

## Vidya Vikas Summer 2024 Class Descriptions

### Exploring Advancements in Engineering (12-18 years; 10:00-10:55AM)

VidyaVikas Ex SAT students who are engineers working for General Motors, Boeing space organization, universities, Bio Medical engineering companies etc. will be doing one hour presentation of their respective fields of specialization.

**Requirement/Prerequisites:** None

### Introduction to Python Programming(12-18 years) (10:00-10:55 AM)

In this class, we will be going over the basics of Python starting from variables all the way to functions. By the end of this class the students will be able to write basic programming in Python.

**Requirement/Prerequisites:** Windows or Laptop

### Hanuman Chalisa & Nāma Rāmāyanam chanting (5-18years) (10:00-10:55AM)

*Hanumān Chālisā* & Nama Ramayanam will be taught in simple melody format by a classically trained instructor.

**Requirement/Prerequisites:** None.

### Introduction to Indian Musical Instruments (10-18 years) (10:00-10:55AM)

In this class students will learn about classical Indian musical instruments. Each week, they will be exposed to a different instrument, learn about its use in classical and popular music and gain some hands on experience in playing flute, tabla, Veena, Sarod, etc.

**Requirement/Prerequisites:** None.

### Holistic view of Hindu Dharma (Adults) (10-10:55AM)

Hindu Religion foundation is a primer for Vidya Vikas classes. It focuses on various aspects of Hindu religion including various deities, prayers, and sages. Basics on topics we plan to cover: Hindu Prayers – shlokas, Definition of *Sanātana Dharma* (Hinduism), Hindu Scriptures and types, Introduction to Bhagwan

**Requirement/Prerequisites:** None

### Soccer for Beginners (6-12 years) (10:00-10:55AM)

In class, we will be teaching the students the fundamental basics of Soccer with footwork, running, and game sense.

**Requirement/Prerequisites:** Cap, Water bottle & soccer Ball

### Art & Craft Summer Fun (5-11 years) (10-10:55AM)

In this class, students will learn the basics of drawing and will do different craft activities.

**Requirement/Prerequisites:** None

### Laughter Yoga (10:30-10:55 AM)

Laughing yoga is a popular movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors. Laughing yoga is a fun way to do deliberate laughter that will help lift your mood, reduce stress, strengthen your immune system, increase energy levels, improve your quality of life, and help you better manage hardship.

**Requirement/Prerequisites:** None