

# INTERNATIONAL SUMMER SCHOOL

## Indian Culture and Wellness

- Understanding of holistic wellness and health
- Yoga & Meditation
- Stress management through pranayama
- Mindful meditation
- Unity in Diversity- Arts, Theatre & Music
- A combination of music, dance and theatre
- Introduction to the Natyashastra
- 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

## Social Outreach and Volunteerism

- Environmental advocacy & 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

## 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

**Dates: 29th June to 25th July 2026**



**>>> CLICK TO REGISTER <<<**

**Course Fees USD 1480**

Monday to Friday  
4-5 Lectures a day

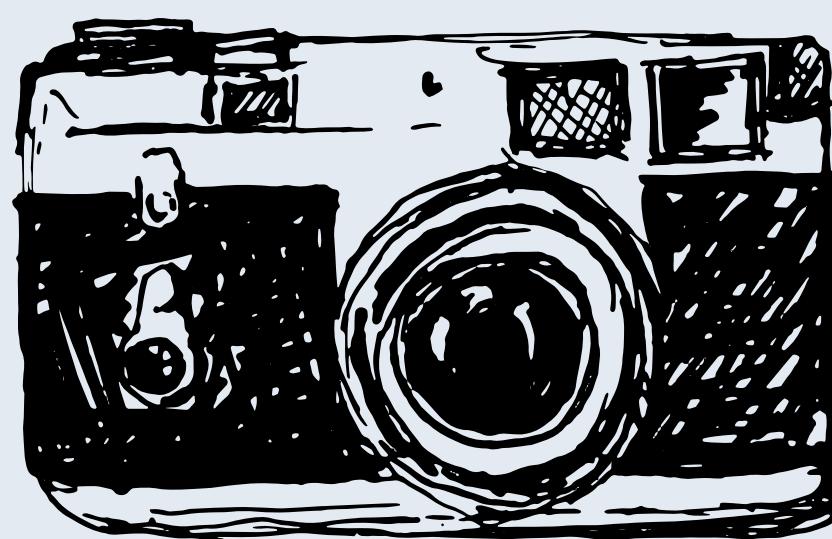
Weekend Field Trips and Activities  
Application Deadline: 1<sup>st</sup> April 2026  
Application Acceptance: 30<sup>th</sup> April 2026

### IT INCLUDES

Airport pickup and drop off  
All Meals on campus  
Single stay accommodation  
One Local Sightseeing  
One overnight camp  
Course fee  
Mysore - Day excursion  
Valedictory Ceremony  
04 Course Credits with assessments

...and much more

### SNEAK PEAK



CHRIST (Deemed to be University) was born out of the educational vision of St. Kuriakose Elias Chavara, an educationalist and social reformer of the nineteenth century in South India.

The multi-disciplinary university, which focuses on teaching research and service, offers Bachelor, Master, and Doctoral programmes in humanities, social sciences, science, commerce, management, engineering, education, and law to over 35000 students. The University offers its programmes at four campuses in Bangalore, Karnataka; Pune, Lavasa, Maharashtra; and Delhi, NCR.

The campus is a living example of harmonious multiculturalism, with students from all the states and union territories and around 60 different countries. A promoter of sports, music, and literary activities, it is a nurturing ground for creative excellence.

For queries and more information contact  
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