# 50 Prompt Templates - Thinai Organics (By Saranya Rajendran)

## 1. General Inquiry

Prompt: What is the future of traditional millets in modern Indian households?

Response: Traditional millets are making a strong comeback, especially among urban, health-conscious families. With rising lifestyle diseases and interest in ancestral wisdom, millets like Thinai (Foxtail), Samai, and Kuthiraivali are becoming everyday staples. At Thinai Organics, we believe they’re not a trend — but a return to roots.

## 2. Summarize

Prompt: Summarize the benefits of switching from white rice to millets.

Response: • Helps regulate blood sugar with a low glycemic index  
• Boosts energy and immunity through iron and minerals  
• Easy to include in everyday meals like dosa, kanji, and upma

## 3. Re-write this sentence

Prompt: Original: 'Millets are good for you.'

Response: Millets are nutrient-rich grains that support your health naturally — from digestion to immunity.

## 4. Definition Request

Prompt: What is Foxtail Millet?

Response: Foxtail Millet, also called Thinai, is a gluten-free ancient grain rich in iron and fiber. It promotes digestion, balances blood sugar, and is a great alternative to white rice.

## 5. Comparison

Prompt: Compare Thinai (Foxtail Millet) and white rice for everyday cooking.

Response: White rice offers quick energy but lacks fiber and nutrients. Thinai, on the other hand, provides sustained energy, is high in fiber, iron-rich, and keeps you full longer — making it ideal for daily use, especially for working moms and kids.

## 6. Role Explanation

Prompt: You are Saranya, the founder of Thinai Organics. Explain your role to a new customer.

Response: As the founder of Thinai Organics, my role is to ensure that every product you receive is rooted in ancestral wisdom, sourced responsibly, and made with love. I work directly with farmers and moms like you to bring health to every home.

## 7. Style Mimicry

Prompt: Write a caption in the style of a mother feeding her child traditional food.

Response: “Kanna, idhu Thinai dosa. Paati time-la indha maadhiri dhan saptaanga. Ippo neeyum sapidu, strength-a irukum.”

## 8. Professional Writing

Prompt: Explain why Kaphaharam is an effective immunity drink.

Response: Kaphaharam is a traditional formulation made with tulsi, raw honey, ginger, and immune-boosting herbs. It supports respiratory health, soothes the throat, and enhances natural immunity — especially useful during seasonal changes.

## 9. Classification

Prompt: Classify the following customer reviews as Positive, Negative or Neutral:  
1. 'Loved the dosa mix, super soft!'   
2. 'Delivery got delayed, but product was nice.'   
3. 'I didn’t like the taste.'

Response: 1. Positive  
2. Neutral  
3. Negative

## 10. Translation

Prompt: Translate this sentence to Tamil: 'I loved the taste of the Karuppu Kavuni Upma.'

Response: எனக்கு கருப்பு கவுனி உப்புமாவின் சுவை ரொம்ப பிடித்திருந்தது.

## 11. Question and Answer

Prompt: Q: What is the best way to introduce millets to kids?  
Q: How can I use Thinai Health Mix?  
Q: Is Kaphaharam suitable for 5-year-olds?

Response: A: Start with dosa and idli — mild and tasty.   
A: Mix with warm milk or water and jaggery.   
A: Yes, in small quantity. It’s safe and effective for immunity.

## 12. Step-by-Step Reasoning

Prompt: Why does switching to millet reduce bloating?

Response: 1. Millets are rich in fiber  
2. Fiber promotes gut movement and digestion  
3. Less processed, they reduce gut inflammation  
→ Therefore, replacing polished rice with millets can reduce bloating.

## 13. Math Problem Solving

Prompt: If 1 kg of millet dosa mix makes 20 dosas, how many dosas can I make with 3 kg?

Response: Step 1: 1 kg = 20 dosas  
Step 2: 3 kg = 20 × 3 = 60 dosas  
Answer: 60 dosas

## 14. Logical Puzzle

Prompt: If 1 customer buys 2 dosa mixes and 1 health mix for ₹299, and another buys 1 oil combo and 1 upma mix for ₹499, what’s the total?

Response: Customer 1: ₹299  
Customer 2: ₹499  
Total = ₹299 + ₹499 = ₹798

## 15. Output Formatting

Prompt: List 3 reasons why moms prefer Thinai Organics.

Response: • Clean, chemical-free ingredients  
• Easy-to-cook mixes that save time  
• Helps build immunity and gut health

## 16. Table Generation

Prompt: Create a comparison table for 3 Thinai Organics products.

Response: Product | Main Ingredient | Ideal For | Preparation Time  
---|---|---|---  
Dosa Mix | Thinai | Kids & adults | 5 mins  
Health Mix | Multi-millet | Breakfast | 2 mins  
Karuppu Kavuni Upma | Kavuni rice | Dinner | 10 mins

## 17. Email Writing

Prompt: Write a follow-up email to a customer who ordered the Immunity Combo.

Response: Subject: Hope you're enjoying your Immunity Combo!  
  
Dear [Customer Name],  
  
We hope your family is loving our Kaphaharam and Health Mix! These products are made with care to support your health journey. Have questions or feedback? We’d love to hear from you!  
  
Warmly,  
Saranya  
Founder, Thinai Organics

## 18. Tailored Explanation

Prompt: Explain the benefit of millets to a mom worried about her child’s immunity.

Response: Millets are naturally rich in iron, zinc, and fiber — which are all key for building a child’s immunity. At Thinai Organics, we’ve made kid-friendly dosa and kanji mixes that give your child traditional nutrition in a tasty format.

## 19. Industry-Specific Context

Prompt: Explain how millets are used in school nutrition programs.

Response: In Tamil Nadu and Karnataka, millets like Thinai and Kodo are increasingly added to mid-day meals to combat childhood malnutrition. Thinai Organics supports this by working with NGOs to supply ready-to-cook millet meals.

## 20. Story Writing

Prompt: Write a story of a mother who discovered millets for her picky eater.

Response: Divya was tired. Her 6-year-old refused every vegetable. Then she tried Thinai Dosa from a friend’s suggestion. To her surprise, he asked for seconds. That night, Divya ordered the full Thinai Organics combo — a small win for every mother.

## 21. Poem Writing

Prompt: Write a short poem about the magic of millets.

Response: In ancient fields, so small they grew,  
Millets strong, in morning dew.  
Thinai whispers health each day,  
In every meal, in every way.

## 22. Dialog Writing

Prompt: Write a conversation between a skeptical dad and a health-focused mom about using millets.

Response: Dad: 'Millets? Will our son even like it?'  
Mom: 'He loved the dosa yesterday — that was Thinai!'  
Dad: 'Seriously? It tasted like normal dosa.'  
Mom: 'Exactly. Healthy food doesn't have to taste boring.'

## 23. Code Generation

Prompt: Write a Python function to calculate the total number of dosas from multiple packs.

Response: def total\_dosas(packs, dosas\_per\_pack=20):  
 return packs \* dosas\_per\_pack

## 24. Debugging Help

Prompt: Fix the following error: total\_price = price \* quantity. print total\_price

Response: Fixed code:  
price = 100  
quantity = 2  
total\_price = price \* quantity  
print(total\_price)

## 25. API Documentation

Prompt: Write a sample API description for ordering a Thinai Organics product online.

Response: \*\*POST /order\*\*  
Description: Places an order for Thinai Organics products  
Body:  
{  
 'name': 'Saranya',  
 'product': 'Thinai Dosa Mix',  
 'quantity': 2  
}  
Response: 200 OK, Order ID: #12345

## 26. Ad Copywriting

Prompt: Write an ad copy for Thinai Taste Box.

Response: Start your millet journey with our Thinai Taste Box! 3 heritage recipes. 1 powerful lifestyle shift. Just ₹299!

## 27. Product Description

Prompt: Describe Karuppu Kavuni Upma Mix.

Response: Karuppu Kavuni Upma Mix is a quick-cook, antioxidant-rich mix made from black rice. Nutty in flavor, gluten-free, and loaded with fiber — ready in 10 minutes.

## 28. Social Media Post

Prompt: Write an Instagram post for Kaphaharam launch.

Response: 🌿 Kaphaharam 2.0 is here! Immunity in a bottle, trusted by 2000+ families. No bitterness. Only ancient wellness. Try it now. #ThinaiOrganics

## 29. Response to Complaint

Prompt: Respond to a customer upset about late delivery.

Response: Dear [Customer Name],  
We sincerely apologize for the delay. Due to unexpected courier issues, your package was held up. We’ve escalated the issue and will ensure faster delivery moving forward. Thank you for your trust. - Team Thinai Organics

## 30. FAQ Generator

Prompt: Generate FAQs about Thinai Organics Health Mix.

Response: Q1: Can kids drink it? A1: Yes, suitable for ages 3 and up.  
Q2: How to prepare? A2: Mix with warm water or milk.  
Q3: Is it gluten-free? A3: 100% gluten-free and vegan.

## 31. Lesson Plan Creation

Prompt: Create a nutrition lesson plan for school children using millets.

Response: Topic: Smart Eating with Millets  
Objective: Understand benefits of traditional grains  
Activities: Identify local millets, draw a healthy plate, taste test Thinai kanji

## 32. Quiz Generation

Prompt: Create a quiz for customers to choose their ideal millet.

Response: Q1: Do you prefer soft dosa or fluffy idli?  
Q2: Do you have digestion issues?  
Q3: Are you diabetic?  
→ Suggestion based on answers: Thinai for dosa, Samai for upma, Kodo for sugar balance

## 33. Homework Help

Prompt: Explain how to store millets for long-term freshness.

Response: Millets should be stored in airtight containers, in cool, dry places. For longer shelf life, keep in the fridge or add neem leaves to prevent insects.

## 34. ReAct Framework

Prompt: Use ReAct to solve: 'Customer says product too dry.'

Response: Thought: Maybe customer used less water.  
Action: Ask customer how they prepared it.  
Observation: Used half recommended liquid.  
Answer: Recommend using full measure of water for proper texture.

## 35. Tree of Thoughts

Prompt: Evaluate options to reduce product return rate.

Response: Thought 1: Improve instructions.  
Thought 2: Add cooking videos.  
Thought 3: Add usage FAQ inside box.  
Best: Combine 1 and 3 to educate customers better.

## 36. Self-Consistency Prompting

Prompt: Improve product trust. Try 3 methods.

Response: 1. Share verified reviews.  
2. Use founder videos.  
3. Offer 100% refund policy.  
→ All point to increasing transparency. Final answer: Use real customer voices.

## 37. Prompt Refinement

Prompt: Refine: 'Talk about millet benefits.'

Response: Better: 'Explain how millets support immunity, digestion, and energy for working mothers in India.'

## 38. Prompt Grading Rubric

Prompt: Grade this ad: 'Try millets, they are good.'

Response: Relevance: 3/5  
Accuracy: 4/5  
Clarity: 2/5  
Fluency: 3/5  
Creativity: 2/5  
→ Needs improvement in appeal and detail.

## 39. Prompt Iteration Challenge

Prompt: Rewrite: 'Use our dosa mix.'

Response: 1. 'Start your day with Thinai Dosa – tasty and nourishing.'  
2. 'Quick breakfast fix? Try our millet dosa mix.'  
3. 'Healthy never tasted this good – dosa in 5 mins.'

## 40. Job Posting Creation

Prompt: Write a job post for a marketing intern at Thinai Organics.

Response: Looking for a passionate marketing intern who loves healthy food! Work with a fast-growing D2C brand, brainstorm campaigns, and learn influencer marketing. Remote + stipend.

## 41. Resume Summary Builder

Prompt: Write a summary for Saranya Rajendran.

Response: Founder of Thinai Organics | 6+ years in D2C brand building | Passionate about nutrition, sustainability & automation | Featured in YourStory’s Top 500 D2C Brands

## 42. Business Proposal

Prompt: Propose a corporate wellness tie-up.

Response: Proposal: Partner with Thinai Organics for your employee wellness kits. Includes immunity drinks, healthy snacks, and millet combos. Boost team energy with traditional nutrition. Custom branding available.

## 43. Opinion Writing

Prompt: Should millets replace rice in schools?

Response: Yes. Millets offer better nutrition, stabilize energy, and are locally sourced. Replacing white rice with millets in mid-day meals can address undernutrition and improve attention in class.

## 44. Debate Preparation

Prompt: Prepare points for: 'Millets vs Quinoa for Indian diets.'

Response: Pro-millets: Local, affordable, climate-resilient, culturally rooted.  
Anti-quinoa: Imported, expensive, less digestible.  
Conclusion: Millets are a better fit for Indian kitchens.

## 45. Travel Planning

Prompt: Plan a millet trail tour in Tamil Nadu.

Response: Day 1: Visit Azhagarkoil farm (Thinai fields)  
Day 2: Karur processing unit tour  
Day 3: Cooking session with traditional chef  
Day 4: Organic market walk  
Day 5: Feedback session & certification

## 46. Book Review

Prompt: Review 'The Magic of Millets' (imaginary book).

Response: 'The Magic of Millets' is a beautiful blend of food history and practical recipes. It highlights how millets can fight modern lifestyle diseases, and is a must-read for urban families.

## 47. Personal Development

Prompt: Advise young moms to build food awareness.

Response: Start by reading labels, switching one meal to millets, and talking to your kids about food. Involve them in simple cooking like dosa or kanji prep. Food habits begin at home.

## 48. Multi-step Research Task

Prompt: List 3 reasons for low millet usage and solutions.

Response: 1. Not easily available – Solution: E-commerce  
2. Hard to cook – Solution: Ready mixes  
3. Kids reject taste – Solution: Flavor-adapted recipes

## 49. Idea to Execution

Prompt: Idea: Millet baby food. Execution plan.

Response: Phase 1: Survey moms  
Phase 2: Formulate porridge mix  
Phase 3: Launch 100g trial packs  
Phase 4: Partner with pediatricians for sampling

## 50. Universal Prompt Builder

Prompt: Create a weekly meal plan using Thinai Organics products.

Response: Mon – Thinai Dosa + Kaphaharam  
Tue – Millet Kanji + Health Mix  
Wed – Karuppu Kavuni Upma + Rasam  
Thu – Instant Porridge + Banana  
Fri – Millet Idiyappam + Chutney  
Sat – Pancake with Jaggery Syrup  
Sun – Chef's Choice (Your own millet recipe!)