



Adult Education

Fall - 2018

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 and Staff. Starting this semester, members of the Diplomatic Missions and the International Government Organizations are also eligible to sign-up and participate in the AES Adult courses. (* see the registration page for more information)

Classes will begin in the week of August 27, 2018.

Online registration to courses will be open from August 7 to August 27, 2018 at <http://signup.aes.ac.in/adultedu>.

Course schedule, timings and fees are noted under 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:

Latha Srinivasan

26888854 x 3115

Email: lsrinivasan@aes.ac.in

ACU-YOGA (with special focus on Sun Salutation)

Mrs. Sushma Chandra (Tel: 98-188-25150)

Wednesdays from 5:00-6:30 pm and on Saturdays 9:30-11:00 am. Total 36 hrs course, over 12 weeks

Fee: \$270 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, August 29

Maximum class size – 12

Acu-Yoga is the synergistic approach of combining the two ancient practices Yoga and Acupressure potent point stimulation to achieve a powerful routine. It is dynamic and harmonious. In this class, we will practice the art of Acu-Yoga integrated with fast paced Sun Salutations which will increase in difficulty steadily over 12 week sessions. Sun Salutations (Surya Namaskar) is a powerful sequence of 12 poses which combines breathing, posture and holds for opening the shoulder, chest, pelvis and heart. The awareness of acupressure potent point and scientific breathing will be integrated within the sequence. The class will conclude with 20 min of full body awareness, mindfulness and meditation. As part of diet, we will discuss and spend a part of the last two Saturday sessions on hands-on fermentation of seasonal and regional vegetables and making Kefir from home cultured Kefir grains, which is a potent probiotic for the gut micro flora.

Sushma Chandra is an ex-AES parent who is passionate about Yoga. She has more than 25 years experience as a teacher and 45 plus years experience as a practitioner of Yoga. She regularly attends Yoga and Acu-Yoga workshops around the world to keep her acquainted with the current practice.

BOLLYWOOD DANCING

Bollywood dance is the 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.

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

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

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, August 27

Maximum class size – 12

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.

On Tuesdays and Thursdays, 7:00-8:00 pm - 24 classes - 1 hr each

Instructor: Mr. Vikram Samson (Tel: 98-733-55536)

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, August 28

Maximum class size – 12

Vikram is a renowned dancer, choreographer, and instructor. He has been teaching and choreographing Bollywood dance for over 15 years, to a wide range of students.

COOKING – INDIAN (LEVEL 1)

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

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

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, August 29

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 vegetarian and non-vegetarian dishes along with Indian breads and sweets. The course also includes a trip to the local market and gives you a detailed insight into Indian spices.

EMPOWER YOUR ENERGY (EYE)

Mr. Sandeep Nath (Tel. 96-500-28085)

Two day workshop on Saturdays, September 8 and 15 from 9:30am-4:00 pm

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

Maximum class size: 10

A signature program that builds one's personal energy using techniques from India, China, Japan and Tibet. Sandeep brings the essence of all these learning into his teachings, especially Energy Work and Meditations that harmonize one's respiration, muscles, energy and aura. He has synthesized the applied disciplines of Qigong, Reiki, Meditation and Mindfulness, and the breathing techniques of ancient yogis, to create a course 'Empower Your Energy'. With an objective of promoting wellness and healthy living, he helps participants take their awareness to a higher level. His mission is to raise human consciousness through small changes in daily habits of every person.

Session Plan: There will be 4 modules of 3 hours each.

Participant take-aways (module-wise) are as below:

Module 1:

1. A holistic understanding of energy and its interplay with our efficiency, mindfulness, stress and health
2. Tips and techniques to feel better, erase tiredness, raise vibrations and move into positivity at will
3. Why changing seasons, circumstances, places, food and travel sap energy and how to counter the effects

Module 2:

4. Daily routines using exercises and meditations to stay fit, have high immunity, look and feel younger

Module 3:

5. Ancient wisdom (Tao) of food and dietary habits. What influences how well and how long we live

Module 4:

6. Complete 'transfer of technology' to take control of health. No future dependency on any person or method
7. A transmission for self-healing and healing others. A powerful energy experience with a lifelong imprint

Videos for reference: <http://qigongforbeginners.com/#video-1> page also carries testimonials and instructor profiles, and <http://sandeepnath.com/heal-with-energy> instructor's personal site.

ENGLISH - BEGINNERS

Ms. Seema Shukla (Mob: 98-181-28208)

Mondays and Wednesdays, 5:00 - 6:00 pm – 24 Classes – 1 hour each

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, August 27

Maximum class size – 12

This class is interactive and is designed to introduce students to Basic English Language Structure and Grammar. We will be using a communicative approach to learning, through the use of language games and activities. The emphasis will be to make learning fun and enjoyable. Working in pairs and small groups, students will have many opportunities to practice their survival and conversational language skills. Learners will be encouraged to take risks and to play with the language naturally and spontaneously.

ENGLISH – INTERMEDIATE

Ms. Seema Shukla (Mob: 98-181-28208)

Tuesdays and Thursdays 5:00 – 6:00 pm – 24 classes – 1 hr each

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, August 28

Maximum class size – 12

This class helps to develop further basic knowledge of English through a study of English Grammar, using rich vocabulary for everyday conversational skills, with varied expressions. Small group instruction is used to provide personal attention to pronunciation, and oral and written practice is encouraged so as to aim at proficiency.

FIRST AID & CPR

Ms. Bethan Chandler (98-718-87052)

Saturday, October 13 from 9:00am-1:00 pm

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

Maximum class size – 15

This training will prepare you to respond to emergency situations by providing you with the skills and knowledge in first aid and CPR. The course will be offered on a Saturday morning over a four-hour period.

Beth Chandler is the AES Health Services Coordinator. She is a British trained nurse who, before moving to Delhi, worked within Neurosciences for many years. She has been with the AES Health Team for 2 years and has delivered First Aid and CPR training to faculty.

FRENCH FOR BEGINNERS

Ms. Letycja Texereau (Tel. 8377049593)

Tuesdays and Thursdays, 4:30-5:30 pm - 24 classes - 1 hr each

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, August 28

Maximum class size –20

Learn how to simply communicate in French in order to survive in a conversation with natives and in different real life situations. This course is using a fun and communicative method of teaching that will make you think that it was not so difficult after all to speak, read and write in French.

Letycja Texereau is currently teaching French in Elementary School. She used to teach adults at the Alliance Française who wanted to study or work in French-speaking countries.

HINDI – BEGINNERS

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

Hindi Beginners course will focus on conversational Hindi for beginners or non-native speakers, to enable them to use Hindi for day-to-day casual interactions – whether it's to order a coffee or ask for directions. The program will introduce participants to the Hindi alphabets and phonetics. An interactive approach will be used to make participants enjoy the learning process and engage with the language. Classroom conversations, role-play, and use of multimedia tools are some of the ways to experience the language more effectively, and enhance the learning process.

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.

Two separate sessions will be offered this semester. The same course content will be taught at both the sessions.

Monday and Wednesday Class

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

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Monday, August 27

Maximum class size –12

Thursday and Saturday Class

Thursdays – 5:30-6:30 pm and Saturdays – 10:30am-11:30 am – 24 classes – 1hr each

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Thursday, August 30

Maximum class size –12

HINDI – INTERMEDIATE (LOWER LEVEL)

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

Thursdays – 6:30-7:30 pm and Saturdays – 12:00-1:00 pm – 24

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Thursday, August 30

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

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

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

Fee: \$160 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Saturday, September 1

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.

Mrs. 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.

OIL PAINTING

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

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

Fee: \$ 200 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Thursday, August 30

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.

PHOTOSHOP –LEARN PHOTO EDITING AND MOVIE MAKING

Mr. Gagan Soni (Mob: 93-137-01178)

Tue & Thur, 5:00-6:00 pm – 24 classes – 1 hr each

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Tuesday, August 28

Maximum class size – 12

Photoshop tutorial for everyone, beginners to experts. Learn how to create amazing photo manipulation, tips and tricks on how to use Photoshop for photo editing, manipulations, designs, and more. (Cameras are provided and if you want to use your own camera that is ideal).

If you are thinking of creating a clean, professional looking video but do not know how and where to start with? iMovie gets you straight into the action.

RESTITUTION PARENTING WORKSHOP SERIES

Ms. Meemie Kemper (Mob: 97-113-02795)

Two-hour interactive sessions will be held for four consecutive

Wednesdays. October 3, 10, 17 and 24 from 6:00-8:00 pm

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

Begins: Wednesday, October 3

Restitution Self-Discipline is a program created by Diane Gossen, based

on William Glasser's Choice Theory and on North American Aboriginal practices. Diane believes that discipline is about learning and helping children begin to make decisions by thinking about the kind of person they want to be, rather than behaving to avoid consequences or to gain a reward. She finds that parents everywhere want to raise the next generation with the internal strength and values to make the difficult ethical decisions they will face in the 21st century.

In the course, you will learn to shift your thinking to see behavior as an attempt to meet a need. You will practice techniques to help children evaluate their own behavior and will learn tools to help guide them to meet their needs positively. If this intrigues you, come to the workshop to learn more!

The course is a series of four two-hour sessions, held on the AES campus. The workshop is designed to help strengthen relationships between parents and kids of all ages. The book for the course, *My Child is a Pleasure*, by Diane Gossen will be provided and is included in the course fee.

STREET PHOTOGRAPHY IN INDIA

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

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

Fee: \$180 or equivalent INR (as per the AES Business Office exchange rate)

Begins: Wednesday, August 29

Maximum class size – 12

For beginners and advanced photographers. Tips and techniques for better street photography. We'll talk about interacting with a community, with your camera, editing and presenting your work, and developing your style. Participants will need a camera, or they could use their mobile phone camera

Alan is a professional portrait and street photographer who has been photographing in India for the last 6 years. He has recently published a book of some of his images taken in Old Delhi.

TREES AND BIRD OF DELHI –

Nature Walks in the Gardens and Parks with Debika

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

Thursdays, 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: Thursday, September 20

Dates of the walks are: September 20, 27, October 4 and 11

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

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

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

Total – 24 classes – 1 hr each

Fee: \$ 180 or equivalent INR (as per the AES Business Office exchange rate)

Begins on Tuesday, August 28

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. Starting this semester 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 7-August 27, 2018.
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:

- a) Online payment can be made only in US dollars using non-Indian currency debit or credit card.
- b) Payment is made at the time of registration.
- c) Payment 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:

- a) Use the reference number provided to you at the time of online registration and make the payment at the AES Cash Window.
- b) 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).
- c) 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.
- d) 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
Acu-Yoga	Wed (5:00-6:30 pm) & Sat (9:30-11:00 am)		\$270
Bollywood Dancing	Mon & Wed	5:00-6:00 pm	\$180
Bollywood Dancing	Tue & Thur	7:00-8:00 pm	\$180
Cooking – Indian (Level 1)	Wednesdays	6:00-8:00 pm	\$180
Empower Your Energy	Sat (Sept 8,15)	9:30am-4:00 pm	\$100
English Beginners	Mon & Wed	5:00-6:00 pm	\$180
English Intermediate	Tue & Thurs	5:00-6:00 pm	\$180
First Aid & CPR	Sat (Oct 13)	9:00am-1:00 pm	\$35
French for Beginners	Tue & Thur	4:30-5:30 pm	\$180
Hindi Beginners	Mon & Wed	5:30-6:30 pm	\$180
Hindi Beginners	Thur (5:30-6:30 pm) & Sat 10:30-11:30 am)		\$180
Hindi Intermediate Level	Thur (6:30-7:30 pm) & Sat 12:00-1:00 pm)		\$180
India and Its Culture	Saturdays	9:30-11:30 am	\$160
Oil Painting	Thursdays	5:15-7:15 pm	\$200
Photoshop	Tue & Thur	5:00-6:00 pm	\$180
Restitution Parent Workshops	Wednesdays	6:00-8:00 pm	\$ 80
Street Photography in India	Wednesdays	5:00-6:00 pm	\$180
Trees and Birds of Delhi-Nature Walk	Thursdays	8:30-11:00 am	\$80
Zumba Fitness	Tue & Thur	4:45-5:45 pm	\$180

Class Schedule:

	AUG	SEPT	OCT	NOV	DEC
MONDAYS	27	3, 10, 17, 24	8, 15, 22, 29	12, 19, 26	
TUESDAYS	28	4, 11, 18, 25	9, 16, 23, 30	13, 20, 27	
WEDNESDAYS	29	5, 12, 19, 26	3, 10, 17, 24, 31	14, 21, 28	
THURSDAYS	30	6, 13, 20, 27	4, 11, 18, 25	1, 15, 29	
FRIDAYS	31	7, 14, 21, 28	5, 12, 26	2, 16, 30	7
SATURDAYS		1, 8, 15, 22, 29	6, 13, 27	17	1, 8

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