



**BAL SABHA, YOUTH ACTIVITIES COMMITTEE PRESENTS  
2017 HTCC SUMMER WORKSHOPS**

**WORKSHOP #1. VEDIC CHANTING WORKSHOP**

**Vedic Verses from Hinduism Scriptures! – July 9<sup>th</sup>, Sunday at 3pm @ Shanthi Mandir**

**Instructors: Abilash**

During this workshop, children will learn Ganapathi Prarthana, and Shanti Mantras. This activity works best for children 5 and older. Adults are encouraged to attend as well.

**Agenda for the 2-hour workshop:**

- Learn chanting with proper pronunciation, intonations, meanings
- Review take-home pdf files for practice

*There will be opportunities to chant mantras in unison at future Mandir Pujas in Fall (like Janmashtami and Ganesh Chaturthi) and other cultural events in the community!*

**WORKSHOP #2. YOGA WORKSHOP**

**Learn popular Yoga Asanas (poses)! – July 15<sup>th</sup>, Saturday at 9:30am @ Shanthi Mandir**

**Instructors: Vimal Vyas**

During this workshop, children will learn about science/philosophy of yoga, popular yoga asanas and sequences for beginners such as Suryanamaskar, Pranayama, Bhadrasana, and relevant Bhagavad Gita commentary. This activity works best for children 5 and older. Adults are encouraged to attend as well.

**Agenda for the 3-hour workshop:**

- Learn yoga asanas with explanations of significance and benefits
- Review take-home pdf files for practice

*There will be guidance provided to followup and build up on the workshop material practice via the popular YouTube channel of Guru Vimal Vyas! (Reference: [www.vimalyoga.com](http://www.vimalyoga.com))*

**WORKSHOP #3. TECH WORKSHOP ON VIRTUAL REALITY (featuring Baahubali 3!)**

**See how virtual reality compares with our daily physical reality! – August 6<sup>th</sup> at 3pm @ Shanthi Mandir**

**Instructors: Prasad Calyam and Sai Shreya Nuguri**

During this workshop, children will get hands-on demonstrations of HTC Vive Technology and learn how the latest virtual reality technology is shaping new industries in gaming, healthcare, education and commerce. They will also participate in a creative ‘Baahubali Virtual Reality’ story telling exercise. This activity works best for children 5 and older. Adults can attend as well.

**Agenda for the 2-hour workshop:**

- Learn the secrets behind how to build ‘virtual worlds’ and teleport between worlds
- Participate in a group activity on the “Baahubali 3 Challenge”, where you will be provided with a half plot of a potential Baahubali 3 virtual reality story, and you will imagine and script the second half including a thrilling conclusion...

*Winning entries of Baahubali 3 will be posted on the Bal Sabha website blog and will get prizes!!*

**WORKSHOP #4. NUTRITION AND MINDFULNESS WORKSHOP**

**Know how to eat healthy and enjoy food! – August 27<sup>th</sup> at 3pm @ Shanthi Mandir**

**Instructor: Uma Srinath and Anand Chockalingam**

During this workshop, children will learn the benefits in being more ‘conscious’ about their food, and extend their mindfulness towards their surroundings, and even their daily thinking. This activity works best for children 5 and older; Adults are encouraged to attend as well.

**Agenda for the 2-hour workshop:**

- Experience and reflect on good practices for a mindful healthy living and self reflection

*Guidance will be provided to followup and build up on the workshop advice practice!!*

