



Digital Pathasala - *Empowering Elders*

In this digital era, our daily lives heavily depend on smartphones and computers. Smartphones have become our indispensable wallets, making it crucial to equip ourselves with the skills to use them effectively for civic participation. To address this pressing issue,

Elder Recreation Activities-era is launching an innovative program known as "Digital Pathasala" on this World Computer Literacy Day which is observed annually on 2nd. December to promote digital literacy especially amongst marginalised groups.

(The theme for 2023 is - Promoting literacy for a world in transition:

Building the foundation for sustainable and peaceful societies.)

The program's primary objective is to empower individuals, particularly senior citizens, with the knowledge and skills to navigate smartphones proficiently. Step-by-step tutorials, accompanied by beginner-friendly images will be regularly featured in our magazine, "**BaristhaBa**". In addition, interactive doubt clearance tutorial will be held on every Sunday from 5pm to 6pm at office of ERA located at Niharika Apartment, Cuttack Rd. BBSR. This program is set to commence in January 2024 and will cover a wide range of topics essential for daily life in the digital age.



Safer Internet Day Celebration -- 6th. February 2024

Safer Internet Day is celebrated on the second Tuesday of February each year. Today, February 6, marks the annual observance of Safer Internet Day, a global initiative aimed at fostering a safer and more responsible use of online technology. This year's theme, "Inspiring Change: Making a Difference, Managing Influence, and Navigating Change Online," underscores the importance of promoting positive online behavior.

In light of the growing challenges posed by cyber fraud, staying safe online has become more crucial than ever. To address this issue, the **Elder Recreation Activities-era** is launching an innovative program called "**Secret Tricks Empowering Elders**". This initiative aims to raise awareness about detecting and preventing online fraud.

As part of our ongoing commitment to "Digital Pathasala - **Empowering Elders**" now circulating in our quarterly published magazine "BaristhaBani", this program will be featured on every Sunday commence from 11th. February 2024 on all WhatsApp groups.

Whether you're a seasoned internet user or a newbie, we encourage you to take advantage of this program. Let's work together to create a safer online environment for all.

Weekly safety awareness program under Digital Pathasala - **Empowering Elders**

Session - One - 11.02.2024 *Subject - Secret tricks on phone's built-in security key settings which will keep you safe from cyber attack.*

In today's interconnected world, mobile devices have become an indispensable part of our lives. With the increasing use of smartphones, tablets, and other mobile devices, the risk of cyberattacks has also risen dramatically. Hackers and cybercriminals are constantly looking for ways to exploit vulnerabilities in mobile devices and gain access to sensitive information. This makes mobile cybersecurity more important than ever before. In this article, we will explore some of secret tricks on phone's built-in security key settings which will keep you safe from cyber attack.

Using a strong password is essential to maintaining a safe digital life especially on financial transactions. Still, sometimes passwords can also be cracked easily by hackers with help of modern technology. That's where two-factor authentication plays a significant role in this techno world. This way, even if your password is stolen, a hacker won't be able to sign in to your account without the physical device or token. So, what is Two-factor authentication (2FA)? It is also

referred to as two-step verification (2SV) or dual-factor authentication and is a security process in which users provide two different authentication factors to verify themselves.

So it is an excess layer of security that has been added to accounts across the internet, and it's becoming essential for anyone who wants to keep their account safe .

To set up such built-in security key, you need an Android phone running Android 7.0+.

In 2021, Google started enabling two-step verification (2SV) automatically for Google accounts, but the user of older Android Phones & iPhone needs an extra app called Google Smart Lock . You have to check for activation.

*To Set up two-step verification,

go to "Settings", select Google, and tap Manage your Google Account.

* At your account page, select the category for "Security", and enable the option for 2-Step Verification

* At the next screen, tap the button to Get Started, and enter your Google account password.

* The next screen shows the devices that will receive prompts for your two-step verification. Tap the Try It Now button.

* You should then receive a prompt on your phone indicating an attempted sign-in to your Google account. Tap Yes to approve the sign-in.

* Doing so will confirm your identity and take you to the next page.

* Enter your phone number.

* Click a code option. You can select Text message to receive a code in text form, or you can click Phone call to receive an audio recording of the code.

* Click Next. It's in the bottom-right corner of the screen. Doing so will prompt Google to send a code to you according to your selected option above.

* Retrieve your code from Google. You'll do so either by answering a phone call and listening to the numbers, or by opening your phone's Messages app .

* Type in your code.

* Click Next. It's in the bottom-right corner of the page.

* Click TURN ON. This blue button is at the top of the page. Clicking it will enable two-step verification for your Google account; whenever you log into a new device, you'll be prompted to enter a code delivered to your phone.

Conclusion:

Join us for the upcoming Weekly Safety Awareness *Session* - 2 hosted by Digital Pathasala - Empowering Elders, scheduled for February 18, 2024. This session will focus on the importance of Multi-factor Authentication (MFA) in safeguarding against fraud which will cover on **GooglePlayProtect** (offers protection against risky apps) , **GoogleMessages**(filters and alerts you to spam messages), **Passkeys** (an easier and more secure alternative to passwords)and

GoogleSafeBrows(making you less likely to fall victim to phishing attacks online)

Together, let's strive to foster a safer online environment for everyone.



11.2.2024 – 1st Session
2025

SaferInternetDayCelebration 11th. February

Today marks the annual observance of Safer Internet Day, as scheduled globally to celebrate on 2nd. Tuesday of each year. To address this issue , **ElderRecreationActivities-era** has been running awareness program since last year through a weekly awareness programs on each Sunday under title " Digital Pathasala - **EmpoweringElders**"from 6th. February '24 in the eve of World Digital Learning Day with different subjects like smartphone uses, secret tricks of mobile

phone ,Safe Browsing , Artificial Intelligence with application of its different tools in daily life . In addition , a monthly awareness program has been running on 1st. Wednesday of each month in the eve of **CyberJagrooktaDiwas** to create awareness and to sensitize the Elderly community about safeguarding against cyber frauds .

This year's theme, "**Toogoodtobetrue? Keepingyourselfandotherssafe fromscamsonlin**" highlights on following things to know about participating in Safer Internet Day

1. The theme "Too Good to Be True?" serves as a critical reminder in the digital era to evaluate online interactions, offers, and content with caution. It emphasizes the importance of critical thinking, awareness, and vigilance to safeguard oneself from online threats such as scams, misinformation, and cyber fraud.

On Safer Internet Day, let's start a conversation about how to:

- Develop awareness on Digital Financial literacy (DFL) giving importance to use safely digitally delivered financial products and services . If you don't understand the language of money, then you're just an economic slave

- Establish a safe space.

Consider how to establish a supportive environment to learn and talk about potentially sensitive topics.

BE VERY CERFUL, DONT SEND ANY PERSONAL INFORMATION !! To someone you never meet in person !

- Spot online scams
- Respond to suspicious activity
- Report scams to the authorities

Stay vigilant and secure

KeyElementsoftheTheme

1 .RecognizingRedFlags:

- * Deals that seem unusually lucrative (e.g., a free smartphone or luxury item for a nominal fee).
- * Emails or messages claiming you have won a lottery or inheritance without participating.
- * Social media posts urging immediate action for fear of losing an offer.

2. ImportanceofVerification:

- * Fact-checking news or viral content through trusted sources.
- * Cross-checking offers on official platforms or directly with companies.
- * Using tools like antivirus software and secure payment gateways to ensure safety.

3. EmpoweringDigitalLiteracy:

- * Educating users, especially vulnerable groups like senior citizens, on identifying and avoiding online traps.
- * Encouraging the habit of reading reviews, terms and conditions, and privacy policies.

Conclusion :

"Too Good to Be True?" inspires a more cautious, secure, and trustworthy online experience.

This theme challenges everyone to adopt a proactive mindset, protecting themselves and their communities from the pitfalls of an increasingly deceptive digital world.

Whether you're a seasoned internet user or a newbie, we encourage you to take advantage of such program. Let's work together to create a safer online environment for all.

ଶେଷରେଆପଣଙ୍କମୋବାଇଲକିମ୍ବାକମ୍ପ୍ୟୁଟରଭିଭାଇସକୁସାଇବରଅପରାଧୀମାନେମାଲୱେର୍ (Malware) / ସ୍ପାଇୱେର୍ (spyware)

ପରିଭାଇରସମାଧ୍ୟମରେସଂକ୍ରମଣକରିସେଥିରେଥିବାଆପଣଙ୍କରମୂଲ୍ୟବାନତଥ୍ୟଗୁଡ଼ିକରଚୋରିକିରୋକିବାପାଇଁଭାରତସରକାରଙ୍କ ଦ୍ୱାରାପ୍ରସାରଣହେବାପାଇଁ <https://www.csk.gov.in> ରେଭିଜିଟ୍ରିମାଗଣା " ବର୍ତ୍ତମାନସାରଣପକରଣ "

ଡାଉନଲୋଡ୍କରିସାଇବରପ୍ରଚାରଶାରୁସୁରକ୍ଷିତରୁହନ୍ତୁ !!

2nd.Session -18.02 .2024Weekly safety awareness program under Digital Pathasala -

EmpoweringElders. ElderRecreationActivities-eris launching this innovative program called

"**SecretTricksEmpoweringElders**" on every sunday with an aims to raise awareness about detecting and preventing online fraud.

In the digital age, safeguarding our personal information and ensuring a secure online experience has become paramount. With the proliferation of threats like malware, phishing, and identity theft, having robust layers of protection on our devices is essential. Fortunately, modern Android devices offer a suite of security features designed to keep users safe from various cyber threats. From Google Play Protect to Safe Browsing and Passkeys, these integrated tools work tirelessly to fortify the security of our Android devices, providing peace of mind and a safer online environment. Let's delve into these key security measures and understand how they collectively contribute to a secure user experience.

The **Google Playstore** has millions of Applications or in short Apps. Finding the safe & secured apps to install can be a challenge for which use of **Google Play Protect** is essentially required. It is a built-in, free threat detection service that will offer a code-level scan of Android devices for any potentially harmful apps downloaded from the Play Store as well as other external sources. In extreme cases, an app may be blocked from being installed.

It can recognize and automatically remove harmful apps from your Android device to enhance security. In most circumstances, you will receive a notification stating that a malicious app has been found and uninstalled. Further Google Play Protect also includes security features like Find My Device and automatic virus scans. This offers a fundamental defense against malware, privacy breaches, and other threats.

You can verify your device for Play Protect certification status by following these steps :

- Step 1. Open the Google Play Store app.
- Step 2. Tap the profile icon in the top-right corner.
- Step 3. Select "Settings".
- Step 4. Tap "About" to check whether your device is Play Protect certified. You can see the status under "Play Protect Certification".
- Step 5. If you tap on "Play Protect Certification", you will be directed to the page of Google Play Help where you can have more information about the certification status, such as what it means if your device isn't Play Protect certified and what to do.

If Google Play Protect is not in active mode or if the same is required to turn on or off , then follow these steps:

- Open the Google Play Store app
- At the top right, tap the profile icon.
- Tap "Play Protect" from the menu options.
- Tap the setting icon in the top-right corner.
- Toggle on or off the "Scan app with Play Protect". It will turn gray when Play Protect is off and blue when it is on. Once you toggle off the "Scan app with Play Protect" option, the "Improve harmful app detection" option will be automatically off too.
- When the option of "Scan apps with Play Protect" is enabled, you can separately toggle on or off the option "Improve harmful app detection". When you turn it on, it means you enable Play Protect to send unknown apps to Google automatically. The unknown apps include installed apps from sources other than the Google Play Store.

Conclusion:

We invite you to join us for our upcoming Weekly Safety Awareness Session - 3, scheduled for this **Sunday, February 25th**, 2024 . In this session, we will delve into the topic of **"How to Block Spam SMS on Your Android Phone - A Step-by-Step Guide,"** along with other essential security measures. Don't miss out on this informative session !

3rd.Session -25.02 .2024Weekly safety awareness program under Digital Pathasala -

EmpoweringElders.ElderRecreationActivities-eris launching this innovative program called "**SecretTricksEmpoweringElders**" held every **Sunday** . Our goal is to enhance awareness surrounding online fraud detection and prevention. This week, join us as we explore

"HowtoBlockSpamSMSonYourAndroidPhone," alongside other crucial security measures.

Nowadays SMS (**Short Message/Messaging Service**) are **very common** to scam you into revealing personal data. Sometimes, scammers even “spoof” your phone’s Caller ID to make it seem like a text is coming from a local or government-associated number.

These texts can look so real that they commonly trick mobile users into sharing personal information (like credit card information or Social Security numbers) or clicking on malware links. To protect yourself—and your finances—from the wrath of spam texts, it’s essential to know some tips .

When spam protection is on, Google Messages uses machine-learning models that operate on your device to detect known spam patterns in your messages , the list of which shown under Scam and Blocked under settings . To open the list , Open the Google Messages app > Click the icon in its upper right corner > Click on Scam and Blocked . Further to **Enable spam protection** -Open the Google Messages app > Click the icon in its upper right corner > Click message settings > Tap on General / more > Tap on Spam protection > Turn **Enable spam protection** on or off.

Some Android devices adopt RCS, (Rich Communication Services) inwhich users benefit more modern and secure messaging experienceby replacing the outdated SMSand MMS protocols . RCS includes enabling end-to-end encryption for all messages sent through this service, guaranteeing that only the recipient can read each message and no one else.The key difference between RCS and SMS is that SMS sends messages over the cellular network, while RCS content requires data connectivity before it can be transmitted. In some situations where data connectivity is not available, it's still possible to send and receive SMS-supported messages. So **SMS is being supplanted by RCS to let carriers compete against WhatsApp** .

If you want to check if your device is RCS enabled, here are the steps:

Open the Google Messages app > Click the icon in its upper right corner > Select Settings > General settings > Select Chat features > Chat features will tell you if you have RCS support or not, and if it’s enabled .

If you don't have the Google Messages, download it from the Play Store.

Conclusion:

We invite you to our upcoming Weekly Safety Awareness **Session - 4**, scheduled for coming Sunday, 3rd March '24. In the said session, we'll spotlight the topic "**SafeBrowsing**", covering essential security features designed to enhance web browsing safety. Learn how to identify and avoid harmful websites and links and also safeguarding against harmful cookies & cache encounter during **web surfing** .

Join us for our upcoming informative Weekly Safety Awareness Session - 4 .

3rd.Session - 03.03 .2024Weekly on every Sunday -safety awareness program under Digital Pathasala - **EmpoweringElders**.

Subject -SafeBrowsing", covering essential security features designed to enhance web browsing safety.

Surfing on the World Wide Web (www) refers to moving from one Web page to another in an undirected fashion. With the increasing use of browsing web

the risk of cyberattacks has also risen dramatically. Hackers and cybercriminals are constantly looking for ways to exploit vulnerabilities and gain access to sensitive information. In this article, we will explore some of tips which will keep you safe from cyber criminals.

Google is rolling out a new security feature that could make browsing the web safer for Android users. The new feature, called Android Safe Browsing, notifies users of harmful websites and links. Alongside the

Android Safe Browsing feature comes with a Live Threat Detection toggle, which offers even more accurate threat detection which scans links and websites for threats, and warns you when something you encounter isn't safe .

To enable Android Safe Browsing and Live Threat Detection , Go to device's settings app. > Settings > Security & privacy > More security & privacy, or Settings > Security & Privacy . You can also find it by searching for "Android Safe Browsing" in your settings app's search bar >Select Android Safe Browsing to open the new menu > From here, you can see if Android Safe Browsing is enabled and view a list of supported apps installed on your device. You can also tap "Use live threat protection" to enable (or disable) the more accurate threat detection. This functionality will work when users are running the built-in browsers of certain apps.

Android Safe Browsing exists as part of the Google Play Services app found on all Android phones, meaning it will work on a range of browsers and apps once it's enabled. The goal is to prevent Android users from downloading malware or accidentally clicking phishing links that can steal personal data or login information when you're browsing web pages in, say, a social media app, rather than your standard browser.

Another common problem is that when browsing the internet you may encounter pop-ups or other types of warning about the use of cookies. Some websites even allow you to choose whether or not to accept cookies in full or in part. So what are Cookies & their role on cyber security? (Details about Cookies, Cache with their role during browsing alongwith Wi-Fi Hotspot & Bluetooth etc will be available in our magazine **BaristhaBani** scheduled to be released on 1st.April'24.).

Cookies by themselves do not pose security risks,however, in certain field they can be used by cybercriminals to impersonate the user, collect financial data, access their accounts or to steal passwords that are stored in the browser. Commonly these can spread malware and induce you to visit dangerous websites. Here cybercriminals can also use cookies to make websites appear inaccessible to web browsers.

How to be safe with Cookies?

While cookies can be a security concern, with some care in online activity it is possible to avoid or minimise these dangers. Here are some suggestions for protecting yourself from the most dangerous features of cookies:

- When exchanging personal information, always be cautious. Cookies have the potential to communicate such information, so proceed with caution.
- Deactivate the storage of cookies in your browser. This reduces the amount of data exchanged, you can change your browser's privacy settings and avoid storing passwords in the browser.
- There are browser add-ons that disable third-party software, such as cookie trackers, keeping your browsing data private. Always look for reliable and recommended add-ons.
- Always keep anti-malware software updated on your device, as malware can impersonate harmless cookies or enter advertising networks.
- If a website asks you to accept cookies and you are not sure if it is legitimate, stop browsing immediately.

How to clear cookies &cached :

- On your Android phone or tablet, open the Chrome app .
- At the top right, tap menu (3 dotted vertical line)
- Tap History. Clear browsing data.

- At the top, choose a time range. To delete everything, select All time.
- Next to 'Cookies and site data' and 'Cached images and files', tick the boxes.
- Tap Clear data.

How to recover from a cookie stealing attack?

Recovering from a cookie stealing attack can be a time-consuming and stressful process, but taking immediate action can help minimize the damage. Here are some steps you should take if you suspect that your site has been used to steal cookies:

- Scan for malware: Use a security plugin or scanner to search for any malicious code that may have been injected into your website. This can help you identify any vulnerabilities that attackers may have exploited to steal cookies.
- Clean malware: If malware is found, remove it as soon as possible. Many WordPress security plugins have features that can help you automatically clean up your site. MalCare is a robust security plugin that can also clean any malware you've found on your site.
- As users, it is also important to keep yourself safe from cookie stealing by regularly clearing your cookie cache in order to delete the information. Another good practice is to not store sensitive information like your shipping address or credit card details. Make it a habit to manually enter your details for every purchase. Do not use the autofill function.

Conclusio :Invitation: Join us for the upcoming Weekly Safety Awareness Session - 4 hosted by

ElderRecreationActivities-era on February 18, 2024 (Sunday). We'll delve into common AI cybersecurity risks and strategies to stay safe while leveraging it. Remember, artificial intelligence is a powerful tool that can either enhance security or be exploited by hackers.



5th.Session - 10.03 .2024 -- Weekly on every Sunday -safety awareness program under Digital Pathasala - **EmpoweringElders**.

Subject - CommonAicybersecurityrisksandstrategiestostaysafewhileleveragingit.

Artificial Intelligence is making a lot of inroads in public safety and security. Such security is being utilized in everything from airports and railways stations to hospitals and manufacturing facilities. And it can scale from a single room to a large campus or even a city. Remember it is a double-edged sword that can be used as a security solution or as a weapon by hackers !

Cybercriminals can misuse AI to commit fraud, steal your identity, or even sell your personal data on the dark web in various ways.

A growing threat is training an AI tool to replicate the likeness of friends or family members using voice recordings, then using those fake voice clips to dupe a victim into thinking their loved one needs them to send money or grant them access to important accounts. Similarly, hackers can program a chatbot using public information and social media posts to send personalized messages or emails claiming to be someone it's not. In extreme cases, scammers use these tactics to scare people into thinking someone they know has been kidnapped and held for ransom.

Another tactic is using AI-generated content—like fake political articles and social media posts—to rile someone up and get them to click on a dangerous link, or blackmailing victims with deepfake pornography.

The technology is already sophisticated enough to trick people, especially those not looking close enough, and AI-generated content will only become more believable as the technology develops. Unfortunately, no current laws or regulations exist preventing or penalizing the creation and distribution of deepfakes, AI-made misinformation, or the tools used to make them.

How to protect yourself from such AI Threat . Here's what you need to know to keep yourself safe : If you ever receive a call, email, or text message from someone claiming to be a person you know in danger, you should immediately reach out to the person through the phone number or email address saved in your contacts to confirm that really was them that called. Do not do anything until you know for sure.

As for AI-generated images or video, the best thing to do is scan the image for inconsistencies. AI images might be convincing at a glance, but will reveal errors upon closer inspection, like extra fingers, missing body parts, or incorrect proportions, to name a few. AI videos will have similar issues, and motion may look jittery, glitchy, or warped.

Another strategy is to perform a reverse image search: Drop the image into Google to see if that image, or others like it, exist and are credited to legit photographers, artists, or publications. Some AI art generators post all images made with their tools online, so you can see if the image came from such sources.

This isn't a comprehensive list, although following these strategies can help keep you safe.

1. Verify sender's authenticity before sharing personal/financial info.
2. Use secure payment gateways.
3. Regularly monitor bank statements.
4. Be cautious of unsolicited calls/emails.
5. Keep software updated. 6. Educate others on scam awareness.

Conclusion :

As we step into the era of artificial intelligence (AI), it's imperative to ensure that our elders are not left behind when it comes to utilizing AI tools that can significantly enhance their quality of life. To address this challenge, our upcoming awareness program will be held every Sunday starting from March 17, 2024, focusing on the application of some primary AI tools and potential online apps that can further enrich the lives of our senior population. Join us in this endeavor to create a more inclusive and **empowered community**.



6th.Session - 17.03.2024-Join us weekly Sunday for our safety awareness program under the Digital Pathasala - **EmpoweringElders**.

Subject: **Application of Primary AI Tools and potential online apps for Senior Citizens** .

As we navigate through the era of artificial intelligence (AI), it has become an integral part of our daily lives. To embrace this AI-driven world, **Elder Recreation Activities-era** is incorporating various AI applications in our upcoming Digital Pathasala - **EmpoweringElders** " session. These tools are designed to simplify and enhance the lives of senior citizens, regardless of their technical background. Beginners may go through the topic i. e. "Introduction alongwith fundamental of AI " published in last issue (Oct.- Dec. 2023) of our BaristhaBani magazine which can be download able at our website mention at bottom.

Overview: Artificial intelligence (AI) encompasses a vast and intricate subject matter. To facilitate its application, AI tools have been developed, leveraging machine learning techniques to address specific tasks and challenges across various fields. These tools automate processes, analyze data, and aid decision-making, spanning industries from healthcare and finance to marketing and education.

ChatGPT: A Gateway to AI

At the forefront of AI tools is ChatGPT, a chatbot that simulates human conversation. It serves as an accessible entry point to AI, offering direct and indirect connections to other tools. ChatGPT's free version is particularly beneficial for beginners and senior citizens, empowering users to generate text, translate languages, create content, receive informative responses, correct errors, enhance writing, and even generate images from text. Maybe ChatGPT will be your best friend in the future. You can use ChatGPT for free. But, if you pay, the price of ChatGPT Plus in India would be around Rs 1600 per month w.e.f. 17.03.2023. Receipts for credit purchases made are sent to the email address used when making the purchase. You can use this paid version faster. There's a lot you can do with ChatGPT alone if you know how to use it.

1. To get started with ChatGPT, you first need to create an OpenAI account (it's free). To do this, goto www.chat.openai.com, and click Sign up. You can use an email address, or you can sign in with your Google or Microsoft account. If you use an email address, you'll be required to do a phone verification to confirm that you're really a human and not. If already have an OpenAI account, click Log in to start chatting.

2. Ask ChatGPT a question. Type your ChatGPT prompt (i.e., text query) in the message bar at bottom of the home page, and hit Enter (or click the send icon).

3. Interact with ChatGPT's responses - In a few seconds, ChatGPT will spit out a reply.

4. Once ChatGPT spits out a response, you have a number of options.

5. If the reply is not satisfactory, you may enter a new prompt by asking a new query- think that ChatGPT can "remember" the conversation you're having with it. This means you can ask ChatGPT to modify its response without repeating yourself or starting from scratch. GPT-3.5 has a limit of around 8,000 words, which is equivalent to four to five book pages. That means the chatbot will start to lose track of the conversation once it crosses that threshold. GPT-4, which is available to Chat GPT Plus subscribers, has a significantly higher limit and can handle around 64,000 words

6. If you like ChatGPT's answer and want to share it somewhere else, click the clipboard icon beside the response to copy it and share.

Upcoming Session - 7th Session: In our next session scheduled for 24.03.2024, we will delve into how to utilize ChatGPT 4 for free, explore Google's BARD (a competitor of GPT-4), learn how to incorporate the Odia language in AI, and even generate images based on textual ideas.



Elders Recreation Activities-ERA - 7th.Session - 24.03.2024 - Join us weekly Sunday for our awareness program on the applications of free AI chatbot tools under the Digital Pathasala - **EmpoweringElders**.

Subject: "

nvestigating free AI chatbots as an alternative to paid solutions and unlocking the potential of local languages"

In the world of AI chatbots, there is a rising trend of exploring free solutions as competitors to paid ones. Additionally, the potential of incorporating local languages, such as Odia, with the help of AI tools is gaining momentum. In this session will delve into the Step-by-step guide how to use some free AI chatbots tools alternative to paid ones like ChatGPT-4 ,Plus

1. **Google's B ,a competitor of GPT-4** : Its Pro and Nano versions are free to use via registration . Bard is now renamed as Gemini w.e.f. Feb. 8th.2024. . It is one of the most popular names in the field of generative AI which can generate text, translate languages, write different kinds of creative content, and answer your questions in an informative way , summarization ,image understanding ,audio processing video understanding and many more.

To use Gemini (formerly Google Bard) , visit the Gemini homepage by going to [Gemini.Google.com](https://gemini.google.com) and then logging in to your Google account. You'll be taken to the chat

window once you log in. The chat window has been optimized to be user-friendly and easy to navigate. Here's what you'll find when you open the Gemini window :

- Main menu: A menu icon in the top-left corner to hide the menu.
- New chat: The top option on the menu to the left side of the window will clear the current conversation and start a new one.
- Text area: You can enter your questions or prompts at the bottom of the screen and hit enter or click Submit on the right to send them.
- Microphone: Gemini lets you dictate your prompts by clicking on the microphone within the text area.
- Upload image: There is an Upload Image option to the left of the text area that lets you explore the Google Lens integration with Gemini, where you can add images and ask Gemini questions about them.
- Conversation: Your interaction with Gemini will appear at the center of the chat window. After the AI chatbot replies to your queries, you'll see that you can view other drafts for each response, and give a thumbs up or down to provide feedback. You also have the option to refresh for a new answer, select it, copy it to your clipboard, or report it.
- Listen: You can listen to Gemini's response instead of reading it. Clicking on the speaker will make Gemini read its response out loud.
- Edit: Next to your prompt in the chat window, you'll see an Edit button. This button allows you to edit your prompt to get a new answer, which can be useful if you realize you need to be more specific, but don't want to rewrite your prompt.
- You can chat nine Indian languages include -- Hindi, Tamil, Telugu, Bengali, Kannada, Malayalam, Marathi, Gujarati, and Urdu.
- Gemini AI Chatbot's free version runs on Gemini Pro LLM. However, you can subscribe to Gemini Advanced based on Gemini Ultra 1.0 LLM by paying ₹1,950.00/month. The initial two months of Gemini Advanced are available for free on a trial basis.

You can download and install Gemini APK (Android Application Package) from sites like APKMirror. Or Google Assistant app from which you can switch to Gemini > activate> If you want to switch back to Google Assistant, tap accordingly.

2. **Microsoft Copi** : The easiest and fastest way to use GPT-4 without paying a subscription is through Microsoft Copilot.

All you need to access the power of Copilot is a Microsoft account. The chatbot is intertwined with Bing, Microsoft's search engine, and can be accessed directly via the Bing.com home page. Visit Bing: Go to the official Bing website (<https://www.bing.com/>). Chat Now: Look for the "Chat now" feature on Bing. This may be prominently displayed on the homepage. Switch to Creative Mode. Once you've entered the chat interface, switch to "Creative" mode. This mode specifically utilizes the ChatGPT-4 model for generating responses by asking your questions or providing prompts.

You can also install the Bing app (Android / iOS — Free) on your smartphone and enable the "GPT-4" toggle. Now, you can start talking to GPT-4 without any limitations. You can also upload images to Bing to use GPT-4's multimodal capability.

You can download Bing app. from Google Play Store. Bing has taken the power of **GPT-4** in partnership with **OpenAI** and enhanced it with real-time information and citation and it's free. The Key Features are : **An AI-powered search engine** , **AGPT-4 powered writing assistant** , **A creative image genera** , Act as instant Translator, Unit Converter ,and many more.

3. **As** : In the recent AI chatbot competition, the 1st. Indian AI tool i.e. "Ask QX." launched on 9th. February '24 with 12 Indian languages including Odia making AI more accessible for the Indian masses. Ask QX is accessible in both text and audio formats, marking it as a multimodal model. The company plans to introduce image and video generation capabilities by March 2024. Ask QX can be accessed through both a web version (<https://askqx.gxlabai.com>) and an Android app (ASK OX) on the Play Store, with an iOS app expected to follow soon.

Upcoming Session - 8th Session: In our next session scheduled for 31.03.2024, we will delve into a topic on **ChatGPT Prompts**, which is just asking question or called ChatGPT commands to enhance your work for best use the AI chats during conversations.

So it is important to understand what exactly Chat GPT Prompts are , how to use Chat GPT Prompts in correct ways to meet the specific purpose .

8th.Session - 31.03.2024- Subject: Weekly Sunday Awareness Program
on *Mastering ChatGPT Prompts for best use of AI chats* under the Digital Pathasala -
Empowering Elders.

ChatGPT Prompt refers to an instruction / queries or input used to start a conversation with an AI language generation .

So to get the best results, chat to it like you're sitting across the table from someone having a conversation. In this session we will delve into how to use Chat GPT Prompts in correct ways to meet the specific purpose . Chat GPT Prompts are therefore a fundamental element of chatbot systems . The majority of people are still using ChatGPT just to ask some silly questions, not fully utilizing its power. To take full advantage of Chat GPT , you need to know how to use good prompts correctly. Good prompts are specific, focused, and provide clear direction for ChatGPT to generate a relevant response whereas bad prompts are vague, broad, and don't give ChatGPT enough information to provide a useful answer. Here are some examples of good vs bad prompts for ChatGPT:

Good Prompt: "How can renewable energy sources like solar and wind power contribute to reducing carbon emissions?"

Bad Prompt: "Talk about climate change."

Good Prompt: "Can you explain the process of photosynthesis in plants?"

Bad Prompt: "Tell me about biology."

Good Prompt: "Discuss the impact of artificial intelligence on job automation and its potential consequences for the labor market."

Bad Prompt: "AI."

Good Prompt: "What are the benefits and drawbacks of implementing a universal basic income policy?"

Bad Prompt: "Talk about economics."

Good Prompt: What are some breakthroughs in electric car technology in the last two years.

Bad Prompt: Tell me about EV ?

Further, following are examples of two different prompts, each with its own context:

- Prompt 1. "I'm studying string theory in an advanced college course. Summarize it in 200 words or less."
- Prompt 2. "I'm a teacher who wants to explain string theory to a class of fourth graders. Summarize it in 200 words or less."

Here are some tips you can effectively use ChatGPT prompts to facilitate engaging conversation on a wider range of topics.

- **Be Specific:** Provide clear and specific prompts to ChatGPT to guide the conversation in the direction you desire. Ambiguous prompts may lead to less focused responses.
- **Start with Instructions:** Tell the model how you want it to behave. Action verbs like "write," "summarize," "create," or "analyze" tend to be great starting points. From there, describe your question or instructions as clearly as possible.
- **Ask Open-ended Questions:** Encourage ChatGPT to provide detailed responses by asking open-ended questions that require more than a simple yes or no answer.
- **Provide Context:** Give relevant background information or context to help ChatGPT understand the topic or situation better and generate more relevant responses.
- **Use Follow-up Questions:** Engage in a back-and-forth dialogue by asking follow-up questions based on ChatGPT's responses. This helps keep the conversation flowing and dynamic.
- **Utilize Personalization:** Address ChatGPT by name or reference previous parts of the conversation to create a sense of continuity and personal connection.
- **Be Patient:** ChatGPT may need a moment to generate responses, especially for complex or novel prompts. Give it time to process and provide a thoughtful reply.
- **Experiment with Different Styles:** Try varying your prompts to explore different conversation styles, tones, or topics. This can keep the conversation fresh and interesting.

- **Provide Feedback:** Offer feedback on ChatGPT's responses to help it understand what kind of conversation you find engaging and to improve future interactions.
- **Stay Respectful:** Treat ChatGPT with respect and avoid engaging in inappropriate or offensive dialogue. Maintaining a positive and respectful tone fosters a more enjoyable conversation experience.
- **Have Fun:** Relax and enjoy the conversation! ChatGPT can be a versatile and entertaining conversational partner, so don't be afraid to explore different topics and have fun with it.
- **Another ideal tool is by using DFY**, a paid version of a web application prompt. DFY stands for "Done For You" prompt, which is a pre-prepared writing prompt that provides you with a ready-made topic or question to write about. You can be used for a range of things which gives you instantly chatgpt superpowers by writing all of your prompts for you such as creating content, promoting, selling, providing customer service, and more. It can streamline the utilization of ChatGPT, eliminating the learning curve and making it accessible to everyone without investing extensive time or resources.

Our upcoming 9th Session scheduled for coming Sunday i.e. on 07.04.2024 will focus on *some AI tools like virtual personal assistants that can be incredibly helpful for day-to-day tasks of elderly community*. Additionally, there are eldercare-specific AI tools which is designed to provide companionship and assistance to older adults through conversation and reminders for medication or appointments. These tools can greatly enhance the quality of life and independence for elderly individuals.

7.4.2024-9th. Session -Subject: Weekly Sunday Awareness Program on *Unlocking the Potential of AI Virtual Personal Assistants for Day-to-Day Tasks of Elderly Community* under the Digital Pathasala - **Empowering Elders.**

In today's fast-paced world, managing daily tasks efficiently can be a challenge. From scheduling appointments to organizing to-do lists, the demands of modern life can easily become overwhelming. Fortunately, advancements in artificial intelligence (AI) have given rise to virtual personal assistants (VPAs) that can significantly streamline our daily routines and boost productivity.

An AI assistant or digital assistant, is an application program that understands natural language voice commands and completes tasks for the user. Such tasks can be performed like a human personal assistant or secretary which include taking dictation, reading text or email messages aloud, looking up phone numbers, scheduling, placing phone calls and reminding the user about appointments.

AI virtual personal assistants, such as Siri, Google Assistant, and Alexa, are designed to perform such various tasks and provide assistance through voice commands or text input.

Here are some ways AI virtual personal assistants can enhance day-to-day productivity:

- **Scheduling and Reminders:** VPAs can schedule appointments, set reminders for important events, and even send notifications to ensure you never miss a deadline or meeting.
- **Task Management:** With a VPA, you can create, organize, and prioritize your to-do lists effortlessly. Whether it's setting deadlines for tasks or categorizing them based on urgency, VPAs can help you stay on top of your workload.
- **Information Retrieval:** Need quick access to information? VPAs can fetch real-time data, answer questions, and provide updates on various topics, ranging from weather forecasts to stock market trends.
- **Navigation and Directions:** Whether you're driving or exploring a new city, VPAs can provide turn-by-turn navigation, suggest alternate routes to avoid traffic, and even help you find nearby restaurants or attractions.

• **Smart Home Control:** Many VPAs are compatible with smart home devices, allowing you to control lights, thermostats, security cameras, and more, using simple voice commands.

Installing a personal assistant on your smartphone is a straightforward process. Here's a step-by-step guide to get you started:

- **Choose Your Assistant:** Decide which AI virtual personal assistant aligns best with your preferences and device. Popular options include Siri (iOS), Google Assistant (Android), and Alexa (Amazon devices).
- **Check Compatibility:** Ensure that your smartphone meets the minimum requirements for running the chosen VPA. Most modern smartphones support AI assistants, but it's always a good idea to double-check.
- **Access Settings:** Navigate to the settings menu on your smartphone and locate the section related to virtual assistants or voice input.
- **Enable Voice Activation:** Enable voice activation or wake word detection to activate the VPA using voice commands. This feature allows you to summon the assistant hands-free.
- **Download the App (If Necessary):** Depending on your device, you may need to download the corresponding app for the VPA you've chosen. Visit the respective app store (e.g., Apple App Store, Google Play Store) and install the app on your smartphone.
- **Follow Setup Instructions:** Once the app is installed, follow the on-screen instructions to set up the VPA. This typically involves granting permissions, agreeing to terms of service, and customizing settings according to your preferences.
- **Train Your Assistant:** Take some time to familiarize yourself with the capabilities of your VPA and train it to recognize your voice and preferences accurately. This can improve the assistant's performance over time.
- **Start Using Your Assistant:** With the setup complete, you're ready to start using your AI virtual personal assistant to simplify your daily tasks and boost productivity. Among various VPAs, **Google Assistant** is best for Android users who want an easier way to interact with their phones and Google apps.

Setting up and operating Google Assistant on your smartphone is a straightforward process. Follow these step-by-step instructions to get started:

Step 1: Check Compatibility Ensure that your smartphone is compatible with Google Assistant. Most Android smartphones running Android 5.0 or higher support Google Assistant. Additionally, Google Assistant is available for iOS devices via the Google Assistant app.

Step 2: Access Settings Open the Settings app on your smartphone and locate the section related to Google or Google Assistant. This may vary slightly depending on your device manufacturer and Android version.

Step 3: Enable Google Assistant Toggle the switch or button to enable Google Assistant. You may be prompted to grant permissions for microphone access and other features required for the assistant to function properly.

Step 4: Set Up Voice Match (Optional) Voice Match allows Google Assistant to recognize your voice and provide personalized responses. To set up Voice Match, follow the on-screen instructions to train Google Assistant to recognize your voice. This can be useful for accessing personalized information such as calendar events and reminders.

Step 5: Configure Preferences

Customize Google Assistant settings according to your preferences. This may include

language preferences, preferred units for measurements, and other personalized settings. You can access these options within the Google Assistant settings menu.

Step 6: Activate Voice Detection (Optional) Enable voice detection or "Hey Google" detection to activate Google Assistant using voice commands. This feature allows you to summon the assistant hands-free by saying the wake phrase followed by your command.

Step 7: Update Google App (If Necessary) Ensure that the Google app on your smartphone is up to date. Google Assistant is integrated into the Google app, so keeping it updated ensures you have access to the latest features and improvements.

Step 8: Access Google Assistant There are several ways to access Google Assistant on your smartphone:

- Say "Hey Google" followed by your command to activate voice detection.
- Long-press the home button on Android devices with the Google Assistant shortcut.
- Open the Google app and tap on the microphone icon to activate voice input.

Step 9: Interact with Google Assistant Once Google Assistant is activated, you can interact with it using voice commands or text input. Ask questions, set reminders, send messages, play music, control smart home devices, and much more.

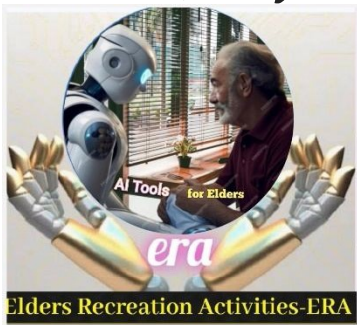
Step 10: Explore Features Take some time to explore the various features and capabilities of Google Assistant. Experiment with different commands and tasks to discover how Google Assistant can help simplify your daily life.

By following these steps, you can set up and operate Personal Assistant on your smartphone with ease, allowing you to leverage its powerful features to enhance productivity and convenience.

Join us for our ***Ourupcoming 10th.Session*** scheduled for this Sunday, April 14th, 2024,

where ***wewilldelveintotheworldofArtificialIntelligencetoolsdesi
gnedtoempower, enhance, andenlightenourgoldenyears.***

***Let'sunravelthesetoolstogetherandembracethemasournewallie
sin 2024, theyearofAI.***



10th.Session - 14.04.2024 - Subject: Weekly Sunday Awareness

Program on ***WorldofArtificialIntelligencetoolsdesignedtoempower, enhance,
andenlightenourgoldenyears*** under the Digital Pathasala - ***EmpoweringElders.***

In today's digital era, AI tools have become indispensable for various tasks, simplifying complex processes and enhancing the quality of life for the elderly community.

To harness the power of these innovative tools ,henceforth each sunday session, we will explore different AI tools across various categories such as

***WritingAssistant ,Text-To-Speech , SpeechoText , Summarizer , ContentGenerator
,Translations , Transcription , FontGenerator ,ArtGenerator ,MusicGenerator , ImageGenerator
, VideoGenerator& Editor ,Healthcare ,Quizzes, Entertainment ,Education , Communication ,
InteriorDesign ,RecipeGenerator ,Gaming ,Fun ,Companionshipandmuchmore.*** These programmes designed to help non-tech-savvy individuals, particularly beginners, acquire technical skills in a playful and

interactive manner. Moreover, these AI tools not only improve productivity but also encourage fun, creativity, and personal expression among the elderly community during their leisure times.

Our upcoming 11th.Session, scheduled for April 21st, 2024, will focus on demystifying specific AI tools developed by industry giants like Google and Microsoft .

These tools can do a lot of things, just like a human does and can assist elders even with low vision with a variety of daily tasks such as:

- * *Speak text as soon as you focus the mobile in front of text .*
- * *Reads & type handwritten text as you focus the mobile in front of text .*
- * *Chat to your documents .*
- * *Identify friends around you and can save faces so you can recognize them, and get an estimate of their age, gender, and emotions.*
- * *Can scan barcodes to know details of products .*
- * *Recognize currency notes of different countries .*
- * *Get answers to questions about the image captured and many more .-*

Join us as we delve into the magic of AI and discover how to harness its power effectively.



11th.Session - 21.04.2024 - Subject: Weekly Sunday Awareness Program on **racing the Magic of AI: How Google and Microsoft Tools are Revolutionizing Daily Life for Seniors.**

In today's fast-paced world, technology continues to evolve, offering innovative solutions to make our lives easier and more enjoyable. Among these advancements are AI tools developed by industry giants like Google and Microsoft, which are designed to assist elders in various daily tasks, adding a touch of fun and magic to their lives. In today's session, we will explore how these tools can demystify everyday challenges for seniors, providing a step-by-step guide on how to incorporate them into their daily routines.

Today's session is going to explore a free tool developed by Microsoft that narrates for low vision people right from their mobile devices. Let's download

Seeing AI from Google Play Store which is now available in 18 languages with a plan to increase to 36 languages shortly.

Open the app and follow the on-screen instructions to set up the device. Once the device is set up, follow all in-app prompts . You may go through tutorial page on how to use this app. (Top Left- Menu > help / tutorial)

At Bottom is the **tutorial** *nnel* which shows various icons for different features . From left to right- the 1st. icon (TT) for '**ShortText**' which speaks text as soon as it appears in front of the camera.

Hold the camera over some text to have it automatically read to you. As new text comes into view, it will also be read out loud.

While reading out loud, Seeing AI may start again from the beginning if the camera captures a clearer image of the text.

2nd. icon for '**Documents**' which provides audio guidance to capture a printed page, and recognizes the text, along with its original formatting. Ask questions about the contents to easily find the information you need. Hold the camera over a printed page to capture it. After the text has been recognized, you can use TalkBack commands to navigate it. Make the necessary adjustments until you hear "Hold steady". A good technique is to place the camera in the center of the page, and slowly move it away, making slight

adjustments. This channel works best when there's a high contrast between the page and the background, like a white document on a dark surface.

3rd. icon (like barcodes) for '**Product**' which Scans barcodes, or Accessible QR codes, using audio beeps to guide you; hear the name, and package information when available. Hold the camera over the item, and Seeing AI will guide you with the camera placement until the code is detected. The faster the beeps, the closer you are to the code. If additional information about the product is available, you can tap 'More Info' to read it.

4th. icon (image of a person) for '**Person**' which uses facial recognition technologies to identify people's ages and emotions with a basic description. If you've taught the app to recognize a particular person, their name will be announced when they come into view. You can teach Seeing AI to recognize someone by selecting "Face Recognition" button. After taking a photo, Seeing AI will give you an estimate of the person's facial characteristics and expressions. If you want to take a selfie, use the button on the main screen to change to the front-facing camera. The app can be incorrect when assessing ages of people.

5th. icon for '**Currency**' which recognises different bank notes in many currencies, however the app cannot identify coins. Hold the camera over a single note to hear the estimated value. Please note: Seeing AI will not differentiate between real and counterfeit currency.

6th. icon for '**Scene**' which features latest AI to try and describe the view in front of you. Take a photo and hear a description of the scene it captured. To hear a more detailed description of the photo, tap 'More Info'. From there, tap 'Ask Seeing AI' to ask questions about the photo.

7th. icon for '**Colour**' which can identify colours. Note that this may depend on several factors - colors appear darker when there is less light, or if the object is in shadow; a white surface may appear slightly yellowish when the lights are on.

8th. icon for '**Handwriting**' which can recognise and transcribe handwritten text and can read aloud most handwriting that the standard text detection won't. Point the camera at the hand writing and touch the screen and it will scan it and read it back to you. Handwriting text can be typed. So no need to type a handwriting text manually. Recognition accuracy will vary based on handwriting style, which can vary greatly from individual to individual.

9th. icon for '**Light**' to detect the amount of light around you. The pitch of the tone is based on how much light your phone sees. The more light there is, the higher the pitch of the tone.

Conclusion: This AI tool has the potential to revolutionize daily life for seniors, offering assistance, entertainment, and companionship in a way that is both intuitive and enjoyable. By embracing these technologies and incorporating them into their daily routines, elders can experience the magic of AI firsthand, enhancing their quality of life and staying connected with the world around them.

Our upcoming 12th. Session, scheduled for April 28th, 2024, will explore some user-friendly AI tools for enhancing the quality of life among elder community.



12th. Session - 28.04.2024 Subject: Weekly Sunday Awareness

Program under the Digital Pathasala - **Empowering Elders** on
How to Detect and Combat Fake WhatsApp Messages Using Free AI Tools

In today's social digital age, the widespread habit of forwarding messages on WhatsApp has become ubiquitous. While many of these messages are harmless, there's a growing concern about the spread of fake news and misinformation, particularly among those who may be digitally illiterate. Even educated individuals can fall victim to the misleading nature of these messages. In some cases, scammers take

advantage of this vulnerability to spread harmful misinformation. So before you do, take a moment and ask yourself: ***Could the image be fake?***

To combat the dissemination of fake WhatsApp messages, it's crucial to employ various guidelines and utilize free AI tools that can help verify the authenticity of the information being shared. ***Let's explore a step-by-step guide on how to do just that:***

a) . ***Google's FactCheck Explorer*** tool can help you catch a fake before you share it. You can search for fact checks related to an image, either by specifying an image URL or by uploading an image. To learn , 1st. click on <https://www.toolbox.google.com/factcheck/explorer>.

Step - 2 - Type in a keyword to see the latest fact checks tagged with that word or upload an image to see if it's been fact checked before.

Step - 3 - Search results are listed by recency and include the name of the organization that conducted the fact check and how they rated the claim (for example: "false" or "incorrect"). To read the entire fact check, click the link provided.

Step - 4 - To see the most recent fact checks across all topics, click Recent fact check to search by publisher, use the search modifier site: and enter their URL and your keyword.

b). ***Reverse Image Search***: One common tactic used to spread fake news is to accompany a false message with an unrelated image. Tools like Google Reverse Image Search or TinEye URL

(<https://tineye.com>) allow users to upload or paste the image to search for its origin and authenticity. If the image has been used in multiple contexts or is associated with different stories, it's likely not genuine. Use Google reverse image search on your smartphone with Chrome's mobile app, or on any computer.

c) . ***Fact-Checking Websites***:

Several websites specialize in debunking misinformation by providing fact-checked information on various topics. Websites like Factcheck. org , Snopes , and others as follows which offer databases where users can search for specific claims or stories to determine their accuracy. You can click on following websites for fact checking.

<https://www.factcheck.org>

<https://www.snopes.com>

<https://www.altnews.com>

<https://www.boomlive.in>

d) . ***Crowdsourced Verification***: Platforms like WhatsApp itself offer features for users to report suspicious or misleading messages. By crowdsourcing verification efforts, users can collectively identify and flag fake news, helping to prevent its further spread. You can download Google's Crowdsourcing from its Play Store in which you can get answers for fun and easy questions that drive a huge impact .

Conclusion:

By following these guidelines and utilizing free AI tools, users can empower themselves to identify and combat fake WhatsApp messages effectively. In an era where misinformation poses a significant threat to society, it's essential to remain vigilant and critical of the information we encounter online. By leveraging technology and collective efforts, we can work towards a more informed and trustworthy digital landscape.

Our upcoming 13th. Session, scheduled for May 5th. 2024, ***explores some more user-friendly AI tools for enhancing the quality of life among the elder community.***



13th.Session - 05.05.2024 Subject: Weekly Sunday Awareness Program under the Digital Pathasala - *Empowering Elders on Understanding ChatGPT , the world's hottest AI tool (A Beginner's Guide and Quick Refresh for the Elderly Community*

Introduction: In an increasingly digital world, embracing new technologies can sometimes feel overwhelming, especially for older adults. However, with the right guidance and resources, learning to navigate platforms like ChatGPT can be empowering and rewarding. This blog serves as a beginner's guide and quick refresh for those in the elderly community who are eager to enhance their digital literacy skills and engage with AI-powered assistants like ChatGPT.

Ready? Let's dive in !

What is ChatGPT ? ChatGPT is an artificial intelligence (AI) model developed by OpenAI that is trained to understand and generate human-like text based on the input it receives. Essentially, it's like having a conversation with a computer program that can understand and respond to your questions and prompts in natural language. So GPT stands for "Generative Pre-trained Transformer" in Chat GPT. The "pre-trained" means that it has already been trained on large amounts of text data, allowing it to produce coherent and contextually relevant responses. The "Transformer" allows to capture long-range dependencies and produce more accurate and consistent results.

Key Features of ChatGPT: The features of ChatGPT are a long list but some popular free Features are:

Conversation with a Virtual Assistant ,

Answering Questions , Producing Text ,

Translating the language , Summarize articles, podcasts or presentations , Draft emails , Alternative to Google Search , Solve basic problems, Tell jokes, Generate art , Write video scripts , Create articles, blog posts and quizzes for websites and more in the free version of ChatGPT, powered by GPT-3.5 . But if you use for complex tasks like coding and want more accurate responses, the paid version offers more perks .

How can you access ChatGPT ?

To access ChatGPT, create a free OpenAI account. Go to <https://www.chat.openai.com>

and then select "Sign Up" and enter an email address, or use a Google or Microsoft account to log in. After signing up, type a prompt or question in the message box on the ChatGPT homepage. Users can then do the following:

- Enter a different prompt for a new query or ask for clarification - think that ChatGPT can remember the conversation you're having with it.
- Regenerate the response.
- Share the response.
- Like or dislike the response with the thumbs-up or thumbs-down option.
- Copy & share the response.

ChatGPT on Mob :The mobile experience is all about convenience. Downloading the App from Google Play Store and install it. Just like on the web, you'll need to either sign in or create a new account. Chatting with ChatGPT on mobile feels seamless. Plus, mobile-specific features like voice-to-text can make the process even smoother.

Here's how to put queries to ChatGPT:

When you're precise in your questioning, ChatGPT can provide more tailored information. Prompting or questioning isn't just a simple command to an AI—it's an art, a gentle nudge to guide the flow of a conversation which was elaborately described under subject " **Mastering ChatGPT Prompts for best use of AI chats** " in our previous Session no.8 dated 31.03.2024 .

While ChatGPT can handle compound queries, separating your questions helps in receiving more detailed answers.

If an answer isn't clear, don't hesitate to ask follow-up questions. Sometimes, a bit more context can guide the AI to understand better. **For more details to access ChatGPT, you may refer our Barista Ban magazine- Oct.-Dec.'23 ,page 26** . The copy of this issue can be downloaded from our website www.eraindia.org.in

Conclusion:

Learning to understand and use ChatGPT can be a valuable skill for older adults looking to enhance their digital literacy and stay connected in today's technology-driven world. By following this beginner's guide and quick refresh, members of the elderly community can empower themselves to engage confidently with AI-powered assistants like ChatGPT, opening up new opportunities for learning, creativity, and connection.

Our upcoming 14th.Session, scheduled for May 12th. 2024,

will explore another AI tool i.e. DeftGPT which is the advanced and upgraded version of ChatGPT, that provides you with instant access to information right on your browser.



14th.Session - 12.05.2024 - Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders** on **Introducing DeftGPT - The Advanced Evolution of ChatGPT**

Introduction: In today's rapidly evolving digital landscape, staying informed about the latest advancements in artificial intelligence is crucial, especially for empowering older adults with digital literacy skills. One significant innovation in this realm is DeftGPT, an advanced iteration of the popular ChatGPT model. Let's delve into what makes DeftGPT a remarkable upgrade and explore its unique features.

Understanding DeftGPT: ChatPDF is a tool developed by OpenAI for querying PDFs. It allows you to ask specific questions about a PDF document and get precise answers in return. It's like a personal assistant who reads the entire document for you and provides you with the specific information you need in an instant.

With ChatPDF you can turn complex documents into interactive, searchable resources. It's a game-changer for anyone who regularly works with long, detailed PDF documents. Simply visit <https://www.chatpdf.com> to create a free account in ChatPDF and drag and drop a document of your choice. After uploading a PDF, you'll be taken to the chat interface. Here, you can type questions about your PDF and receive your answers. Try clicking the blue send icon to ask some of the auto generated questions to see how it works!

You can use ChatPDF for free for up to 2 PDFs per day, with up to 120 pages. For more, upgrade to a paid plan.

Another better way to chat PDFs is to use ChatPDF.guru (<https://www.chatpdf.guru>)

One of the most benefits of ChatPDF.guru is its ability to overcome language barriers, providing precise translations and facilitating conversations in the user's native language. ChatPDF.guru's summarization capability offers a significant time-saving advantage. For those faced with dense, lengthy documents, the tool can quickly generate summaries in your native language. Using ChatPDF.guru is straightforward. Simply choose a file, and ChatPDF.guru will handle the processing for you. Afterward, you can begin asking questions in natural language, almost as if you were engaging in a conversation with the author of the PDF file. The ChatPDF.guru is entirely free to use, and it's incredibly user-friendly. You don't even have to create an account ! All you need is a web browser, an internet connection, and a PDF document to upload. Simply visit <https://chatpdf.guru>, upload your PDF, and swiftly obtain all the essential information you need.

How to Chat with PDF from a URL You might prefer using a URL for PDF files that are hosted over the web, for its large sizes or a quick share among different people. Kindly, ChatPDF takes it into account and allows you to upload a PDF via a URL.

Step 1. Go to the ChatPDF homepage, and tap on the From URL to upload the PDF that you need.

Step 2. Paste the URL of your PDF file and tap on the Go get it button, the ChatPDF will immediately parse the document. Make sure to input the URL of an actual PDF file, the ones that end with .pdf notably.

Step 3. Now you can start chatting with PDF in ChatPDF. Just like introduced above, click on any suggested questions or type in your own queries.

Conclusion:

As part of ongoing efforts to empower older adults with digital literacy skills, DeftGPT serves as a valuable tool for facilitating engaging and informative interactions in educational settings. By harnessing the power of artificial intelligence responsibly, DeftGPT contributes to the goal of fostering digital inclusivity and empowerment for people of all ages.

Our upcoming 15th. Session, scheduled for May 18th. 2024, **explore an next generation**

AI tool with which any webpage can be summarized in a snap and help you navigate to any websites by typing commands like "go amazon to search a product" or "go youtube music" in the address bar just like an intelligent assistant



Elders Recreation Activities-ERA 15th. Session - 19.05.2024 - Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders on Introducing next generation**

AI tool with which any webpage can be summarized in a snap and help you navigate to any websites by typing commands like an intelligent assistant

In today's digital age, technology has become an integral part of our lives, offering numerous benefits and conveniences. However, for senior citizens, embracing technology can sometimes be challenging. That's where **Andi** comes in. **A**, short for "Assistive Network for the Elderly," is a revolutionary platform designed to empower senior citizens through digital literacy. **Andi** is completely different to any search engine you've ever seen before. It works

like an intelligent assistant that searches the web and answers questions acting on your behalf. Unlike traditional search engines that only return links, **Andi** aims to give you direct and relevant answers, like chatting with a smart friend.

Andi can also help you navigate to the top websites by typing commands like "go amazon products " or "go to YouTube music " in the address bar.

It is easy to use without creating account or payment. To use **Andi** , you can simply type " **Andi** " , then your question or query in the search box on [https:// andisearch.com/](https://andisearch.com/) or in your browser's address bar if you have installed "**Andi** " as your default search engine. **Andi** will then generate an answer for you, along with links to the sources it used. You can also ask follow-up questions or request more details by typing them in the chat box below the answer. **Andi** will try to keep the conversation going and help you find what you need. It can be easily remembered to use .

As in Another language the word “ji” is also the same kind off word like “andi” .

Andi/Garu = Ji

For example, Evaru? = Kaun? is deemed disrespectful. Evaruandi? = Kaunhainji? is deemed respectful.

Conclusion: **Andi** is much more than just a digital literacy platform—it's a lifeline for senior citizens, empowering them to embrace technology and thrive in today's digital world. By bridging the digital divide, enhancing connectivity, providing access to essential services, promoting lifelong learning, and ensuring safety and security, **Andi** is making a profound and positive impact on the lives of elderly individuals everywhere. Through initiatives like digital literacy awareness programs, we can ensure that every senior citizen has the opportunity to benefit from the transformative power of technology, leading to a more inclusive and connected society.

Our upcoming 16th.Session, scheduled for May 26th. 2024, **will explore a popular AI tool powered by the most advanced AI technology with an aggregator platform that gives you access to a range of different chatbots – including ChatGPT, Gemini and Claude – all within a single online platform.**



16th.Session - 26.05.2024 -Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders on how Poe , a popular advanced AI tool empowers senior citizens .**

Introduce : In today's rapidly evolving digital landscape, mastering new technologies can be both empowering and challenging

for senior citizens. That's where Poe comes in .This blog explores how Poe is particularly beneficial for the senior citizens' community, helping bridge the digital divide and enhancing their quality of life.

What is Poe? : Poe, which stands for " **transform for Open Exploration** " is an intuitive, user-friendly interface powered by the most advanced AI technology new Chat GPT rival and designed to facilitate interactions with various AI chatbots. By offering a centralized hub where users can engage with multiple chatbots, Poe simplifies the process of accessing information, assistance, and entertainment. This makes it an ideal resource for senior citizens who may find navigating numerous apps and websites overwhelming.

How to access Poe :

Poe is free to use in its basic form. You can access its website for free, interact with the majority of its chatbots, and can help handle tasks from image generation to content creation.

Just visit [https:// poe.com/create_bot](https://poe.com/create_bot) and set up an account. You can use your phone number, email address, or a Google/Apple account. Additionally, Poe comes as a mobile app for both iOS and Android, so you can aggregate all your AI chatbots on your smartphone for easy use.

Some Indian languages i.e. Hindi, Bengali, Tamil, Urdu, Malayalam that have been used to translate Poe's works.

Key Benefits of Poe for Senior Citizens :

- **Simplified Access to Information:** Poe provides seniors with an easy way to get answers to their questions. Whether it's seeking medical advice, learning about new hobbies, or staying updated with current events, Poe's AI chatbots are available around the clock to provide accurate and timely information.
- **Enhanced Social Interaction :** Many seniors face loneliness and social isolation. Poe can help mitigate this by offering conversational AI companions that can engage in meaningful dialogues, share stories, and even play games.
- **Health and Wellness Support:** Managing health is a priority for seniors. Poe's AI can assist with reminders for medication, provide nutritional advice, and offer mental health support.
- **Learning and Entertainment:** The pursuit of lifelong learning is made easier with Poe. Seniors can explore new topics, learn new skills, and access a wide range of entertainment options. From learning how to cook a new recipe to understanding how to use social media, Poe is a valuable resource for continuous learning.

How Poe Works as a One-Stop Shop : One of the standout features of Poe is its ability to integrate multiple AI chatbots into a single platform. This means seniors do not need to switch between different applications to get the assistance they need. Instead, they can access a variety of services through a unified interface.

Empowering Seniors Through Digital Literacy : Digital literacy is crucial for seniors to fully benefit from the resources available online. Poe plays a significant role in this empowerment by offering a platform that is not only powerful but also easy to use. Here are some ways Poe contributes to digital literacy among elders:

- **Intuitive Design:** Poe's user-friendly interface ensures that seniors can navigate the platform with ease, reducing the frustration that often accompanies new technology.
- **Guided Assistance:** Poe can provide step-by-step guidance on how to use various features, making the learning process straightforward and less daunting.
- **Continuous Learning:** By encouraging regular interaction with digital tools, Poe helps seniors become more comfortable and proficient in using technology over time.

Conclusion : Poe stands out as a transformative tool for senior citizens, offering a seamless and integrated platform for accessing a wide range of services through AI chatbots. By simplifying technology and making it more accessible, Poe is not only enhancing the digital literacy of seniors but also enriching their lives. As we continue to embrace digital advancements, tools like Poe will be instrumental in ensuring that our senior community stays connected, informed, and empowered.

For those involved in digital literacy programs, introducing seniors to Poe can be a game-changer, paving the way for a more inclusive and technologically adept society.

Our upcoming 17th Session, scheduled for 2nd June 2024, explores the upgraded flagship all-in-one model of popular ChatGPT platform launched recently on

13th.May.Thisnewmodelissignificantlyfasterandenhancescapabilitiesacrosstext, voice, andvision.



Elders Recreation Activities-ERA 17th.Session - 02.06.2024Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **EmpoweringElders** on **introducingChatGPT-40anupgradedOpenAI'sflagshipall-in-onemodelthatintegratesaudio, vision, andtextprovidingreal-time, human-likeinteractions.**

Introductio :*ChatGPT-4* , also referred to as GPT-4 Omni (o standing for 'Omni') is the latest version (launched recently on 13th.May '24)of OpenAI's language model capable of processing text, audio, and images. It is engineered to be significantly faster and more efficient than earlier models, such as GPT-4 Turbo, and can generate and comprehend responses across various modes . Here are the key features :

1. **MultimodalCapabilities:** *ChatGPT-40* can understand inputs in text, audio, and images, and provide outputs in the same formats.This makes it a multimodal AI model, representing a significant leap from previous models.

2 . **ImageUnderstanding:** *ChatGPT-40* can analyze images, such as translating text in photos or discussing the content of the image. For instance:

- You can take a picture of a menu in a different language and ask GPT-4o to translate it .
- In the future, GPT-4o will allow for more natural, real-time voice conversation and even the ability to converse via real-time video.

3 . **ImprovedLanguageCapabilities:** *ChatGPT-40'S* language capabilities are enhanced across quality and speed. It now supports more than 50 languages for sign-up, login, user settings, and more.

4 . **FreeAccess:** During the research preview, usage of *ChatGPT-40* is free. Plus users will have a message limit up to 5x greater than free users, and Team and Enterprise users will have even higher limit. OpenAI started by making its newest model, GPT-4o, generally free to all users—though there are limitations unless you pay—and now (as per declaration dt.May 30th.'24 ,)

it has expanded the accessibility of major 4o features by removing the paywalls on file uploads, vision (which can use your camera for input), and GPTs (or custom chatbots). There will, of course, still be usage limits on the free version of ChatGPT. Once you reach those limits, you'll be kicked back to GPT 3.5, as OpenAI hasn't made GPT 4 or GPT 4 Turbo accessible in the free tier.

5 . **DesktopApp:** OpenAI is launching a new *ChatGPT-40* desktop app for macOS, designed to integrate seamlessly into your workflow on your computer.

These features make a versatile tool for various applications, from language translation to educational assistance and more.

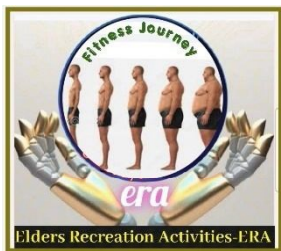
HowtoaccessChatGPT-4 ?

- Visit OpenAI's Website: (<https://chat.openai.com>) where you'll find the option to try ChatGPT-4o.
- Sign Up or Log In: If you're new, you'll need to sign up. If you already have an account, simply log in.
- Choose Your Access Level: Decide if you want the free access or if you prefer the benefits of Plus, Team, or Enterprise levels.
- Start Chatting: Once logged in, you can start interacting with ChatGPT-4o right away.

• Mobile Applications: Several mobile applications integrate ChatGPT-4, offering free basic versions. The App. can be download from Google Play Store or Apple App Store .

Conclus : By now it's all about building a foundation in various AI tools which is crucial for empowering elders through our Digital Pathasala initiative. Henceforth in **OurupcomingSessions** we will explore groundbreaking AI-powered tools (based on algorithm)

for personal fitness journeys and dietary recommendations, unlocking the secrets to longevity. These tools are user-friendly and cost-free. Participants will learn to assess their health by calculating **BodyMassIndex (BMI) andBodyFatPercentage** or how much muscle and strength you can gain taking into account gender, weight, height, and age. Additionally, participants can **estimatetheirenergyrequirementsandProteinrequirements** to help maintain fitness. Moreover, we will introduce some **funcreatingAltools** that foster mental stimulation and offer companionship, providing daily support for those who might feel lonely.



18th.Session - 09.06.2024Subject: Weekly Sunday Awareness

Program under the Digital Pathasala - **EmpoweringElders** .

Henceforth we will delve into some groundbreaking AI-powered tools (based on algorithm) for personal fitness . At your fitness journey , obesity is an important public health concern, one of the main lifestyle illnesses leading to chronic diseases like metabolic syndrome, diabetes, cardiovascular diseases, cancers, depression, and stroke. Hence diagnosis and management of obesity as early as possible are essential to prevent the development of these diseases .**Inlinewiththis , today'slessonistodetermine BMIalongwith BodyFatPercentage orhowmuchmuscleandstrengthyoucangain?**

Introduce :Your body mass index (BMI) alongwith body fat percentage is a key indicator of overall health and wellness. Unlike body mass index (BMI), which doesn't differentiate between muscle and fat, body fat percentage offers a clearer view . Below is how to measure your BMI & body fat percentage online taking your gender, age , weight, height, hip & neck sizes .

CalculationofBodymassindex (BMI) onl : Click on the following website

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm

Enter your height and weight preferably with metric system to see BMI .You can match your category of your stage of BMI displayed on the said site. After that you can **determinethequantityoffatpresentinyourbody** by clicking following website

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

Scroll down until " Calculat your Body Fat ".Enter your gender , height, weight, waist & neck sizes .Alternatively hip circumference may be used in place of neck size.

* To measure your hip circumference- stand straight in relaxed posture and keep your feet as close together as possible. Use a measuring tape to measure the largest circumference around your hips.

* To measure your waist , the measuring tape should be snug, with no gaps between the tape and your skin-but not so tight it's cutting into your skin.Measure at the narrowest part of your waist(usually around your navel).

You may check the above figure of Body Fat Percentage (BFP) with BMI using following mathematical formula :

BFP for adult males:

$$\text{BFP} = 1.20 \times \text{BMI} + 0.23 \times \text{Age} - 16.2$$

BFP for adult females:

$$\text{BFP} = 1.20 \times \text{BMI} + 0.23 \times \text{Age} - 5.4$$

BFP for boys:

$$\text{BFP} = 1.51 \times \text{BMI} - 0.70 \times \text{Age} - 2.2$$

BFP for girls:

$$\text{BFP} = 1.51 \times \text{BMI} - 0.70 \times \text{Age} + 1.4$$

Once you have calculated your body fat percentage, compare it with the recommended values.

Your ideal body fat percentage may vary depending upon several factors such as your age and gender.

The healthy body fat percentage is given below :

If your body fat percentage is lower than 31% for women and 24% for men, you are in the average range and have nothing to worry about.

Higher levels of body fat may be dangerous for you. It's also important to note that body fat percentages below 14% for women and 6% for men may be considered dangerously low and could lead to health risks.

Please remember, body fat consists of essential body fat and storage fat. Essential body fat is present in the nerve tissues, bone marrow, and organs (all membranes), and we cannot lose this fat without compromising physiological function. Storage fat, on the other hand, represents an energy reserve that accumulates when excess energy is ingested and decreases when more energy is expended than consumed. The percentage of essential fat differs between men and women. In men, essential fat typically ranges from 2-5% of total body weight, while in women, it ranges from 10-13%.

Conclus : If you are in abnormal range or looking to maintain your current physique, you've probably asked yourself, how many calories I should eat and how they should break down into calorie producing nutrients like protein, carbs, and fat. To learn the answer , please join our **upcoming 19th. Session** scheduled on coming Sunday, 16th. June .

19th. Session - 16.06.2024 - Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders** .

You're now in the Fitness Journey . On the last session, you've had the lesson to estimate your Body Mass Index (BMI) alongwith your Body Fat Percentage (BFP). While these estimates serve as a starting point, you need to learn in today's session

how many calories you should eat with estimating your Total Daily Energy Expenditure (T) , a measure of how many calories you burn per day .

Calculation of TDEE is based on your gender, age, body weight, height, activity and body fat % . Before going to calculation, one should know ***what are calories and why do people count them?***

Calories are a measure of energy. The more exercise you do, for example, the more calories you need to fuel that activity. Amazingly, our bodies can keep us at a roughly steady weight by making us hungrier if we haven't eaten enough calories today, or making us feel full if we've had a lot. That said, consistently eating

less than you burn results in weight loss; eating more than you burn results in weight gain. To start tracking how many calories you eat—whether for weight loss, weight gain, or just out of curiosity—

calculate Total Daily Energy Expenditure (TDEE) , please click on following website

<https://tdeecalculator.net> Enter your gender, age, weight, height preferably in metric system, activity according your daily work and body fat %. If you are not remembering your body fat %, you may calculate it by clicking following website <https://www.medindia.net/patients/calculators/body-fat-calculator.asp>

Finally click on calculate to find all your fitness data like BMI, BMR & many more. You can assess requirement of calories for different stage of daily activities including the amount required for your body maintenance. What should your ideal body weight is also assessed based on your entered data .

Conclusion : If you serious about your fitness goals (be they strength- or weight-related), you can fully customize your diet plan, ensuring you to eat the right balance of macronutrients to enhance your health and body composition and achieve your goals. In other words, **how the calories in diet uld breakdown into Protein, Carbohydrate and Fat** which will be reflected in the **upcoming 20th. Session** scheduled on coming Sunday, 23rd. June .

20th. Session - 23.06.2024 Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders** .

You're now in the Fitness Journey of 3rd. phase . On the last session, you learned how many calories you should eat based on how much calories you burn with help of Total Daily Energy Expenditure (TDEE) API tool. For ref. you may click below

(<https://tdeecalculator.net/>) As you edge closer to a pivotal moment in this fitness journeys , it's crucial to draw your inspiration **how calories in your diets should breakdown into Protein, Carbohydrate and Fat to achieve your fitness goals**. Because all these 3 macronutrients (macros) are producing calories @ 4 , 4 , and 9 per gram of nutrients respectively. Before going to Calculator , for beginners, understand the **concept - Why should you calculate macros ?** Tracking macros helps ensure you're getting the right balance of proteins, fats, and carbohydrates to meet your calorie requirements. While counting the number of calories you consume, decide, what is your primary goal for tracking macros (e.g., weight loss, muscle gain, health maintenance) . Doing so helps you optimize your body composition and boost your overall health, particularly when dieting to lose weight.

For example, dieters commonly under eat protein. Typically, this leads to muscle loss and means they develop a "skinny-fat" appearance instead of the lean, defined body they're striving for. Likewise, many dieters severely limit their dietary fat intake.

To calculate the calorie contribution from each macronutrient in a given diet,

you can click on the following website  <https://www.calculator.net/macro-calculator.html>

Enter your age , gender, height, weight . Then your activity level like Basal Metabolic Rate (BMR) , Body Fat Percentage (BFP) , your goals whether for body maintenance or weight loss or gain. If you are not sure about your BMR or BFP , click on "Settings" at bottom.

You can get values of different ranges of data i.e. protein, carbohydrate , fat , sugar with calories that suit your body requirements like for balancing , low fat , low carbohydrate , high protein diet plan . You can also create your own diet plan.

The recommended balanced dietary requirements for Indian in general are 50–65% of energy intake from carbohydrates , 10 to 30% from protein and 25 to 35 % from fat

To calculate the calorie contribution from each macronutrient in your diet, you can follow these steps:

• Identify the amount of each macronutrient in your diet (in grams). Let's denote them as: • (C) for carbohydrates • (F) for fats • (P) for proteins • Multiply the amount of each macronutrient by its respective calorie contribution per gram:

• Carbohydrates: ($C \times 4$) calories • Fats: ($F \times 9$) calories • Proteins: ($P \times 4$) calories • Add up the calories from all macronutrients to get the total calorie intake:

Total Calories = $(C \times 4) + (F \times 9) + (P \times 4)$ For example, if your diet consists of 150 grams of carbohydrates, 70 grams of fats, and 80 grams of proteins, the calculation would be: • Carbohydrates: ($150 \times 4 = 600$) calories • Fats: ($70 \times 9 = 630$) calories • Proteins: ($80 \times 4 = 320$) calories So, the total calorie intake would be: $= 600 + 630 + 320 = 1550$ calories.

Conclus : It's important to remember that this method for calculating macros—fat, carbohydrates, and protein—is simplified. Your actual energy needs can vary based on factors such as age, sex, weight, height, and physical activity level. Always consult with a healthcare provider or a dietitian for personalized dietary advice.

Among these macronutrients, protein stands out as a crucial component essential for the growth, repair, and maintenance of body tissues. **Using a protein calculator** can help you get a more personalized estimate for proper body building. We will explain this in detail during our **upcoming 21st. Session** scheduled for coming Sunday 30th. June

Thank you for participating in our weekly awareness program. We look forward to seeing you at the next session!



21st. Session - 30.06.2024 Subject: Weekly Sunday Awareness Program under the Digital Pathasala - **Empowering Elders** .

You're now in the Fitness Journey of 4th. phase . On the last session, you learned how calories in the diet should break down into Protein, Carbohydrate and Fat . If you recheck, click on below

<https://www.calculator.net/macro-calculator.html> Now next step is to know **why are proteins necessary in our food and how to calculate daily protein requirement (DPR)**.

Protein plays many roles in the body. When you eat protein, your digestive system breaks it down into amino acids which are building blocks for many important structures and biomolecules in the body. About 90% of people in India are unaware of how much protein is required daily. Also, 80% of Indians do not meet their daily protein requirements because of a lack of awareness about protein requirements.

Determining how much protein to eat per day is important for to build muscle and support your daily activities goals. **To calculate, you may use either of two AI based tools :**

<https://www.medindia.net/patients/calculators/protein-intake-calculator-result.asp> Or
<https://www.prokerala.com/health/health-calculators/protein-calculator.php>

You may calculate it by mathematical formula : Daily Protein Requirement (DPR) with normal activity = $0.8 \times (\text{body weight in kg})$. DPR can vary based on level of physical activity i.e. 1.0g/kg, to 1.6g/kg.

Accordingly required food ingredients may be incorporated in daily diet plan either veg. or animal protein taking their protein content . For example: The protein in 500 ml of milk typically ranges from 16 to 24 grams, depending on the type of milk. You should check the nutrition label on your milk for exact information. One egg has about 6 grams of protein.

Excellent plant-based protein source with all macronutrients is groundnut or peanut which contains about 26 gm. protein, 49 gm. fat, and 16 gm. carbohydrates with 567 calories per 100 gm. groundnut & also with good source of minerals. But be careful for its mold growth during prolonged storage which causes health hazard.

Conclusion :

Over the last couple of weeks, you've gained valuable insights into *calculating BMI, body fat percentage, daily caloric intake based on energy expenditure, macronutrient contributions, and required protein intake, all with the help of AI-powered tools*

These fundamental concepts are essential stepping stones towards a healthier lifestyle. In our next journeys we will delve deeper into *practical applications by enabling participants to scan food items or recipes to access their nutrition content, alongside exploring various other health-related topics*. Before that it will be better to summarize all those calculations in the **upcoming 22nd. Session** scheduled to be held on July 7th.

Stay tuned and committed to your fitness journey as we continue to empower you with knowledge and tools for a healthier life.

22nd. Session - 07.07.2024 Subject: Weekly Sunday Awareness Program under the Digital Pathasala - *Empowering Elders* .

Today, all you need to summarize following topics of fitness from previous weeks :

1. *Calculating Body Mass Index (BMI).*
2. *Body Fat Percentage (BFP).*
3. *Total Daily Energy Expenditure (TDEE) to judge how many calories you should eat .*
4. *How calories in your diet should contribute into Protein, Carbohydrate and Fat to achieve your fitness goals .*
5. *Using a protein calculator to get a more personalized estimate for proper body building.*

By comprehending our past fitness journeys, we gather inspiration and confidence for future endeavors, knowing we're capable of turning even the loftiest ideas into reality.

Let's delve into topic in details :

Obesity is an important public health concern, one of the main lifestyle illnesses. Body mass index (BMI) along with body fat percentage is a key indicator of obesity. Unlike BMI, which doesn't differentiate between muscle and fat, body fat percentage offers a clearer view to assess how much muscle & strength you have ?

To measure BMI & body fat percentage online taking your gender, age, weight, height, hip & neck sizes, click on the following website :

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm

To determine quantity of fat in the body, click below :

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

To assess BMI, refer following recommended data:

Underweight = <18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = BMI of 30 or greater.

Body Fat % is lower than 32% for women and 24% for men are in average range. This percentage below 14% for women and 6% for men may be considered dangerously low and could lead to health risks. The value depends upon several factors such as your age and gender.

Body Fat Percentage (BFP) may be calculated using mathematical formula as follows:

BFP for adult males = $1.20 \times \text{BMI} + 0.23 \times \text{Age} - 16.2$

BFP for adult females = $1.20 \times \text{BMI} + 0.23 \times \text{Age} - 5.4$

BFP for boys = $1.51 \times \text{BMI} - 0.70 \times \text{Age} - 2.2$

BFP for girls = $1.51 \times \text{BMI} - 0.70 \times \text{Age} + 1.4$

Please remember, total body fat consists of essential body fat and storage fat. Essential body fat is present in the nerve tissues, bone marrow, and organs (all membranes), and we cannot lose this fat without compromising physiological function. Storage fat, on the other hand, represents an energy reserve that accumulates when excess energy is ingested and decreases when more energy is expended than consumed. The percentage of essential fat differs between men and women. In men, essential fat typically ranges from 2-5% of total body weight, while in women, it ranges from 10-13%.

If you are in abnormal range of obesity or looking to maintain your current physique, you've probably asked yourself, how many calories should eat after estimating Total Daily Energy Expenditure (TDEE) or total daily calories burnt. ***Tostarttrackinghowmanycaloriesyoueat—whetherforweightloss, weightgain, orjustoutofcuriosity (tocalculateTDEE)clickbelow:***

<https://tdeecalculator.net>

If you serious about your fitness goals (be they strength- or weight-related), you can fully customize your diet plan, ensuring you to eat the right balance of macronutrients .

In other words, how calories in diet should break down into calorie producing nutrients like protein, carbs, and fat. Because all these 3 micronutrients (macros) are producing calories @ 4 ,4 ,and 9 per gram of nutrients respectively. ***Tocalculatethecaloriecontributionfromeachmacronutrientinagivendiet, youcanlickbelow:***

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

You can get values of different ranges of data i.e. protein, carbohydrate ,fat ,sugar with calories that suit your body requirements like for balancing , low fat , low carbohydrate ,high protein diet plan .TherecommendbalanceddietaryrequirementsforIndianingeneralare 50–65% ofenergyintakefromcarbohydrates , 10 to 30% fromproteinand 25 to 35 % fromfat .Among these macronutrients, protein stands out as a crucial component essential for the growth, repair, and maintenance of body tissues.

Tocalculateyourproteinrequirements, clickeitheroftwoAIbasedtools :

<https://www.medindia.net/patients/calculators/protein-intake-calculator-result.asp>Or

<https://www.prokerala.com/health/health-calculators/protein-calculator.php>

Youmaycalculateitbymathematicalformulaa : Daily Protein Requirement (DPR) with normal activity = $0.8 \times (\text{body weight in kg})$. DPR can vary based on level of physical activity i.e. 1.0g/kg, to 1.6g/kg.

Conclusion : You have now completed the fitness journey, equipping yourself with the ability to evaluate the calories and macronutrients needed for a healthier lifestyle. To meet your nutritional requirements through food, ***it'sessentialtoknowthenutrientcontentofwhatyoueat. Thisway, youcanconsumetheproperamountstofullyyourbody'sneeds. YoucanusetoolstoscanspecificfoodsorrecipesorchatwithanAI-poweredtooltofindouttheirnutrientcontent, includingcalories.***

We will delve into practical applications of these tools in the upcoming session scheduled for July 14th

Courtesy

ElderRecreationActivities-era

Website [https:// www.eraindia.org.in](https://www.eraindia.org.in)

