



INTERNATIONAL SUMMER PROGRAMME

8th July - 3rd August 2024

Indian Culture and Wellness

- Understanding of holistic wellness and health
 - Yoga & Meditation
 - Stress management through pranayama
 - Mindfulness meditation
 - Unity in Diversity- Arts, Theatre & Music
 - A combination of music, dance and theatre
 - Introduction to the Natyashashtra
 - Bollywood & Folklore
 - Practicing Indian music to gain better breath control, enunciation and clarity in speech
 - Street Theatre
- Expect a practical exposure along with theoretical knowledge

Coordinator: Dr Anuradha Sathiyaseelan & Dr Prabin V

Department: Psychology and Performing Arts



Indian Literatures

- Read, interpret and analyze Indian literature with attention to content, historical and cultural context.
- Makes an effort to define “what is Indian”
- Introduction to short stories, poems, novels and plays
- Interaction with the contemporary writers and thinkers living in Bangalore

Coordinator: Dr Daniel Gnanaraj

Department: English

Social Outreach and Volunteerism

- Environmental advocasies & Sustainable Initiatives
- Development of volunteering activities
- Urban and Rural Camp Visits
- Awareness Campaigns
- Sensitization of Social issues
- Woman Empowerment
- Community Education and Health
- NGO Interactions

Coordinator: Dr Victor Paul and Dr Valarmathi S

Department: Sociology and Social Work with Center for Social Action

Fees:

Course Fees: USD 1450

It includes:

- Course fee
- Airport pickup and drop off
- All Meals on campus
- Twin sharing accommodation
- One Local Sightseeing
- One overnight camp
- Mysore - Day excursion
- Valedictory Ceremony
- 04 Course Credits with assesments
- and much more

Monday to Friday

Lectures: 4 Lectures a day

Saturday: Field Trips and activities

Application deadline: 5 June 2024

Application Acceptance: 10 June 2024

Payments to be done by : 20 June 2024

On acceptance bank details will be furnished



[Click the link to Register](https://forms.gle/MsJipkano8bY6qdq6)

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CHRIST (Deemed to be University)

For queries and more information contact

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