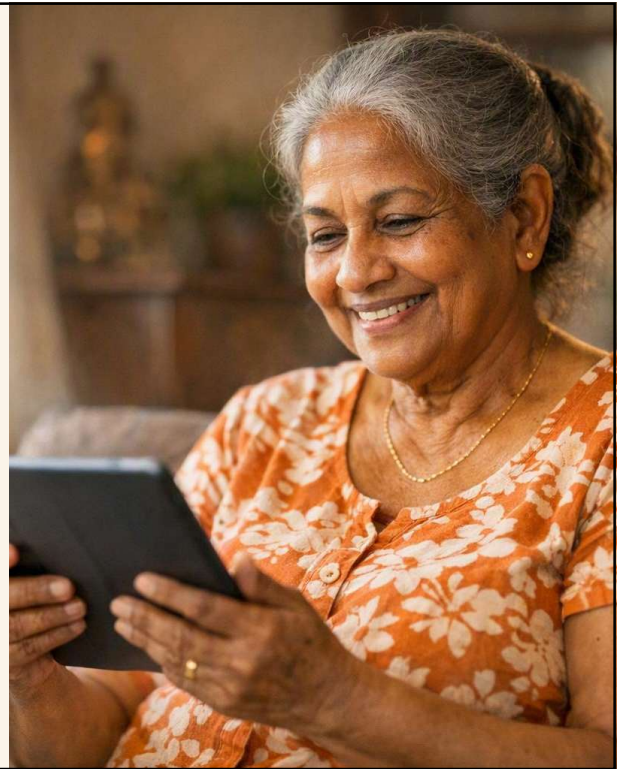
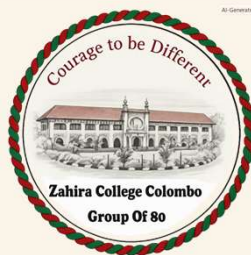


A FRIENDLY, NO-PRESSURE START

AI, made friendly

A gentle introduction to artificial intelligence — built to grow your confidence, not test it.

Organized by:



1

Your coach



Dr. Mohamed Azmeer
PhD, MBA (UWS), MCPM (SL)

- Current:
 - CEO, Coding Legends Pvt Ltd (Blockchain Software Development)
- Past
 - Head of the Department of Multimedia, SLTC
 - CTO, Aventure Labs
 - HoD, ICT & Media Faculty, SAIM
 - CEO, Concept Nursery Business Incubator
 - CTO, Smart Idea Shop (Australia)
 - GM, MediaSolv (Sri Lanka, USA)
 - Web/Online Services Manager, Lanka Internet
 - IT Manager, MicroPlus (UAE)
- Blog: www.azmeer.info
- Email: AzmeerM@gmail.com
- Mobile: 0777 348691

2026 (c) M. Azmeer

2

You're not behind — you're right on time

Three things worth knowing before we begin.

1

No tech skills needed

If you can send a text message or search the web, you already have everything it takes.

2

You can't break anything

Nothing you type will harm your device. Explore freely — there is no wrong button to press.

3

Go at your own pace

There's no test and no rush. Ask one small thing whenever you feel curious.

3

So, what is AI, really?

Think of it as a very well-read assistant that you can talk to in plain, everyday words — and it answers in seconds.

It's not a robot or a person

It's simply software on your screen. You type or speak, and it types back to you.

It's not magic — or always right

It's a helpful starting point, not the final word. You always decide what to trust.

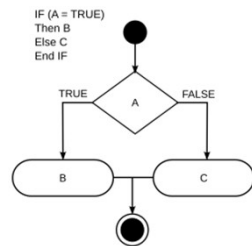
4

How AI work?

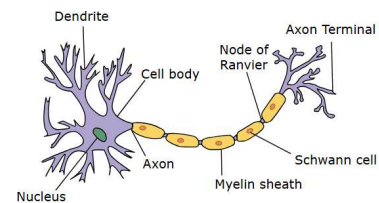
Logic → Thinking → Learning

What is Intelligence ?

If-then-else



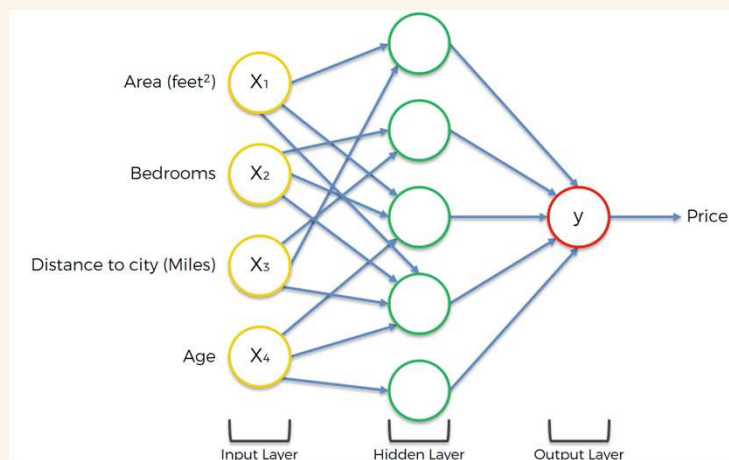
Neuron



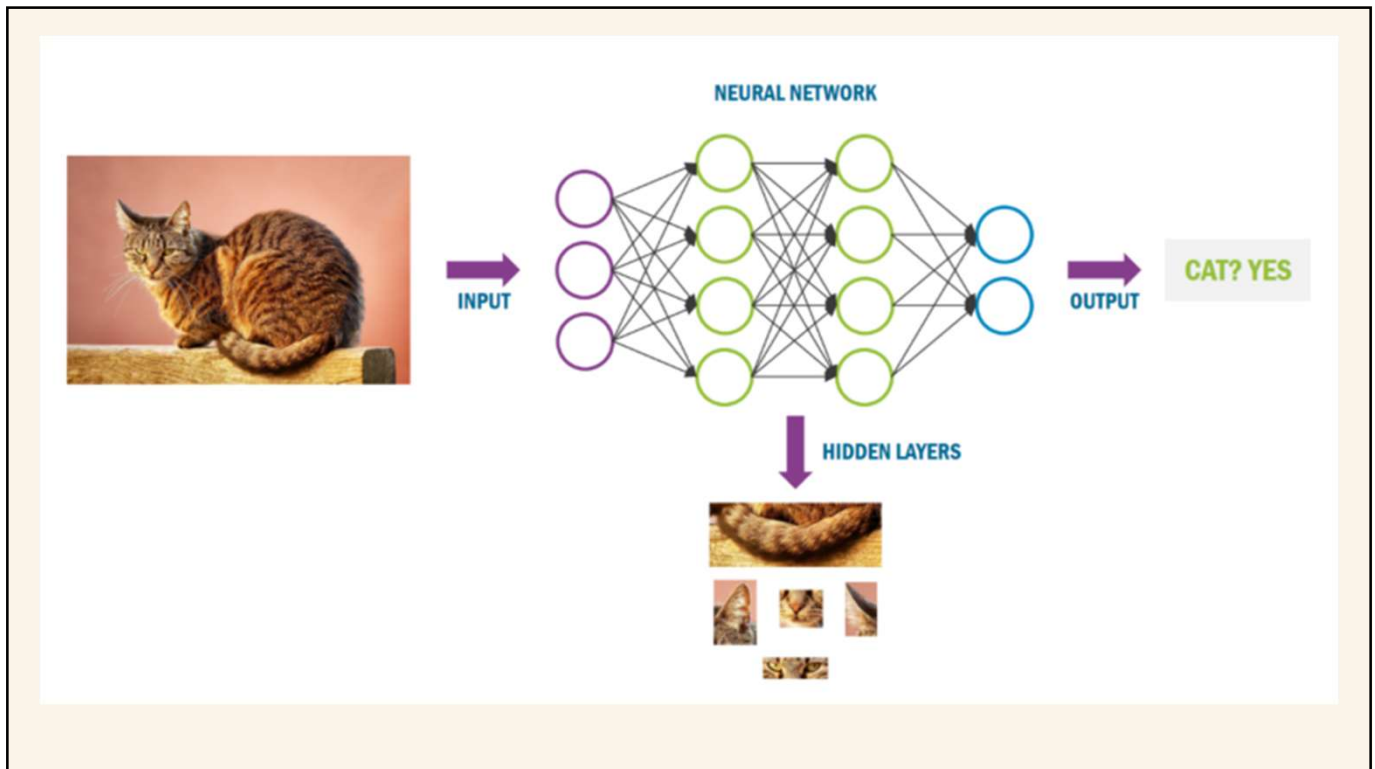
5

How AI work?

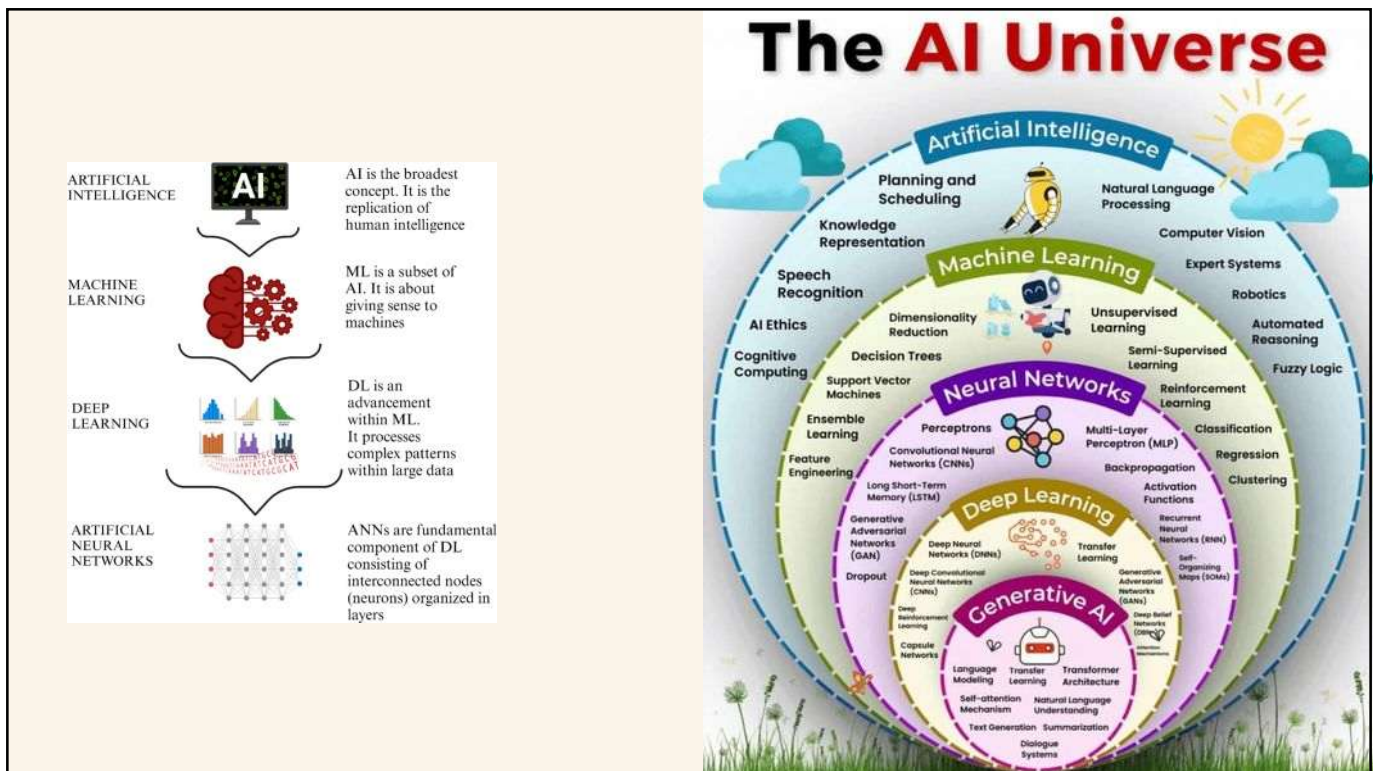
Multiple layers



6

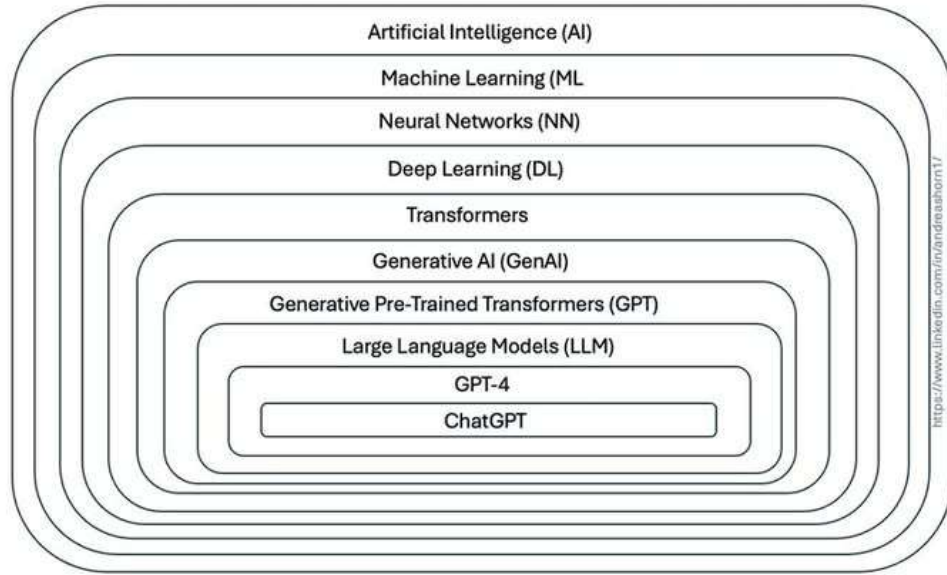


7



8

AI Terminology

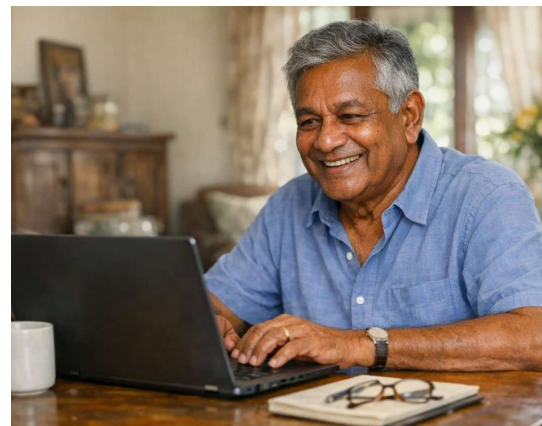


9

It's already part of your day

You've been using it for years — quietly, in the background.

- Weather forecasts on your phone
- Suggestions for shows and music
- Sorting and finding your photos
- Directions that steer around traffic
- Filtering junk out of your inbox
- Predictive text as you type



10



11

Let's gently clear up the worries

THE WORRY

"It's going to take over."

"It'll take my private details."

"I'll press the wrong thing."

"It's only for young people."

THE REASSURING REALITY

It only acts when you ask. Close the app and it simply stops.

You choose every word you share — no more than a phone call.

There is no wrong thing. You can always undo, retype, or close it.

If you can text or search, you already have the skills.

12

A simple way to picture it

The whole thing is just one friendly loop — nothing to memorise.

1

You ask

Type or say what you'd like, just as you'd ask a helpful friend.

2

It answers

In a few seconds you get a clear reply, written in plain words.

3

You decide

Use it, tweak it, ask again, or ignore it. You're always in charge.

13

Everyday ways it can help you

Write & polish notes

Birthday messages, emails, letters — it drafts, you approve.

Answer daily questions

"What's a good soup for a cold?" Ask anything, plainly.

Explain things simply

"Explain my phone bill like I'm brand new to this."

Plan meals & outings

Get a shopping list or a day-out itinerary in seconds.

Summarise long reading

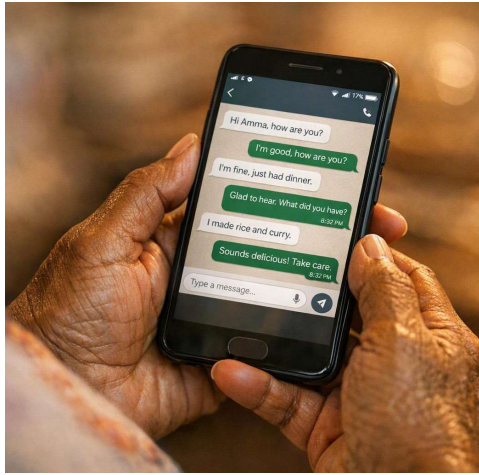
Turn a long letter or article into a few clear points.

Company & fresh ideas

Chat, brainstorm gift ideas, or crack a crossword clue.

14

Try it: your very first chat



Type something like:

“Explain, step by step, how to make a video call to my family.”

You'll get a friendly, numbered guide you can follow at your own pace — and you can always reply “can you make that simpler?”

15

Tips for a great answer

Small habits that make replies clearer and more useful.

1

Talk to it like a person

Full sentences work best — no special commands to learn.

2

Say who it's for

“Explain to a complete beginner” gets you simpler answers.

3

Ask it to keep it simple

Add “in plain words” or “in short, clear steps.”

4

It's fine to ask again

“Can you simplify that?” or “Give me an example.”

16

Staying safe & sensible

A few simple habits keep you comfortably in control.

1

Keep private things private

Never share passwords, bank details, or ID numbers.

2

Double-check what matters

For health, money, or legal questions, confirm with a trusted source.

3

It can be confidently wrong

Treat answers as a helpful draft, not gospel. You're the judge.

4

Stick to well-known apps

Use trusted, official apps and websites you recognise.

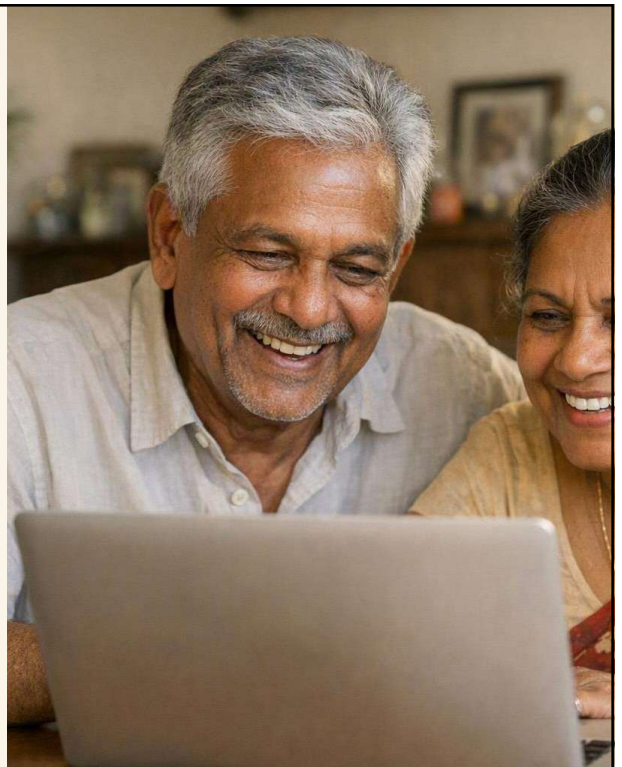
17

YOUR NEXT SMALL STEP

You've got this.

Pick one thing this week — a letter, a question, a plan — and simply ask.

Curiosity is the only skill you need.



18