



## Vidya Vikas School – 2025 Summer Program 2025

### Class Descriptions – for 10:00 - 10:55 slot

#### Leap into Quantum Computing (14-18 years) (10:00-10:55AM)

This course introduces the fundamentals of quantum computing, starting with the necessary math skills and moving into how quantum computers operate. Students will learn about qubits, quantum gates, and how these elements come together to run quantum algorithms.

**Requirement/Prerequisites:** Students will need to have a good understanding of math, specifically complex and imaginary numbers. And a personal laptop device.

#### Intricacies of Personal Finance (9-17 years) (10:00-10:55 AM)

Want to learn how to manage money like a pro? In this fun and beginner-friendly class, you'll discover the basics of saving, budgeting, and making smart financial choices – all of it, while playing games, with class activities, and real-life examples. Get ready to take charge of your money and build skills that will last a lifetime!

**Requirement/Prerequisites:** None.

#### Explore Business, Marketing & Finance (9-14 years) (10:00-10:55 AM)

In this class, students will learn basics of Business Management as a field of study. The purpose is to provide youth, an exposure to the different disciplines in the field of business, spark interest in this career path. Led by students pursuing Business Management academically, this is a great opportunity to find what is beyond engineering, law or medicine.

**Requirement/Prerequisites:** Have a sharp analytical mind.

#### Learn Crochet (8-18years) (10:00-10:55AM)

This is an engaging and hands-on class designed to introduce you to the wonderful world of crochet. In this workshop, you'll learn the fundamental techniques of this timeless craft, starting with how to hold the crochet hook and yarn correctly and some basic stitches.

**Requirement/Prerequisites:** A crochet hook, yarn, and scissors.

#### Fun with Art Summer (6-10years) (10:00-10:55AM)

This is an immersive and engaging class designed to introduce students to the vibrant world of painting. In this hands-on workshop, participants will explore the fundamental techniques of working with watercolors, unlocking their creativity

**Requirement/Prerequisites:** Drawing pencils, Water-colors, markers, sketch book

### ***Hanumān Chālisa & Nāma Rāmāyaṇam (5-18years) (10:00-10:55AM)***

This is an engaging class designed to introduce students to the beautiful devotional prayer, *Hanumān Chālīsā*, composed in the praise of Shri Hanuman ji. In addition, we will learn a Sanskrit hymn, considered to be the entire story of *Bhagwān Rāma* via *Nāma Rāmāyaṇam*. Led by a classically trained instructor, this workshop offers a unique opportunity to learn this revered text in a simple, accessible melody format.

**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, mridanga, Veena, Sarod, etc.

**Requirement/Prerequisites:** None.

### ***Bharatnāṭyam* Dance (6-18 years) (10-10:55AM)**

Join us for a journey through the world of *Bharatnāṭyam*, a traditional Indian dance form. Discover its grace, beauty, and rich history. Whether you're a beginner or experienced, this class is perfect for all levels, aged 5-18.

**Requirement/Prerequisites:** Water bottle and stamina

### **Kids - Indian Fusion Dance (06-18 years) (10:00-10:55AM)**

Step into the rhythm of Bollywood magic at our youth dance summer camp! Get ready for a whirlwind of vibrant colors, energetic beats, and mesmerizing moves as you dive into the world of Bollywood dance. From classic grooves to trendy twists, unleash your inner superstar and shine on stage with confidence. Join us for a summer of joy, laughter, and unforgivable dance moments that will make your heart sing and your feet dance!

**Requirement/Prerequisites:** Water bottle and readiness for fun

### **Demystify Chess (6-12 years) (10:00-10:55AM)**

Are you enticed by the game of chess? If so, then you should join this class! We will teach many things starting from what each piece is to popular strategies for endgames.

**Requirement/Prerequisites:** Bring your chess board and pieces set

### **NLP, Law of Attraction, and Vision Board Techniques (14-18 years) (10:00-10:55AM)**

Learn the art of affirmation writing, habit building, and understanding the programming of the subconscious and conscious mind through NLP. Discover how to learn new skills effortlessly using techniques like the 369 and 555 manifestation methods to achieve your life goals. Explore powerful tools such as mental movie techniques, vision boards, and effective goal-setting strategies.

**Requirement/Prerequisites:** None

## Class Descriptions – for 11:00 - 11:55 slot

<b>Python Programming Basics (12-18 years) (11-11:55AM)</b>
<p>In this class, we will be going over the basics of Python. We will be covering various topics such as variables, loops, functions, libraries and much more !!! By the end of this course students will be able to write their own programs and create simple text based games. This class is perfect for beginners and also great for those with some experience wanting to learn a new language or enhancing their Python skills.</p> <p><b>Requirement/Prerequisites:</b> Windows: Windows 10 or higher, Mac: macOS X 10.11 or higher, Linux: Ubuntu 16.04 to 17.10.</p>
<b>Art of writing &amp; Speech (5-10 years); 11:00-11:55AM)</b>
<p>A class introducing and extensively helping with teaching argumentative writing skills and overcoming a fear of public speaking,</p> <p><b>Prerequisites:</b> None.</p>
<b>Youth leadership Program – Public Speaking(1-18 years) (11:00-11:55AM)</b>
<p>The workshop is designed to help youth improve their public speaking and leadership skills and involves active participation. Upon successful completion of the program, participants can be expected to be more effective in communication and leadership activities.</p> <p><b>Requirement/Prerequisites:</b> None</p>
<b>Chemistry of Happiness (18 &amp; Up) (11:00-11:55AM)</b>
<p>Let's explore happiness with neuro-chemicals, which are also called happiness chemicals namely dopamine, serotonin, endorphins, and oxytocin using the framework of SEA: Service, Entertainment, and Achievement. The class will be conducted in the form of interactive workshop to find individuals "path" to be happy and optimum balance of SEA.</p> <p><b>Requirement/Prerequisites:</b> None</p>
<b>Ping Pong Pro: Table Tennis 101 (8-18 years) (11:00-11:55AM)</b>
<p>The students will learn the basics of Table tennis and learn how to play the game and have fun</p> <p><b>Requirement/Prerequisites:</b> Students need to bring their paddles and ball.</p>
<b>Demystify Chess(6-12 years) (11:00-11:55AM)</b>
<p>Are you enticed by the game of chess? If so, then you should join this class! We will teach many things starting from what each piece is to popular strategies for endgames.</p> <p><b>Requirement/Prerequisites:</b> Bring your chess board and pawns</p>
<b>Havan/Homam, Learn to Perform (18 &amp; Up) (11:00-11:55AM)</b>
<p>We will teach chan@ng mantras and steps to do actual Havan in Yaganshala. Target is to teach an individual to perform Havan independently.</p> <p><b>Requirement/Prerequisites:</b> None</p>

<b>Yoga: Beginner to Intermediate(18 &amp; Up) (11:00-11:55AM)</b>
<p>Yoga sessions for beginners to intermediate level. In this class the participants will learn and practice: Yogasanas, Pranayamas, Surya Namaskar Yoga, Yoga Nidra, Patanjali yoga sutra based techniques</p> <p><b>Requirement/Prerequisites:</b> Comfortable or yoga-appropriate attire.</p>
<b>Unlock Your Brain's Potential: Brain Gym Essentials(8-13 years) (11:00-11:55AM)</b>
<p>Explore the functions and anatomy of the brain, understanding the difference between the logical and analytical brain. Learn exercises to activate hidden brain potential, including hand and leg movements, storytelling for memory enhancement, and techniques to boost focus. Discover the Reticular Activating System (RAS), energy centers in the body, and engage in fun brain games to sharpen presence of mind.</p> <p><b>Requirement/Prerequisites:</b> None</p>
<b>Dharma of a Parent: Grihastashram (18 &amp; Up) (11:00-11:55AM)</b>
<p>This course is for our dedicated parents, who have interest in</p> <ol style="list-style-type: none"> <li>1. Understanding a deeper meaning to the 4 ashrams of life, especially the grhastāshram, as a parent and spouse</li> <li>2. Setting self-goals one should set and strive for, while in grhastāshram.</li> <li>3. Knowing the role of a person grhastāshram towards the society</li> <li>4. We will also talk about how to arm our kids with knowledge, that brings pride and protection to their descent, cultural heritage and identity”</li> </ol> <p><b>Requirement/Prerequisites:</b> Curiosity and willingness to learn</p>
<b>Hindu Dharma Foundations - kids (5 - 15) (11:00-11:55AM)</b>
<p>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</p> <p><b>Requirement/Prerequisites:</b> None</p>
<b>Soccer for Beginners (06-12 years) (11:00-11:55AM)</b>
<p>Join our beginner soccer class, We'll learn the basics of dribbling, passing, and teamwork through fun games and activities, perfect for building skills and confidence on the field.</p> <p><b>Requirement/Prerequisites:</b> Soccer Ball, Water bottle, Cap</p>
<b>Spoken Sanskrit Introduction (15-18 years) (11:00-11:55AM)</b>
<p>This is an engaging class designed to introduce students to practical Sanskrit for everyday use. The class uses a practical approach, avoiding complex grammar and focusing on useful phrases and sentences for building basic conversations</p> <p><b>Requirement/Prerequisites:</b> None</p>
<b>Ladies - Indian Fusion Dance (18 &amp; Up) (11:00-11:55AM)</b>
<p>Ladies/Moms please join our VV ladies summer dance class to enjoy and learn some good Bollywood dance numbers that will lighten up your smile and boost your energy.</p> <p><b>Requirement/Prerequisites:</b> Water bottle</p>

## Class Descriptions – for 12:00 - 12:55 pm slot

<b>Keyboard Basics Introduction (7-18 years) (12:00-12:55 PM)</b>
<p>In this class, students will learn keyboard basics through music theory and learning to read and play music notes.</p> <p><b>Requirement/Prerequisites:</b> Students must have a Music keyboard</p>
<b>Unlock Freshman Algebra (10-16 years) (12:00-12:55 PM)</b>
<p>A class that will go over all of the fundamentals of Algebra I from graphing to solving different types of equations.</p> <p><b>Requirement/Prerequisites:</b> Notebook &amp; pencils</p>
<b>Matlab – Coding for future Engineers (13-18 years) (12:00-12:55 PM)</b>
<p>Want to learn how engineers use coding in the workforce? This class will focus on the basics of MatLab coding and see why it has become an industry standard.</p> <p><b>Requirement/Prerequisites:</b> Windows Laptop</p>
<b>Explore Biology (10-14 years) (12:00-12:55 PM)</b>
<p>Explore the various wonders of life through biology! Topics include but are not limited to basic cell structures, evolution, ecology, heredity, and gene expression. Students will learn how these concepts work together in a series of fun and interactive lessons.</p> <p><b>Prerequisites:</b> None</p>
<b>Fold &amp; Create: Origami Fun Workshop (8-13 years) (12:00-12:55 PM)</b>
<p>This is an engaging and interactive class that introduces participants to the captivating world of origami. In this hands-on workshop, you'll learn the art of paper folding to create beautiful and intricate designs. From simple beginner projects like paper cups and hopping frogs to more advanced creations such as modular origami and elegant lanterns, this class caters to all skill levels.</p> <p><b>Requirement/Prerequisites:</b> Scissors and Origami Paper</p>
<b>Python Programming Basics (12-18 years) (12:00-12:55 PM)</b>
<p>In this class, we will be going over the basics of Python. We will be covering various topics such as variables, loops, functions, libraries and much more !!! By the end of this course students will be able to write their own programs and create simple text based games. This class is perfect for beginners and also great for those with some experience wanting to learn a new language or enhancing their Python skills.</p> <p><b>Requirement/Prerequisites:</b> Windows: Windows 10 or higher, Mac: macOS X 10.11 or higher, Linux: Ubuntu 16.04 to 17.10.</p>

**Art of Speech and Debate Class (11-16 years) (12:00-12:55 PM)**

A class introducing and extensively helping with argumentative writing skills, and engaging in interactive debates through current events and overcoming a fear of public speaking

**Requirements/Pre-requisites:** None

**Mastering Algebra: Introduction to Algebra 2(11-16 years) (12:00-12:55 PM)**

Inverse Functions, Absolute Value, and Odd and Even Functions, Polynomial and Rational Functions, Exponential and Logarithmic Functions, Systems of Equations, Matrices, Quadratic and Higher Degree Polynomial Functions, Complex Numbers & Radical Functions

**Requirements:** Should have completed Algebra-1 (Basics)

**Chemistry of Happiness (11-18 years) (12:00-12:55 PM)**

Let's explore happiness with neuro-chemicals, which are also called happiness chemicals namely dopamine, serotonin, endorphins, and oxytocin using the framework of SEA: Service, Entertainment, and Achievement. The class will be conducted in the form of interactive workshop to find individuals methods to identify and avoid dopamine trap presented through various distractions including but not limited to social media, online gaming, and lack of human interaction.

**Prerequisites:** None

**Bhagavad Gita For Modern Man (18 & Up) (12:00-12:55 PM)**

Explore Bhagvad Gītā this summer with us. See how this greatest gift given to humanity by God himself, unfolds Dharmik truth with unwavering support from modern science. Find practices prescribed in Geeta and be ready for inner journey in life!

**Prerequisites:** None

**Meditation for an Ageless Mind (18 & Up) (12:00-12:55 PM)**

In this class we will learn Patanjali yoga sutra based Meditation techniques. We will practice Meditation as well.

**Prerequisites:** None

**Indian Classical singing for beginners (8-18 years) (12:00-12:55 PM)**

In this class, students will learn about the basics of Hindustani classical vocals and start a journey, that will not only open up their vocal chords, but there confidence with singing and expressing. We will learn a few devotional tracks (bhajans) too.

**Requirement/Prerequisites:** None