

AFPA[®]
ARMED FORCES
PREPARATORY ACADEMY

SPOKEN ENGLISH PROFICIENCY PROGRAMME



Col. Ravi Nair (Retd)

SUMIT FEEDBACK REPORT >>

- Sumit is a motivated & intelligent defence aspirant who is dedicated & motivated. He has comprehended the essentials of the Spoken English Proficiency Program. However there is a need to vigorously follow-up the lessons learnt to improve vocabulary as also oratory skills.
- The level of general awareness needs focus with a deliberate and diligent effort to attain acceptable standards for meeting the challenges of the Services Selection Board Interview.
- Sumit needs to improve his fluency in speaking to enable smooth and quality articulation in group discussion, lecturettes and personal interview. Training the mind, to analyse the situation or question, and evolve a logical response which can be presented with minimum appropriate words will display clarity and confidence. Should practise this aspect regularly.

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➤ Development programme should focus on

(a)	Gen Awareness	Building up basic bullet points on all important topics. Update Knowledge base by listening to news and reading news paper everyday. Practise Public speaking everyday in front of a mirror everyday on at-least two to three topics. Record talk and analyse every speech for mistakes and improvement.	List of topics is given in separate appendix
(b)	English	Listen to atleast one motivational talk everyday. Read some good books fiction or non fiction to improve vocabulary and gain wider perspective about life.	
(c)	CDS EXAM	Must solve last 10 years papers of CDS entrance to understand the pattern and prepare as per the anticipated pattern.	
(d)	Domain Knowledge	Must have basic knowledge about the Defence forces. War heroes, Names of Service Chiefs of all three services, Equipment profile in terms of important weapons, aircrafts & Ships, Latest happenings and events should be updated.	Follow all the three services on INSTAGRAM & FACEBOOK
(e)	Physical Fitness	Run at least 5kms everyday. Keep doing basic abdominal exercises. Chin-ups, Sit-ups & push-ups/planks everyday. Control diet. Focus on QUALITY rather than QUANTITY.	

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- Sumit needs to work extremely hard with single-minded focus to achieve the requisite potential for the SSB interview. An exposure to the ground tests, abstract test and Psych tests like the one conducted in AFPA SSB Training programme will catapult him into a winner.

I wish him all the best and success in his endeavour to become an officer.

Recommended Reading >>

ARTICLES/PERIODICALS (ONLINE/OFFLINE)	INDIA TODAY, READERS DIGEST, ECONOMIC TIMES
FICTION (AUTHORS)	IRVING WALLACE, LEON URIS, CHETAN BHAGAT, JEFFREY ARCHER, KEN FOLLET, RAVI SUBRAMANIAM
FICTION (CLASSIC)	WUTHERING HEIGHTS, MUTINY ON THE BOUNTY, TO KILL A MOCKING BIRD
NON FICTION	WHO MOVED MY CHEESE, THE MONK WHO SOLD HIS FERRARI, MEN ARE FROM MARS, WOMEN ARE FROM VENUS

Improve Fluency >>>

- Talk slowly and deliberately. Don't rush sentences.
- Pay attention to your pronunciation.
- Listen to proficient speakers and how they frame sentences.
- Ask friends & relatives to correct your mistakes. (speak to them in English only).
- Be patient! Its not a one day process.
- Practice is a must. Practice everyday, every hour, every minute.