



Adult Education

Fall - 2019

The American Embassy School of New Delhi is pleased to announce its fall session of academic and recreational classes for adults. A variety of courses are offered, all designed to help make the most of your stay in India.

These classes are open to AES Parents, Staff and members of the Diplomatic Missions and the International Government Organizations. In order to participate in the AES Adult Education courses you will have to sign-up online. (* see the registration page for more information)

Classes will commence from the first week of September 2019.

Online registration to courses will be open from August 19 to September 2, 2019 at <http://signup.aes.ac.in/adultedu>.

Class meeting dates, times and fees are noted following each course description inside the program. No classes will be held during school holidays.

Read the registration and payment information carefully before you sign up for courses online.

Minimum of 6 people need to sign up in a course for it to be offered.

Hope you will enjoy participating in this fall semester program.

Please address all inquiries to:

Janki Reberio
26888854 x 3810

Email: jreberio@aes.ac.in

Coffee and Conversation – English Conversation - Beginners Course

Presented by the Academic Language Institute (ALI) at AES

Instructor: Ms. Maya Khosla (Tel. 99-990-11733)

Tues and Thur, 9:00-11:00 am - 12 classes of 2 hours each

Dates: 01 October – 19 November 2019

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, October 1st

Maximum class size – 10

This is an English Conversation Course for Adults that focuses on developing conversational fluency and helps improve vocabulary. The atmosphere is relaxed and informal to support the objective that speaking English should be fun and enjoyable.

The course focuses on “communicative” discussions on relevant, everyday topics that help mothers/adults and newcomers make conversation with ease. This is also an opportunity to meet new people and make new friends.

For more information about the ALI program, please visit: <http://aes.ac.in/learn/ali-aes/>

Coffee and Conversation - English Conversation – Advanced Course

Presented by the Academic Language Institute (ALI) at AES

Instructor: Ms. Maya Khosla (Tel. 99-990-11733)

Wed and Fri, 9:00-11:00 am - 12 classes of 2 hours each

Dates: 06 November- 18 December 2019

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, November 6th

Maximum class size – 10

The “Advanced” English Conversation Course is meant for Adults, who wish to further develop their pre existing knowledge and fluency in English conversation to converse more effectively.

The course is an opportunity to build beyond foundational vocabulary and expand into an academic usage of vocabulary. This higher level of vocabulary will be accompanied by building more complex grammar structures with control of the language for speaking purposes. The language learnt can be applied to real life situations. The atmosphere is relaxed and informal to support the objective that speaking English should be fun and enjoyable.

For more information about the ALI program, please visit: <http://aes.ac.in/learn/ali-aes/>

BOLLYWOOD DANCING

Instructor: Mr. Ravi Rastogi (Tel: 98-102-82995)

Mondays and Wednesdays, 5:00-6:00 pm - 24 classes - 1 hr each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, September 2

Maximum class size – 12

Bollywood dance is a theatrical dance form seen in many Indian films. It has evolved over the years to include a mixture of numerous styles, including belly-dancing, kathak, Indian folk, modern jazz, hip hop, and other popular dance forms. Recognized and loved worldwide for its exotic and exciting moves, Bollywood dance can now

be seen in dance shows and music videos across the world. The drama and fun of Bollywood dance makes it a perfect workout. Interwoven into a high-energy, calorie-blasting fitness session, the Bollywood dance-fitness class set to the music from Bollywood feels more like busting a move at a wedding than working out. Come ready to sweat! No dance experience is required.

Ravi Rastogi teaches many forms of Latin dance at various studios throughout New Delhi. He has trained at Broadway Dance Center in NY and with international instructors in India and abroad.

COOKING – INDIAN (LEVEL 1)

Instructor: Mrs. Anita Dhanda (Tel. 98-101-54945)

Wednesdays, 6:00-8:00 pm - 10 classes - 2 hrs each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, September 4

Maximum class size – 10

Indian Cooking, as diverse as it is delicious from light elegant meals to sumptuous feasts fit for a Maharaja is taught in this course, in easy simple steps.

The instructor is an expert in Indian Cooking (for the last 20+ years) and will teach you how to cook vegetarian and non-vegetarian dishes along with Indian breads and sweets. The course also includes a trip to the local market which gives you a detailed insight into Indian spices.

DEVELOP YOUR PHOTOGRAPHIC VISION

Instructor: Mr. Alan Rubin (Mob: 88-268-29337)

Wednesdays, 5:00-7:00 pm – 12 classes – 2 hrs each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, September 4

Maximum class size – 12

Bring your photography to a new level. This class is structured for beginner and intermediate students.

Are you tired of photographing in Auto mode? Learn more about what your camera can do and it's creative potential. The class will also work to realize each person's artistic vision and you'll learn to interpret your images to better understand your own personal style!

We'll talk about:

Tips on composition

Editing images in a computer.

Creating a story with multiple images.

Tips on making a portrait

Tips on street photography

Historic Houses of India and their Legacy

Instructor: Dr. E. Schmidt

Saturdays, 10:00 am – 5 classes – Total 12 hrs

Fee: \$100 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Saturday, September 7

Dates: September 7, 14, 21, 28 October 5

Maximum class size – 12

Of Princely Palaces and Colonial Architecture: Historic Houses of India and their Legacy

After the move of the capital from Calcutta to Delhi had been announced during the Delhi Durbar of 1911, a number of grand princely estates were built in Delhi in the vicinity of Viceroy's house. These princely estates still shape the architectural landscape around Khan Market and India Gate as reminders of the turbulent times of first half of the 20th century. Designed by Sir Edwin Lutyens – such as Hyderabad House, Baroda House or Patiala House or Bikaner House designed by Charles G. Blomfield – these princely estates offer a fascinating glimpse into the world of Indian Maharajas and Imperial Delhi in the decades before Independence.

This class will explore the history of the Princely States looking at some of the magnificent palaces of Indian Maharajas in Rajasthan and their princely estates in Delhi. This class is ideal for anyone interested in heritage, historic houses and art history and will give you the opportunity to visit and experience these palaces built at the time of the British Raj. The class will include a heritage walk to several of the Princely palaces, breakfast at one colonial building or princely palace and a visit to the Presidential Palace. A weekend heritage excursion to either Bikaner or Jaipur after conclusion of the course is optional (cost of this trip is not included in the course fees).

Costs: There will be some additional for the entry tickets of the palaces and food.

Dr. Schmidt is Associate Professor of interior design, design history & heritage studies and director of the Centre for Historic Houses at O.P. Jindal Global University, India. A scholar and practicing interior designer she is inspired by traditional design in a contemporary setting. Her expertise is the research, design, development and promotion of historic houses and palaces. Dr. Schmidt studied at the University of Oxford and the University of Cambridge and received her Ph. D. from the University of Oxford, where she was Michal Wills Scholar and tutor and won the John Lowell Osgood Prize for her dissertation. She is passionate about historic houses.

FIRST AID & CPR

Instructor: Ms. Lauren Morley

Saturday, September 28 from 9:00am-1:00 pm

Fee: \$35 or equivalent INR (as per the AES Business Office exchange rate)

Maximum class size – 15

Lauren Morley is the Health Services Coordinator at AES. Lauren is an Australian trained Registered Nurse with over 9 years of experience in Emergency and Intensive Care nursing. Lauren joined the AES team in 2018 and is responsible for training all staff in First Aid and CPR.

HINDI – BEGINNERS

Beginners' Classes in Hindi aim to provide the "How, What & Why" of Hindi Language to the hitherto unbeknownst. Focus would be on Hindi words, structure and functional understandings of "Directions, Shopping, Food" (in India) with insights into the colloquial "day-to-day chit-chat". Ultimate goal is to comprehend the construction of basic phrases/sentences & slowly begin to hold minutes of conversation and in the process decode how Indians speak Hindi (& Indian English) Jokes, humor and a balanced perspective to life in India are (just) some extra bonuses!

Two separate sessions will be offered this semester.

Instructor: Ms. Pallavi Singh (Tel: 976-902-1595)

Tues and Thurs - 5:00-6:00 pm – 24 classes – 1 hr each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, September 3

Maximum class size –12

Pallavi Singh has been teaching Hindi to students around the world since 2011. In her unique style of teaching, she uses proprietary modules in a distinctive manner that makes the learning process less intimidating. She has been a TEDx speaker and winner of several awards and honors, including being listed in "39 Under 39" List - June'2018 - in Mumbai Mid Day (daily Newspaper). Her efforts have found mention in 300+ media features including BBC Hindi, Outlook India, Navbharat Times, Femina India, Asian Age, YourStory, Better Homes & Gardens, Mumbai MiD Day, Hindustan Times, Dainik Jagran, Nai Dunia Hindi, The Quint, SBS Australia. She is also the youngest ever to be interviewed by Rajya Sabha TV's show "Guftagoo" under the aegis of Vice President of India.

Instructor: Ms. Poonam Arora (Tel. 98-102-29280)

Mon and Wed – 5:30-6:30 pm – 24 classes – 1 hr each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, September 2

Maximum class size –12

Ms. Poonam Arora is a certified Hindi teacher and has many years of experience in teaching Hindi. Her love of the language encouraged her to take up teaching Hindi in Delhi and Assam. Poonam has been involved in creative writing in Hindi, translation work from English language to Hindi language for various NGOs, educational institutes and film scripts.

HINDI – INTERMEDIATE (LOWER LEVEL)

Instructor: Ms. Poonam Arora (Tel. 98-102-29280)

Saturdays – 10:30 am - 12:00 noon – 12 classes – 1.5 hrs each

Fee: \$126 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Saturday, September 7

Maximum class size –12

For intermediate participant the program would enhance conversational skills, delving into more complex sentence structures, conversations and building on their

vocabulary. It will also introduce participants in greater depth to the basic grammar, words and composing short sentences.

INDIA AND ITS CULTURE

Instructor: Ms. Kiran Puri (Tel. 85-270-54279)

Saturdays - 9:30-11:30 am – 20 hour course including theory and field trip time

Fee: \$150 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Saturday, September 7

Maximum class size–12

This is a course that gives you an insight into the culture and history of India and also covers the 'The Seven Cities of Delhi'. Lal Kot with the Qutab Minar, Iltutmish's Tomb and all the other monuments in it, Siri, Hauz-I-Shamsi, Tughlakabad with the fort and the mausoleum of Ghiyasuddin, the city of Lodhi's and Sayyids, Purana Qila, Humayun's Tomb, and Shahjahanabad. The monuments and architecture of the period is taken into account. The course comprises of ten classes of the duration of two hours each.

Kiran Puri is an expert in Indian History. She did her graduation in History Honors. She has been teaching this course for the last many at AES to many teachers, diplomats, parents and students.

KRAV MAGA SELF-DEFENSE

Instructor: Mr. Oran Malka

Tuesdays and Thursdays – 5:00-6:30 pm – total 16 classes

Fee- \$ 168 or equivalent INR (as per the AES Business Office exchange rate)

Begins- Tuesday, September 3

Maximum class size- 25

About KMIA: As an international corporation with current operations in Israel and Canada, KMIA, put simply, seeks to bring positive change to the safety for AES communities. We specialize in KravMaga, an effective and easy-to-learn self-defense system hailing from Israel.

Why Krav Maga: Krav Maga is far more than a simple physical pursuit; it is a transformative life-skills development program. Intensely realistic, it cultivates genuinely applicable, street-based self-defense skills. Most importantly, Krav Maga differs from traditional martial arts in that it fulfills the need for immediacy. In both civilian and law-enforcement contexts, effective self-defense programs must equip learners with the skills that they need to protect themselves and dependents in the shortest amount of time possible. From the perspective of both smart investment and community responsibility, a quick-to-learn system that has been extensively street-tested the world over and is renowned for its efficiency is the answer. Our curricula pair physical self-defense techniques with functional fitness, delivering relevant and applicable content to a wide range of participants. As well, we offer First-Aid training, anti-abduction, rape-prevention, disaster-response, anti-bullying, and much more. What makes Krav Maga particularly effective is its use of natural human reflexes as a basis for defensive techniques; what makes our approach to Krav Maga equally as effective is our focus on scenario-based learning. Realistic context is what makes techniques applicable and memorable. As we have learned, the way in

which a participant practices techniques in the studio/school environment is the way that he/she will use those techniques in real life. It is critical for us that everyone has an opportunity to train in the most realistic way, which is why we advocate practical modules that address common threatening situations with which participants are familiar.

Mr. Oran Malka is an Israeli Instructor with a global experience.

OIL PAINTING

Instructor: Ms. Jyoti Singh Bedi (Tel: 4163-0502/ 98-107-40954)

Thursdays – 5:15-7:15pm – 12 classes – 2 hr each

Fee: \$ 190 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Thursday, September 5

Maximum class size – 10

In this course you will get an introduction to this medium of art - color mixing in oils and easy step-by-step method to start your own canvas painting. This course is especially designed for those art lovers who have never dared to paint or any newcomers with lots of enthusiasm to learn to paint. It's a wonderful opportunity to explore and create and by the end of the course get to complete one canvas painting on the subject of your choice. The above course fee includes the material cost.

The instructor has a degree in commercial art and has experience teaching children and adults for many years in the field of art. She is taking classes at AES and conducted workshops at the British Council Library.

SALSA

Instructor: Mr. Ravi Rastogi (Tel: 98-102-82995)

On Mondays and Wednesdays, 6:15-7:15 pm - 24 classes - 1 hr each

Fee: \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, September 2

Maximum class size – 12

Salsa is a popular form of social dance originating from Cuban folk dances. The movements of Salsa are a combination of Afro-Cuban dance, Son, cha-cha-cha, mambo, and other dance forms. The dance, along with salsa music, saw a major development in the mid-1970s in New York. Different regions of Latin America and the United States have distinct salsa styles of their own, such as Cuban, Puerto Rican, Cali Colombia, L.A., and New York styles. Salsa dance socials are commonly held in night clubs, bars, ballrooms, restaurants, and outside, especially when part of an outdoor festival.

STRONG BY ZUMBA®

Instructor: Ms. Adi Zengut (Tel. 84-487-81938)

Mondays and Wednesdays, 4:45-5:45 pm

Total – 24 classes – 1 hr each

Fee: \$ 168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, September 2

Maximum class size – 20

Strong by Zumba class is a revolutionary High Intensity Interval Training (HIIT), led by music to motivate you to crush your ultimate fitness goals — and then making new ones. It's a demanding hour-long session that works your entire body and combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more- Stop counting the reps. Start training to the beat. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Who can attend the class?

The class is appropriate to anyone above 16 years old, who wants to significantly improve his fitness condition but can support his/her own body weight with good form and alignment. It is not appropriate to people with health problems that physical activity is not recommended by a doctor. In order to participate in the class a health declaration must be signed.

<https://www.youtube.com/watch?v=ZKME0gKMAzU>

TREES AND BIRDS OF DELHI –

Nature Walk in Gardens and Parks with Debika

Ms. Debika Kumar (Tel. 99-710-22041)

Tuesdays, 8.30-11:00 am - 4 classes – 2.5 hours each

Fee: \$ 80 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesdays, September 10

Dates of the walks are: September 10, 17, 24 October 1

Maximum class size – 10

Each week we will visit a different park or garden in our beautiful city. We will see hundreds of varieties of trees, both native and exotic. I will tell you how to recognize them and why they are special. We should also be able to spot around forty kinds of birds. Please bring along binoculars if you have a pair. Otherwise, a keen pair of eyes and a notebook will suffice. Call Debika if you have questions or suggestions.

ZUMBA FITNESS

Instructor: Mr. Deepak Sharma (Tel: 97-178-90381)

Tuesdays and Thursdays, 4:45-5:45 pm

Total 24 classes – 1 hr each

Fees \$168 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, September 3

Maximum class size – 15

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-part that's moving millions of people toward joy and health. Zumba classes feature exotic rhythms set to high-energy Latin and international beats such as salsa, merengue, belly dance and reggaeton. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating! No dance experience or coordination is necessary!

Deepak has been teaching Zumba around for the past few years.

Registration Information:

1. Adult Education classes will be open to AES Parents and Staff. Members of the Diplomatic Missions and the International Government Organizations will also be able to sign-up and participate in the AES Adult courses. (*)
2. Members of the Diplomatic Missions and International Government Organizations will need to give copy of their office ID or a letter from their office administration verifying they are a member of the staff and are interested to take the adult education course.
3. Online registration to courses (<http://signup.aes.ac.in/adultedu>) will be open from August 19 to September 2, 2019.
4. You may sign up for more than one course.
5. Each course has a maximum class size. The system will prompt in the case you are on the waitlist.
6. Should a place become available, waitlisted participants will be notified to make the course fee payment (at the AES Cash Window) and join the course.
7. A minimum of 6 people need to sign-up in a course for it to be offered.

Payment Information:

8. There are two options for making the course fee payment:
 - A. Option 1: Online Payment:**
 - Online payment can be made only in US dollars using non-Indian currency debit or credit card.
 - Payment is made at the time of registration.
 - cPayment should be done before you log out. Once logged out after registering for a course you cannot go back to make online payment. In such a case, note the reference number and make the payment at the AES Cash Window.

B. Option 2: AES Cash Window:

- Use the reference number provided to you at the time of online registration and make the payment at the AES Cash Window.
- Payments shall be made in cash in INR or check favoring the AMERICAN EMBASSY SCHOOL. (Note: AES Cash Office hours are 8:15 am-12:45 pm and 1:45-4:00 pm, only on school days).
- Payment of the course fee has to be made at the AES cash office within 2 school days of registering for the course. Your registration will be cancelled if the payment is not made within this specific time.
- Those on the waitlist who have been notified to join the course can make the payment at the AES Cash Window only.

Refund information:

9. Withdrawal from course before attending the 1st class – an administrative fee of Rs. 500/- will be charged and the balance will be refunded.
10. Withdrawal from course after attending the 1st class – 90% of the course fee will be refunded.
11. Withdrawal from course after attending two or more classes – No refund.
12. Full course fee will be refunded only in the case of course cancellation due to insufficient registration.
13. You will be notified regarding your course fee refund, and when to collect the same from the school cash office.

Program Schedule

Course	Days	Time	Fee
English Conversation - Beginners	Tue & Thur	9:00-11:00 am	\$168
English Conversation – Advanced	Wed & Fri	9:00-11:00 am	\$168
Bollywood Dancing	Mon & Wed	5:00-6:00 pm	\$168
Cooking – Indian (Level 1)	Wednesdays	6:00-8:00 pm	\$168
Develop your Photographic Vision	Wednesdays	5:00-7:00 pm	\$168
Historic Houses of India and their Legacy	Saturdays	10:00 am	\$100
First Aid & CPR	Sat (Sept 28)	9:00am-1:00 pm	\$35
Hindi Beginners	Tue & Thur	5:00-6:00 pm	\$168
Hindi Beginners	Mon & Wed	5:30-6:30 pm	\$168
Hindi Intermediate Level	Saturdays	10:30am-12:00 pm	\$126
India and Its Culture	Saturdays	9:30-11:30 am	\$150
Krav Maga Self-Defense	Tue & Thur	5:00-6:30 pm	\$168
Oil Painting	Thursdays	5:15-7:15 pm	\$190
Salsa	Mon & Wed	6:15-7:15 pm	\$168
Strong by Zumba	Mon & Wed	4:45-5:45 pm	\$168
Trees and Birds of Delhi- Nature Walk	Tuesdays	8:30-11:00 am	\$ 80
Zumba Fitness	Tue & Thur	4:45-5:45 pm	\$168

CLASS SCHEDULE

	SEPT	OCT	NOV	DEC
MONDAYS	2, 9, 16, 23, 30	7, 14, 21	4, 11, 18, 25	2, 9, 16
TUESDAYS	3, 10, 17, 24	1, 15, 22	5, 12, 19, 26	3, 10, 17
WEDNESDAYS	4, 11, 18, 25	9, 16, 23	6, 13, 20, 27	4, 11, 18
THURSDAYS	5, 12, 19, 26	3, 10, 17, 24	7, 14, 21	5, 12, 19
FRIDAYS	6, 13, 20, 27	4, 11, 18, 25	8, 15, 22	6, 13, 20
SATURDAYS	7, 14, 21, 28	5, 12, 19	9, 16, 23	7, 14

Make-up classes, as required will be held on days mutually agreed between the instructor and the participants.

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American Embassy School

An International Community