5 Days AI Training

Learner's Note

Trainer: Rabin Paudel

Organised by: Digital Solution Pvt. Ltd.

Level: Beginner → Intermediate

Mode: Live Online (Recording Available)

Training Day I

Before We Start:

Training Rules (Learning Ethics)

> Recording share गर्न पाइँदैन
>
> Zoom link forward निषेध
>
> Slides, prompts, tools distribute गर्न पाइँदैन
>
> Screen recording / screenshot without permission forbidden
>
> Scam, fraud, illegal activity मा AI use गर्न पाइँदैन

👉 AI power comes with responsibility

1. Training Overview & Core Philosophy

आजको समयको AI भनेको ChatGPT मात्र होइन।

AI भनेको:

> Poster बनाउने मात्र tool होइन
>
> Video generate गर्ने gimmick होइन

👉 AI is a Personal + Professional Assistant

Training को मुख्य उद्देश्य

- AI के हो, कसरी काम गर्छ भन्ने clear foundation
- AI लाई सोच्न लगाउने skill (Prompting)
- AI tools लाई daily life, study, office, business मा प्रयोग गर्ने
- Multiple AI tools लाई sequence मा use गरेर time र cost बचाउने

2. AI भनेको के हो? (What is Artificial Intelligence?)

Definition:

कृत्रिम बुद्धिमत्ता (AI) भनेको: यस्तो Computer Technology हो जसले मानिसजस्तै सोच्न, सिक्न र निर्णय लिन सक्छ ।

In English, AI is a type of computer technology that helps machines think, learn, and make decisions like humans.

3. हामीले Daily Life मा AI कहाँ प्रयोग गर्छौं?

हामीले थाहा नपाइकनै AI use गरिरहेका हुन्छौं:

📱 Mobile Face Unlock

🔍 Google Search

📺 YouTube Recommendation

🗺️ Google Maps

🎮 Online Games (Smart Bots)

📲 Social Media Algorithm (Facebook, TikTok, Instagram)

👉 AI हाम्रो daily routine को part भइसकेको छ।

4.AI ले कसरी सिक्छ? (How AI Learns)

AI सिक्ने प्रक्रिया ३ स्टेपमा हुन्छ:

Step 1: Data

Data = तस्बिर (Image), नम्बर (Number), टेक्स्ट (Text)

Example: Cat र Dog का हजारौँ photos

Step 2: Patterns

AI ले similarities खोज्छ

कुन feature Cat हो, कुन Dog हो भनेर pattern detect गर्छ

Step 3: Training

फेरि–फेरि practice (training)

Error बाट सिक्दै improvement

👉 *Data + Pattern + Training = AI Learning*

5. AI का प्रकार (Types of AI)

A. Based on Capability (Intelligence Level)

1. ANI – Artificial Narrow Intelligence

Single task का लागि बनाइएको AI

Examples:

Google Maps (Route)

Google Translate

YouTube Recommendation

Face ID

Fonepay QR

👉 आज हामी प्रयोग गरिरहेको AI

2. AGI – Artificial General Intelligence

मानिसजस्तै सोच्ने AI

❗ अहिले existence छैन

Hypothetical Example:

Einstein + Picasso + Bill Gates को दिमाग एउटै AI मा

3. ASI – Artificial Super Intelligence

मानिसभन्दा धेरै बुद्धिमान

❗ Future possibility मात्र

Examples:

Disease cure गर्ने AI

Country running AI system

B. Based on Functionality (How AI Works)

Reactive Machines – Memory छैन

Limited Memory AI – Past data सम्झन्छ (Tesla Autopilot)

Theory of Mind AI – Emotion बुझ्ने (Under development)

Self-Aware AI – Sci-Fi level (Existence छैन)

6. Machine Learning (ML)

ML भनेको के हो?

Machine Learning = AI को branch जसले:

Computer लाई data बाट आफै सिक्न मद्दत गर्छ

Simple Example

1000 वटा Cat र Dog photo देखायो

Computer ले आफै छुट्याउन सिक्छ

Types of Machine Learning

Supervised Learning – Label भएको data

Unsupervised Learning – Label बिना pattern बनाउने

Reinforcement Learning – Trial & Error (Games, Robots)

7. Core AI Technologies

🧠 **Neural Networks**

Human brain बाट inspired structure

Image, sound, language बुझ्न मद्दत

👁 Computer Vision

Computer लाई "देख्न" सिकाउने

Examples:

CCTV detection

Face recognition

Self-driving car

🗣 NLP (Natural Language Processing)

Computer लाई मान्छेको भाषा बुझ्न सिकाउने

Examples:

ChatGPT

Google Translate

Auto-correct

Spam filters

8. Large Language Models (LLMs)

Popular LLMs:

ChatGPT (OpenAI)

Gemini (Google)

Claude (Anthropic)

Meta LLaMA

👉 Text, reasoning, summarization, content creation मा powerful

9. Why AI सिक्नै पर्छ? (Reality Check)

🌍 Global Data

77% companies already AI use गरिरहेका छन्

90% modern apps AI-powered छन्

💰 Economic Impact

2030 सम्म $15–16 trillion contribution

Repetitive work मा 40% productivity increase

💼 Job Market Reality

AI job खोस्दैन

AI adapt नगर्ने मान्छे replace हुन्छ

10. Individual Level Impact

🏢 Office Workers

Email: 10 min → 1 min

Report: 2 hrs → 15 min

🎓 Students

Notes summarisation: 60% time saved

Exam prep faster

Writing quality improves

🎥 Content Creators / Entrepreneurs

Script & idea creation 5× faster

Customer support automation

Marketing cost 30–60% कम

11. Training Structure – 5 Days Journey

Day 1: AI Foundation & Prompting

AI basics

How AI works

Prompting skills

Day 2: AI as Personal Assistant

ChatGPT, Gemini

Perplexity, Grok, Claude

Text, Image, Video, Personalization

Day 3: Learning & Presentation

Google AI Studio

NotebookLM

Gamma, Napkin

Day 4: Image, Video & Audio AI

ElevenLabs, HeyGen

Suno AI, Leonardo

Captions, Opus Clip

Day 5: Canva, AI Agents & Future

Canva AI features

AI Agents basics

Ethics & future roadmap

🔚 Final Takeaway

AI optional skill होइन, foundation skill हो।

AI चलाउन जान्ने मान्छे future-ready हुन्छ।

AI नजान्ने मान्छे future मा competitive रहँदैन।

Thank You !