



I am **FEARLESS** so
I am not afraid to being
wrong when I **SPEAK** in
ENGLISH

EVEN if I do not know
all the words and I must
struggle, I will **ONLY SPEAK**
in **ENGLISH** at **FEA**.

This is my personal
PROMISE to myself.



Determined learner.....(first name).....(last name)

Foundation Lesson 2

A. Fill-in-the-blanks with information about yourself.

1. My full name is _____
2. I am from _____ (village name) which is located in the state of _____
3. I am _____ years old.

Foundation Lesson 3

A. Fill-in-the-blanks with information about yourself.

1. I study _____ (school subject) at _____ (school name) located at _____ in the state of _____

Foundation Lesson 4

A. Fill-in-the-blanks with information about yourself.

5 things I like are:

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____

Foundation Lesson 5

A. Fill-in-the-blanks with information about yourself.

- 1- My career goal is to become _____

2- My favorite relative is _____ because

Lesson 7: The Story of FEA

The AAM Foundation, which operates Freedom Employability Academy (FEA), was founded in April, 2000 in India and the United States by Deepak Chopra.

एएएम फाउंडेशन, जो फ्रीडम एम्प्लॉयबिलिटी एकेडमी (एफईए) को चलाती है, की स्थापना अप्रैल, 2000 में भारत और संयुक्त राज्य अमेरिका में दीपक चोपड़ा द्वारा की गई थी।

The Power of Hard Work

When I was a teenager, I walked to school through a poor area.
People lived on the streets, and it made me very sad. I wanted to help them one day.

In my last year of school, I wanted to go to IIT, a very difficult college.
But I was not a top student, so I had to work very hard. I stopped watching TV, woke up at 4:30 AM, traveled 2 hours to learn from a math teacher, and did not go on vacation.

After one year of hard work, I got into IIT. It changed my life.
I learned that one year of learning can change a person's future.
Now, I want to help others get this chance.

Message: Hard work can change your life.

जब मैं किशोर था, मैं स्कूल पैदल एक गरीब इलाके से होकर जाता था।
लोग सड़कों पर रहते थे, और यह देखकर मुझे बहुत दुख होता था।
मैंने सोचा कि एक दिन मैं उनकी मदद करूंगा।

स्कूल के आखिरी साल में, मैं आईआईटी जाना चाहता था, जो एक बहुत कठिन कॉलेज है।
लेकिन मैं टॉप स्टूडेंट नहीं था, इसलिए मुझे बहुत मेहनत करनी पड़ी।
मैंने टीवी देखना बंद कर दिया, सुबह 4:30 बजे उठता था, 2 घंटे सफर करके एक मैथ्स टीचर से पढ़ने जाता था, और छुट्टियों में कहीं नहीं गया।

एक साल की कड़ी मेहनत के बाद, मैं आईआईटी में दाखिल हो गया।
इससे मेरी ज़िंदगी बदल गई।

मैंने सीखा कि एक साल की पढ़ाई किसी के भविष्य को बदल सकती है।
अब मैं चाहता हूँ कि दूसरों को भी यह मौका मिले।

संदेश: मेहनत से जीवन बदल सकता है।

Foundation Lesson 9

Write one of the following do's or don'ts on your poster. Discuss with your group why it is important.

निम्नलिखित क्या करें या क्या न करें में से अपने पोस्टर पर कोई एक लिखें। अपने ग्रुप के साथ डिस्कस करें कि यह क्यों महत्वपूर्ण है।

Group 1 ग्रुप 1	DO keep the laptop clean. लैपटॉप को साफ रखें।	Discuss: Why? डिस्कस करें: क्यों?
Group 2 ग्रुप 2	DO close the laptop gently. लैपटॉप को धीरे से बंद करें।	Discuss: Why? डिस्कस करें: क्यों?
Group 3 ग्रुप 3	DO keep the laptops on the tables at all times. लैपटॉप को हर समय टेबल पर रखें।	Discuss: Why? डिस्कस करें: क्यों?
Group 4 ग्रुप 4	DO pick up your chair to carefully move it. अपनी कुर्सी को सावधानी से हिलाने के लिए उठाएं।	Discuss: Why? डिस्कस करें: क्यों?
Group 5 ग्रुप 5	DON'T use pen drives in the laptops. लैपटॉप में पेन ड्राइव का प्रयोग न करें।	Discuss: Why? डिस्कस करें: क्यों?
Group 6 ग्रुप 6	DON'T use the internet without the teacher's permission. बिना फसिलिटेटर की अनुमति के इंटरनेट उपयोग न करें।	Discuss: Why? डिस्कस करें: क्यों?

Foundation Lesson 10



What do you see? List as many words or sentences as you can to describe what is in the picture:

Note: Are you speaking English for at least 10% of the class time? If not, let's work together to encourage more English conversation. Even a little practice can make a big difference!

Foundation Lesson 11

पंचकुएलिटी (समय की पाबंदी)

A. Read the Story as a class. What title would you give this story?

The Importance of Being on Time – Lessons from the Indian Army, Navy, and Air Force

समय पर होना क्यों ज़रूरी है – भारतीय सेना, नौसेना और वायुसेना से सीख

In the Indian Army, Navy, and Air Force, every soldier is trained to be on time.
भारतीय सेना, नौसेना और वायुसेना में हर सैनिक को समय पर रहना सिखाया जाता है।

Whether it's waking up, reporting for duty, or completing a mission—everything must happen on time. चाहे उठना हो, ड्यूटी पर रिपोर्ट करना हो या कोई मिशन पूरा करना हो – सब कुछ समय पर होना ज़रूरी होता है।

Even a few minutes of delay can cause serious problems.
कुछ मिनट की देरी भी बहुत बड़ी परेशानी पैदा कर सकती है।

For example, if a Navy officer is late to the control room or an Air Force pilot delays a take-off, it can risk the whole mission.

जैसे अगर नौसेना का अफसर कंट्रोल रूम में देर से पहुंचे या वायुसेना का पायलट उड़ान में देर करे, तो पूरा मिशन खराब हो सकता है।

That's why discipline and punctuality are taught from the very first day.
इसीलिए अनुशासन और समय की पाबंदी पहले दिन से ही सिखाई जाती है।

This is true in every profession.
हर पेशे में यह बात सच है।

- A doctor must come on time, or a patient may suffer.
डॉक्टर को समय पर आना चाहिए, नहीं तो मरीज़ को तकलीफ़ हो सकती है।
- A teacher must start the class on time so students don't miss learning.
शिक्षक को समय पर क्लास शुरू करनी चाहिए ताकि स्टूडेंट्स की पढ़ाई न छूटे।
- A bus driver who is late causes everyone to be late.
अगर बस ड्राइवर लेट हो जाए, तो सभी लोग देर से पहुँचते हैं।
- A chef in a restaurant must start on time or customers get angry.
रेस्टोरेंट में शेफ को समय पर खाना बनाना शुरू करना चाहिए, वरना ग्राहक नाराज़ हो जाते हैं।
- Even actors in films must come on time or everyone else's time is wasted.
यहाँ तक कि फिल्मों के कलाकारों को भी समय पर आना होता है, नहीं तो सबका समय खराब होता है।
 - What is the message of this story?
 - इस कहानी का संदेश क्या है?

Foundation Lesson 12: FEA Certificate

A. Read the scenarios below.

नीचे दिए गए सिनेरियोज़ पढ़ें।

1. Sayed enrolled in FEA because he thought it would help him get a job. Even though the program is every day, he comes to class once or twice a week. When he comes, he arrives late and spends a lot of time checking his phone and joking with his friend. He shows up for graduation on the last day, excited to wear the gown and get a certificate.

सईद ने एफईए में दाखिला लिया क्योंकि उसे लगा कि इससे उसे नौकरी पाने में मदद मिलेगी। भले ही कार्यक्रम हर दिन है, वह सप्ताह में एक या दो बार कक्षा में आता है। जब वह आता है तो देर से आता है और अपना काफी समय फोन चेक करने और अपने दोस्त के साथ मजाक करने में बिताता है। वह अंतिम दिन स्नातक के लिए आता है, गाउन पहनने और सर्टिफिकेट प्राप्त करने के लिए उत्साहित।

2. Faiza enrolled in FEA because she wanted to learn skills to help her get a job. She comes on time each day and listens to the teacher. She participates in the activities and discussions, even when she feels a little shy. She tries new things, like using a computer program she is not familiar with or doing a role play for a job interview. She comes to graduation to celebrate completing the program.

फैज़ा ने एफईए में दाखिला लिया क्योंकि वह नौकरी पाने में मदद करने के लिए स्किल्स सीखना चाहती थी। वह हर दिन समय पर आती है और फसिलिटेटर की बात सुनती है। वह एक्टिविटीज़ और डिस्कशंस में भाग लेती है, जबकि वह थोड़ा शर्माती है। वह नई चीज़ों की कोशिश करती है, जैसे कंप्यूटर प्रोग्राम का उपयोग करना जिससे वह नहीं जानती या जॉब इंटरव्यू पर रोल प्ले करना। वह कार्यक्रम पूरा करने का जश्न मनाने के लिए ग्रेजुएशन में आती है।

B. Discuss the questions with a partner.

पार्टनर के साथ प्रश्न डिस्कस करें।

- Which student do you think will learn more from the program? Why?
- आपके विचार से कौन सा छात्र इस कार्यक्रम से अधिक सीखेगा? क्यों?
- Which student do you think is more likely to start on their career path after the program? Why?
- आपको क्या लगता है कि किस छात्र के कार्यक्रम के बाद अपने करियर पाथ पर शुरू होने की अधिक संभावना है? क्यों?

Lesson 17: Speaking & Presentation Practice

- A: "Hello, my name is Rohit Kumar. What's your name?"
B: "Hi Rohit, I'm Priya Mathur. Nice to meet you!"
A: "Nice to meet you too! Where are you from?"
B: "I am from Behta, Lucknow. It is famous for Biryani. Where are you from?"
A: "I'm from Malihabad, Lucknow. It is famous for Mangoes."

Complete the dialogue with your partner.

A: Hello, my name is _____. What's your name?

B: Hi _____, I'm _____. Nice to meet you!

A: Nice to meet you too! Where are you from?

B: I am from _____. It is famous for _____. Where are you from?

A: I'm from _____. It is famous for _____.

Practice this with your partner 3 times.

Lesson 19: Introducing Yourself

1. My name is _____ (full name)
2. I am _____ years old.
3. I am from _____. (village and city name name)
4. I like _____. (cooking, travelling, talking etc)
5. I don't like _____.
6. My hobbies are _____ and _____.
7. My hometown is in _____.
8. I live in a _____ (joint/nuclear) family.
9. I have _____ members in my family.
10. I have _____ siblings: (brothers and sisters)
11. My favorite food is _____.
12. I like to wear _____ colour clothes
13. My dream job is to be a _____

Lesson 25: Making Simple Sentences (Person + Action + Object)

Make 5 sentences using Person + Action + Object

Sentence 1- I am

Sentence 2- You are

Sentence 3- We are

Sentence 4- He is

Sentence 5- They are

Lesson 28: Talking About Likes & Dislikes

What do you like and dislike?

I like _____ but I dislike _____.

What does your friend like and dislike?

She likes _____ but she dislikes _____.

What do your family members like and dislike?

They like _____ but they dislike _____.

Lesson 29: Daily Routine

1. I wake up at _____.
2. Then, I _____.
3. Next, I _____.
4. After that, I _____.
5. Later, I _____.

6. In the afternoon, I _____.
7. Afterwards, I _____.
8. In the evening, I _____.
9. Then, I _____.
10. Finally, I _____.

Lesson 31: Using This, That, These, and Those

Write 1 sentence each using

1- This is

2- That is

3- These are

4- Those are

Lesson 35: Using “But” and “So”

1- Write 2 sentences using “but”

Sentence 1

Sentence 2

2- Write 2 sentences using “so”

Sentence 1

Sentence 2

Lesson 37: Asking Questions – What, Where, Who?

Answer the following questions

WHAT Questions and Sentence Starters

1. What is your dream?
My dream is to become a _____.
2. What is your favourite subject?
My favourite subject is _____.
3. What is your daily routine?
I wake up at _____. Then I _____. After that, I _____.
4. What is your favourite song?
My favourite song is "_____".
5. What is your hobby?
My hobby is _____.

WHERE Questions and Sentence Starters

1. Where is your FEA class?
My FEA class is in _____.
2. Where is your phone?
My phone is in my _____.
3. Where is your teacher?
My teacher is in the _____.
4. Where is your bag?
My bag is on the _____.

WHO Questions and Sentence Starters

1. Who is your English teacher?
My English teacher is _____.
2. Who is your best friend?
My best friend is _____.

3. Who is your brother/sister?
My brother/sister is _____. He/She is _____ years old.
4. Who is your favourite actor?
My favourite actor is _____.
5. Who is your role model?
My role model is _____.

Lesson 38: Asking Questions Practice– What, Where, Who?

Write 2 questions each using

I- What ?

Question 1

Question 2

II- Where

Question 1

Question 2

III- Who?

Question 1

Question 2

Lesson 39: Discovery

Aryan was a boy who always asked questions. "Why is the sky blue?" "How do birds fly?" "Where do waves come from?". He asked so many questions that his friends called him "*Mr. Why.*"

But many times, people didn't know the answers. Aryan felt confused. One rainy day, the power went out. Aryan was bored. He saw a book by Malala Yousafzai on his brother's desk and got curious again. He used his cousin's old laptop and typed: "**Who is Malala Yousafzai?**"

Identify one piece of information about ***Malala Yousafzai.***

Lesson 40: Consolidation

Topics:

1. Talking to a shopkeep in a Market
2. Meeting Someone New
3. Talking About Your Daily Routine
4. Ordering Food at a Restaurant
5. Making Weekend Plans
6. Visiting the Doctor

My Topic: _____

Write your dialogue: 5-6 sentences

Lesson 41: Asking Questions – When, Why, How?

Instructions for Students:

Read the questions aloud when the teacher asks you. Listen to your classmates' answers. If the teacher asks you to answer, speak in a full sentence. If you are not sure, repeat after the teacher and then try again.

WHEN Questions (time)

1. When do you eat dinner?
I eat dinner at _____.
2. When do you sleep?
I sleep at _____.
3. When do you go to school?
I go to school at _____.

WHY Questions

1. Why are you happy?
I am happy because _____.
2. Why do you learn English?
I am learning English because _____.
3. Why do you like shopping?
I like shopping because _____.

HOW Questions

1. How do you go to school?
I go to school by _____.
2. How do you feel today?
I feel _____ today.
3. How do you prepare Maggi?
I prepare Maggi by _____.

Lesson 42: Asking Questions - Practice – When, Why, How?

Write 2 questions each using

I- When ?

Question 1

Question 2

II- Why?

Question 1

Question 2

III- How ?

Question 1

Question 2

Lesson 43 : Using “because” in a Sentence

I want to learn English because _____

I want to be a _____ because

Lesson 44: Bonus Practice Time

Instructions for Students:

1. Work with your partner. Take turns asking and answering the questions below.
2. You ask your partner one question. Then your partner asks you the next question.
Continue like this until you have asked and answered all the questions.
3. Speak in full sentences. If you are not sure, ask the teacher or repeat after your partner.

“What / Where / Who + is your...”

1. What is your favorite food?
2. What is your dream job?
3. What is your hobby?
4. What is your father's name?
5. What is your favorite movie?
6. What is your favorite color?
7. Where is your school?
8. Where is your house?
9. Where is your mobile phone?
10. Where is your best friend now?
11. Who is your best friend?
12. Who is your favorite actor?
13. Who is your English teacher?
14. Who is your role model?

“When / Why / How + do you...”

1. When do you wake up?
2. When do you go to school?
3. When do you eat lunch?
4. When do you come to FEA class?
5. When do you watch TV?

6. Why do you learn English?
7. Why do you go to school?
8. Why do you like holidays?
9. Why do you eat fruits?
10. How do you go to school?
11. How do you learn English?
12. How do you help your parents?
13. How do you cook rice?
14. How do you feel today?

Lesson 46: Digital Learning

Asking Questions: Role Play

- a) You have a stomach ache. Talk to your doctor
- b) There is a fire in your house. Call the fire brigade 102
- c) You meet Mr. Deepak Chopra at your FEA branch. Ask him questions.
- d) You meet the Area Manager at your FEA branch. Ask him questions.

Lesson 48: Student Interview

1. Introduce yourself in 5–7 sentences.
2. Tell your daily routine in 5–7 sentences.
3. Greet your new FEA friend Ramesh.
4. Ask the teacher 5 different questions (excluding “What is your name?” and “How are you?”).
5. Make a sentence using: this, that, these, those.
6. Make a sentence using: person + action + object.
7. Say which is your favourite FEA lesson and why.
8. Why do you like FEA?

Lesson 50: Describing Images + Jeopardy

Discuss with your partner:

- 1- What can you see in the picture?
- 2- What are people doing?
- 3- What are they thinking ?
- 4- I like this picture because _____
- 5- It reminds me of _____

Lesson 54: Describing Places

Look at the image. Use prepositions to describe what you see.

For example:

- The book is **on** the table.
- The bag is **under** the chair.
- The cat is **behind** the door.

Take turns with your partner. One student describes the image. The other student adds one more sentence using a different preposition. Keep going until you have used many prepositions.





Lesson 56: Consolidation + Digital Learning

Write 3–5 sentences about who Sonam Wangchuk is and what he does.

Lesson 57: Talking About Yesterday (Part 1)

Read all the words ending with 'ed'.



II- Fill in the blanks

There was an old man who _____ (live) in a dark haunted house. One day, he _____ (cook) _____ dark green soup and _____ (call) his wife to drink it. Do you know what _____ (happen) to the wife? She _____ (start) moving in circles and _____ (laugh) loudly. The old man _____ (shout). The wife's eyes _____ (turn) red. He _____ (close) the door and the wife (go) _____ into the walls.

Lesson 60: Life Yesterday

Activity	(Present Form) V1	(Past Form) V2	Example Sentence
Wake up	wake	woke	I woke up at 6 a.m.
Brush teeth	brush	brushed	I brushed my teeth.
Wash face	wash	washed	I washed my face.
Take a bath/shower	take	took	I took a bath.
Wear clothes	wear	wore	I wore clean clothes.
Comb hair	comb	combed	I combed my hair.
Eat breakfast	eat	ate	I ate breakfast.
Drink tea/milk	drink	drank	I drank a glass of milk.
Pack bag/lunch	pack	packed	I packed my bag.
Leave home	leave	left	I left home at 7 a.m.
Go to class/work	go	went	I went to class.
Travel	travel	travelled	I travelled by cycle.
Reach center	reach	reached	I reached the FEA center
Greet friends	greet	greeted	I greeted my friends.
Sit in class	sit	sat	I sat with my partner.
Listen to teacher	listen	listened	I listened to the teacher.
Read lesson	read	read (<i>red</i>)	I read the story.
Write notes	write	wrote	I wrote notes in my notebook.
Ask questions	ask	asked	I asked a question.

Answer questions	answer	answered	I answered the question.
Talk to friends	talk	talked	I talked to my friends.
Laugh	laugh	laughed	I laughed with them.
Return home	return	returned	I returned home.
Rest	rest	rested	I rested for sometime.
Watch TV	watch	watched	I watched TV.
Help at home	help	helped	I helped my mother.
Cook food	cook	cooked	I cooked dinner with my sister.
Eat dinner	eat	ate	I ate dinner.
Wash utensils	wash	washed	I washed the utensils.
Clean room	clean	cleaned	I cleaned my room.
Study	study	studied	I studied for one hour.
Do homework	do	did	I did my homework.
Laugh with family	laugh	laughed	I laughed with my family.
Plan next day	plan	planned	I planned my next day.
Pray	pray	prayed	I prayed before dinner.
Read a book	read	read (<i>red</i>)	I read a book.
Check phone	check	checked	I checked my phone.
Say goodnight	say	said	I said goodnight to my family.
Sleep	sleep	slept	I slept at 10 p.m.

Lesson 65: Talking About Hopes and Dreams

My Dream: I will

--	--	--	--

Year: Month: Date: What will you do?	Year: Month: Date: What will you do?
Year: Month: Date: What will you do?	Year: Month: Date: What will you do?

Lesson 68: Consolidation

Write a short paragraph (8-10 sentences) about what you did yesterday, what you are doing now, and your plans for the future.

For yesterday use: (woke up, went, helped, studied, watched, played, ate, washed, talked, slept)

For now use: (am writing, am sitting, am talking, am listening)

For future plans use: (will travel, will study, will be successful, will work in a bank, will start a business, will support my parents)

Lesson 71: Visiting the Doctor – Roleplay & Speaking Practice

Doctor: Hello. What's your name?

Patient: My name is [Student Name].

Doctor: What is the problem?

Patient: I have a headache and a cough.

Doctor: When did it start?

Patient: It started yesterday morning.

Doctor: Where do you feel pain?

Patient: I feel pain in my head and throat.

Doctor: What is your daily routine?

Patient: I wake up at 6am, bath, eat breakfast and then I go to work and I come back in the evening, I eat dinner and sleep.

Doctor: What did you eat yesterday?

Patient: I ate some cold food.

Doctor: Who lives with you?

Patient: My mother lives with me.

Doctor: Why didn't you go to the hospital before?

Patient: I thought I would feel better.

Doctor: How do you feel now?

Patient: I feel very tired.

Doctor: Okay. Take this medicine and rest well.

Patient: Thank you, doctor.

Doctor: You're welcome. Get well soon!

Lesson 73: Naye Daur ke Naye Kaam

My Plan A is to become a _____

Here are 5 steps I will take to achieve this goal:

1. _____
2. _____
3. _____
4. _____
5. _____

My Plan B is to become a _____

Here are 5 steps I will take to achieve this goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Lesson 75: Student Interview

Questions	Star Rating
	<p>1 star = Needs improvement (e.g., unclear answer, incomplete sentence)</p> <p>2 stars = Satisfactory (e.g., answer is clear but not very detailed)</p> <p>3 stars = Good (e.g., full, detailed answer with confidence)</p>
Where are you from?	
How old are you?	
What do you do every day? Answer in present tense	
What do you like to do in your free time?	
What is your dream job or career goal?	
What did you do yesterday?	
What are the three things you will do next week?	
What is your favorite FEA lesson and why?	
What question you would like to ask Mr. Deepak Chopra?	

Lesson 78: Listening Activity: “Learning from Portado”

What can we learn from this video? Write in 5-7 sentences.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Building ethical, productive mindsets and core employability skills

“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.”

William A. Ward

“Success is the ability to go from failure to failure without losing your enthusiasm.”

Winston Churchill

“Every child deserves a champion - an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be.”

Rita Pierson

“I cannot teach anybody anything, I can only make them think.”

Socrates

“There are no foolish questions and no man becomes a fool until he has stopped asking questions.”

Charles Proteus Steinmetz

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.”

Mark Twain

“Great teacher engineer learning experiences that put students in the driver's seat and then get out of the way”

Ben Johnson, Educator

“I think it's very important to have a feedback loop, where you're constantly thinking about what you've done and how you could be doing it better.”

Elon Musk

“Education is what remains after one has forgotten what one has learned in school.”

Albert Einstein

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

Confucius

FEA classes are completely free of cost for students

Freedom Employability Academy is a project of AAM Foundation

India: Valmiki Temple One, Vasant Gaon, Near C 8/8 Vasant Vihar, New Delhi 110057

US: 7110 Redwood Boulevard, Suite A, Novato, CA 94945