

# Sanskriti School

## Enrichment Classes begin on April 12!

Parents,

Starting on April 12<sup>th</sup> for the first time we at Sanskriti School are thrilled to be offering **enrichment** classes on Sundays between 11am and noon during the Culture hour. These classes are designed to offer our children an intensive, hands-on exposure to various sports, literary, dance, art & craft forms with the intent of giving them a flavor and appreciation of our rich Indian culture. **Children currently enrolled in Culture classes are required to take enrichment classes. Any child in culture who does not register online for enrichment will be assigned to sports or dance by default.** Children can sign up for one (6 week) or two (3 week) sessions. The last day of school (June 7<sup>th</sup>) will include a showcase by the children for all parents of what they have learned in enrichment. Some items will even be displayed or showcased at the Indian Mela on June 14<sup>th</sup> in Livingston. The following are the 7 classes that will be offered this year:

### 1. Traditional Indian Art Forms:

- **Madhubani & Warli (April 12, April 19, May 3)**

Madhubani paintings, originating in Bihar, are vibrant with a distinct style that captures the viewer's attention with their geometrical patterns and bright colors. Generally there is no space in the painting/canvas left uncovered and each painting has a distinct border. Warli is a vivid expression of daily and social events of the Warli tribe of Maharashtra, used by them to embellish the walls of village houses. In this class, children will have the opportunity to learn about these distinct art forms and will work on 1-2 projects to explore these techniques.

**Instructor:** Deepa Pisupati (Madhubani & Warli).

**Age group:** 7 - 13 years

- **Rangoli, Mehendi & Tie-Dye (May 10, May 17, May 31)**

In this enrichment class, students will have fun as they learn all about Henna/Mehndi designs, Rangoli, and Tie-Dye. In this hands-on class, they will get ample opportunity to express their creativity making traditional and modern mehndi designs (also known as Indian tattoo), rangoli patterns/cards, as well as a tie-dye tshirt. In addition, students will understand the significance of mehndi, rangoli, and tie-dye in Indian culture and the reason why and how we make these arts and craft.

**Instructors:** Punam Bhargav (Tie-Dye) & Pooja Jain (Mehendi & Rangoli).

**Age group:** 5 - 13 years

**Note:** Children can pick either the first or second 3 week session or both. If they pick only one 3 week session they can select another 3 week session from a different class. Please note that the first 3 week session (Madhubani and Warli) is not open to 5 and 6 year olds. They can however, sign up for the latter session.

## 2. Indian Classical Music Appreciation

Indian classical music is one of the oldest forms of classical music in existence today. It is said to have originated around 1700 BC, during the Vedic period. It has evolved significantly over all these years, and is now appreciated and nurtured by millions of people all over the world.

In this enrichment class, students will learn to appreciate the two major forms of Indian classical music - the Hindustani and Carnatic styles. They will learn the essential elements and concepts that make up these forms of music, and will be introduced to various musical instruments. They will learn to appreciate Indian classical music with the help of guided demonstration of selected musical pieces from both genres. Time permitting; the students may also have an opportunity to learn one small classical music piece in class.

**Instructors:** Archana Gollamudi & Venkatesh Mysore

**# Of Students:** 10-12 (max).

**Age group:** 7 - 13 years

**Note:** Children have to sign up for the entire 6 week music session.

## 3. Desi Sports

Volunteers will lead teams of kids (teams will be made based on age and ability) in playing one or two of the following classic Indian games during each class: Kho-Kho, Kabbaddi, Carom, Badminton, Lagori, Dodge-ball, musical chairs. There may be repeated throughout the enrichment period, depending on the participants' interests. Cricket may be offered depending on the availability of a field and weather. Parent's suggestions are welcome and we are open to introducing additional games. This is also a call for volunteers out there who want to have a little fun while seeing the wide smiles of our children having FUN. Please contact [neeta.juvekar@sanskritiofnj.org](mailto:neeta.juvekar@sanskritiofnj.org) with questions, suggestions or to volunteer.

**Instructors:** Sanskriti Sports Team (Coordinated by Neeta Juvekar)

**Age group:** 5 - 13 years

**Note:** Children can pick either the first or second 3 week session or both. If they pick only one 3 week session they can select another 3 week session from a different class.

## 4. Bollywood Dance

Bollywood Dance and song sequences have been an integral component of movies across India. It is common to see western and classical dance numbers side by

side in the same film. Typically, the hero or heroine performs with a troupe of supporting dancers. Many song and dance routines in Indian films feature dramatic shifts of location and changes of costume between verses of a song.

In this enrichment course, Bollywood dance, children will learn a dance routine with an emphasis on having fun. The dance will be set to a Bollywood song which they will perform at the India fest on June 14<sup>th</sup>. Please email [nimita.shah@sanskritiofnj.org](mailto:nimita.shah@sanskritiofnj.org) if you would like to assist.

**Instructor:** Nimita Shah & Tina Bhatt

**Age group:** 5 - 13 years

**Note:** Children have to sign up for the entire 6 week dance session.

## 5. Indian Cooking

In this class students will have the opportunity to cook delicious, healthy, and quick vegetarian Indian dishes. Research shows that children are more likely to eat healthy meals if they are involved in preparing them. This class will be a fun way for students to get their hands "dirty" while cooking and then enjoy the yummy dishes they prepare. Students will also learn the basics of various spices used in Indian cooking as well as the regional difference between Indian cuisines.

Please note: Students will engage in some chopping in this class. Most of the cooking will be done using electric stove/skillet.

**Instructor:** Irma Maini, Sonali Pundalik & Shilpa Gude

**Age:** 7-13 years

**Note:** Children can pick either the first or second 3 week session or both. If they pick only one 3 week session they can select another 3 week session from a different class. Each class will focus on a different recipe so for children choosing 6 weeks of cooking there won't be repetition.

## 6. Indian Cinema Workshop for Kids

This will be a fun interactive introduction to Indian cinema and the art of storytelling. This workshop will offer a view on current and classic films and help kids gain an appreciation for the collaborative (directing, screenwriting, editing and acting) nature of films, creative thinking and the art of visual communication. Kids will also have an opportunity to try and make a mini film - on a topic or idea that is pertinent to them or their community- using their smartphones and sharing it with all.

**Instructors:** Sanjay Nambiar and Arun Verma

**# Of Students:** 12 to 14 (max).

**Age Group:** 9+

**Note:** Children have to sign up for the entire 6 week cinema session.

## 7. Panchatantra

The *Panchatantra* or 'Five Principles or Techniques' is an ancient Indian collection of the earliest folk tales from the world of literature. The Panchatantra discusses varied topics like philosophy, psychology, politics, music, astronomy, human relationship, etc., in a simple yet elegant style. It attempts to illustrate how to understand others, how to choose reliable and trustworthy friends, how to overcome difficulties and problems through tact and wisdom. This class is best suited for young minds and hence we at Sanskriti are offering an enrichment module where kids aged 5 to 7 years will be engaging in Panchatantra role plays. There will be one story selected for the role-play for each 3 week session.

**Instructors:** Chitra Maridi, Mini Nair.

**Age:** 5-7 years

**Note:** Children can pick either the first or second 3 week session or both. If they pick only one 3 week session they can select another 3 week session from a different class.

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### Where to sign up?

Please make your selections soon since classes will be filled on a first come first served basis.

### What does this cost?

**FREE** for Sanskriti School Culture children.

**Early Bird Discount until March 31<sup>st</sup>:**

**\$75** for Sanskriti of NJ members who are NOT currently enrolled in culture.

**\$100** for nonmembers who are NOT currently enrolled in culture.

**10%** sibling discount.

**April 1<sup>st</sup> to April 11<sup>th</sup>:**

**\$100** for Sanskriti of NJ members who are NOT currently enrolled in culture.

**\$125** for nonmembers who are NOT currently enrolled in culture.

**10%** sibling discount.

### Need more information?

If any of this is confusing and you need more information as you make your choices or are doing your online registration – please feel free to contact us.

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