



Vidya Vikas Summer Program 2021 – Course Overview

Alternative Medicine: A holistic approach to healing (18 and above; 11-noon)
<p>Alternative Medicine practices focus on stimulating the body's ability to heal itself. These practices take into consideration sometimes one of them or all the aspects of physical, psychological, ethical and spiritual factors for treatment of diseases. In this summer course we will look into basic principles of some of the systems. It will give you some idea to know which system can be used when you are considering treatment or for general wellbeing.</p> <p>Requirement/Prerequisites: None</p>
Bhajan – Devotional singing (18 and above; 11-noon)
<p>Adults will be learning Ganga Stotram, Guru stotram and other devotional bhajans</p> <p>Requirement/Prerequisites: Love for learning music and some previous background knowledge</p>
Exploring Engineering (12-18 yrs; 10-11 AM)
<p>This course mainly sheds light on different engineering disciplines including computer engineering, mechanical engineering, aerospace engineering, industrial engineering, biomedical engineering, civil engineering etc. It's a six weeks course focusing on each area of engineering each week for one hour. It will be very interesting and interactive with presentations. Also, course will be conducted at the level of the students with very little exposure to technical details.</p> <p>Requirement/Prerequisites: None</p>
Fitness for All (Age 5-17 yrs; 9:15-10 AM)
<p>Fitness is critical in present times so here I offer a workout to engage kids and adults with fun music. Let's get ourselves into regime of working out at young age with this 40-50min workout for kids age 5 and above mainly. Exercises are from beginning to mid-level not too rigorous but will be modified as per the audience at times.</p> <p>Workout with fun and masti with Rachna.</p> <p>Requirement/Prerequisites: Should love to workout in any form</p>
Gita Chanting (5-15 yrs; 12-1 PM)
<p>Cover one chapter of Srimad Bhagavad Gita.</p> <ol style="list-style-type: none">1. Teach students to chant and learn by heart the shlokas.2. How to apply the key concepts like Samattva, Sama Dukha Sukha, Bhakthi, Worship to our daily life. <p>Requirement/Prerequisites: None</p>
Hindu Religion – Foundation (5-15 yrs; 11-noon)
<p>Hindu Religion foundation is a primer for Vidya Vikas classes. It focuses on various aspects of Hindu religion including various deities, prayers, scriptures, and sages. Basics on topics we plan to cover:</p> <ol style="list-style-type: none">1. Hindu Prayers – <i>Shlokas</i>2. Definition of <i>Sanātana Dharma</i> (Hinduism)3. Hindu Scriptures and types4. <i>Rāmāyana</i>5. <i>Mahābhārata</i>6. Introduction to deities.7. <i>Vishnu Dashāvatārs</i>



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8. Great Sages
9. Basics of *Gītā: Bhakti, Karma, Gyāna* Yoga
10. Values of a Hindu

Requirement/Prerequisites: None

History of India (1857-1947) (9-15 yrs; 12-1 PM)

Do you want to know more about British Raj in India? What was the impact and how did it change the country? What were the different movements and acts that led to Independence? Who were the key freedom fighters? How did Independent India emerge out? If you want the answers to these questions and more, please join our summer class offered by Vidya Vikas.

Requirement/Prerequisites: None

Introduction to Bhajans (5-18 yrs; 12-1 PM)

Students will be learning *Nāma Rāmāyanam* and *Lingāshtakam* bhajans

Requirement/Prerequisites: None

Intro to Carnatic Classical vocals (6-14 yrs; 11-noon)

This class will aim to teach students the basics of Carnatic music, including: *Sarali Varisai*, theory of *rāgam* and *tālam* and devotional songs that will help build interest in music and Indian culture in your child. Students with a keen interest in music are encouraged to join. Classes will be very educational and interactive, with games and fun activities.

Requirement/Prerequisites: Interest in music, natural tendency for singing

Introduction to Debate (11-18 yrs; 12-1 PM)

Learn how to construct an argument and debate from a position of strength.

Requirement/Prerequisites: None

Intro to Hindustani Classical vocals (8-14 yrs; 11-noon)

The Hindustani Classical Vocals class will be an introductory course to singing in the style of Mewati gharana. We will be learning the basic Hindustani Classical notes as well as one bandhish and one bhajan in two different raags. This class is perfect for beginners who have never been exposed to Hindustani Classical, but intermediates who want to learn new songs and raags are also welcome. I look forward to singing with you!

Requirement/Prerequisites: Should have interest in expanding their view of music

Introduction to iOS development (12-18 yrs; 10-11 AM)

This class will aim to teach important aspects of coding and give a strong foundation for developing apps. Students who have interest in coding are encouraged to join. Students will be able to create basic applications by the end of this session.

Requirement/Prerequisites: Must have a Macbook, basic coding knowledge needed

Introduction to JAVA programming (Age 11-18 yrs; 10-11 AM)

Introduction to Java Programming will provide students with an introduction into the Java programming language with presentations and hands-on coding to secure a basic understanding of variables, mathematical operations, conditionals, and more in Java.

Requirement/Prerequisites: Computer

Introduction to Music Theory (7-11 yrs; 12-1 PM)

Music theory is language of music and is an important communication tool to understand, produce, and create music. In this course, the student will get foundation of music theory.



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They will learn about notes, rhythms, staff, vibration, higher and lower notes, octave, major and minor scale, relationship between notes, and much more...

Requirement/Prerequisites: None

Let's dance (9-14 yrs; 11-noon)

In this class, we will be learning the step-by-step choreography of a song. Join us in this fun and energetic dance class.

Requirement/Prerequisites: None

Let's read interesting stories in Hindi, आओ पढ़ें रोचक कहानियां (8-18 yrs; 10-11 AM)

This is a Hindi literature comprehension class that students can take to gain more confidence with reading the Hindi language. Throughout the course, we will read both basic and intermediate-level Hindi stories. Students will be asked questions along the way to confirm comprehension of important concepts and vocabulary. Mini quizzes will be given at the end of each class.

Requirement/Prerequisites: Some previous Hindi language reading experience

Mighty Warriors of Bharat (7-18 yrs; 12-1 PM)

India has been the home of Mighty Warriors who have guarded and treasured our Hindu culture and dharma over the last multiple centuries. Many of these Emperors/Kings kingdoms covered Akhand Bharath from the now Afghanistan to Thailand. These Emperors changed the history and perspective of the world. We will be covering some of the mighty warriors who can never be forgotten for their valor and leadership.

Requirement/Prerequisites: None

Playing Songs on Keyboard (10-18 yrs; 1-2 PM)

In this class you will learn to play patriotic and devotional songs on keyboard.

Requirement/Prerequisites: Need a keyboard

Vedic Mathematics (10-15 yrs; 1-2:30 PM)

Vedic Mathematics is an Ancient System of One-Line or Even Mental Math. The course is based on the Book by the same name written by Shankaracharya Bharati Krishna Tirthaji (1884-1960), gleaned from pages in the Atharva Veda, based on 16 sutras mirroring how the mind naturally works. These 16 simple, elegant and coherent sutras are the basis for unification in numbers, which through learning the logic, drives confidence and a love of mathematics for creative and analytical children alike. Many Vedic Math students are winning math awards, and the system of teaching is gaining favor in India and also Wales. Learning Vedic Math sharpens the mind and increases mental agility and intelligence, while improving memory and boosting self-confidence.

Requirement/Prerequisites: None

Youth Leadership Program - Public Speaking (11-18 yrs; 11-noon)

Youth Leadership Program is a workshop designed by Toastmasters International consisting of unique eight-sessions and its workshop-style design enables participants to develop communication and leadership skills through practical experience.

This workshop series provides practical experience in leading effective meetings, presenting short impromptu as well as prepared speeches, and sharpens listening abilities.

Requirement/Prerequisites: Must have educational material, hard copy needs to be picked up.