

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 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

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

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: 1st April 2026

Application Acceptance: 30th April 2026

IT INCLUDES

Airport pickup and drop off

All Meals on campus

Single stay accommodation

One Local Sightseeing

One overnight camp

Course fee

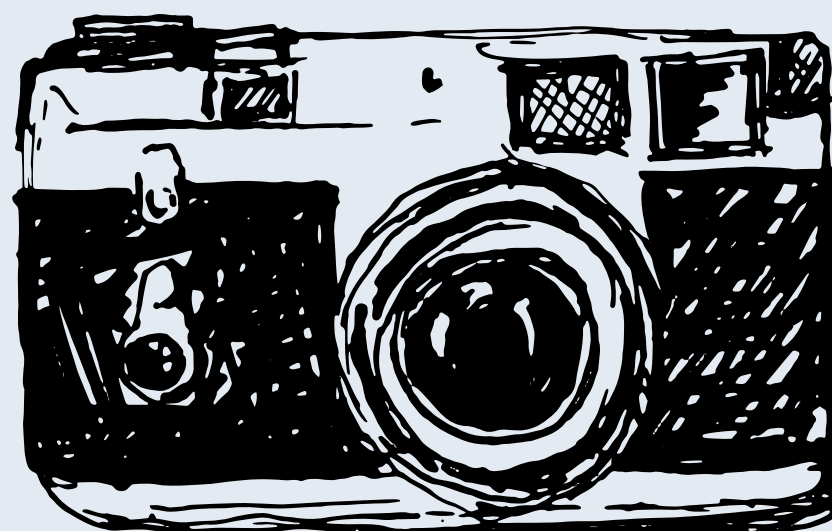
Mysore - Day excursion

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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