



SANSKRITI SUMMER CAMP

SOUTH BENGALURU

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For Children aged 6 -14

26th, 27th & 28th of May, 2023

Daily timings: 9 am - 5 pm

Fees: Rs.2,950/-

Day 1: 26th May 2023

Inauguration by Chief Guest
Culture Workshop
Yogic Workout – Kriyas
Simple Pranayama
Reflective Self-assessment
Gratitude Game
Healthy Eating for Healthy Kids
Mindful Eating - LUNCH
Constructing a Dinachari - Daily Routine
Group Chanting / Sankirtan
Culture Quiz
Imaginarium - A Game to Stimulate Imagination in Kids
Drawing from Imagination
Summarizing the lessons learned Day 1

Day 2: 27th May 2023

Yogic Kriyas - Kickstart
Mastering the 5 Yamas or Social Ethics
Yoga Nidra - Deep Relaxation
Indian Culture & History - Why do we do what we do
Learning the Language of Dance
Mindful Eating - LUNCH
Group Chanting / Sankirtan
The Patience Game
Learning the Vocabulary of Indian Culture
Creative Visualization
The Breathing Game
360 Degree Feedback Homework Assignment
Summarizing Lessons Learned Day 1 & Day 2

Day 3: 28th May 2023

Yogic Kriyas - Kickstart
Celebrating Bharatiya Heroes
Mastering the 5 Niyamas - Personal Practices
Self-assessment - Further Know Yourself
Mindful Eating - LUNCH
Constructing Your Dinachari - Part 2
Breathwatching Game
Group Chanting / Sankirtan
Theater / Skit
Becoming a cultural ambassador
Closing Ceremony

CLICK TO
REGISTER
NOW



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