Basically, everything you do on a computer is running some program. Everything, no matter what you do is a result of executing and working with some program. Your OS^1 is a program. Your internet browser is a program. Your media player, file explorer, video game, media editing software, office software are programs. Everything that allows you to interact with computer (and not just bare metal) is a program.

So, essentially, what is a program?. According to Merriam-Webster³ definition⁴ (applicable for us), we can use following as a definition:

program is a sequence of coded instructions that can be inserted into a mechanism (such as a computer)

The gist of it being — sequense of instructions. So every interaction we can possibly have with a computer is somehow just a set of instructions. But how computers do understand out instructions? If I just shout into the microphone some command, computer will not just do as I say⁵. The same effect will have some instruction that I carefully write them in some text document, using Microsoft Word, for example.

How do I make computer to understand what I want from it? To understand this, we must first understand what is a computer.

¹Operation System — Windows, Linux-based, MacOS, Android, iOS etc.

²Interaction with a computer here and on will not take physical interaction with a bare metal in account

 $^{^3}$ Here and on Merriam-Webster dictionary is referred to as a 'general-scope' dictionary to avoid technical details redundant for this essay

⁴https://www.merriam-webster.com/dictionary/program

 $^{^5}$ Provided, there is no running program, responsible for such behavior