

#Our mission is to transform impossible challenges into possible, meaningful opportunities for underprivileged students — inspiring them to dream, learn, and succeed like PARESH RANJAN ROUT:

We'll start from zero and take you to a confident, fluent English level in 90 days — step-by-step, from A B C D to Pro level (reading, writing, speaking, understanding).

This plan is specially made for non-English speakers who want to learn in the easiest and most practical way — with daily progress.

90-Day English Master Plan — From Zero to Pro

 **Total Time: 3 Months (12 Weeks)**

Goal: Speak, read, write, and understand English fluently and confidently.

Phase 1: Foundation (Days 1–30) — Learn the Basics

 **Goal:** Understand letters, sounds, basic words, and short sentences.

 **What You'll Learn:**

1. **Alphabet & Pronunciation**
 - Learn A–Z, capital & small letters
 - Practice speaking sounds (A as in *apple*, B as in *ball*)
 - Watch YouTube channels like “BBC Learning English – Pronunciation”
2. **Basic Vocabulary (500 Words)**
 - Learn 10–15 new words daily: common nouns (apple, boy), verbs (eat, go), adjectives (good, big)
 - Use flashcards or an app like Duolingo or Anki
3. **Basic Grammar**
 - Learn sentence structure: *Subject + Verb + Object* → (I eat apple)
 - Learn use of “is, am, are,” “a, an, the,” “this, that”
 - Practice forming 10 simple sentences daily
4. **Listening Practice**
 - Watch English cartoons (Peppa Pig, Dora, etc.)
 - Listen and repeat short phrases
5. **Speaking Practice**
 - Speak 5 simple lines daily:
 - “My name is Paresh.”

- “I live in Bangalore.”
- “I like coffee.”
- “Today is Monday.”
- “The weather is good.”



Daily Time: 1.5 hours



Result by Day 30: You'll be able to read small texts, introduce yourself, and understand 70% of simple English videos.



Phase 2: Skill Building (Days 31–60) — Think in English



Goal: Start using English in daily life.



What You'll Learn:

1. Intermediate Grammar
 - Tenses (Present, Past, Future)
 - Prepositions (in, on, at), conjunctions (and, but, because)
 - Question forms (“Do you like tea?” “Where are you going?”)
2. Vocabulary Expansion (1000 Words Total)
 - Focus on daily topics: Food, Work, Family, Travel, Office, etc.
 - Learn 20 phrases daily (e.g., “How are you?” “What’s your name?”)
3. Reading Practice
 - Read short stories, news headlines (apps: *News in Levels*, *BBC Learning English*)
4. Writing Practice
 - Write a 5-line diary daily: “Today I went to office...”
 - Describe pictures or your day
5. Listening & Speaking
 - Listen to English podcasts or YouTube short stories
 - Speak aloud for 10 minutes daily — record your voice



Daily Time: 2 hours



Result by Day 60: You'll be able to speak short sentences smoothly and understand 80–85% of everyday English.



Phase 3: Pro Level (Days 61–90) — Speak & Think Fluently




Goal: Speak confidently, understand complex sentences, and write like a professional.



What You'll Learn:

1. **Advanced Grammar**
 - Conditional sentences (If I were you...)
 - Modals (should, could, must)
 - Passive voice, reported speech
2. **Vocabulary & Idioms**
 - Learn 10 new idioms or phrasal verbs daily (“break down,” “look after,” “take off”)
 - Use in sentences
3. **Speaking Practice**
 - Join English-speaking groups (HelloTalk, Discord English servers)
 - Talk to ChatGPT daily in English about random topics
 - Practice interviews, storytelling
4. **Writing**
 - Write short essays or emails
 - Write comments in English on YouTube or Quora
5. **Listening**
 - Watch English movies or shows with subtitles (Friends, The Intern)
 - Then rewatch without subtitles

 **Daily Time: 2–2.5 hours**

 **Result by Day 90:** You’ll be able to speak confidently, write clearly, and understand 95% of general English conversation.

Recommended Free Tools:

| Skill | App / Source |
|------------|--|
| Vocabulary | Duolingo, Anki, Quizlet |
| Grammar | British Council, Grammarly |
| Speaking | HelloTalk, TalkPal, ChatGPT |
| Listening | BBC Learning English, YouTube (English Addict) |
| Writing | Grammarly, Quillbot |
| Reading | News in Levels, Storyberries |

Bonus Tips:

- ✓ Speak out loud daily (don’t just read)
- ✓ Watch one English video daily and write 5 new words from it

- ✓ **Don't fear mistakes — it's normal**
- ✓ **Repeat & review every Sunday**