> , <https://murf.ai> , <https://www.resemble.ai> and others that offer this service.

* **Step 2: Sign Up for a Free Account** - Pick one of the services and sign up for their free plan. This usually just requires an email and password.

* **Step 3: Find the Voice Cloning Feature** - Once logged in, look for a section or button labeled "Voice Lab," "Voice Clone," "Add Voice," or "Create New Voice."

* **Step 4: Record or Upload Your Voice Sample** - This is the most important step. The AI needs clean audio to learn from.

- **Find a Quiet Place:** Go into a closet or a room with no echo, background noise, or other people talking. Turn off fans, TVs, and music.
- **Use Your Phone's Mic:** Your phone's built-in voice memo app or the website's direct recorder is good enough.
- **Get 1-2 Minutes of Audio:** Free "instant" cloning tools only need about 1-2 minutes of you speaking. Read a page from a book or an article.

- **Speak Clearly:** Use your normal, natural speaking voice. Don't whisper or shout.
- **Save/Upload the File:** If you used a voice memo app, save the file (as an MP3 or WAV) and upload it to the website.
- * **Step 5: Verify Your Voice (The Consent Step)** - As mentioned in the warning, the platform will almost certainly require you to verify your consent.

It will likely give you a specific, random sentence (e.g., "I confirm that I am the owner of this voice and I consent to its cloning...") and ask you to record yourself saying it. This is how they prevent you from cloning someone else.

* Step 6: Train the AI Model

After you upload your sample and your consent verification, you will see a button like "Create," "Train," or "Clone." Tap it. With instant cloning, this process is very fast and usually takes less than a minute.

* Step 7: Use Your Cloned Voice!

Your voice will now appear in your list of available voices. Go to the platform's Text-to-Speech (TTS) editor, type a sentence, select your newly cloned voice from the dropdown menu, and press "Generate." You can then listen to the AI speak in your voice and download the audio file (usually an MP3).

Important Limitations of "Free" Tools :

"Free" is great, but it has limits. You should be aware of them:

- **Limited Use:** Your free account will have a monthly quota (e.g., 10,000 characters of text you can generate). This is for small personal projects, not for making a podcast.
- **Non-Commercial Use:** You are almost always prohibited from using the audio you create for any commercial purpose (like in a paid ad or a monetized YouTube video).
- **Attribution Required:** You may be required to credit the platform, such as adding "Voice generated by [Platform Name]" to your project.
- **Lower Quality:** The audio quality on free plans is good, but it might not be as crystal-clear as the paid, professional-grade cloning.

This technology is for creative and personal fun.

09.11.25 18th Session Welcome to our 18th Session of weekly Sunday Awareness Program under the ***AISkillsEmpoweringE , organized by Elders Recreation Activities (ERA)***. We are delighted to introduce another exciting feature from Google — ***Gemin*** . With Gemini Live, you don't need to type your prompts. Instead, you can enjoy a natural, back-and-forth conversation directly with the AI, making it easier and more engaging to explore and learn. Let's discover together how this technology can enhance our digital experience!

What is Gemini Live?

Gemini Live is a voice-based AI assistant from Google. Unlike traditional AI tools where you have to type your questions or commands, Gemini Live allows you to talk naturally — just like speaking to another person. You can:

- Ask questions verbally
- Have a real-time conversation
- Listen to the AI's responses through voice
- Continue the discussion without typing at all

This makes digital interactions much easier and more comfortable — especially for elders those who may find typing or reading for long durations difficult.

How to Access Gemini Live: A Step-by-Step Guide

- * Step 1: Download the Google Gemini App from the Google Play Store (for Android) or the Apple App Store (for iOS).
- * Step 2: Open the Gemini App or click on <https://gemini.google.com/app> and sign in with your Google account
- * Step 3: Locate the Gemini Live Icon. On the main screen of the Gemini app, you will see a text input box at the bottom. To the right of this box, look for the Live icon, which typically looks like a broadcast or soundwave symbol.
- * Step 4: Start Your Conversation Tap on the Live icon. The interface will change, indicating that Gemini is now listening. You can now start speaking your questions or commands.
- * Step 5: Use the Camera and Screen Sharing
 - > Once you are in a Live session, you will see icons for the camera and screen sharing at the bottom of the screen.
 - > Tap the camera icon to activate your phone's camera and show Gemini your surroundings.
 - > Tap the screen share icon to share your screen's content with Gemini.

How Does It Work? You simply tap the microphone button and start speaking.

The AI listens, understands your speech, and replies quickly in a friendly, conversational tone.

You can:

- Pause and think — it will wait!
- Interrupt with a new question — it adapts!
- Ask follow-up questions — it remembers the context!

It feels very much like talking to a knowledgeable companion.

What Can Gemini Live Help You With? Here are some helpful examples for daily life:

Getting Information

- “What is today’s weather?”
- “Tell me about high blood pressure in simple language.”
- “Who is the Chief Minister of Odisha?”

Learning & Knowledge

- Practice English speaking
- Ask meanings of difficult words
- Learn step-by-step tasks like using UPI or booking tickets

Health & Lifestyle

- Exercise reminders
- Yoga pose guidance
- Memory games and brain exercises

Digital Assistance

- Set alarms and reminders
- Open apps or search the internet

- Help composing messages or emails

WhyIsGeminiLiveUsefulforSeniorCitizens?

Many elders prefer talking instead of typing, especially on small mobile screens.

Gemini Live supports this by making smartphones:

Easier to use

More accessible for low-vision or mobility challenges

A friendly guide for digital literacy

A powerful companion for learning new things confidently

It encourages independence and smooth digital navigation.

IsItSafeToUse?

Google has built Gemini Live with strong safety measures.

However, it is important to remember:

- Do not share bank details, passwords, or private information
- Verify important advice with trusted sources
- Use it as a tool for assistance, not medical or legal authority

Being aware ensures smart and safe usage.

WhatDoYouNeedtoUseIt?

- A smartphone supporting the Google Gemini app
- A stable Internet connection
- A Google account sign-in
- The latest update of the Google app

TipsforUsingGeminiLive

* **Speak Naturally:** You don't need to use specific commands or formal language. Talk as you would with a friend or colleague.

* **Don't Hesitate to Interrupt:** If the AI is going in the wrong direction or you want to add something, just start talking.

* **Use for Various Purposes:** Try it for brainstorming, learning new topics, practicing languages, planning projects, or casual conversation.

* **Be Specific:** While you can speak naturally, being clear about what you need helps get better responses.

* **Explore Different Topics:** Gemini Live can discuss a wide range of subjects, from technical questions to creative ideas.

What'sNext ? Now that we've wrapped up our exploration of Google's AI tools, it's time to switch gears and dive into some ***Microsoft'ssimple, friendlyAI modelslikeCopilot, Bing, andEdge***.The introduction to these models will begin sequentially next Sunday, November 16, 2025.

16.11.25-19th Session- Welcome to our 19th Session of weekly Sunday Awareness Program under the ***AI SkillsEmpoweringElders*** organized by Elders Recreation Activities-era .

Subjects: Microsoft's AI Tools (t) Microsoft, a long-time leader in enterprise software, has aggressively positioned itself at the forefront of this change, releasing a suite of incredibly powerful AI tools — many of which are completely free to use. These tools help people write, talk, search, organize, and even create — all using natural language, just like talking to a friend. Let's dive into one popular model i.e. **Microsoft's Copilot** which is the best conversational AI for Microsoft Users.

What does it do?

Microsoft Copilot is a large language model (LLM) that allows you to generate text, create images, and interact with Microsoft products and services. Copilot is powered by OpenAI's language models. Pro users get access to GPT-4 Turbo and DALL-E 3 for AI image generation.

What's the difference between ChatGPT Free vs Copilot Free?

- * The free version of ChatGPT provides access to GPT-3.5 and limited GPT-4o capabilities via a chat interface, along with some basic tools.
- * The free version of Copilot, available through Bing or Edge, offers real-time answers, web browsing integration and Office-style assistance, but it's more limited in customization.

Pricing :

- The basic plan comes with a free Microsoft account and offers access to Copilot on the web and in Windows, macOS, and iPadOS
- Copilot Pro gives you higher usage limits, priority access to different AI models such as ChatGPT-4o and DALL-3, and access to Copilot in Microsoft 365 apps.

How to Access Copilot:

- You can download from Google play store as Microsoft Copilot AI Assistant by Microsoft Corporation
- Its web version can be usable by clicking <https://copilot.microsoft.com/>
- You can chat with Copilot on WhatsApp instantly using this number: +1 877-224-1042.

Here's how to set it up on your phone : Open WhatsApp and add a new contact. Save the number as +1 877-224-1042 (make sure the +1 is included).

Once saved, open the chat in WhatsApp and start messaging Copilot directly.

What's Next ?

Copilot is deeply integrated with Microsoft products like Bing , Edge , Microsoft 365 Copilot, Seeing AI and Microsoft Translator for different use cases. This will explain on the coming Sunday- 23.11.2025 .

16.11.25 20th Session Subjects: Microsoft's AI tools (Copilo)

Here are the most useful free or low-cost Microsoft AI tools that elders can benefit from:

1. **Microsoft Bing** - It is an AI powered search engine owned and operated by Microsoft .It gives you quick, summarized answers with cited sources and suggestions for further exploration, making it easier than ever . Whether you're searching for the latest news, exploring new ideas, or finding the perfect image, Bing is your gateway to a smarter, more connected experience.

* **Where to find it:** Download from Google play store as Microsoft Bing Search . You can click on following website for online services <https://www.bing.com/images/create> <https://www.bing.com/https://copilot.microsoft.com/>

2. **Microsoft Edge** - It is an intelligent web browser used for browsing the internet, which includes tasks like visiting websites, searching for information, and accessing online services. It is a modern browser that offers features for improved performance, security and productivity, such as built-in tools for organizing content, reading articles, and accessing web apps like Word and Excel.

Just ask Copilot Edge to find that website from last week, summarize information on multiple tabs, or even finish online tasks for you.

*** *HowtoAccessEdge:***

Download from Google play store as Microsoft Edge AI browser or can be seen online by clicking <https://www.microsoft.com/en-us/edge/>

3 .*Microsoft 365 Copilot* (Paid, but some features free in Word/Excel Online)

* ***Whatitis:*** AI built into Word, Excel, PowerPoint, and Outlook to help with writing, organizing, and summarizing. Use Word Online to write letters with grammar suggestions. Use Excel Online to track expenses with smart tips.

4 .*MicrosoftTranslator* (Free App)

* What it is: A translation app that helps you speak or understand different languages.

* ***Howtouseit:*** Speak into the app and it will translate into another language. Great for elders with family abroad or for travel.

5 .*SeeingAI* (Free App for Visually Impaired)

* What it is: A talking camera app that describes people, text, and describe surroundings, and identify products,

* How to use it: Point the phone at a document, and it reads it aloud. Recognizes currency, colors, and even handwriting.

HowEldersCanUseTheseAIToolsinDailylife :

* Daily Task- For reading news or articles use Microsoft Edge which can read aloud for those with vision issues or reading difficulties

* For writing letters or messages use Copilot Bing or Word Online which can help to write clearly and politely * For understanding health topics use Copilot Bing to explain medical terms in simple language.

* For translating languages use Microsoft Translator to help to communicate with others or to read signs in other languages * For recognizing surroundings use Copilot Seeing AI which can describe objects, people, and text for visually impaired users .

What'sNext ? On coming Sunday i.e. 30th November, we will explore ***thebestchatbotforsocialmedia-MetaAI***

30 11.25 -21st Session -- *Subjects: MetaAI-* A free open-source AI assistant integrated into Meta's platforms (formerly Facebook) for content creation, image generation, and social interactions . Meta AI with Llama 4, is faster, smarter, and better at understanding both text and images. It also works in more languages and handles longer, more complex conversations without glitching out. It's built into Facebook, Instagram, WhatsApp, and Messenger. .Unlike some AI assistants that require subscriptions, Meta AI offers substantial functionality completely free of charge, making it an excellent entry point for anyone curious about artificial intelligence.

HowtoInstallMetaAlonYourPhone:

● For WhatsApp users: Meta AI is already built into WhatsApp. Simply open WhatsApp and look for the Meta AI icon (usually a colorful circle) at the top of your chats list or start a new chat and search for "Meta AI."

● For Facebook and Instagram users: The AI is integrated directly into these apps. Look for the search bar or messaging features where you'll find the Meta AI option.

● For standalone access: You can visit meta.ai in your mobile browser, where you can use Meta AI without opening any specific app. Meta AI app can be available in the Google Play Store or Apple App Store.

WhatYouCanDoWithMetaAIforFree:

- Information and research: Ask questions about virtually any topic—history, science, current events, cooking recipes, or travel recommendations. Meta AI can provide detailed explanations and help you learn new things.
- Writing assistance: Whether you need help drafting emails, creating social media captions, writing essays, or brainstorming ideas, Meta AI can assist with various writing tasks. It can also help with proofreading and improving your content.
- Image understanding: You can share images with Meta AI and ask questions about them. For example, you can send a photo of a plant and ask what species it is, or share a picture of a dish and request the recipe.
- Creative projects: Generate ideas for stories, plan events, create workout routines, develop study schedules, or get suggestions for gift ideas. Meta AI can be a helpful brainstorming partner.
- Language support: Translate phrases, learn new languages, or understand idioms and expressions from different cultures.
- Problem-solving: Get help with homework questions, understand complex concepts, or work through logical puzzles and challenges.
- Conversational learning: Simply chat to explore topics you're curious about, with Meta AI adapting to your questions and providing increasingly detailed information as needed.

AdditionalThingstoKnow:

- * Privacy considerations: When using Meta AI, be mindful that your conversations may be used to improve the service. Avoid sharing sensitive personal information, passwords, or financial details in your chats.
- * Limitations: While Meta AI is powerful, it has a knowledge cutoff date and may not have information about very recent events. It can also make mistakes, so it's wise to verify important information from other sources.
- * Integration benefits: One of Meta AI's strengths is its integration across platforms. You can seamlessly use it while chatting with friends, browsing social media, or exploring content, making AI assistance feel natural rather than requiring you to switch between apps.
- * No special skills needed: You don't need any technical knowledge to use Meta AI. Simply type or speak naturally, as if you're talking to a friend, and the AI will understand and respond appropriately.

For beginners exploring artificial intelligence, Meta AI offers an accessible, free, and practical way to experience how AI can enhance daily life. Whether you need quick answers, creative inspiration, or learning support, it's designed to be helpful without complexity or cost barriers.

What'sNext ? On coming Sunday i.e. 7th December '25 we will explore ***Perplex***
,atopalternativetoChatGPT ,

7.12.25 –22nd Session - Welcome to our 22nd Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders***(Aisee) organized by Elders Recreation Activities-era .

Subjects: PerplexityAI This chatbot model is developed by an Indian (American software company) which is an innovative AI-powered search engine and also used as an answer platform that combines the capabilities of artificial intelligence with real-time internet search. Think of it as a conversational search tool that doesn't just give you links like traditional search engines, but actually reads through multiple sources and provides you with direct, comprehensive answers to your questions.

Unlike conventional search engines where you have to click through multiple websites to find information, Perplexity AI synthesizes information from various sources and presents it in a clear, conversational format with proper citations. It's particularly useful for research, learning new topics, staying updated with current events, and getting quick, reliable answers to complex questions.

You can use it with different Indian languages.

How to Install Perplexity AI on Your Phone :

For iPhone (iOS):

- Open the App Store on your device
- Search for "Perplexity AI" or "Perplexity - Ask Anything"
- Tap the download/install button
- Once installed, open the app and you can start using it immediately

For Android:

- Open the Google Play Store
- Search for "Perplexity AI"
- Tap "Install"
- Open the app after installation completes

You can also access Perplexity through your web browser at perplexity.ai without installing anything, which works on both computers and mobile devices.

Perplexity AI is now on WhatsApp:

To start using it, just save this number: +1 (833) 436-3285 to your contacts and send a message on WhatsApp. From there, you can ask questions, get links to sources, generate images, and do a lot more—right within your WhatsApp chat..

What You Can Do With

Perplexity AI (Free Features)

- Unlimited Quick Searches: You can ask unlimited basic questions and get AI-powered answers with citations .
- Real-time Information: Access to current information from the web, not just outdated data
- Source Citations: Every answer comes with links to the sources, so you can verify information
- Follow-up Questions: Have natural conversations by asking follow-up questions based on previous answers
- Basic AI Model: Access to their standard AI model for answering questions
- Thread History: Your search history is saved so you can return to previous conversations
- Mobile and Web Access: Use it across all your devices

What Free Users Should Know: The free version has some limitations on advanced features. You get a limited number of "Pro Searches" per day (typically around 5), which use more powerful AI models and deeper research capabilities. For most casual users, the free tier is more than sufficient for everyday needs.

Key Benefits:

- Time-Saving: Instead of browsing through multiple websites, you get consolidated answers quickly
- Learning Tool: Excellent for students, researchers, or anyone curious about topics
- Current Information⁸: Unlike some AI tools, Perplexity searches the web in real-time
- No Account Required: You can start using it immediately without creating an account, though creating one helps save your history

HowIt'sDifferentfromGoogle: While Google gives you a list of websites to visit, Perplexity reads those websites for you and summarizes the information in a conversational answer, complete with citations.

BestPracticesforUsingPerplexity:

- Ask specific, clear questions for better results
- Use it for research, fact-checking, and learning about new topics
- Always check the cited sources if the information is critical
- Try follow-up questions to dive deeper into topics

What'sNext ? We've now completed our exploration of various AI chatbot models, including OpenAI's ChatGPT, Anthropic's Claude, Google's Gemini, Microsoft's Bing and Copilot, Meta AI, and Perplexity AI. As nearly every major tech company has launched its own chatbot in this competitive landscape, choosing the right one can be challenging. **On Sunday, December 14th, 2025, we'll**

dive into a comparative analysis to choose the best model of AI chatbot to match your workflow.

14.12.25-- 23rd Session Welcome to our 23rd Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Subjects : How to Choose the Best AI Chatbot Model to Match Your Workflow

In our previous sessions we explored a wide range of leading AI chatbot models, including OpenAI's ChatGPT, Anthropic's Claude, Google's Gemini, Microsoft's Bing/Copilot, Meta AI and Perplexity AI. Since almost every major tech company has released its own AI assistant, selecting the right one to support your workflow has become both exciting and challenging. All the models mentioned above are among the most popular and powerful AI tools available today. But the real task is choosing the one that best fits your personal workflow. To help you decide, we look at how different models respond to the same queries, which features you genuinely use (versus those that simply sound impressive), and how the way you phrase your requests can dramatically improve results.

Even if you ultimately continue using the tools you already prefer, spending just a day experimenting with new chatbots can sharpen your AI literacy. **The goal is simple:** you should be the pilot, not the passenger.

How Should You Test an AI Chatbot?

Unlike phones or televisions, AI tools cannot be measured with lab-style, quantitative tests like battery life or brightness. Instead, evaluation depends on how effectively a chatbot communicates and assists. To assess this, we focus on practical questions such as:

- How quick and easy is it to get a useful response using plain language?
- Does the model require multiple clarifications, or does it understand your intent smoothly?
- Are the responses helpful, unique, or creative?
- How does the response compare with search engines and other AI chatbots?
- Is the information accurate, or does the model show signs of hallucination?

Reviewers always test chatbots on topics they already understand well. For instance, one reviewer asked ChatGPT to suggest a recipe for chicken tikka masala—a dish he has cooked and enjoyed for many years—making it easier to judge accuracy and usefulness.

Evaluation of AI Text-to-Image Generators

Similar testing is applied to AI text-to-image tools. These evaluations aim to answer questions such as:

- How closely do the generated images match the prompt?
- Are the images engaging and visually appealing?
- How easily can you fine-tune the output to get your desired result?
- How fast does the system generate images?
- Can the AI handle long, detailed descriptions with multiple objects?
- Does it offer controls for image attributes like aspect ratio, style, or mood?

- Are there distortions or unrealistic elements that make the image look artificial?

Test prompts include:

- Rendering in different styles (photorealistic, cartoon, pixel art, etc.)
- Combining two or more elements in a single scene
- Specifying clear relationships between objects
- Handling long descriptions with many criteria

What's Next ? On Sunday, December 21st, 2025,

we'll dive into a comparative analysis to help identify the best option.

We'll examine the pros and cons of each platform based on insights from CNET, a leading American technology media outlet that publishes comprehensive reviews, news, and analysis on technology and consumer electronics.

21.12.25 -24th Session Welcome to our 24th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Subjects

: Comparative analysis of different models of Chatbots with their pros & cons to identify the best option based on insights from CNET, a leading technology media outlet that publishes comprehensive reviews, news, and analysis on technology and consumer electronics.

Let's explore leading AI Chatbots one by one: (What's the best AI chatbot for you?)

Claude by Anthropic is the best AI chatbot overall right now. That doesn't mean ChatGPT or Perplexity are bad. Actually, both have their own advantages and disadvantages. Visit Claude

<https://claude.ai/new>

Pros :

- Best for Long documents, coding, and nuanced analysis
- Excellent at processing lengthy documents (up to 200k tokens)
- Most conversational of all the available free AI engines
- Gives direct answers that feel well thought-out
- Asks follow-up questions for your opinions
- Can sometimes link to sources of info, depending on prompt
- You can chat with Odia language with other Indian languages

Cons:

- No image generation

CNET Score 8.0 / 10

ChatGPT by OpenAI

2nd best AI chatbot for its

ChatGPT-4o, which is now available for free with **CNET** Score 9.0 / 10

Best for General versatility and widespread integration. Visit

<https://openai.com> or

<https://www.chatgpt.com> or

By WhatsApp chat by calling 1-800-CHATGPT (1-800-242-8478)

Pros :

- Strong creative writing and brainstorming capabilities
- Web browsing and image generation (DALL-E) in paid tiers
- Custom GPTs allow personalized assistants
- Generally fast response time
- You can chat with Odia language with other Indian languages

Cons:

- Can be and repetitive
- Free tier limited to GPT-3.5, which is less capable
- Sometimes prioritizes confident-sounding answers over accuracy
- Memory and conversation context can be inconsistent

Gemini byGoogle - Best for Google Workspace integration and multimodal tasks. Visit

<https://gemini.google.com>

Pros :

- Deep integration with Google services (Gmail, Docs, Drive, Maps)
- Strong multilingual capabilities
- Advanced image and video understanding
- Free tier offers capable model (Gemini 1.5 Flash)
- Can access real-time information via Google Search

Cons :

- Less consistent in reasoning quality
- Privacy concerns for those already invested in Google ecosystem
- Can feel less polished in conversational flow

CNET Score 5.0 / 10

CopilotbyMicrosoft :

Best for Microsoft 365 users and enterprise workflows. Visit

<https://copilot.microsoft.com/>

Pros :

- Seamless integration with Microsoft Office suite
- Enterprise security and compliance features
- Free tier with GPT-4 access
- Good for productivity workflows within Microsoft ecosystem

Cons :

- Less powerful outside Microsoft products
- More limited creative capabilities compared to ChatGPT
- Can feel restrictive in responses.

Meta AI by Meta Platforms, Inc.

(formerly known as Facebook)

Best for enhanced user experience, content creation, and business efficiency (ads, insights), with powerful research (LLaMA). Visit

ai.meta.com

Pros :

Use directly with social media like WhatsApp, Facebook, Instagram

Cons:

Significant privacy/data concerns, potential misinformation spread (deepfakes), AI hallucinations, limited external system integration for businesses, and risks of bias/filter bubbles, requiring careful use despite its free accessibility

Perplexity AI developed by the Founders - Aravind Srinivas :

Best for Research and information gathering

Visit <https://www.perplexity.ai>/Or by WhatsApp +1 (833) 436-3285

Pros :

- Excellent for research with built-in citations
- Always searches the web for current information
- Clean interface focused on answers, not chat
- Good at synthesizing information from multiple sources

Cons:

- Less suitable for creative or coding tasks
- Limited conversation memory
- Not ideal for iterative document creation

Choose the best one that can be suite your workflow.

- For writers and content creators: ChatGPT or Claude
- For programmers: Claude or GitHub Copilot.
- For researchers: Perplexity AI or Claude (with web search)
- For business enterprise: Microsoft Copilot or Google Gemini (depending on your ecosystem).
- For document analysis: Claude (excels at long documents).
- For quick general queries: Google Gemini (free tier) or ChatGPT

N.B. Most people benefit from trying 2-3 chatbots to see which interface and capabilities match their thinking style and workflow needs. Many are free to start, so experimentation costs nothing but time.

What's Next ?

An AI model can provide several outputs depending on how the prompt is phrased or in other words,

howtoputquestionstothechatbotforappropriateanswer. OncomingS ,December 28thwe'lldiveintosomebasicconceptstogetstartedindesigningprompts

28.12.25 – 25th SessionAs we stand at the threshold of a new year, we pause to reflect on the extraordinary journey we've undertaken together through the AI Skills Empowering Elders (AISEE) program, thoughtfully organized by *EldersRecreationActivities (ERA)*.

Over these past 25 weeks, our Sunday Awareness Programs have been more than just learning sessions—they have been gatherings of curious minds, eager to understand and embrace the transformative world of Artificial Intelligence. Together, we have demystified AI, moving from fundamental concepts to practical explorations of tools like ChatGPT. Each Sunday, we witnessed the beautiful convergence of wisdom and technology, proving that learning knows no age.

What began as an introduction to AI terminology has blossomed into meaningful understanding. We've seen participants move from hesitant curiosity to confident engagement, sharing insights, and discovering how AI can enrich daily life. The enthusiasm, dedication, and active participation of our elder community have been truly inspiring.

This journey has demonstrated that technology is not the exclusive domain of the young—it is a tool for everyone, and our elders have shown remarkable adaptability and eagerness to stay connected with the evolving digital world.

As we conclude 2025, we celebrate not just the knowledge gained, but the community built, the confidence fostered, and the bridges constructed between generations through technology.

NextSession 26 - Sunday, January 4th, 2026 -

UnderstandingtheLanguageofAI: KeyTerminology

Before we embark on our exciting new topig'cs, our 26th session will focus on building a strong foundation by exploring common AI terminology. Understanding these terms will serve as a compass for navigating the fascinating landscape ahead.

This essential session will equip you with the vocabulary needed to confidently engage with advanced AI concepts in the coming weeks.

WelcometotheNewEra - 2026 Sessions

As we turn the calendar to 2026, we welcome you to an exciting new chapter of the AISEE program !

Having established a solid foundation in AI basics and gained hands-on experience with AI tools, we are now ready to venture into new frontiers. The upcoming sessions will dive deeper into emerging AI topics, exploring cutting-edge developments, practical applications, and the evolving relationship between humans and artificial intelligence.

Get ready to discover:

- Advanced AI capabilities and their real-world applications
- How AI is transforming various aspects of daily life
- Emerging trends that are shaping our future
- Ethical considerations in an AI-powered world
- And much more!

The journey continues, and it promises to be even more enriching and enlightening. Your curiosity, questions, and active participation have been the heart of this program, and we look forward to many more Sundays of learning, sharing, and growing together.

Let'sstepinto 2026 withthesamespiritofexploration, openness, andcommunitythathasmadeAISEEsuchameaningfulexperience.

Withwarmregards&bestwishesfortheNewYear

TheAISEETeam

EldersRecreationActivities (ERA)

+++++ NEW YEAR 2026

+++++

illsEmpoweringElders (AISEE) - ARemarkable 25-WeekJourney

As we stand at the threshold of a new year, we pause to reflect on the extraordinary journey we've undertaken together through the AI Skills Empowering Elders (AISEE) program, thoughtfully organized by *EldersRecreationActivities (ERA)*.

Over these past 25 weeks, our Sunday Awareness Programs have been more than just learning sessions—they have been gatherings of curious minds, eager to understand and embrace the transformative world of Artificial Intelligence. Together, we have demystified AI, moving from fundamental concepts to practical explorations of tools like ChatGPT. Each Sunday, we witnessed the beautiful convergence of wisdom and technology, proving that learning knows no age. What began as an introduction to AI terminology has blossomed into meaningful understanding. We've seen participants move from hesitant curiosity to confident engagement, sharing insights, and discovering how AI can enrich daily life. The enthusiasm, dedication, and active participation of our elder community have been truly inspiring.

This journey has demonstrated that technology is not the exclusive domain of the young—it is a tool for everyone, and our elders have shown remarkable adaptability and eagerness to stay connected with the evolving digital world.

As we conclude 2025, we celebrate not just the knowledge gained, but the community built, the confidence fostered, and the bridges constructed between generations through technology.

NextSession 26 - Sunday, January 4th, 2026 - Understanding the Language of AI:

Key Terminology

Before we embark on our exciting new topic's, our 26th session will focus on building a strong foundation by exploring common AI terminology. Understanding these terms will serve as a compass for navigating the fascinating landscape ahead.

This essential session will equip you with the vocabulary needed to confidently engage with advanced AI concepts in the coming weeks.

4.1.26 – 26th Session - Welcome to today's Sunday Awareness Program under **AI Skills Empowering Elders** (Aisee) organized by **Elders Recreation Activities (ERA)**.

As we turn the calendar to 2026, we're embarking on an exciting new chapter of the Aisee program! Before diving into new topics, this 26th session will lay a strong foundation by exploring common **AI terminology**. Understanding these terms will serve as your compass for navigating the fascinating landscape ahead.

1. **Generative AI** is a type of AI that can create new content—such as text, images, voice, or videos—based on our instructions rather than just analyzing existing information

Examples:

- * ChatGPT writing a letter, poem, or blog
- * An AI app creating birthday greetings
- * AI generating images from words

☞ It generates something new, not just copies.

2. Large Language Model (LLM)

It is the "brain" behind tools like ChatGPT. It's trained on vast amounts of text from books, websites, and articles to understand and generate human-like responses.

Think of it like: A person who has read millions of books and can have conversations about almost any topic. ChatGPT, which you've already learned about, is built on an LLM called GPT.

3. **Natural Language** is the technology that helps computers understand human language the way we naturally speak or write, not in computer code.

Examples:

- * When you ask Alexa or Google Assistant "What's the weather today?" instead of typing commands
- * When your phone's keyboard suggests the next word as you type a message
- * When you speak to your phone to send a WhatsApp message

Simple analogy: Remember how you learned to recognize your grandchildren's faces? You noticed patterns - eye shape, smile, voice. Neural networks learn similarly by observing thousands of examples until they recognize patterns. This is how your phone learns to recognize your face to unlock, or how AI learns to identify a cat in a photo.

4. **Token** - It's the small chunks that AI breaks language into to process it. Think of tokens as pieces of words.

Examples: The sentence "I am going to the market" might be broken into tokens like: "I" / "am" / "going" / "to" / "the" / "market". Some AI tools have limits on how many tokens you can use per conversation, which roughly translates to word limits.

Why it matters: When a tool says "4000 token limit," it means you can have a conversation of roughly 3000 words before starting a new chat.

5 .**AI Ag** is an digital assistant that can perform tasks on your behalf after understanding your goal , not just answer questions.It is like a digital helper working for you.

Examples: Imagine asking an AI to "book me a doctor's appointment next Tuesday morning." An AI agent would check the doctor's availability, match it with your calendar, and actually make the booking - all without you having to do each step manually.

6 .**AgenticAI** is a more advanced form of AI agent that can work independently , make decisions, and take multiple steps to complete complex tasks without constant human guidance.**Examples:** You tell it "I want to plan a birthday party for 20 people," and it creates a checklist, suggests venues based on your location and budget, drafts invitation messages, and even reminds you of tasks as the date approaches.

Think of it as a self-working assistant, not just a responder.

7 .**Hallucination** (Important for Elders) Sometimes AI may give incorrect or imagined information confidently. This is called hallucination.

Advice:

- * Do not blindly trust AI
- * Verify important information (medical, financial, legal)
- * Use AI as a support tool, not final authority

8 .**Prompt** is the instruction or question you give to AI. Better prompt = better response .

What'sNext ?

An AI model can provide several outputs depending on how the prompt is phrased or in other words, how to put questions to the chatbot for appropriate answer. On coming Sun , January 11th we'll dive into some basic concepts to get started in designing prompts

11.1.26 – 27th Session- Welcome to our 27th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Subjects : Basic concepts to get started in designing prompts

If you're new to use chatbots /ChatGPT, or similar AI assistants, learning how to communicate effectively will help you get much better results. Think of asking as simply having a conversation, but with a few helpful techniques to make that conversation clearer.

What is a Prompt?

A prompt is simply the message or question you send to your device. It's how you tell the chatbot what you need help with. Just like talking to a knowledgeable friend, the clearer you are about what you want, the better help you'll receive.

Basic Principles for Good Prompts

* **Be Clear and Specific** Instead of vague requests, provide details about what you need. The chatbot can't read your mind, so spelling things out helps tremendously.

Vague: "Tell me about dogs." Better: "I'm thinking of getting a dog for my small apartment. Can you suggest three dog breeds that are good for apartment living and don't need too much exercise?"

* **Provide Context**

Let the chatbot know your situation, background, or why you're asking. This helps tailor the response to your needs.

Example: "I'm 68 years old and have never used a smartphone before. Can you explain how to send a text message in simple steps?"

**** AskFollow-UpQuestions***

Don't worry about getting everything perfect in one message. You can have a back-and-forth conversation, asking for clarification or more details as needed.

SimpleTechniquesThatWorkWell

**** StartwithYourGoal***

Begin by stating what you want to accomplish. This gives the chatbot direction right from the start.

Example: "I want to learn how to video call my grandchildren. Can you explain what I need and how to get started?"

**** AskforExamples***

If you're learning something new, examples make everything clearer.

Example: "Can you show me three examples of polite email responses to decline an invitation?"

**** RequestStep-by-StepInstructions***

For tasks or processes, asking for numbered steps makes things easier to follow.

Example: "Please give me step-by-step instructions for resetting my email password. I use Gmail."

**** SpecifytheFormatYouPrefer***

Let the chatbot know how you'd like the information presented.

Examples:

* "Can you explain this in simple terms without technical jargon?"

* "Please keep your answer brief, just a few sentences."

* "Can you organize this as a simple list?"

CommonSituationsandHowtoPrompt

**** GettingHelpwithTechnology***

Be specific about your device and what's confusing you.

Example: "I have an iPhone 12 and I'm trying to increase the text size because it's hard to read. Can you walk me through this?"

**** LearningSomethingNew***

Mention your current level of knowledge.

Example: "I've never cooked Odishi veg. food before. Can you give me a simple recipe for beginners with ingredients I can find at a regular grocery store?"

**** SolvingaProblem***

Describe what's happening and what you've already tried.

Example: "My printer won't connect to my computer. I've turned both off and on again. What else should I try?"

*** *Getting Recommendations***

Share your preferences and constraints.

Example: "I'm looking for a gift for my 10-year-old grandson who loves science. My budget is around ₹.100. What would you suggest?"

Things to Remember

*** *You Can't Break Anything***

There's no wrong way to ask a question. If the chatbot doesn't understand or gives an unhelpful answer, just try rephrasing or adding more details.

*** *It's Okay to Ask for Simpler Explanations***

If the response uses words or concepts you don't understand, just say: "Can you explain that more simply?" or "I don't understand what [term] means. Can you clarify?"

*** *Take Your Time***

You don't need to rush. Type at your own pace, and if you make a typo, that's perfectly fine. Chatbots can usually understand what you mean.

*** *Start Fresh When Needed***

If a conversation becomes confusing or goes off track, you can always start a new conversation with a fresh prompt.

Practice Examples to Try

Here are some prompts you can try right now to practice:

Before asking questions, click on any website i.e. <https://claude.ai> or <https://openai.com> or any chatbot you like .

* "Can you help me understand the difference between Wi-Fi and mobile data?"

* "I'd like to start walking for exercise. Can you suggest a simple plan for a beginner?"

* "What are three easy recipes I can make using chicken, rice, and vegetables?"

* "ଆମର ବରିଷ୍ଠ ନାଗରିକ ସଂଘ ନିମନ୍ତେ ସରକାରୀ ଘର ପାଇଁ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ ନିକଟକୁ ଓଡ଼ିଆ ଭାଷାରେ ଏକ ଦରଖାସ୍ତ ନମୁନା ଲେଖିବାକୁ ଅନୁରୋଧ ।"

Getting Better Results

- If the answer is too long: Say "That's helpful, but can you give me a shorter version?"
- If the answer is too technical: Say "Can you explain that without using technical terms?"
- If you need more detail: Say "Can you tell me more about [specific part]?"
- If something is unclear: Say "I'm confused about [specific thing]. Can you explain differently?"

■ Remember, using chatbots is like having a conversation with someone who's very patient and happy to explain things as many times as you need. The more you use it, the more comfortable you'll become with asking questions in ways that get you the most helpful responses.

What's Next ?

These Chatbots can be used with various types of prompts depending on the task or the outcome you need. On coming Sunday i.e. January 18th will explore some main types of prompts with examples.

18.1.26 – 28th Session --Welcome to our 28th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : *Some main types of prompts with examples*

The types of prompts for AI language models can be categorized by their structure and purpose, ranging from simple instructions to complex, multi-step scenarios.

Here are some common types of prompts depending on the task or the outcome you need :

Zero-Shot Prompts: Direct instructions given without any examples. For instance:

Translate the following English text to Odia 'Hello, how are you?'

One-Shot/Few-Shot Prompts: These prompts include one or more examples (shots) to help the model understand the desired output format, style, or pattern. This technique is useful for complex tasks or when a specific structure is needed.

Instructional Prompts: These use clear, concise commands (e.g., "Write," "Summarize," "Explain") to guide the AI to a specific, structured outcome.

Context-Based Prompts: These prompts provide background information or a specific scenario to yield richer, more relevant responses by setting the stage for the AI's answer.

Role-Based Prompts: The user asks the AI to assume a specific persona (e.g., "Act as a financial advisor," "You are an MBA professor") to tailor the tone, style, and expertise of the response.

Chain-of-Thought Prompts: This advanced technique includes examples or instructions that encourage the model to explain its reasoning process step-by-step, often leading to more accurate results for complex problems.

Conversational Prompts: These mimic a chat dialogue, allowing for follow-up questions and an iterative refinement process, much like a natural conversation.

Creative/Open-Ended Prompts: Intentionally broad and without tight constraints, these prompts invite the AI to explore ideas, generate multiple possibilities, or engage in imaginative thought experiments.

Comparative Prompts: These direct the AI to analyze and contrast multiple concepts, products, or ideas, highlighting their unique attributes, benefits, and drawbacks in a structured way.

Code-Generation Prompts:

These prompts are designed to solicit code snippets, algorithms, or scripts by describing the needed functionality.

N.B. Thus, choice of prompt type depends entirely on the specific goal, desired output, and the complexity of the task at hand.

What's Next ? Getting good results from AI starts with appropriate prompt. You might know what you want. But putting it into proper words is the hard part especially for beginners. This is where AI Prompt Generator helps you for turning your rough idea into clear, effective and well-detailed prompts . *Sowewill explore details about AI Prompt Generator on coming Sunday i.e 25th January '26*

25.1.26 – 29th Session - - Welcome to our 29th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : What's an AI Prompt Generator and How To Use It .

Getting good results from AI starts with appropriate prompt or putting proper instructions to AI .You might know what you want. But putting it into proper words is the hard part especially for beginners. This is where AI Prompt Generator helps you for turning your rough idea into clear, effective and well-detailed prompts . AI prompt generators or AI prompt writers are software or AI tools that can help users enhance their creativity and master their writing abilities. The prompt generator provides users with different inspirations to kick-start their writing journey or overcome writer's block.

An AI prompt generator can generate multiple effective prompts in seconds.You can find AI prompt generators that write prompts for AI-created text, audio, video, and more.

How to Use The AI Prompt Generator Effectively :

- * Enter Keywords or Topics: Begin by entering keywords or topics that you want the prompts to focus on. This could be anything from specific subjects to general themes.
- * Choose a Theme: Select a theme from the provided options to guide the style and context of the generated prompts. Available themes include Creative Writing, Educational, Content Creation, and Problem Solving. If you don't have a specific theme in mind, select "None".
- * Describe the Desired Context or Scenario: Provide a detailed description of the context or scenario you want the prompts to fit into. This helps the tool generate prompts that are more aligned with your specific needs.
- * Select Prompt Complexity: Choose the desired complexity level for the prompts. You can select from Simple, Moderate, or Complex depending on how intricate or straightforward you want the prompts to be.

Benefits of Using AI Prompt Generator

The AI prompt generator offers several benefits aside from removing guesswork, improving clarity, and saving you time. Here's how.

- * Turns Rough Ideas Into Structured Prompts
- * Reduces Trial and Error and thus AI prompt generator minimises that loop.
- * Makes AI More Accessible for Non-Experts .Not everyone knows how to “talk” to AI tools. The generator simplifies this by handling the technical part of prompt-building behind the scenes. You just describe what you need in plain language.The tool translates your idea into something AI can respond to properly ,making it useful especially for beginners.
- * Helps You Learn What Makes a Good Prompt

Every prompt you get back from the generator is a chance to learn. By reviewing the results, users start to see patterns in how prompts are structured and why they work.Over time, this helps you develop an intuition for better prompting, even without the tool. It's a practical way to improve your own prompt-writing skills through actual use, not theory.

- * Speeds Up the Creative Process

You spend less time setting up and more time producing. That's especially valuable for people working with tight deadlines or heavy workloads

What'sNext ?

We will explore about some free AI Prompt Generator tools on coming Sunday i.e. on February 1st.'26

1.2..26 –30th Session- --Welcome to our 30th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Free AI Prompt Generator tools .

What is an AI Prompt Generator Tool ?

AI Prompt Generator tool is a simple AI-powered software that helps you write better prompts. Whether for text, image, or even video generation, these tools optimize prompts to ensure the AI does what you want. If you've ever stared at a blank screen wondering what to write next, this is the tool that helps you. Whether you're a blogger, writer, marketer, or content creator, AI prompt generator tools can help you come up with better ideas, clearer instructions, and high-quality outputs instantly. These tools don't just "generate prompts" — they give direction, structure, tone, and depth to your ideas so AI models like ChatGPT, Gemini, Claude, and more deliver exactly what you need.

Let's dive in about some ready to use free version prompt tools .You can click on any weblink for the same:<https://originality.ai/>

Best for: Writers, SEO professionals, and marketers who want clean, optimized prompts plus AI detection tools.

<https://generateprompt.ai/en>

Best for: Instant, no-login free AI prompt generator for ChatGPT, Claude, or Gemini.<https://quillbot.com/ai-writing-tools/ai-prompt-generator>

Best for: Academic writing, creative writing, and general content brainstorming
<https://www.feedough.com/ai-prompt-generator/>

Best for: Users who want a free AI prompt generator with unlimited uses and no login.
<https://chatgpt.com/g/g-qeLYuY7UU-ai-prompt-generator>

For multi purpose prompts <https://www.easemate.ai/nano-banana-ai-image-generator> For image generation

<https://www.junia.ai/tools/prompt-generator> For ChatGPT, Claude, Gemini, DALL·E, MidJourney, or any other AI model. With a little practice, you'll be creating excellent prompts naturally without even thinking about it.

What'sNext ?

We've moved far beyond the era of simple " Chatbots " (ChatGPT) where we explored how we interact with AI . It is time to know how AI interact with world on our behalf with help of a powerful software program i.e. " AI Agent " . The concept is what makes an "Agent" different from a "Chatbot" (Thinking vs. Doing).

Think of an AI agent as a digital teammate—autonomous, data-savvy, and built to solve problems without waiting for human prompts. AI agents use data to make decisions and take actions to achieve defined goals. They are designed to automate tasks, solve complex problems, and optimize performance.

*We will start this topic on coming Sunday, 8th February, '26 .
This will cover for beginners without coding knowledge or programming.*

8.2..26 –31st Session --Welcome to our 31st Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : AI agent

We've wrapped up our exploration of the era of chatbots (ChatGPT), where we only explained how we interact with AI. Now it's time to understand how AI can interact with the world on our behalf through a powerful software program — the AI Agent. The key difference is that a “chatbot” just thinks and replies, while an “agent” thinks and acts.*

How do AI agents differ from chatbots or assistants?

Chatbots and AI assistants are primarily designed to respond to user input. Once you prompt them, they generate an answer. You need to keep prompting them to get answers; they generally don't take initiative or act without specific instructions.

AI agents, by contrast, are designed to act as digital assistant under certain conditions. They can monitor information, evaluate options, and trigger actions, often without direct user input at every step. Multiple agents can also work together to accomplish a more complex task than a single agent could reliably handle on its own.

In today's fast-paced digital landscape, AI agents are becoming an essential tool across industries, revolutionizing everything from customer service to data analysis. But ever wondered how to create an AI agent? Creating an AI agent may sound like a complex task, but

with the right guidance, anyone can build one. In this guide, we'll take you through the basics of AI agent creation, step-by-step, and provide you with the tools, technologies, and strategies you need to get started. Let's explore how you can bring your AI agent idea to life!

What is AI Agent

Before we get into the technical details, let's clear up what an AI agent actually is. Simply put, an AI agent is a system that autonomously perceives its environment, processes information, makes decisions, and takes actions to achieve specific goals. Consider it a digital entity that is capable of

- * Examine information or inputs from its surroundings.
- * Make choices based on rules, logic, or machine learning.
- * Complete things on your own (and occasionally in cooperation with other tools or agents).
- * Take note of its previous behavior or comments.

Consider it similar to an autonomous vehicle. It collects information from sensors (such as radars and cameras), evaluates the state of the road, anticipates impediments, and makes judgements instantly. Similar to this, AI agents in software programs gather data, look for trends, and act to finish tasks.

How AI Agents Works

To understand how AI Agents work in practice, let us use a familiar analogy of restaurant .

When you visit a restaurant, you interact primarily with a waiter. You don't go directly to the kitchen to place your order. You don't personally coordinate with the chef . You simply tell the waiter what you want, and they handle all the communication and coordination necessary to deliver your meal.

In this analogy:

- * You are the customer placing an order-defining what you want accomplished
- * The AI agent is the waiter-the interface that takes your request and coordinates its fulfillment

* The "brain" (large language model like ChatGPT or

Claude) is the chef-determining how to fulfill your request

* Additional tools (like Gmail, calendar apps, etc.) are like the different kitchen stations-specialized components that handle specific aspects of the process .

What's Next ? Oncoming Sunday i.e

15th February will explain different ways of using AI Agents starting from simple to advance process for beginners.

15.2..26 –32nd Session- -Welcome to our 32nd Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Building AI Agent

In last episode we explained AI agent which is simply an online AI assistant you can chat with — like a helpful digital companion that can:

- * Answer questions
- * Write messages or letters
- * Help with learning and translations
- * Plan schedules or trips
- * Explain things in simple language

Building such an agent involves assembling a brain (LLM), memory, tools, and instructions via, no-code, low-code, or code-heavy methods, ranging from using platforms like OpenAI and MindStudio to custom-coding frameworks like LangChain.

Building and training an AI agent is becoming essential for growth and by teaching an AI agent to understand human language, it can respond better and perform more useful tasks than ever before. As AI technology advances, these agents will become more sophisticated and capable, bridging the gap between human expectations and AI performance. AI agents are programmed to understand and respond to human language, making interactions with them more natural and user-friendly.

Building AI agent needs different ways from Simple to Advanced applicationssuch as :

■ ***Using Chatbotba*** which is simplest , safest & most popular for beginners.

Here you talk to AI by typing or speaking—just like chatting with a person.

Example

- * ChatGPT
- * Google Assistant
- * Alexa
- * WhatsApp chatbots

How it works:

How it works:

* You ask: "Write a letter", "Explain medicine reminder", "Translate Odia to English"

- * AI replies instantly.

Best for beginners because:

- * No setup
- * No technical knowledge
- * Free versions available
- * Works on mobile phones

Typical uses:

- * Writing messages, letters, poems
- * Health reminders
- * Learning new things
- * Daily planning

☞ This is the BEST starting point for elders.

■ *Task-based AI Agent* (Acts on Your Behalf)

What it is:

Instead of only replying, the AI does small tasks automatically.

Example

- * “Remind me to take medicine every day at 7 AM”
- * “Summarise today’s news for me”
- * “Create a weekly walking plan”

How you can understand it:

- * Like asking a smart secretary to do routine work.

Where it is used:

- * Reminder apps with AI
- * Smart calendar assistants
- * Fitness & health apps

Skill needed:

- * Just telling clearly what you want

(No coding, no keys)

■ ***AI Agent Using “AIKey” or “APIKey” (Application Programming Interface)*** These keys are like digital password that allow AI agents to access powerful language models, external data, and other tools. This semi technical method is not suitable for all since it's mainly behind the scenes

Analogy

- * Like an ATM PIN – needed only by the person creating the system, not normal users.

Whousesthis?

- * App developers
- * Organisations building their own AI systems

Example :

- * A hospital creates its own chatbot using an AI key
- * A website uses AI to reply to visitors automatically

■ *Coding-based AI Agent (Advanced Level)*

Here AI agents are created using computer programming (coding). Example tasks they can do:

- * Automatically read emails and reply
- * Book tickets
- * Analyse reports
- * Monitor systems 24×7

Whousesthis?

- * Software engineers
- * IT companies
- * Researchers

This is only for awareness knowledge .

■ *Key Message :*

Start small. Ask simple questions. Use AI as a helpful friend.

“If you can talk on WhatsApp, you can use an AI agent.”

■ *Recommended Learning Path for Beginners:*

- * Start with chatbot AI
- * Use it daily for small personal tasks
- * Understand that AI keys & coding are for creators, not for beginners.

What's Next ? On coming Sunday i.e 22nd February ***wewill explain step-by-step guide to build AI agent using different platforms .***

22.2..26 –33rd Session- - Welcome to our 33rd Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : step-by-step guide to build AI agent using different platforms.

Ever wished you had a virtual assistant that could handle repetitive tasks, make smart decisions, and respond like a pro—all without needing constant input? That's exactly what AI agents do. The idea of building one might sound like a lot to take in. You don't need to be an expert in machine learning to get started. With the right approach, even beginners can build AI agents that solve real problems. Let's focus on previous episodes where we used ready to use several beginner-friendly popular AI assistants which were used as simply an online AI assistant you can chat with — like a helpful digital companion that can answer any questions .

Below is a step-by-step guide tailored for beginners.

You may use any model i.e. ChatGPT(OpenAI) ,Google Bard ,Microsoft Bing , Anthropic Claude etc.

All of these are free to start and work on a phone or computer.

Examples:

❑ **HowtoGetChatGPT (Step-by-Step)**

- * Open your phone or computer browser (Chrome, Safari, etc.)

- * Go to:

- * <https://chat.openai.com>

(You can also download the ChatGPT app from Google Play or Apple App Store)

- * Create an account

- * Enter your email

- * Create a password

- * Verify your email (you'll get a code/link to click)

- * Once logged in, you'll see a text box to start chatting with any language even in Odia.

✓ How to Use for Personal Tasks

Type anything you need help with. For example:

- * "Write a birthday message for my granddaughter."

- * "Explain diabetes in simple words."

- * "Help me make a shopping list."

Just press Enter and the AI replies instantly.

❑ **Option 2 — HowtoGetGoogleBard (Step-by-Step)**

- * Open a browser

- * Visit: <https://bard.google.com>

- * Sign in with Google

- * (If you already have Gmail, use that)

✓ How to Use

Ask Bard anything just like ChatGPT, e.g.:

- * "Translate this sentence into Odia."

- * "Plan a simple weekly exercise routine for elders."

● **Option 3 — HowtoGetMicrosoftBingChat (Step-by-Step)**

- * Open a browser

- * Go to: <https://www.bing.com/chat>

- * Sign in with a Microsoft account (Outlook/Hotmail)

✓ How to Use

Bing Chat can:

- * Search the web and give up-to-date answers
- * Help write emails or messages
- * Answer local questions

☐ **Option 4 — HowtoGetAnthropic'sClaude (Step-by-Step)**

- * Visit: <https://www.anthropic.com>
- * Sign up for a free account
- * Start chatting and asking questions even in Odia.

📱 **BasicSteps to Use Any AI Assistant**

📄 Step 1: Open the App or Browser

- * On phone: use an app (ChatGPT/Bard)
- * On computer: use a browser

⌨ Step 2: Type Your Question

Start with something simple like:

- * “How can I stay healthy at age 60?”
- * “Summarize today’s news”
- * “Help me draft a letter”

💬 Step 3: Read the Response

The AI will answer in simple words. If something is unclear, ask again:

- * “Explain that more simply”
- * “Give me examples”

📎 Step 4: Save or Share

You can:

- * Copy the text
- * Save it in Notes
- * Share it via WhatsApp or Email

📌 **Tips for Beginners**

✓ Be clear and simple

Example: “Tell me about heart health in easy words.”

✓ Ask follow-up questions

Example:

AI: “Drink water regularly.”

You: "How much water should I drink daily?"

✓ Use voice typing on phone

If typing is hard, tap the mic button to speak your question.

🛡️ **Safety&PrivacyTips**

- * Do not share personal passwords, bank details, Aadhaar numbers.
- * If unsure, ask AI to show simple examples or step-by-step answers.
- * Take breaks — AI can be useful, but human support (family/friends) matters too.

Please modify following draft for better appreciation

What'sNext ? In this episode, we discussed a simple AI Assistant — a helpful digital tool that responds to our questions and performs tasks when instructed.

Now, oncomingSunday, 1stMarch 2026, wewillmoveonestepahead.

We will introduce you to a True AI Agent — like a digital personal secretary that can:

- * Act on your behalf
- * Take simple decisions
- * Work independently toward a goal
- * Require minimal human intervention

This advanced AI Agent can:

- * Understand your goal clearly
- * Break it into smaller, manageable steps
- * Work step-by-step on its own
- * Use tools such as search, writing, and planning
- * Finally, report the complete results back to you

It is not just answering questions — it is working for you with purpose and direction.

Letusexplorethisexcitingnextsteptogether.

1.3...26 –34th Session- -Welcome to our 34th Session of weekly Sunday Awareness Program under the **AISkillsEmpoweringElders** (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject :

Step-by-stepguidetobuildaTrueAI Agent — likeadigitalpersonalsecretarythatcan:

- * Act on your behalf
- * Take simple decisions
- * Work independently toward a goal
- * Require minimal human intervention

This advanced AI Agent can:

- * Understand your goal clearly
- * Break it into smaller, manageable steps
- * Work step-by-step on its own
- * Use tools such as search, writing, and planning
- * Finally, report the complete results back to you

It is not just answering questions — it is working for you with purpose and direction.

Below is a clear, beginner-friendly practical guidance, for non-technical users., especially suitable for elders .

? Can a Beginner Build Such an AI Agent Free of Cost?

✓ YES — with limitations

Free AI agents exist but:

- * They work inside a browser or app
- * They need initial guidance
- * They are semi-autonomous, not fully independent
- * No coding is required for basic use

□ BEST FREE & BEGINNER-FRIENDLY AI AGENT OPTIONS (2026)

1 ChatGPT with “**Agentic Prompting**” (**NO coding, FREE**)

This is the simplest and safest starting point for beginners.

◆ How it Works

You assign a role and goal, and ChatGPT behaves like an agent.

◆ Example Objective

“Act as my personal health assistant and help me improve daily walking habits.”

◆ Step-by-Step

Step 1: Open ChatGPT

* App or browser → <https://chat.openai.com>

Step 2: Give an Agent Instruction (Template)

Copy and paste this 

You are my personal AI agent. Your objective is to help me improve my daily walking routine. You will: 1. Ask me relevant questions

2. Create a simple daily plan

3. Remind me what to do next

4. Adjust suggestions based on my feedback Work step by step. Use very simple language.

Step 3: Respond to Agent Questions

The AI will now:

- * Ask your age, health limits

- * Propose a plan

- * Improve it over time

✦ This is called “Manual Agent Mode”

- ✓ Best for elders

- ✓ Fully free

- ✓ No technical risk

2 **Auto-GPT-like Agents** (*Free but NOT recommended for elders initially*)

Examples:

- * Auto-GPT

- * BabyAGI

- * AgentGPT (browser-based)

⚠ Why not ideal for elders

- * Require technical setup

- * May need API keys

- * Can behave unpredictably

- * Risk of confusion or errors

✦ These are educational tools, not elder-friendly daily agents.

3 **Browser-Based AgentGPT** (*Simplest Autonomous Agent – Free Trial*)

◆ What It Can Do

- * Accepts a goal

- * Breaks it into tasks

- * Executes steps automatically

◆ Example Goal

“Research government benefits for senior citizens in Odisha and summarize.”

◆ Step-by-Step

- * Open: <https://agentgpt.reworkd.ai>

- * Enter Goal

- * Click Deploy Agent

- * Watch tasks being executed

⚠ Limitation:

- * Limited runs per day (free)

* English only

* No memory across days

☐ ***What AI Agents CAN Do Today (Realistic View)***

✓ Plan activities

✓ Research information

✓ Draft documents

✓ Monitor routines

✓ Summarize progress

✓ Suggest next actions

✗ Cannot:

* Access your bank

* Make phone calls

* Control devices independently

* Replace human judgment

☐ ***Practical Use-Cases for Elders***

☐ Health Agent

* Walking routine

* Medicine reminders (manual)

* Diet suggestions

☐ Learning Agent

* Learn smartphone use

* Learn AI tools

* Learn English/Odia translations

 Writing Agent

* Letters

* Blogs

* Memories & life stories

☐ Well-being Agent

* Daily reflection

* Gratitude journal

* Gentle motivation

Safety Rules (Must Follow)

⊘ Never allow agent to:

- * Store Aadhaar / bank info
- * Act without reviewing output
- * Make decisions affecting money or health

✓ Always:

- * Review suggestions
- * Use “Explain in simple words”
- * Stop if confused

What's Next ?

At the beginning stage, fully autonomous AI agents are not recommended for beginners. Instead, we will follow a safer and simpler method called ChatGPT with Agentic Prompting.

In this method, you clearly tell ChatGPT to act in a specific ROLE with a defined GOAL.

For example, instead of asking:

“Give me health tips.”

You can say:

“You are my Health Assistant. Your goal is to help me control my BP and sugar levels, and guide me in proper diet planning. Please support me step-by-step.”

This small change makes ChatGPT work like your personal AI helper — focused, structured, and goal-oriented.

Oncoming Sunday, 8th March 2026, we will begin with a ready-to-copy practical template, specially designed for elders, so that everyone can confidently use AI in daily life.

Let us move forward together and explore this exciting next step in our AI learning journey.

8..3..26 –35th Session- -Welcome to our 35th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Simple, step-by-step practical guide with ready-to-use Agentic Prompt Templates specially designed for elders.

◆ *What is Agentic Prompting?*

Agentic Prompting means:

“You tell ChatGPT to act in a specific ROLE, with a clear GOAL, and step-by-step INSTRUCTIONS — like a digital assistant working for you.”

Instead of asking: “Give me health tips.” You say: “You are my Health Assistant. Your goal is to help me control BP. Guide me step-by-step...”

This makes ChatGPT work like a personal AI helper.

□ *SIMPLE 3-STEP FORMULA*

Before starting, pl. Click on <https://chat.openai.com> to open the browser or App.

You may open any model of chatbots.

STEP 1: Assign a Role

“You are my ____ assistant.”

STEP 2: Define the Goal

“Your goal is to help me ____.”

STEP 3: Give Clear Instructions

“Ask me questions step-by-step and give simple advice.”

Example for Practical Roles & Goals for Elders

(With Ready-to-Copy Templates)

1 **Health Monitoring Assistant**

 Goal:

Control BP, sugar, walking routine, diet planning.

 Template:

You are my personal Health Assistant.

Your goal is to help me manage my blood pressure and stay active.

Ask me about:

- My age
- Current BP readings
- Medicines I take
- My walking routine
- My food habits

Then give simple daily suggestions.

Use easy language.

Remind me of precautions suitable for my age.

Do not use medical jargon.

2 **Memory & Mental Activity Coach**

 Goal:

Improve memory and mental sharpness.

 Template:

You are my Brain Fitness Coach.

Your goal is to keep my mind active and improve memory.

Suggest:

- Daily memory exercises

- Simple puzzles
- Reading habits
- Social interaction ideas

Create a 7-day simple activity plan.

Use large, clear formatting.

3 **Devotional&SpiritualCompanion**

🎯 Goal:

Daily inspiration and peace of mind.

📄 Template:

You are my Spiritual Companion.

Your goal is to give me daily positive thoughts and simple spiritual guidance.

Provide:

- One short inspirational message daily
- One small gratitude activity
- One reflection question

Keep it peaceful and encouraging.

What'sNext ?

OnthecomingSunday, 15thMarch 2026, wewillexploresomemoreready-to-useAgenticPromptTemplatesal-lifeapplications

15..3..26 –36th Session-- -Welcome to our 36th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject : Somemoreready-to-useAgenticPromptTemplatesdesignedforreal-lifeapplications

We have covered some ready to use Agentic Prompts Templates for health assistant. Today we focus on some roles for real-life applications. Before starting, pl. Click on <https://chat.openai.com> to open the browser or App.

1 **italSafetyGuardian**

🎯 **G** : Protect from cyber fraud, OTP scams, APK fraud.

📄 **Template:** You are my Digital Safety Guardian.

Your goal is to protect me from online fraud and scams.

Explain:

- Common fraud methods in India
- How to identify fake calls and APK scams
- What to do if I receive suspicious messages

Give step-by-step safety rules. Use examples related to elders. Provide a checklist at the end.

2 **PersonalFinanceHelper**

🔊 **G** : Pension planning, avoiding fraud, budgeting.

📄 **Template**: You are my Personal Finance Helper.

Your goal is to help me manage my pension and monthly expenses safely.

Ask me about:

- My monthly income
- Regular expenses
- Medical expenses
- Savings

Then suggest a simple monthly budget plan.

Warn me about financial fraud risks.

Keep the advice practical and simple

3 **FamilyEventPlannerAssistant**

🔊 **G** : Organize meetings, get-togethers, shraddhanjali, colony events.

📄 **Template**: You are my Event Planning Assistant.

Your goal is to help me organize a small community event.

Ask:

- Type of event
- Number of people
- Budget
- Venue

Then provide:

- Checklist
- Invitation draft
- Budget estimate
- Timeline plan

▪ **Use following simple Agentic format:**

ROLE:

You are my ____.

GOAL:

Your goal is to help me ____

CONTEXT:

I am a senior citizen living in India.

INSTRUCTIONS:

- Ask questions before giving advice.
- Give step-by-step guidance.
- Use simple English.
- Avoid technical terms.
- Provide a summary at the end.

Thus AI is not just for young people.

It can become:

- * Your health companion
- * Your safety guard
- * Your planner
- * Your teacher
- * Your digital secretary

Thesecretis:

Clear Role + Clear Goal + Clear Instructions which should be followed as Agentic Prompting.

What'sNext ?

OncomingSunday, 15thMarch 2026, wewill

movefurtherthocreatesophisticatedautomatedsystemsofbuildingAlagentsusingAgentGPT.

It's called AgentGPT because the GPT is acting as an autonomous agent, not just a chatbot, as in ChatGPT, although both rely on the same OpenAI models under the hood AgentGPT. Building AI Agents will be done using ***Hakunamatatat*** .

" ***unamatata*** " means in english "***notrouble***" or "***noworries***" and "***takeiteasy***" . AgentGPT is a no-code tool, meaning users do not need to write software or set up a development environment to define a goal, select a model and deploy agents. Templates are provided to help beginners understand how to frame effective goals.

22..3..26 –37th Session-- Welcome to our 37th Session of weekly Sunday

Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject : GuidetobuildAIAgentusingAgentGPT

WhatisAgentGPT ?

AgentGPT is an advanced AI systems that use Generative Pre-trained Transformers (GPT) to perform tasks autonomously not just a chatbot, as in ChatGPT, although both rely on the same OpenAI models under the hood . This type of agent can understand and generate human-like text based on their input.

One feature that makes AgentGPT special is its user-friendly interface, which makes AI agent functionality accessible for all sorts of use cases like research and data gathering, exploratory problem-solving, idea generation, automating repetitive tasks, creating chatbots and more.

It's a no-code tool, meaning users do not need to write software or set up a development environment to define a goal, select a model and deploy agents. Templates are provided to help beginners understand how to frame effective goals. All procedures will be followed using Hakunamatatech.

"Hakunamatata" means in English "no trouble" or "no worries" and "take it easy".

How does AgentGPT compare to similar AI tools?

Unlike basic ChatGPT models that mainly answer questions, AgentGPT acts autonomously to execute complex, multi-step goals without constant user input. In simple words,

AgentGPT and ChatGPT are both advanced NLP tools that require user input and interaction. However, there are key differences in capabilities and uses. ChatGPT can be classified as a chatbot with generative AI capabilities, while AgentGPT is an autonomous AI tool.

AgentGPT is browser-based and doesn't require complex local setups, making it more accessible than some alternatives like AutoGPT which may require technical skills. Additionally, it offers scalable web scraping and data analysis automation, which is distinct from standard chatbot functionalities.

Why AgentGPT is perfect for beginners:

It offers one of the simplest interfaces for creating autonomous agents quickly, allowing users to create simple agents with minimal setup time using Hakunamatatech. It's also completely free. Templates are provided to help beginners understand how to frame effective goals.

What's Next?

Oncoming Sunday, 29th March 2026, we will

move further to learn step-by-step practical guide to build your first AI Agent using AgentGPT website.

29..3..26 –38th Session- -Welcome to our 38th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era.

Today's Subject : To learn step-by-step practical guide to build your first AI Agent using AgentGPT website.

To build and run your own AI agent without writing any code you simply open the official website of AgentGPT,

type what you want to achieve, and the website does the rest! You can find AgentGPT at its website <https://agentgpt.reworkd.ai>

Before building an AI agent, you need to create a free account and follow these steps carefully

- The easiest way is to use your Google account (Gmail). If you do not have a Google account, you can also create one with your email address by clicking 'Sign Up with Email'.
- Follow the instructions on screen to enter your email address and create a password.
- Once completed, you are now signed in and ready to use AgentGPT!

- Exploring the Homepage

Once you are signed in, take a moment to look at the screen. You will see:

- * A large text box at the top of the page — this is where you type your goal
- * A button that says 'Deploy Agent' or 'Run Agent' — this starts your AI agent
- * A section below that shows your agent's work as it happens

Building Your First AI Agent — StepbyStep procedures:

Now the exciting part begins! Let us build your very first AI agent together. We will use a simple and fun example: asking the agent to research 'healthy breakfast ideas for seniors'.

☐ STEP 1 — Give Your Agent a Name

Every agent needs a name. This helps you remember what it does.

- * Look for the box at the top of the page that says 'Agent Name' or 'Name your agent'.
- * Click inside that box.
- * Type a simple name. For example: HealthyBreakfastHelper

TIP

Keep the name short and without spaces. You can use capital letters to separate words, like: MyFirstAgent or HealthHelper

☐ STEP 2 — Type Your Goal (The Task)

This is the most important step! You tell the AI agent what you want it to do. This is called the 'Goal'.

- * Find the bigger box below the name box. It usually says something like 'Enter your goal here...'
- * Click inside that box.
- * Type your goal clearly. For example: Find 5 healthy breakfast ideas that are easy to make and good for seniors over 60 years old. Include the health benefits of each idea.

The Golden Rule of Giving Instructions

Be clear and specific! The more detail you give, the better your agent will work. Instead of typing 'Find breakfast ideas', type 'Find 5 healthy, easy-to-make breakfast ideas for seniors with health benefits for each one.' Think of it like talking to a very helpful but very literal assistant.

☐ STEP 3 — Start Your Agent

Now you will bring your agent to life!

- * Look for the green button that says 'Deploy Agent' or 'Run' or 'Start'.
- * Click that button once.
- * Wait patiently. The agent will start working immediately. You will see text appearing on the screen as it works.

PATIENCE

The agent may take 1 to 3 minutes to finish its work. Do not click the button again. Just watch the screen and see the magic happen!

□ STEP 4 — Watch Your Agent Work

This is the most amazing part! On the screen, you will see your agent:

- * Thinking about the task (it shows its thought process)
- * Searching the internet for information
- * Organizing what it finds
- * Writing out results clearly for you

You will see colored boxes or lines appearing. Each one represents a step the agent is taking. It is like watching someone work at a desk — you can see everything they do!

□ STEP 5 — Read and Save Your Results

- * Once the agent finishes (the activity on screen stops), scroll through the results.
- * Read what your agent has found and prepared for you.
- * To save the results, you can: Select all the text (press Ctrl + A on Windows, or Cmd + A on Mac), copy it (Ctrl + C), and paste it into a Word document or notepad (Ctrl + V).
- * You can also take a screenshot by pressing the Print Screen button or using the Snipping Tool on Windows.

What's Next ? Oncoming Sunday, 5th April 2026 will explain some beginner-friendly examples required very commonly for senior citizens. You can try with these examples.

5.4..26 –39th Session - -Welcome to our 39th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject :

Concepts of choosing tools on the homepage during building of AgentGPT.

There is an option to choose " Tools " on the homepage when you visit

agentgpt.reworkd.ai for creating AgentGPT. This is one of the most important concepts to understand when asking AgentGPT . This is an extra capabilities beyond just thinking and writing. In simple words: Tools = Extra powers you give to the agent to perform real tasks.

Why Tools Are Important --By default, an agent can:

- * Think
- * Plan
- * Write answers

But with tools, it can:

- Search the internet
- Gather data
- Process information
- Perform actions

This is because tools let the agent connect to external data or functions.

Role of Tools

1. Access to Real Information

- * Without tools: Agent uses only its internal knowledge
- * With tools: Agent can search latest information from web

2. Perform Tasks Automatically

- * Tools allow agents to:
- * Break tasks into steps
- * Execute them one by one

AgentGPT is designed to plan → act → evaluate → repeat

3. Connect to External Systems

- * Tools can connect agents to:
- * Websites
- * APIs
- * Databases
- * This helps in:
- * Research
- * Data collection
- * Automation

4. Improve Accuracy & Usefulness

- * Without tools: Output may be general
- * With tools: Output becomes:
- * More accurate
- * More practical
- * More up-to-date

Simple Analogy (Explanation)

Think of an agent like a person:

- * Without Tools: Person sitting at home, only thinking, so limited help
- * With Tools : Person with phone, internet, notebook , so he can search, call, calculate , thus powerful assistant.

So tools = mobile + internet + calculator for the agent

Common Types of Tools

Even if not all are visible in free version, generally tools include:

**** Web Search Tool***

- * Find latest information

* Example: news, prices, schemes

* ***Data/DocumentTool***

* Read or analyze content

* ***Code/ CalculationTool***

* Solve calculations

* Process data

* ***API / IntegrationTool***

* Connect to other apps

⚠ ***Please note***

* Do NOT select all tools blindly

Why?

* More tools = more confusion

* Agent may take wrong steps

* Slower performance

* Best practice:

“Choose only tools required for your goal”

Practical Example for Goal

“Find best hospital near me”

Without tools:

* Agent gives general advice

With web search tool:

* Agent finds real hospitals

* Gives updated suggestions

Please Note

✓ Tools make AgentGPT more powerful and practical

✓ They allow real-world interaction

✓ They are essential for automation tasks

What's Next ? Oncoming Sunday, 12th il 2026

wewill explain which tools to select for each type of daily task in AgentGPT.

12.4..26 –40th Session- -Welcome to our 40th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today' bject : Selection of tools for each daily task in AgentGPT agentgpt.reworkd.ai

In previous episodes we have simplified it based on how AgentGPT actually works (mainly using web search, text generation, and basic execution tools) . Today we will explain practical and beginner-friendly guide to select the particular tool for each daily task in AgentGPT.

★**First understand rules of tools in AgentGPT:**

- * Tools are limited but powerful
- * Tools break goals into tasks
- * Without tools → Agent only “thinks”
- * With tools → Agent can find real data and act
- * Most common useful tool = Web Browsing / Search

□ **Tasks where no tools needed**

- Daily Routine Planning - the goal is to plan your day (thinking + planning task only)
- . Medicine / Health Schedule - the goal is to organize medicines (Personal information)
- . Grocery List Planning - the goal is weekly shopping list.

Here you may select " Web search" tool to check the prices

- . Meal Suggestions - goal is to cook. " Web search" tool may be used for recipes.

●**Tasks WHERE Tools ARE IMPORTANT**

- Latest Information Search -

Goal is to find pension schemes, news, train timings etc for which " Web Search Tool" is important because Agent needs latest real-world data

- * Find nearby services - Goal is to find hospital , pharmacy, bank. Here also " Web Search Tool" is required since you need location-based real data .

- * Travel Planning - Goal are to plan trip, check hotels. You need " Web Search Tool" to collect updated travel info.

- . Learning New Topics - Goal is to learn smartphone, apps . Need only " Web Search Tool".

What's Next ? Oncoming Sunday, 19th Ap

2026 we will explain some Safety Tips when using AgentGPT along with Frequently Asked Questions (FAQs) with answer about AgentGPT

19.4..26 –41st Session welcome to our 41st Session of weekly Sunday Awareness Program under the **AISkills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era . **Today's Subject : Safety Tips for AgentGPT**

agentgpt.reworkd.ai

Using AgentGPT (or similar autonomous AI agent frameworks) requires caution, as these tools can autonomously navigate the web, use tools, and interact with operating systems on your behalf. Safety measures involve protecting your data, monitoring actions, and limiting access. So it is important to stay safe. Here are important safety guidelines:

🔒 **Protecting Your Personal Information**

- Never type your home address, phone number, or bank details into the agent goal box

- Never share your AgentGPT password with anyone, even family members
- If someone asks for your password online, it is ALWAYS a scam — refuse and close the page
- Always sign out (log out) of AgentGPT when you are done using it.

✓ **Checking the Information**

- AgentGPT is very helpful, but it can sometimes make mistakes
- Always verify health or medical information with your doctor
- Do not make important decisions (like about medicines) based only on what the AI tells you
- Treat AI information like advice from a well-meaning friend — useful, but always verify

📱 **Using Devices Safely**

- Keep your computer or tablet's software updated for security
- Use a trusted internet connection (avoid unknown public WiFi for sensitive tasks)
- If something on the screen looks strange or scary, close the browser and ask for help

👉 **REMEMBER**

There is no such thing as a silly question when learning new technology. Always ask a younger family member or trusted friend if you need help. Learning at any age is a wonderful achievement!

Frequently Asked Questions (FAQs)

Q: Do I need to pay money to use AgentGPT?

A: AgentGPT has a free version that is perfect for beginners. You can use it without paying anything. There is also a paid version with more features, but you do not need it to start learning.

Q: What if I make a mistake while typing the goal?

A: No problem at all! You can simply click inside the goal box, delete your text, and type again. You can also click a 'Reset' or 'Clear' button if available to start fresh.

Q: The agent stopped working halfway. What should I do?

A: This can happen sometimes. Simply refresh the page (press F5 on your keyboard), sign in again if needed, and try running your agent one more time.

Q: Can I use AgentGPT on my mobile phone?

A: Yes! AgentGPT works on smartphones and tablets too. Open your phone's internet browser, type the website address, and follow the same steps. The screen will look slightly different but works the same way.

Q: Is my information safe on AgentGPT?

A: AgentGPT uses security measures to protect your data. However, as a good rule of thumb, never type personal, financial, or sensitive information into any AI website. Stick to general topics and informational goals.

Q: Can I save my agents for later use?

A: Yes! When you are signed in to your account, you can view your previous agents and their results. Look for a 'History' or 'My Agents' section in the menu.

What'sNext ?We have demystified general concept of AI, moving from

building a strong foundation by exploring common AI tools like different models of ChatGPTOpenAI, Claude, Gemini, Copilot, Perplexity, Meta , concepts of Prompts, Building AI Agents, Agent GPT etc. for interaction with AI . *TheupcomingSundaysessions*(w.e.f. 26.4.2026) *willdive deeperintopracticaluseofAItoenhancedailylifeofElder*.

26.4.2026 -42nd. Session -Welcome to our 42nd Session of weekly Sunday Awareness Program under the *AISkillsEmpoweringElders* (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject :*PracticaluseofAItoenhancedailylifeofElder*

In previous, sessions we have demystified general concept of AI , moving from building a strong foundation by exploring some popular AI tools like different models of ChatGPTOpenAI, Claude, Gemini, Copilot, Perplexity, Meta , concepts of Prompts, Building AI Agents, Agent GPT etc. with appropriate prompts.

You've probably heard a lot of stories about artificial intelligence (AI) and how it's taking over the world. Like many, you've probably thought to yourself, 'What does that actually mean?' and, 'How is this going to affect me?'. The truth is AI is no longer a buzzword and if you are not investigating it and learning how to implement it, you're going to be left behind. Don't worry though, it's not as scary as it seems , the upcoming sessions will dive deeper into emerging AI topics, exploring cutting-edge developments, practical applications in real-world, applications that's how AI is transforming various aspects of daily life for elders without requiring technical expertise.

In today's AI era social media is as much a part of our daily lives as breathing, and AI is the invisible hand steering our scrolling thumbs. What began as a simple way to stay connected has now transformed into a sprawling network of personalized, interactive, and often AI-powered experiences.

Communication is the backbone of social media, and AI has upped the ante by breaking down barriers that once seemed immovable. Your phone predicts the next word in a sentence, and your bank texts you about suspicious charges within seconds. These almost invisible helpers run in the background of our regular routines, collecting data and turning it into useful.

What'sNext ? You might find yourself asking, "How do I use artificial intelligence most effectively?" AI has immense potential, but unlocking it depends on your approach.

Beforegoingtothesubject, weshouldknowsomepracticaltipsforusingAieffectively . ItsanswerwillbeexplainedwithsomepracticaltipsoncomingSundayi. e. 3rdMay26 .

3.5.2026 --43rd Session -Welcome to our 43rd Session of weekly Sunday Awareness Program under the *AISkillsEmpoweringElders* (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject :*Practicaltips - Howtouseartificialintelligencemosteffectively?*

Using artificial intelligence effectively involves shifting from viewing it as a search engine to treating it as a "thinking partner" or a junior colleague.

For beginners, it is helpful to view AI models not as "right or wrong," but as *specialists with different personalities*. Because each model was trained on different sets of data and fine-tuned with different human instructions, they naturally "think" and "speak" differently— no single one is best for everything .

Why the same prompt gives different output Every AI model is trained differently — on different data, with different goals, using different techniques. Think of it like asking the same question to a doctor, a lawyer, and a journalist — all knowledgeable, but shaped by their training and purpose.

The three things that differ most

- **Knowledge source** — some use a fixed training dataset (ChatGPT free, Claude), others pull from live web search (Perplexity, Gemini). This directly affects accuracy on current events.
- **Personality & tone** — Pi is warm and empathetic, Claude is careful and structured, ChatGPT is conversational. Same prompt, very different voice.
- **Specialization** — Jasper is optimized for marketing copy, Perplexity for cited research, Llama for open-source flexibility. A generalist prompt may shine on one and fall flat on another.

How to choose the right model

Answer a few questions to find your best match

• ***What is your main goal?***

Writing & editing or Coding & tech or Research & facts or Casual conversation or Creative work
Image / visual tasks

• ***What matters most to you?***

It's free or Maximum accuracy or Fast responses or Privacy / safety or Real-time web info.

• ***Are you okay paying for a subscription?***

No free only or Maybe if it's worth it or Yes

Practical advice for beginners

Here is a Prompt i.e. "***actical tips - How to use artificial intelligence most effectively?***"

Please click on the URL of different AI Chatbot models as mentioned below and examine their outputs by asking the above common prompt.

Here are the official URLs for some popular AI chatbot models:

- ChatGPT: The primary interface for OpenAI's models, including GPT-4o and GPT-5 series.

URL chatgpt.com

- Claude: Developed by Anthropic, known for its natural writing style and advanced reasoning capabilities.

URL claude.ai

- Google Gemini: Google's AI assistant, which is integrated across Google Workspace and excels at multimodal tasks like analyzing photos and videos.

URL gemini.google.com

- Microsoft Copilot: An AI assistant integrated into Windows and Microsoft 365, formerly known as Bing Chat.

URL microsoft.com

- Perplexity AI: A conversational search engine that provides real-time information with cited sources.

URL perplexity.ai

- Meta AI: Meta's assistant integrated into platforms like WhatsApp, Instagram, and Facebook.

URL meta.ai

- Poe: A platform by Quora that allows users to access multiple AI models (like GPT, Claude, and Llama) in one place.

URL poe.com

- <https://www.jasper.ai>
- your free AI writing tools. Create high-converting ads, blogs, emails & more.

Rememb :“AI is not complicated—it becomes friendly when you use it regularly.”With simple practice and safe usage, even beginners can benefit greatly.

What'sNext ? ThecomingSundaysessionscheduledon 10th.MayaimstoempowerelderstouseAIforbettercommunicationandstrongersocialconnectioninsimpleandpracticalways.

10.05.2026 44th Sessionwelcome to our 44th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject

:EmpoweringelderstouseAIforbettercommunicationandstrongersocialconnectioninsimpleandpracticalways.

In today's fast-changing digital world, staying connected with family, friends, and society has become easier than ever and AI can act as a friendly assistant, helping overcome barriers of language, typing difficulty, and expression.

1 **Forwriting&messaging**

Many elders hesitate to write messages due to spelling concerns, language difficulty, or lack of confidence. AI tools such as ChatGPT, Google Gemini, and Microsoft Copilot can help instantly. With simple instructions, AI can:

- Draft WhatsApp messages for festivals, family updates, or social groups
 - Write formal emails for official communication
 - Create invitation messages for events like birthdays, puja or community meetings
- Example:“Write a short invitation message for a family event with detail programs. AI will generate a ready-to-use message, which can be copied and shared easily.

2 **TranslatingBetweenEnglish, Hindi&Odia**

Language should never be a barrier to communication. AI-powered tools like Google Translate and chat-based assistants can instantly translate text between English, Hindi, and Odia.

This helps elders to:

- Understand messages received in other languages
- Send replies in their preferred language
- Communicate with relatives living in different regions

Example:“Translate this message into Odia”

AI provides quick and understandable translations, making communication inclusive and comfortable.

3 **Ice-to-Text&Text-to-VoiceTools**

Typing on smartphones can sometimes be difficult. AI solves this problem through voice-based technology.

◆**Voice-to-Text (SpeechTyping)**

Tools like Google Assistant allow users to speak, and the phone automatically converts speech into text.

- Speak your message → It appears as written text
- Useful for WhatsApp, SMS, and emails

◆ **Text-to-Voice**

AI can also read out messages aloud:

- Helpful for those with vision difficulty
- Makes reading long messages easy

Example: "Read this message aloud"

Benefits for Senior Citizens

- Improves confidence in communication
- Reduces dependency on others
- Saves time and effort
- Helps maintain strong emotional connections with loved ones

⚠ **Simple Precautions**

- Always review AI-generated messages before sending
- Do not share personal or sensitive information
- Use AI as a helper—not a replacement for your own judgment

Conclusion

AI is not just technology—it is a companion for communication. By learning some simple tools, elders can stay connected, express themselves clearly, and actively participate in family and social life.

Let us embrace AI with confidence and make communication easy, joyful, and meaningful.

What's Next ? The coming Sunday sessions scheduled on

17th May we will explore several safe, AI-

assisted tools and official helplines to verify and confirm for fake or real.

It's essential to check any suspicious messages on WhatsApp or Facebook, Instagram, Emails before receiving and forwarding .

17.05.2026 -45th Session Welcome to our 45th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Applications of safe & mobile friendly AI Tools for social communication.

In the Era of AI , social communication through WhatsApp, Instagram, Facebook Messenger, emails, and digital invitations has become extremely common. However, many elders, often unfamiliar with digital tools, receive and forward messages blindly without verifying their authenticity. As a result, other participants often face confusion, misinformation, or even security risks. Before forwarding any suspicious or unverified message, take a moment to check its credibility. You can use trusted, AI-assisted tools and official helplines listed below to verify whether a message is fake or genuine.

1 **WhatsApp-Integrated Tools & Helplines**

- Ask Meta AI: <https://ai.meta.com/meta-ai>

Users can use the Ask Meta AI shortcut within WhatsApp to verify received content and check for authenticity without leaving the app.

- MCA-Meta Fact-Checking Helpline:

Meta collaborated with the Misinformation Combat Alliance (MCA) to launch a dedicated WhatsApp helpline in India (available in English, Hindi, Tamil, and Telugu) to combat deepfakes and AI-generated misinformation. To get assessments one can now forward audio notes and videos to MCA's WhatsApp line on +91 9999025044.

- PIB Fact Check: The Press Information Bureau (PIB) operates a WhatsApp Channel and automated response system to verify government-related claims vide https://www.pib.gov.in/FAQ_fact.aspx

- The Quint's WebQoof: This AI fact-checker is available on WhatsApp and Telegram for instant news verification. <https://www.facebook.com/quintillion/posts/verify-that-forward-with-one-text-the-quints-ai-fact-checker-is-now-on-whatsapp>

2 **Web-Based AI Fact-Checking Tools**

- Google Fact Check Explorer: A specialized search engine by Google that lets you search keywords or upload images to see if they have already been debunked by global fact-checking organisations. <https://toolbox.google.com/factcheck/explorer/search/list:recent;hl=en>
- The Factual: An AI-powered tool (available as a website, app, or Chrome extension) that evaluates the credibility of news stories based on author track record, site sourcing history, and diversity of sources. <https://www.factually-ai.com/>
- Logically: A mobile app and browser extension that combines AI with human fact-checkers to monitor and verify claims, opinions, and images across millions of domains.
- <https://originality.ai> While primarily an AI detector, its Automated Fact-Checker identifies false claims and provides source links to verify facts in real-time.

3 **Specialized Image & Video Verification**

- TinEye: An AI-powered tool and Chrome extension used for reverse image search to find the original source of an image and check if it has been manipulated. <https://tineye.com/>
- Sensity AI: Focuses on detecting visual threats and deepfake videos using computer vision and video forensics. <https://sensity.ai/>
- Defudger: An AI-driven solution for authenticating visual content and detecting edits made through programs like Photoshop. <https://www.defudger.com/>

4 **Trusted Fact-Checking Repositories**

For general verification, manually cross-referencing claims on these established, non-partisan sites is highly recommended:

- Snopes: One of the oldest and most reliable sites for debunking viral content and social media myths. <https://www.snopes.com/fact-check/>
- PolitiFact: Focuses on verifying political claims and social media posts. <https://www.politifact.com/>
- Full Fact: A UK-based organisation that offers AI-powered tools to monitor social media for false statements. <https://fullfact.org/ai/>

What's Next? The coming Sunday session scheduled on 24th May will cover key topics on AI in Health & Wellness in which you can assess your body composition, track fitness for a healthier life on your phone

24.05.2026 46th Session Welcome to our 46th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : AI in Health & Wellness in which you can assess your body composition, track fitness for a healthier life

As of 2026, global awareness of AI in health is rising, with roughly 60% of people using AI for health needs, rising to 85% in India. In this new era, our goal isn't just looking good but it's an important factor of living a healthy life . Having a high level of overall fitness is linked with a lower risk of chronic disease, as well as a better ability to manage health issues that do come up. Healthy ageing is not only about longer life — it is about active, independent, safe and meaningful living. AI is no longer limited to hospitals or laboratories. It can become a helpful companion in this journey when used wisely and safely. Before going to healthcare professional , one can assess fitness score safely using AI tools on mobile phones to monitor health, improve fitness, track body conditions, and maintain healthy lifestyles from home.

The following major self-assessment are chosen to build a complete health & wellness picture without spending a single rupee: Any one can enter their weight, height, age, gender, and activity level — and instantly see personalised scores. You may use an Age Calculator (<https://www.calculator.net/age-calculator.html>) which helps to determine your exact age online. Instead of manually counting years, months, and days, this smart calculator instantly shows your precise age . Only you click the above mentioned link with your DOB & see your age instantly .

■ **Body Mass Index (BMI)** showing exactly where you fall (Underweight / Normal / Overweight / Obese). It also estimates whether body weight is healthy for height. Body size is a strong predictor of diabetes and heart disease. Those with an 'apple-shaped' body (Carrying most weight around the midsection and upper body) or with low muscle mass in the upper arms and lower legs, are at higher risk of metabolic conditions such as diabetes, heart disease, stroke and certain cancers. If your BMI range shows any abnormality, depending on your weight goals, you can either add or subtract calories from your daily calorie needs. You can set your goal for calorie intake using Basal Metabolic Rate (BMR) calculator. BMI is not enough to judge fitness. So pair it with estimating body fat % for accuracy.

■ **Body fat percentag** with a gender-specific fitness category to understand how much fat is stored in the body. It differentiates between lean body mass (muscle, bone, and water) and stored fat, providing a more accurate assessment of your health than the Body Mass Index (BMI). Higher body fat may increase risks of Diabetes, Heart disease and Joint problems

■ **Estimation of lean muscle mass** — How much of your body has healthy muscle vs fat. Muscle mass becomes very important after age 50 because low muscle strength may lead to poor balance, falls, weakness and reduced mobility

■ **BMR (Basal Metabolic Rate)** is an estimation of how many calories you'd burn if you were to do nothing with rest for 24 hours. It represents the minimum amount of energy needed to keep your body functioning, including breathing and keeping your heart beating. Your BMR does not include the calories you burn from daily activities or exercise

■ **Total Daily Energy Expenditure (TDEE)** — If you're looking for an accurate estimate of how many calories your body burns daily, consider calculating your total daily energy expenditure, or TDEE. Using science-backed calculation methods, TDEE estimates the amount of energy (or number of calories) your body burns over a 24-hour period, factoring in how much energy it uses while at rest, your typical level of physical activity and the thermic effect of food metabolism. You can get an accurate estimate of your TDEE by using the diffident AI Calculator. Select the gender that most closely matches your hormonal makeup and enter your age, height, weight and activity level to see an estimation of how calories your body burns daily.

■ **Food tracker powered by AI** - Take picture of food or any amount recipe, then calculate its nutritional info in seconds. From this photo the AI identifies foods, estimates portion sizes, and calculates your calories along with macronutrients.

N.B. Bring your scores to your doctor. Stay informed. Stay healthy.

What's Next ? Join us this Sunday, May 31, for estimating BMI, body fat %, and lean muscle mass using AI tools. Simply enter your weight, height, age, gender, and activity level to get your personalized fitness scores instantly for better functional health.

31.05.2026 47th Session Welcome to our 47th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era. **Today's Subject : Understanding Body Shape, Body Type and Their Assessment**

Body Shape Vs Body Type

Body fitness depends largely on both Body Shape and Body Type, though they are different concepts.

What is Body Shape?

Body shape describes your visible body silhouette and fat distribution pattern. It is influenced by:

- Skeletal structure
- Body fat distribution
- Weight changes
- Ageing

- Gender
- Physical fitness level

Body shape can change over time with lifestyle, exercise, diet, and ageing.

What is Body Type?

Body type refers to your genetically determined physical structure and metabolism. It is influenced by:

- Genetics
- Bone density
- Muscle-to-fat ratio
- Metabolic rate

It determines how easily a person gains or loses weight. Unlike body shape, body type usually remains fairly stable throughout life.

■ **Assessment of Body Shape and Fitness**

Measurements such as:

- Height vs Weight (BMI)
- Waist-to-Height Ratio (WHtR)
- A Body Shape Index (ABSI) play an important role in assessing overall health and fitness. You can estimate your body shape by visiting:

<https://greenreliefmd.com/body-shape-calculator/> Let us now understand some important assessment methods using AI-based online tools.

■ **Assessment Using BMI (Body Mass Index)**

BMI is a numerical value calculated from your height and weight. It helps estimate whether your body weight is appropriate for your height.

Formula:

$$\text{BMI} = \text{Weight (kg)} \div \text{Height}^2 (\text{m}^2)$$

Example:

If your weight is 70 kg and your height is 1.7 metres:

$$\text{BMI} = 70 \div (1.7 \times 1.7) = 24.22$$

You can calculate your BMI online using:

<https://www.nhlbi.nih.gov/calculate-your-bmi>

For more detailed assessment including age and gender, you may use:

<https://www.smartbmicalculator.com/>

<https://bodybypooja.com/bmi-calculator-age-gender/>

<https://sagecalculator.com/height-weight-age-calculator/>

<https://www.calculator.net/bmi-calculator.html>

Ideal BMI for Indians

(As per Indian Council of Medical Research – ICMR)

- Underweight: Below 18.5
- Healthy Weight: 18.5 – 22.9
- Overweight (Risk Zone): 23.0 – 24.9
- Obese: 25 and above

■ **Assessment Using Waist-to-Height Ratio (WHtR)**

Waist-to-Height Ratio is an important indicator of abdominal fat and health risk.

How to Measure Properly

- Bust

Wrap the tape around the fullest part of the chest/bust. Keep the tape level around the back.

- Waist Circumference

Measure around the natural waist, usually just above the belly button and below the rib cage.

- Hip Circumference

Wrap the tape around the fullest part of the hips/buttocks, generally 7–9 inches below the waist. Keep feet together while measuring.

Why WHtR is Important

Among Indians, there is a strong relationship between abdominal fat and lifestyle diseases. Many individuals may have a “normal” BMI but still carry excess visceral (abdominal) fat, which increases the risk of:

- Diabetes
- Hypertension

- Heart disease
- Metabolic syndrome

General Guideline

Waist-to-Height Ratio = Waist circumference (cm) ÷ Height (cm)

Ideally, the value should be less than 0.5.

You can estimate it here:

<https://www.medindia.net/patients/calculators/waist-height-ratio.asp>

WHtR Health Risk Categories

- Below 0.40 – Underweight
- 0.40 to 0.49 – Healthy
- 0.50 to 0.59 – Increased Risk
- 0.60 and above – High Risk (Obesity)

■ Assessment Using A Body Shape Index (ABSI)

A Body Shape Index (ABSI) is a health indicator that evaluates abdominal fat relative to height, weight, and BMI. Unlike BMI, ABSI specifically focuses on waist circumference and helps estimate the risk of:

- Heart disease
- Diabetes
- Metabolic syndrome
- Premature mortality

It is particularly useful because abdominal fat around internal organs (visceral fat) is strongly associated with chronic diseases.

You can estimate your ABSI using:

<https://www.omnicalculator.com/health/a-body-shape-index>

Ideal ABSI Range for Indians

Approximately 0.075 to 0.079

(Reference: National Institutes of Health)

■ Assessment Using Body Adiposity Index (BAI)

Body Adiposity Index (BAI) estimates body fat percentage using hip circumference and height.

Unlike BMI, BAI attempts to estimate actual body fat more directly.

You can estimate BAI here:

<https://www.omnicalculator.com/health/bai>

Healthy BAI Range

- Women:
21% – 33%
- Men:
8% – 26%

Important Fitness Guidelines

Please try to maintain the following healthy ranges:

Waist Circumference

- Men: Less than 90 cm
- Women: Less than 80 cm

Or simply:

Keep your waist size less than half of your height.

Ideal BMI (Asian/Indian Standard)

18.5 – 22.9

What's Next ? In the coming Sunday session (7th June 2026), we shall explain : • Body Fat Percentage • Lean Muscle Mass • Their importance in healthy ageing and fitness assessment

07.06.2026 48th Session welcome to our 48th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Using AI to Estimate Body Composition: Body Fat, Lean Body Mass and Muscle Mass for Healthy Ageing

Most people know their weight and Body Mass Index (BMI), but these numbers alone do not tell the complete story of health and fitness.

A person may have a “normal” BMI and still carry excessive body fat with inadequate muscle mass—a condition often referred to as “skinny fat.” Therefore, healthy ageing requires understanding not only body weight but also body composition.

Today, AI-powered health calculators make it easy to estimate important body composition parameters from simple measurements taken at home.

Why Body Composition Matters Your body composition mainly consists of:

1. Body Fat
2. Lean Body Mass (LBM)
3. Skeletal Muscle Mass (SMM)

The proportion of these components strongly influences overall health, mobility, independence, and quality of life.

Excess Body Fat Increases Risk Of

- Type-2 Diabetes
- Heart Disease
- High Blood Pressure
- Joint Problems
- Reduced Physical Performance

Low Muscle Mass After Age 50 Can Cause

- Poor Balance
- Frequent Falls
- Weakness and Fatigue
- Reduced Mobility
- Loss of Independence

Therefore, maintaining healthy muscle mass while controlling excess body fat is a key objective of successful ageing.

1 ☐ **Measuring Body Fat Percentage Using AI**

Body Fat Percentage indicates how much of your total body weight consists of fat.

You can instantly estimate it by entering:

- Gender
- Height
- Weight
- Waist Circumference
- Neck Circumference

AI Body Fat Calculator:

<https://www.medindia.net/patients/calculators/body-fat-calculator.asp>

Healthy Body Fat Percentage for Indians

Men

Athletic / Fit: 10–17%

Acceptable: 18–24%

At Risk: Above 25%

Women

Athletic / Fit: 15–24%

Acceptable: 25–31%

At Risk: Above 32%

Generally:

- Less than 6% in men and 14% in women may be unhealthy.
- Excessively high body fat increases metabolic and cardiovascular risks.

Understanding Body Fat

Body fat is of two types:

A Essential Fat

Essential fat supports:

- Organ Function
- Hormone Production
- Reproductive Health
- Nervous System Function

Typical ranges:

Men: 2–5%

Wome: 10–13%

📌 Stored Body Fat

🔍 Subcutaneous Fat

Located beneath the skin.

Functions:

- Energy Storage
- Insulation
- Body Shape

🔍 Visceral Fat

Located around internal organs.

Excess visceral fat is particularly dangerous because it increases the risk of:

- Diabetes
- Fatty Liver Disease
- Heart Disease
- Metabolic Syndrome

2 📌 Understanding Lean Body Mass (LBM)

Lean Body Mass refers to everything in the body except fat.

It includes:

- Muscles
- Bones
- Organs
- Skin.
- Body Water

Formula:

Lean Body Mass = Total Body Weight – Fat Mass

AI-Based LBM Calculator

<https://www.pearson.com/channels/calculators/lean-body-mass-calculator>

Healthy Range

A healthy and active adult should generally have:

70–90% of total body weight as Lean Body Mass

This usually corresponds to:

10–30% Body Fat

3 📌 Understanding Skeletal Muscle Mass (SMM)

Skeletal Muscle Mass (also called Lean Muscle Mass) refers only to the muscles attached to bones that help us move.

This is especially important for senior citizens because muscle naturally declines with age, a process known as Sarcopenia.

Maintaining muscle mass helps:

- Improve Balance
- Prevent Falls
- Increase Strength
- Enhance Mobility
- Support Healthy Metabolism

AI Muscle Mass Calculator

<https://healthcalculatoronline.com/muscle-mass-calculator/>

Ideal Skeletal Muscle Percentage

Men: Low - Below 33% , Average- 33 to 39% , High- 40 to 44 and Very high (Athletes) - 45 % + of body weight

Women: Low - Below 24% , Average- 24 to 30% , High- 31 to 35% and Very high (Athletes) - 36 % + of body weight

Calculating Muscle Mass with ChatGPT

If you know your:

- Age
- Gender

- Height
- Weight
- Body Fat Percentage

You may ask ChatGPT to estimate your Skeletal Muscle Mass using the widely used Lee et al. predictive formula. Simply provide the above details and ChatGPT can perform the calculation for you.

Key Takeaway

Do not focus only on body weight.

Aim to:

- ✓ Reduce excess body fat
- ✓ Preserve and build muscle mass
- ✓ Maintain a healthy Lean Body Mass
- ✓ Stay physically active and independent

Remember:

Healthy ageing is not about weighing — it is about having the right body composition

What's next? In coming Sunday Session scheduled on 14th June 2026

the Topic is : Metabolic Rate (BMR): Understanding the Calories Your Body Burns at Rest

We will learn:

- ***What BMR is***
- ***How Lean Body Mass influences BMR***
- ***Why higher muscle mass helps burn more calories***
- ***How maintaining muscle can help prevent obesity and metabolic disorders***

Stay tuned and continue your journey toward healthier ageing through AI-assisted health awareness.

14.06.2026 49th Session Welcome to our 49th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Understanding Basal Metabolic Rate (BMR) and Its Role in Healthy Ageing

What is Basal Metabolic Rate (BMR)?

Basal Metabolic Rate, or BMR, is the minimum number of calories your body needs to carry out basic life-sustaining functions while you are completely at rest. These functions include:

- Breathing
- Blood circulation
- Maintaining body temperature
- Cell growth and repair
- Brain and organ function

Even if you stay in bed all day, your body still burns calories to keep you alive. In fact, BMR accounts for about 60–70% of the total calories most people burn each day.

Why is BMR Important?

BMR is the foundation of your body's energy needs. Knowing your BMR helps you understand:

- How many calories your body naturally uses
- How to maintain, lose, or gain weight safely
- How your metabolism affects your health and fitness goals
- Why energy levels, weight changes, and fatigue may occur

It is the starting point for planning a healthy diet and exercise routine.

How to Estimate Your BMR Using AI Tools

Today, AI-powered online calculators can estimate your BMR quickly and easily. You simply enter:

- Body weight
- Height
- Age
- Gender

AI-driven BMR calculator

<https://sculptai.io/bmr-calculator>

A scientifically accepted formulas, such as the Harris–Benedict Equation, to estimate your resting calorie may be used.

Factors That Affect BMR

BMR is different for every person because it depends on several factors:

- 1 ☒ **Age** - As we grow older, muscle mass naturally decreases, so BMR usually becomes lower.
- 2 ☐ **Gender** - Men generally have a higher BMR than women because they usually have more muscle mass.
- 3 ☒ **Body Size and Weight** - Larger bodies require more energy to function, so BMR increases with body size.
- 4 ☐ **Lean muscle tissue** - Muscle tissue burns more calories than fat tissue, even at rest. More muscle means a higher BMR.
- 5 ☒ **Body Fat Percentage** - Higher amounts of adipose tissue (body fat) may lower overall metabolic efficiency compared with lean muscle mass.
- 6 ☒ **Hormones, Especially Thyroid Hormones** - The thyroid hormones thyroxine (T4) and triiodothyronine (T3) play a major role in regulating metabolism. The thyroid gland produces mostly T4, a relatively inactive form of thyroid hormone. It acts as a reservoir, ready to be converted into the active form, T3, when needed. Hypothyroidism (underactive thyroid) can lower BMR, leading to fatigue and weight gain. Hyperthyroidism (overactive thyroid) can raise BMR, causing weight loss, muscle breakdown, and increased heart rate.
- 7 ☒ **Other Temporary Factors** - BMR can also change due to:

- Fasting
- Environmental temperature
- Growth and development
- Pregnancy and lactation
- Illness or stress

BMR and Metabolic Health

A healthy metabolism is essential for:

- Maintaining a healthy weight
- Controlling blood sugar levels
- Managing cholesterol and blood pressure
- Supporting energy levels and brain function
- Reducing the risk of diabetes and heart disease

When your metabolism is functioning well, your body uses energy efficiently. Poor metabolic health, on the other hand, can contribute to obesity, diabetes, fatigue, and cardiovascular problems.

BMR and Weight Management

BMR is the starting point for determining your daily calorie needs:

- To maintain weight: eat approximately the same number of calories you burn.
- To lose weight: consume fewer calories than you burn.
- To gain weight or build muscle: consume more calories than you burn, combined with strength training.

However, BMR alone does not represent your total daily calorie burn. To know TDEE is essential.

What is TDEE?

After calculating BMR, the next step is understanding Total Daily Energy Expenditure (TDEE). TDEE includes:

- Your BMR
- Calories burned through daily activities
- Exercise and physical movement
- Digestion of food

People with higher activity levels have a higher TDEE. Using BMR as the base number and adding activity calories gives a more flexible and realistic estimate of daily calorie needs.

Healthy Ageing and BMR

As we age, preserving muscle mass becomes especially important because it helps maintain a healthier BMR. Regular walking, resistance exercises, yoga, and balanced nutrition can help seniors stay energetic, mobile, and metabolically healthy.

What's Next?

In the coming Sunday session scheduled for 21 June 2026, we will learn:

- *How to calculate Total Daily Energy Expenditure (TDEE) using AI-driven tools*
- *How to set practical fitness and nutrition goals based on your activity level*
- *How to use TDEE for weight management, strength building, and healthy ageing*

Stay connected and continue empowering yourself with AI-based health awareness tools for a healthier and more active life.

🌟🎉 CELEBRATING OUR 50TH MILESTONE SESSION 🎉🌟

21.06.2026 50th Session Welcome to our 50th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era. Today marks a very special milestone in our journey together. Over the past 49 consecutive weekly sessions, we have collectively explored the power of Artificial Intelligence to support active and independent life.

Today's Subject : Total Daily Energy Expenditure (TDEE) "Know Your Energy Needs to Achieve Healthy Ageing"

During today's session, we will learn:

- ✓ How to calculate your TDEE using AI-driven tools.
- ✓ How to set practical nutrition and fitness goals according to your activity level.
- ✓ How to use TDEE for weight management, strength building and healthy ageing.

What is TDEE?

Total Daily Energy Expenditure (TDEE) is the total number of calories your body burns in a 24-hour period which includes:

- Basic body functions
- Digestion and metabolism
- Physical activity

Knowing your TDEE provides the ideal baseline to safely:

- ✓ Maintain weight
- ✓ Lose weight
- ✓ Gain weight
- ✓ Support healthy ageing

The Three Major Components of TDEE

1 ☐ **Basal Metabolic Rate (BMR)**

The number of calories your body burns at complete rest over 24 hours.

This usually accounts for 60–70% of your TDEE.

2 ☐ **Physical Activity Level**

The more active you are, the more energy your body requires.

Activity Categories

- ✦ Sedentary – Little or no exercise
- ✦ Lightly Active – Exercise 1–3 days/week
- ✦ Moderately Active – Exercise 3–5 days/week
- ✦ Active – Exercise 6–7 days/week
- ✦ Very Active – Intense exercise 6–7 days/week

3 ☐ **Thermic Effect of Food (TEF)**

The energy required to digest, absorb and metabolise food.

TEF generally contributes about 10% of your daily calorie expenditure.

Calculate Your TDEE in Minutes

Simple Rule:

- 1 ☐ Enter your age and gender.
- 2 ☐ Input your height.
- 3 ☐ Input your weight.
- 4 ☐ Select your activity level.
- 5 ☐ Choose your fitness goal.
- 6 ☐ Click "Calculate".

You may use this online calculator: <https://www.calculator.net/tdee-calculator.html>

Why is TDEE Important?

Your TDEE represents your maintenance calorie level. Simple Rule:

- ⚖️ Calories Consumed = Calories Expended → Weight Maintained
- ↑ Calories Consumed > Calories Expended → Weight Gain
- ↓ Calories Consumed < Calories Expended → Weight Loss

Knowing this number helps you make evidence-based decisions for long-term health especially for body weight management.

What's Next ?

In coming Sunday Session scheduled on 28th June 2026

we will learn how to balance your Calories across the lifespan using AI Tools for sustainable body weight, better health and improved quality of life.

Special 50th Session Message

"Fifty Sessions. Fifty Steps Forward. One Shared Mission – Empowering Elders Through AI, Knowledge and Healthy Ageing."

Together, we are proving that age is never a barrier to learning, technology and lifelong wellness.

 *Thank you to every participant who has been part of this remarkable journey.*

28.06.2026 - 51st Session welcom to our 51st Session of weekly Sunday Awareness Program under the **AISkillsEmpoweringElders** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : CalorieBalance, MacronutrientsandSmartWeightManagementforHealthyAgeing

Achieving and maintaining a healthy body weight throughout life is essential for good health, mobility, and quality of life, especially as we age. Although genetics, lifestyle, environment, and behaviour influence our body weight, calorie balance over time remains the key factor in weight management.

WhatisCalorieBalance?

- **CaloriesIn** = Calories consumed through food and drinks.
- **CaloriesOut** = Calories burned through metabolism, daily activities, and exercise. When:

✓ Calories In = Calories Out → Weight remains stable.

✓ Calories In < Calories Out → Weight loss occurs.

✓ Calories In > Calories Out → Weight gain occurs.

RecapfromLastSessiIn our previous session, we learned about Total Daily Energy Expenditure (TDEE), which represents the total amount of energy (calories) our body needs each day to maintain the current body weight.

As a general guideline:

✓For weight loss: Consume about 300–500 calories less than your TDEE.

✓For lean muscle gain: Consume about 200–300 calories more than your TDEE.

✓For weight maintenance, consume calories close to your TDEE.

However, for a more personalised approach, it is important to calculate the right proportion of macronutrients, because each nutrient contributes a different amount of energy.

Before doing any calculation, let us first understand macronutrients.

UnderstandingMacronutrients

macronutrients (Macros) are the three major nutrients that provide energy to our body:

1  **rotein** - It's essential for:

- Muscle repair and growth
- Maintaining muscle mass
- Supporting immunity
- Healthy ageing

Protein becomes especially important during weight loss to preserve muscle mass.

1 gram Protein = 4 calories

2 **Carbohydrates** are the body's primary source of energy, especially during physical activity. They help :

- Fuel exercise and daily activities
- Support recovery
- Spare protein from being used as energy

Carbohydrate intake is adjusted according to activity level and fitness goals.

1 gram Carbohydrate = 4 calories

3 **Fats** - Healthy fats are essential for:

- Hormone production
- Brain function
- Absorption of vitamins A, D, E
- Cell health

1 gram Fat = 9 calories

Calculating Your Macronutrient Requirements

You may use the following online calculator.

Macro Calculator: <https://madmuscles.com/macros-calculator>

Enter:

- Age
- Gender
- Height
- Current body weight
- Activity level
- Your goal (fat loss, maintenance, or muscle gain)

The calculator will estimate:

- Total daily calorie requirement
- Protein requirement
- Carbohydrate requirement
- Fat requirement
- Sugar and saturated fat limits

According to the standard recommendation by Indian Council of Medical Research - National Institute of Nutrition (ICMR-NIN) for food energy and macronutrients intake for Indian .

The following recommendations are based on a standard 2000 kcal/day diet, suitable for:

- A sedentary adult male weighing 65 kg, or
- An active adult female weighing 55 kg .

Recommended Intake

Carbohydrates - 45%–55% of total daily calories

Protein - 0.83 grams per kg body weight per day

Total Fat - Not more than 30% of total daily calories . Approximately 66 grams/day maximum

VisibleCooki - Restricted to about 27 grams/day

SaturatedFat

- Less than 7% of total daily calories . Approximately less than 15 grams/day

AddedSugar - Less than 5% of total daily calories . Maximum 25 grams/day

The guidelines also strongly recommend avoiding HFSS (High Fat, Sugar and Salt) ultra-processed foods.

ConvertingMacronutrientsintoCalories - Let:

- C = Carbohydrates
- F = Fat
- P = Protein

The formula is:

$$\text{Total Calories} = (C \times 4) + (F \times 9) + (P \times 4)$$

Example

Suppose your diet contains:

- Carbohydrates = 150 g
- Fat = 70 g
- Protein = 80 g

Then:

Carbohydrates: $150 \times 4 = 600$ calories

Fat: $70 \times 9 = 630$ calories

Protein: $80 \times 4 = 320$ calories

Total Calories = $600 + 630 + 320 = 1550$ calories/day

PleaseNote:

Weight management is not only about eating less or eating more. It is about maintaining the right calorie balance while ensuring adequate protein, healthy fats, and quality carbohydrates.

Calories determine your weight, but macronutrients determine the quality of your health.

What'sNext ?

Among all macronutrients, Protein deserves special attention because it is made up of Amino Acids, the building blocks of life. Learning how to calculate protein and amino acid requirements can provide a more personalised nutrition plan, especially for healthy ageing and body composition.

👉 **We shall explain this in detail during our upcoming sessions scheduled for 5th July 2026.**

5.7.2026 -52nd Session

Welcome to our 52nd Session of weekly Sunday Awareness Program under the **AISkillsEmpoweringElders** (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject : EstimatingProteinandItsBuildingBlocks (EssentialAminoAcids) forHealthyAgeingandBetterBodyComposition.

Healthy ageing is not only about eating enough food—it is about eating the right nutrients. Among all nutrients, protein is one of the most important macronutrients because it helps maintain muscle mass, strength, immunity, recovery from illness, and overall metabolic health. The nutritional value of a protein is measured by the quantity of essential amino acids it contains.

UnderstandingProteinandAminoAcids

- Proteins are the walls of the house.
- Amino acids are the bricks used to build those walls.

If there are too few bricks, the walls become weak. Similarly, inadequate protein or amino acid intake can lead to muscle loss, weakness, delayed healing, reduced immunity, and poor health. On the other hand, consuming protein in appropriate amounts, along with regular physical activity, helps maintain strength and independence during ageing.

Proteins are made up of about 20 amino acids. Our body can produce many of them, but nine essential amino acids (EAAs) cannot be synthesized and therefore must be obtained from our daily diet.

These nine Essential Amino Acids are: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan and Valine

How Much Protein Do You Need?

According to the recommendations of the Indian Council of Medical Research - National Institute of Nutrition (ICMR-NIN), the Recommended Dietary Allowance (RDA) of protein for a sedentary adult male weighing 65 kg, or an active adult female weighing 55 kg is 0.83 grams per kg body weight per day. This recommendation is based on a standard 2000 kcal/day diet. However, depending on your lifestyle and health goals, your specific needs will vary.

Estimate Your Protein Requirement Using AI

You can calculate your personalised daily protein requirement based on your Age, Gender, Height, Weight, Physical activity level, Health goal (maintenance, muscle gain, weight loss)

using the online Protein Calculator: <https://www.calculator.net/protein-calculator.html>

This value is the minimum recommended value to maintain basic nutritional requirements, but consuming more protein, up to a certain point, maybe beneficial, depending on the sources of the protein.

How Much Essential Amino Acids Do You Need?

The Indian Council of Medical Research (ICMR) and the National Institute of Nutrition (NIN) recommends the following daily intake of Essential Amino Acids (EAAs), expressed as milligrams per kilogram of body weight per day (mg/kg/day):

Histidine - 10

Isoleucine - 20

Leucine - 40

Lysine - 30

Methionine + Cysteine - 15

Phenylalanine + Tyrosine - 30

Threonine - 15

Tryptophan - 4

Valine - 26

Total Daily EAA needed 190 mg per kg body weight.

Example:

For a 60 kg adult:

- Lysine = $60 \times 30 = 1,800$ mg (1.8 g/day)
- Leucine = $60 \times 40 = 2,400$ mg (2.4 g/day)

Estimate Your Essential Amino Acid Requirement Using AI

You can estimate your individual daily Essential Amino Acid requirement using this online calculator:

<https://globalrph.com/medcalcs/amino-acid-essential-dietary-calc/>

What's Next ?

Calcium&VitaminD – TheDynamicDuo for StrongBones

Calcium and Vitamin D are two of the most important nutrients for maintaining strong bones and teeth throughout life.

- Calcium builds and maintains healthy bones, muscles and teeth.
- Vitamin D enables the body to absorb calcium efficiently and helps prevent bone loss and osteoporosis—conditions commonly seen in older adults.

Oncoming Sundays scheduled on 12th July '26 shall learn:

- ***Why Calcium and Vitamin D are essential for healthy ageing.***
- ***How much you need every day.***
- ***AI-powered online tool to estimate your personal daily requirement.***

12.07.2026 -52nd Session welcome to our 52nd Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** ✨ ***A i s e e***

organized by Elders Recreation Activities-era .

Today's Subject : Calcium&VitaminD – TheDynamicDuo for StrongBones

Strong bones are the foundation of healthy ageing. Among all nutrients, Calcium and Vitamin D work together as the most important partners in maintaining healthy bones, teeth and muscles throughout life.

Why Are They Important?

A Calcium

- Builds maintains strong bones and teeth.
- Supports normal muscle contraction, nerve transmission and heart function.

B VitaminD

- Acts as the "key" that enables the intestine to absorb calcium efficiently.
- Helps maintain bone strength and muscle function.
- Reduces the risk of osteoporosis and fractures, particularly in older adults.

Without sufficient Vitamin D, the body cannot effectively absorb calcium—even if your diet contains enough calcium.

Important Points to Remember

✓ Vitamin D comes from sunlight and food.

Our body cannot make Vitamin D unless our skin is exposed to sunlight (UVB rays). It is also obtained from certain foods and supplements when required.

✓ Calcium and Vitamin D should always be considered together

Taking calcium alone provides limited benefit if Vitamin D levels are low. Both nutrients should be assessed and managed together.

✓ Avoid excessive calcium supplements

Too much calcium—especially from supplements—may increase the risk of kidney stones and, in some individuals, cardiovascular problems. Do not exceed recommended amounts unless advised by your doctor.

✓ Split large calcium doses

The body absorbs calcium more efficiently in smaller amounts. Avoid taking more than 500 mg of elemental calcium at one time.

✓ Choosing the right calcium supplement

- Calcium Carbonate is economical and best taken with meals, as it requires stomach acid for good absorption.
- Calcium Citrate can be taken with or without food and is generally preferred for older adults and people taking acid-reducing medicines.

✓ Keep calcium and iron supplements separate

Calcium reduces the absorption of iron. If both are prescribed, take them at different times of the day.

✓ Take Vitamin D with food

Vitamin D is a fat-soluble vitamin and is absorbed better when taken with a meal containing some healthy fat.

✓ Vitamin D₂ and Vitamin D₃

- Vitamin D₃ (Cholecalciferol) is found mainly in animal foods such as fatty fish, cod liver oil and egg yolk, and is also produced in the skin after sunlight exposure.
- Vitamin D₂ (Ergocalciferol) is mainly obtained from plant and fungal sources.
- A unique vegetarian source of Vitamin D₃ is lichen, from which many vegetarian supplements are prepared.
- In general, Vitamin D₃ supplements are better absorbed and maintain blood Vitamin D levels more effectively than Vitamin D₂.

How Much Do You Need?

According to the Indian Council of Medical Research (ICMR)

Daily Calcium Requirement

- Healthy adults: 1000 mg/day
- Lactating women: 1200 mg/day

Daily Vitamin D Requirement

- Adults with minimal sunlight exposure: 400 IU/day
- Older adults (around 70 years and above) and selected high-risk groups: 600 IU/day, as the body's ability to produce Vitamin D decreases with age.

Estimate Your Personal Requirements

You can estimate your daily Calcium and Vitamin D needs using these online calculators.

1 ☐ Personal Calcium & Vitamin D Requirement Calculator

<https://globalrph.com/medcalcs/calcium-and-vitamin-d-requirements/>

2 ☐ Vitamin D Supplement Requirement Calculator

(Requires your blood Vitamin D level)

<https://omegaquant.com/vitamin-d-calculator/>

Generally accepted desirable blood values are:

- Serum Calcium: 8.5–10.2 mg/dL
- 25-Hydroxy Vitamin D: 30 ng/mL or above for efficient calcium absorption.

3 ☐ Vitamin D Calculator (If you do not know your blood Vitamin D level) <https://www.omnicalculator.com/health/vitamin-d>

4 ☐ AI Calcium Intake Calculator

Estimate whether your present diet provides adequate calcium:

<https://www.osteoporosis.foundation/educational-hub/topic/calcium-calculator>

This calculator estimates your current calcium intake and provides practical suggestions to improve your daily diet.

KeyMessages

- ✓ Calcium builds bones.
- ✓ Vitamin D helps your body absorb calcium.
- ✓ Sunlight, a balanced diet and regular physical activity all contribute to stronger bones.
- ✓ Avoid unnecessary high-dose supplements.
- ✓ Consult your physician before starting long-term calcium or Vitamin D supplementation, especially if you have kidney disease, kidney stones or other chronic illnesses.

What'sNext ?

IncomingSundayscheduledon 19thJuly '26 weshallexplore aComprehensiveAI-BasedHealth&FitnessCalculatorthatprovidesanoverallbodywellnessassessmentbyestimatingmultiplehealthandfitnessscoresfromasingleplatform.

Inaddition, weshalllearnhowtocalculateyourdailywaterrequirementunderdifferentconditions, becauseproperhydrationremainsoneofthecornerstonesofhealthyageingandoverallwell-being.

Stay healthy, stay informed, and let AI become your trusted companion for healthy ageing.

19.07.2026 - 54th Session Welcome to our 54th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today'sSubject :ComprehensiveAI-BasedToolsforOverallHealth&WellnessAssessment

Over the past eight sessions, we have learned how Artificial Intelligence (AI) can help us understand our body's health and fitness profile. We explored several AI-powered tools to estimate body composition and determine our nutritional requirements based on age, gender, height, weight and physical activity level.

In this session, we will discover an integrated AI-based health assessment platform that enables us to evaluate multiple aspects of our health from a single source.

By simply entering your:

- Sex
- Age
- Height
- Weight
- Physical activity level

into the following Dietary Reference Intake (DRI) Calculator, you can instantly estimate your daily nutritional requirements.

USDA DRI Calculator<https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator/results>

Thecalculatorprovidesestimatesof:

- ✓ Body & Energy Requirements
 - Body Mass Index (BMI)
 - Estimated Daily Calorie Requirement
- ✓ Daily Macronutrient Requirements
 - Carbohydrates
 - Dietary Fibre

- Protein
- Total Fat
- Saturated Fat
- Trans Fat
- Linoleic Acid (Omega-6)
- Alpha-Linolenic Acid (Omega-3)
- Cholesterol
- Total Water Intake

✓ Recommended Daily Vitamins

- Vitamin A
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K
- Thiamin (B1)
- Riboflavin (B2)
- Niacin (B3)
- Vitamin B6
- Folate (B9)
- Vitamin B12
- Pantothenic Acid (B5)
- Biotin (B7)
- Choline

✓ Recommended Daily Minerals

- Calcium
- Chloride
- Chromium
- Copper
- Fluoride
- Iodine
- Iron
- Magnesium
- Manganese
- Molybdenum
- Phosphorus
- Potassium

- Selenium
- Sodium
- Zinc

Additional AI-Based Health Calculators

You can further assess different aspects of your health using the comprehensive online calculators provided by Max Super Speciality Hospital, Saket, New Delhi.

<https://www.maxhealthcare.in/calculators>

These include:

- BMI Calculator
- Metabolic Rate Calculator
- Body Fat Calculator
- Body Type Calculator
- Calories Calculator
- Calories Burned Calculator
- eGFR calculator
- Heart Rate Calculator
- Ideal Weight calculator
- Lean Body Mass Calculator
- Macro Calculator
- Protein Calculator
- Tdee Calculator
- Water Intake Calculator
- Weight Gain Calculator
- Weight Loss Calculator

Important Note

These calculators provide health estimates for educational and screening purposes only.

They:

- help you understand your current health status,
- identify possible areas of concern,
- encourage preventive healthcare,
- support informed discussions with your healthcare provider.

They do not replace professional medical diagnosis or treatment. Always consult a qualified healthcare professional before making significant dietary, lifestyle or medical decisions.

All these tools are mobile-friendly and work smoothly on smartphones, tablets and desktop computers.

What's Next ? So far, we have learned how much energy and nutrients our body requires based on our body composition and lifestyle.

The next important question is: "How can we determine the nutrients actually present in the food we eat?"

Today, AI makes this remarkably easy. Using only your smartphone, tablet or computer, AI-powered nutrition tools can analyze your meals, estimate calories, identify macro- and micronutrients, and even suggest healthier alternatives.

This exciting topic will be demonstrated in our next Sunday Awareness Programme on 26th July 2026:

"Using AI to Analyze the Nutritional Content of Your Daily Diet for Healthier Ageing." ***Know Your Body • Know Your Nutrition • Live Healthier with AI***

26.07.2026 - 55th Session Welcome to our 55th Session of weekly Sunday Awareness Program under the ***AI Skills Empowering Elders*** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : Using AI Tools to Estimate Calories, Macro- and Micronutrients in Your Food

Over the past several weeks, we have learned how to assess our body composition, estimate our daily calorie requirement, and determine the amount of protein, carbohydrates, fats, vitamins, and minerals our body needs according to our age, health condition, physical activity, and lifestyle.

The next important step is to determine whether the food we actually eat meets these nutritional requirements.

Accurate assessment of dietary intake helps us understand the relationship between nutrition, health, disease prevention, and healthy ageing. It also forms the basis for sound dietary recommendations for individuals, families, and communities.

The Seven Essential Nutrients Our body requires seven major classes of nutrients to function properly, grow, repair tissues, and maintain good health:

- Carbohydrates – Primary source of energy
- Proteins – Build and repair body tissues and muscles
- Fats – Provide energy and support hormone production
- Vitamins – Essential for metabolism and immunity
- Minerals – Support bones, nerves, muscles, and body functions
- Dietary Fibre – Promotes digestive and heart health
- Water – Essential for every metabolic process

How AI Makes Nutrition Tracking Easy Today, Artificial Intelligence (AI) enables anyone to analyse food within seconds using a smartphone, tablet, or computer.

Simply take a photograph of your meal or upload an image, and AI can estimate:

Total calories

Protein

Carbohydrates

● Fat

Dietary fibre

Important vitamins and minerals

Approximate serving size

○ Individual food ingredients & Healthier alternatives, if required

Many AI tools can also suggest modifications according to your personal health goals, such as:

- Weight reduction
- Weight gain
- Muscle building
- Diabetes management

- Heart-friendly diet
- Kidney-friendly nutrition
- Healthy ageing

Recommended AI Nutrition Tools

1 *althifyMe – AI Food Scanner*

Before analysing your meal, first estimate your daily calorie and nutrient requirement based on your body profile.

Then upload or photograph your meal to receive an instant estimate of:

- Total calories
- Protein
- Carbohydrates
- Fat
- Fibre
- Major ingredients in the dish

HealthifyMe Food Scanner

<https://www.healthifyme.com/web/snap>

2 *MD Food Calorie Counter*

A trusted health resource for estimating calories and nutritional values of thousands of foods.

<https://www.webmd.com/diet/healthtool-food-calorie-counter>

3 *trient Composition of Common Indian Foods*

For detailed nutrient values of commonly used Indian food ingredients, refer to:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7612755/table/T1/>

4 *Search Nutrition of Regional Foods*

You can also estimate the nutritional value of local foods such as:

- ବରା (Bara)
- ଇଡଲି (Idli)
- ଦସେଇ (Dosa)
- ଉପମା (Upma)
- ପଖାଳ (Pakhala)
- ଛନେଇ ପୋଡ଼ା (Chhena Poda)
- Other regional dishes

using: <https://www.alphacoach.app/evolve/food-calorie-calculator>

5  *FitnessPal* One of the world's most popular nutrition tracking apps. It includes a large database of Indian and international foods, enabling users to monitor:

- Calories
- Macronutrients
- Daily nutrient intake

- Weight management progress
- Physical activity

It is available free from the Google Play Store and Apple App Store.

6 **NutritionChatbot**

Have questions about nutrition, food choices, supplements, or healthy recipes?

Ask an AI Nutrition Assistant: <https://crompt.ai/chat/ai-nutritionist>

(Always consult your doctor or a registered dietitian before making major dietary changes, especially if you have diabetes, kidney disease, liver disease, heart disease, or are taking long-term medications.)

KeyNotes

"You cannot manage what you do not measure." Knowing how many calories and nutrients are present in your food is just as important as knowing how much your body requires.

AI has made nutritional assessment simple, quick, affordable, and accessible, empowering every individual—especially senior citizens—to make informed food choices and enjoy healthier ageing.

What'sNext ?After understanding body composition, calorie requirements, macro- and micronutrients, and dietary assessment using AI, the next step is to evaluate our metabolic health, which becomes increasingly important with advancing age. **In the coming Sundays scheduled on 2nd August 2026 we will start this new topic - AI-Based Assessment of Metabolic Health for Healthy Ageing**

We shall explore:

- What is Metabolic Syndrome?
- Why does it become common after the age of 50?
- AI tools to assess the risk of:
 - Diabetes
 - Obesity
 - Hypertension
 - Heart disease
 - Fatty liver
 - Kidney disease
- Early identification and preventive strategies for healthy ageing.

"Measure Early • Prevent Early • Live Healthier with AI."

02.08.2026 56th Session Welcome to our 56th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : AI-Based Assessment of Metabolic Syndrome for Healthy Ageing

Metabolic health has become one of India's most urgent public health priorities. The rapidly increasing prevalence of diabetes, hypertension, obesity, dyslipidaemia (abnormal blood fats), fatty liver disease, chronic kidney disease, and cardiovascular diseases has made metabolic disorders a major cause of illness and premature death.

Rapid urbanisation, unhealthy dietary habits, physical inactivity, chronic stress, poor sleep, increasing life expectancy, and genetic predisposition have collectively placed millions of people—especially older adults—at a higher risk of developing metabolic syndrome. Fortunately, today's Artificial Intelligence (AI) tools can help us estimate many metabolic risk factors quickly and conveniently. Although these tools do not replace medical diagnosis, they provide valuable early screening, increase health awareness, and encourage timely consultation with healthcare professionals.

Today's session aims to help readers to understand metabolic syndrome, assess their personal risk using AI-powered tools, and learn practical strategies for maintaining good metabolic health for healthy ageing.

Today's Learning Objectives

During today's session we shall explore::

- What is Metabolic Syndrome?
- Why does it become increasingly common after the age of 50?
- The five major components of metabolic syndrome.
- AI tools to estimate the risk of:
 - Type 2 Diabetes
 - Obesity
 - Hypertension
 - Heart Disease
 - Fatty Liver Disease
 - Chronic Kidney Disease
- Early identification and preventive strategies for healthy ageing.

What is Metabolic Syndrome?

Metabolism is the collection of chemical processes by which our body converts food into energy and uses that energy to maintain life, repair tissues, regulate hormones, and support normal body functions.

A metabolic disorder occurs when one or more of these metabolic processes become abnormal. Metabolic Syndrome is not a single disease. It is a cluster of several metabolic risk factors that occur together, greatly increasing the likelihood of developing:

- Type 2 Diabetes
- Heart Disease
- Stroke
- Fatty Liver Disease
- Kidney Disease

The risk increases substantially when multiple metabolic abnormalities exist simultaneously.

Why Does Metabolic Syndrome Become More Common After 50 Years of Age?

As we grow older, several physiological changes occur naturally:

- Muscle mass gradually decreases.
- Body fat, especially abdominal fat, tends to increase.
- Metabolic rate slows down.
- Physical activity often decreases.
- Hormonal changes occur.
- Insulin sensitivity gradually declines.

When these age-related changes are combined with unhealthy lifestyle habits, the risk of metabolic syndrome rises significantly.

Although age and genetics cannot be changed, many important risk factors can be effectively controlled through:

- Healthy eating

- Regular physical activity
- Adequate sleep
- Weight management
- Stress reduction
- Periodic health screening

Five Major Risk Factors of Metabolic Syndrome

Metabolic syndrome is diagnosed when three or more of the following five risk factors are present:

① Central (Abdominal) Obesity

A large waist circumference indicates excessive abdominal fat.

Generally:

- Men: More than 40 inches (102 cm)
- Women: More than 35 inches (88 cm)

② High Blood Pressure

Blood pressure: 130/85 mmHg or higher or taking medicines for hypertension.

③ High Fasting Blood Sugar

Fasting blood glucose: 100 mg/dL or above or treatment for diabetes.

④ High Triglycerides

Triglycerides: 150 mg/dL or higher or treatment for elevated triglycerides.

⑤ Low HDL ("Good") Cholesterol

HDL Cholesterol:

- Men: Below 40 mg/dL
- Women: Below 50 mg/dL

Low HDL reduces protection against cardiovascular disease.

Manual Self-Assessment

These five warning signs rarely occur alone. Instead, they tend to cluster together, greatly increasing the risk of serious chronic diseases.

If three or more of these risk factors are present, the likelihood of metabolic syndrome is high, and a comprehensive medical evaluation is strongly recommended.

AI-Based Estimation of Metabolic Health

Several AI-powered online calculators can estimate important indicators of metabolic health using simple body measurements.

These tools are designed for screening and awareness only and should never replace professional medical diagnosis.

One comprehensive calculator is:

Full Body Analysis Calculator <https://www.bizcalcs.com/health-full-body-analysis/>

This tool estimates:

- Body Mass Index (BMI)
- Waist-to-Hip Ratio
- Body Frame Size

- Ideal Body Weight
- Body Fat Percentage
- Daily Calorie Requirement
- Resting Metabolic Rate (RMR)
- Target Heart Rate
- Maximum Heart Rate
- Estimated Calories Burned

Information Required

Before starting the assessment, keep the following information ready:

- Gender
- Age
- Height
- Weight
- Waist Circumference (At narrowest point usually right above the belly button)
- Hip Circumference
- Elbow Width (Widest distance between the two prominent bones on either side of your elbow) ,
- Resting Heart Rate (RHR) (number of times your heart beats per minute while you are fully relaxed or calculated pulse rate measured immediately after waking up, before getting out of bed.)
- Physical Activity Level
- Personal Goal:
 - Maintain fitness
 - Lose weight
 - Improve endurance
 - Excellent fitness
 - Athletic performance

●Remember

AI makes this process easier by helping us monitor our health regularly and motivating us to take preventive action before complications develop.

AI is your partner—not your replacement—in achieving better metabolic health.

What's Next ?

Among all five risk factors, Central (Abdominal) Obesity is considered one of the strongest predictors of future metabolic diseases.

Excess abdominal fat is closely associated with:

- Type 2 Diabetes
- Heart Disease
- Stroke
- Fatty Liver Disease

- Certain Cancers
- Premature Mortality

Incoming Sunday Sessions scheduled on 9th August '26 we shall learn AI-based assessment of Central Obesity using ABSI Score which can evaluate abdominal obesity more accurately than BMI alone.

09.08.2026 57th Session Welcome to our 57th Session of weekly Sunday Awareness Program under the **AI Skills Empowering Elders** (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : (📺) **AI-Based Assessment of Central Obesity (Abdominal Fat) Using the ABSI Score**

We have already learned how BMI, body-fat percentage, BMR, TDEE and body composition can help us understand our physical condition. But one important question remains:

Does our body weight tell the complete story of our health? Not always.

A person can have a seemingly acceptable BMI but still carry a disproportionately large amount of fat around the abdomen. This condition, known as **central or abdominal obesity**,

is particularly important because excess abdominal fat is associated with increased cardiometabolic risk, including type 2 diabetes and cardiovascular disease.

Today ,we shall learn how ABSI — A Body Shape Index can provide an additional perspective beyond BMI by considering waist circumference in relation to height and body weight.

🔗 **What will we learn?**

- What is ABSI (A Body Shape Index)?
- Why can BMI alone sometimes give an incomplete picture?
- How does ABSI differ from BMI?
- How is the ABSI score calculated?
- How can AI-based online calculators make the calculation simple?
- What is an ABSI z-score and how should it be interpreted?
- Why is abdominal fat associated with metabolic and cardiovascular risk?
- How should waist circumference be measured correctly?
- What practical steps can help reduce abdominal obesity and improve metabolic health?

What is ABSI? A Body Shape Index (ABSI) is an anthropometric index that incorporates waist circumference, height and BMI to assess whether a person's waist size is relatively large for their body size.

The formula is: $ABSI = \text{Waist Circumference in meters} \div (\text{BMI}^{2/3} \times \text{Height}^{1/2} \text{ in meters})$.The calculation itself is rather tedious for everyday use. Fortunately, an online calculator can perform it within seconds.

For our practical demonstration, we shall use the **SI Calculator by Omni Calculator**: [ABSI Calculator – Omni Calculator](#)

Simply open the above calculator link and enter: Sex + Age + Height + Weight + Waist Circumference The calculator provides the ABSI and ABSI z-score. (Omni Calculator)

📊 **Understanding the ABSI z-score**

The z-score is interpreted as follows:

ABSI z-score Risk category

< -0.868 Very Low

-0.868 to -0.272 Low

-0.272 to +0.229 Average

+0.229 to +0.798 High

> +0.798 Very High

A higher ABSI generally indicates a larger waist circumference relative to height and BMI and is associated with higher estimated health/mortality risk. (Omni Calculator)

 **How should waist circumference be measured?** For a meaningful result, accurate and consistent measurement is essential.

- Stand upright and relax the abdomen.
- Keep the measuring tape horizontal and snug, but do not compress the skin.
- Measure at the same anatomical location each time.
- Take the reading at the end of a normal expiration.
- Avoid measuring immediately after a heavy meal or exercise.
- Record the measurement consistently so that future changes can be compared.

Different health organizations use somewhat different anatomical landmarks for waist measurement, so consistency of the chosen method is especially important. (PubMed Central (PMC))

One important point to remember

ABSI is a risk-assessment tool, not a diagnostic test. It does not directly measure visceral fat and cannot by itself diagnose metabolic syndrome, diabetes or cardiovascular disease. It is best used together with other indicators such as BMI, waist circumference, blood pressure, blood glucose, lipid profile, physical activity and overall health status.

What can we do about abdominal obesity?

The good news is that abdominal fat can often be reduced through sustainable lifestyle changes:

 Balanced nutrition and appropriate calorie intake

 Regular physical activity and walking

 Strength/resistance exercises appropriate for one's age and ability

 Adequate sleep

 Stress management

 Maintaining a healthy body weight

 Regular monitoring of blood pressure, blood glucose and other metabolic indicators

 **What's Next ?** 16th August 2026

From Waist Size to Visceral Fat: Understanding the Hidden Fat Around Our Organs

This will be a very logical continuation of this Sunday's session.

While ABSI helps us understand body shape and abdominal-risk patterns, the next session can take us one step deeper into the subject:

- What exactly is visceral fat?
- Where is it located?
- Why is it more metabolically active?
- How is it different from subcutaneous fat?
- And can AI-based tools help us estimate or monitor it?

We shall explore the concept of visceral adipose tissue, its relationship with metabolic health and ageing, and the practical use—and limitations—of AI-based tools for assessing body composition and visceral fat.

Understanding our body is the first step toward managing our health.

16.08.2026 58th Session Welcome to our 58th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : From Waist Size to Visceral Fat Understanding the Hidden Fat Around Our Organs & Its AI-Based Estimation

Our journey so far: BMI → Body Fat % → Body Composition → ABSI/Central Obesity → Visceral Fat → Metabolic Health

Last Sunday, we explored ABSI (A Body Shape Index) as a better way of assessing abdominal or central obesity using waist circumference in relation to height, weight and body shape.

But there is an important question:

Does a large waist actually tell us how much dangerous fat is hidden inside the abdomen? Not exactly.

“Belly fat” is a common term that includes two different types of abdominal fat:

- ***Subcutaneous fat*** – the fat lying just beneath the skin. It is the fat we can pinch.
- ***Visceral fat*** – the deeper fat stored within the abdominal cavity around organs such as the liver, pancreas and intestines.

Two people may have a similar waist size or visible abdomen but quite different amounts of visceral fat. This makes visceral fat particularly interesting from the perspective of metabolic health and healthy ageing.

🔍 What Exactly Is Visceral Fat?

Visceral fat is a normal component of the human body, but excess visceral fat is associated with increased metabolic risk.

Unlike ordinary subcutaneous fat, visceral adipose tissue is metabolically active. Excess visceral fat is associated with inflammatory signalling, insulin resistance, abnormal blood lipids, type 2 diabetes, fatty liver disease and cardiovascular risk.

Therefore, body weight alone does not tell the whole story. We may know our: Weight → BMI → Body Fat % → Waist Circumference → ABSI

But these measurements still do not directly tell us the exact amount of fat surrounding our internal organs. That hidden component is what we will explore today.

🔪 How Can We Estimate Visceral Fat?

1 📷 Clinical Imaging — The Most Direct Approaches

Visceral fat can be assessed more directly using imaging techniques such as:

- CT (Computed Tomography)
- MRI (Magnetic Resonance Imaging)
- DXA/DEXA (Dual-Energy X-ray Absorptiometry) in certain body-composition assessments
- Ultrasound, in selected settings

2 📏 Simple Home Measurements — Useful for Screening

We cannot directly measure the exact amount of visceral fat at home with a measuring tape.

However, several simple measurements can provide useful clues about central adiposity and metabolic risk.

★ *Waist-to-Hip Ratio (WHR)*

$WHR = \text{Waist circumference} \div \text{Hip circumference}$

A higher ratio generally indicates greater central fat distribution. Commonly used risk thresholds include approximately:

- Men: >0.90

- Women: >0.85

However, these should be regarded as screening indicators rather than direct measurements of visceral fat.

★ **Waist Circumference**

Waist circumference is one of the simplest and most useful indicators of central obesity. A measurement above 35 inches for women or 40 inches for men suggests a high level of visceral fat.

★ **Waist-to-Height (WHtR)**

A particularly simple concept is:

Waist-to-Height Ratio = Waist circumference ÷ Height

A commonly used general screening rule is: “Keep your waist circumference below half your height.”

A WHtR below 0.5 is associated with lower cardiometabolic risk in many populations, although it is not a diagnostic test for visceral fat.

🔗 3 **Can AI Measure Our Visceral Fat?**

This is where our AI learning becomes especially interesting. Online clinical regression calculators (like <https://www.lih.lu/en/visceral-fat-calculator/>) use validated anthropometric formulas based on your waist, thigh, age, and sex to reliably estimate it. These calculations can be useful for screening and tracking trends, but they should not be treated as a medical diagnosis.

📏 **How to Take Measurements Correctly**

Waist Circumference : Midpoint between your lowest rib and the top of your hip bone (iliac crest), slightly above the navel.

Hip Circumference : Measure around the widest part of the hips/buttocks.

Proximal Thigh Circumference : Measure one thigh, preferably the same leg every time, just below the gluteal fold. Keep the tape horizontal.

How to Assess Visceral Obesity

An increase in visceral fat of more than 130 cm² defines Visceral Obesity, a major risk factor of several chronic diseases at any weight or BMI level. Following is the range of obesity:

- 0-80 cm² - Low (Lower estimated visceral fat area.)
- 80 - 130 cm² - Moderate
- 130-170 cm² - Visceral Obesity (At or above the commonly cited 130 cm² visceral obesity threshold.)
- 170-220 cm² - High (High estimated visceral fat area.)
- 220+ cm² - Very high estimated visceral fat area.

N.B. The calculator provides an estimated visceral-fat area and it should be interpreted as a screening/trend indicator—not as a diagnosis.

♥ **Why Should Senior Citizens Pay Special Attention?**

As we age, changes in body composition can occur even when body weight appears relatively stable. Muscle mass may decline while fat mass—and particularly abdominal fat—may increase.

Therefore, healthy ageing is not simply about: “How much do I weigh?” It is about understanding:

Weight + Waist + Body Fat + Muscle Mass + Central Adiposity + Blood Pressure + Blood Sugar + Lipids + Physical Activity

This is the bigger picture of metabolic health.

📱 **What’s Next? “Can AI Estimate Our Body Fat from a Smartphone Photo?”**

The exciting development is the emergence of AI-based body-composition tools that can analyse photographs and other measurements to estimate body-fat percentage, body shape and related parameters. On coming Sunday - 23rd August 2026

we will learn how these AI tools work, what they can estimate, how to use them correctly, and—most importantly—where their limitations lie.

23.08.2026 59th Session Welcome to our 59th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject : *AI-Based Body Fat Estimation & FFMI Looking beyond body weight , from a photo to a better understanding of body composition*

In our previous sessions, we explored how AI can help us assess BMI, Body Fat %, Body Composition, ABSI and central/visceral fat. Today we take the next step: *understanding not only how much we weigh, but what that weight is made of*. An AI-based body-fat photo estimator uses computer vision and multimodal AI to analyse a full-body photograph and provide an approximate estimate of body-fat percentage. By examining visual patterns such as body shape and fat distribution, these tools attempt to estimate the proportion of fat relative to total body weight.

Why Body Fat % Matters Body weight alone does not tell the complete story. As we age, changes in metabolism and physical activity can contribute to increased fat mass and loss of muscle mass. Therefore, two people with the same height and weight may have very different body compositions.

Body-fat percentage can provide additional information about fat mass versus fat-free mass, and can therefore be more informative than body weight or BMI alone when assessing body composition.

Healthy body-fat levels vary considerably according to sex, age and the reference standard used. Therefore, a single universal “ideal” percentage should not be applied to everyone.

How AI Photo Estimation Works With suitable AI-based tools, a user can provide:

- Height
- Weight
- Sex
- Clear full-body photographs

For better consistency, photographs should generally be taken in a standing front and back pose, with good lighting, a simple background and consistent posture. Sportswear or reasonably form-fitting clothing can make visual assessment easier. The AI then analyses the images and generates an estimated Body Fat %. Some tools may also provide additional measures such as FFMI (Fat-Free Mass Index).

Important: AI photo estimation is only an approximation. It is influenced by lighting, posture, camera distance, clothing, body position and the particular AI model used. Repeating the measurement under similar conditions may help identify an approximate trend, but different tools can produce different results.

Practical Demonstration For our demonstration, we will explore an online AI body-fat estimation tool such as *Coach Milo Body Fat Estimator*:

<https://coachmilo.app/en/bodyfat>

Participants can enter their height, weight and sex and upload suitable full-body photographs to see how AI generates an estimated body-fat percentage.

The purpose of this exercise is learning and self-awareness—not medical diagnosis.

Can AI Replace DEXA? No.

DEXA (Dual-Energy X-ray Absorptiometry) and other validated body-composition methods can provide more reliable measurements, although they may be expensive, less accessible or impractical for frequent home monitoring.

AI photo estimation is best regarded as a quick, convenient screening and tracking tool, rather than a replacement for clinical measurement.

The Next Question: How Much Lean Mass Do I Have?

Knowing your body-fat percentage leads to an even more interesting question:

“Howmuchofmybodyweightisactuallyleanmass?”

ThisiswhereFFMI — Fat-FreeMassIndexbecomesuseful

FFMI estimates the amount of fat-free mass relative to height. Fat-free mass includes muscle, bone, organs, body water and other non-fat tissues.

Unlike BMI, which considers only height and total body weight, FFMI takes body composition into account and can therefore provide a different perspective on muscularity and lean mass.

BMIvsBodyFat % vsFFMI

BMI → How much do I weigh relative to my height?

BodyFat % → How much of my body weight is fat?

FFMI → How much fat-free mass do I have relative to my height?

Together, these measurements provide a much more meaningful picture of body composition than body weight alone.

What's Next?

On Sunday, 30 August 2026, You Will Learn:

- What exactly is FFMI (Fat-Free Mass Index)?
- Why can FFMI provide information that BMI cannot?
- How is FFMI calculated manually using a simple mathematical formula?
- How can AI and online calculators estimate FFMI?
- What is considered a healthy or desirable FFMI range, and why should “ideal” values be interpreted according to sex, age and individual circumstances?
- How can you compare your BMI, Body Fat % and FFMI to understand your body composition better?
- How can FFMI help you set realistic goals for maintaining muscle mass and healthy ageing?

ASimpleMessagetoRemember

☐Yourweighttellsyouhowheavyyouare.

●YourBodyFat % tellsyouhowmuchisfat.

☐YourFFMI tellsyoumoreaboutyourleanmass.

☐Together, theytellamuchbetterstoryaboutyourbodycomposition.

AI can help us measure and understand our body better — but the goal is not simply to achieve a number. The real goal is to maintain healthy muscle, manage excess fat and age stronger and healthier.



30.08.2026- 60th Session Welcome to our 60th Session of weekly Sunday Awareness Program under the *AI Skills Empowering Elders* (Aisee) organized by Elders Recreation Activities-era .

Today's Subject :FFMI - Fat-FreeMassIndex

LookingBeyondBodyWeighttoUnderstandYourLeanBodyMass

Have you ever wondered: ***“Mybodyweightisnormal, sowhydon'tIlookmuscularorfit?”***

The answer is simple: Body weight alone does not tell us what our body is made of.

Two people can have the same height and weight, yet have very different amounts of body fat and lean mass.

That is why, after learning about BMI and Body Fat %, our next step is to understand FFMI — Fat-Free Mass Index.

FFMI helps us understand how much fat-free mass we have in relation to our height.

✦ **What is FFMI? FFMI stands for Fat-Free Mass Index** In simple terms, it tells us how much fat-free mass we have relative to our height.

Fat-free mass is everything in the body other than fat. It includes:

- Muscle
- Bone
- Organs
- Body water
- Connective tissue and other lean tissues

Therefore, FFMI is not a direct measurement of muscle mass. Rather, it is an index of the body's fat-free mass relative to height and can provide useful information about body composition and muscularity.

✦ **Why Can FFMI Be More Informative Than BMI?**

BMI considers only two things:

→ **Bodyweight + Height**

It cannot distinguish between fat and lean tissue.

For example, a muscular person may have a high BMI and be classified as “overweight” even though they have relatively little body fat. FFMI adds information about fat-free mass, allowing us to look beyond total body weight.

Remember:

BMI → How heavy are you for your height?

Body Fat % → How much of your weight is fat?

FFMI → How much fat-free mass do you have relative to your height?

Together, these measurements provide a much better understanding of body composition.

✦ **How is FFMI Calculated?**

It can be calculated manually in two simple steps.

Step 1. Calculate Fat-Free Mass

First, remove the fat component from your total body weight.

Fat-Free Mass = Body Weight x (1 minus Body Fat % divided by 100)

Example:

Body weight = 80 kg

Body fat = 20%

Fat-Free Mass: $80 \times (1 - 0.20) = 64$ kg

So, the person's estimated fat-free mass is 64 kg.

Step 2 Calculate FFMI

Now divide the fat-free mass by the square of your height in metres.

FFMI = Fat-Free Mass (kg) ÷ Height² (m²)

For example:

Height = 1.78 m

FFMI = $64 \div (1.78 \times 1.78) \approx 20.2$

Therefore: FFMI ≈ 20.2

This number represents the person's fat-free mass relative to height.

✦ **What Does Your FFMI Score Mean?**

FFMI does not have one universally accepted “ideal” score.

As a rough reference, commonly used ranges suggest that:

Men

- Around 18–20 → average range
- Around 20–22 → relatively muscular/athletic range

Women

- Around 15–17 → average range
- Around 17–19 → relatively muscular/athletic range

However, these figures should not be treated as medical cut-offs or fitness targets. Age, sex, genetics, training history, body-fat level and the method used to estimate body fat can all affect the result. For older adults, the more important goal is often preserving adequate lean mass and physical function, rather than pursuing a particular FFMI number.

✦ **Calculate Your FFMI Online**

Once you know your: Height + Body Weight + Body Fat % you can use an online FFMI calculator to obtain your score.

For our demonstration, we will explore: FFMI Tracker <https://ffmitracker.com/>

You can then compare your manually calculated result with the online calculation. AI and online calculators are useful for education and tracking, but their results should be regarded as estimates rather than medical measurements.

✦ **WHAT'S NEXT? From Number to AI Vision!**

After learning how to calculate FFMI, we will take another interesting step: *Can AI look at a photograph and assess different aspects of our physique?*

In the coming Sunday- 6th September '26, we will demonstrate an AI-based physique assessment tool that analyses a photograph and generates scores for several visual characteristics, such as:

- 1 **Body Fat** How lean the physique appears in relation to the selected sex.
- 2 **Muscle** The visible development of muscle relative to the individual's frame.
- 3 **Proportions** The apparent balance, symmetry and overall body proportions.
- 4 **Goal Fit** How closely the present physique appears to match the selected fitness goal.

The tool combines these individual assessments into an overall physique score, with body-fat and muscle-related characteristics carrying greater weight.

⚠ **An Important Reminder**

These AI scores are visual estimates generated by an AI model. They are not clinical measurements and should not be interpreted as a diagnosis or as an exact measurement of body fat or muscle mass.

The purpose of our demonstration is to understand how multimodal AI can analyse visual information and help us become more aware of our body composition and fitness goals.

Don't judge your health by your weight alone.

BMI tells you about weight.

Body Fat % tells you about fat.

FFMI tells you about fat-free mass relative to height.

AI can help us explore these measurements — but healthy ageing is the ultimate goal.

Measure → Understand → Improve → AgeStronger

06.09. 2026 -61st Session