



ANCIENT SCIENCE

eISSN: 2373-7964

JOURNAL HOME PAGE AT WWW.VRIPRESS.COM

OPINION LETTER

DOI: <http://dx.doi.org/10.14259/as.v6i1.224>

Value-Added Education for Youth During the Summer

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Article Info: Received: April 8th, 2018; Accepted: June 5th, 2018

ABSTRACT

There are various educational opportunities available to students during the summer, these can either be online and in person. This letter details the two courses taken, one of them was online and the other was in person.

Key words: Summer, Value-Added, Educational Opportunities, Vetha., Sage Theraiyar, Neerkuri, Neikkuri, Urine examination.

I spent the summer of 2017 doing two main things, the Youth Career Accelerator(YCA) Course [1] from the Vetha Center for Transdisciplinary Studies and obtaining a Natural Holistic Remedies(NHR) certification. From the YCA course, I learned many day-to-day useful practices. There were some practical applications that I do practice at home till today. I learned how to make a natural Ayurvedic tooth powder with using just three ingredients, there are immense benefits to using the tooth powder, which include, preserving oral hygiene, increase digestive power, reduce plaque, prevent cavities, and freshen breath [2]. In the Natural Holistic Remedies Certification, a wealth of knowledge was gathered. Holistic Medicine focuses on healing through the body, mind, and spirit [3]. Holistic Medicine has 10 main principles: Optimal Health, Healing Power of Love, Whole Person, Prevention and Treatment, Integration of the Healing Systems, Relationship Centered Care, Individuality, Teaching by Example, and Learning Opportunities. In order to learn

more about Holistic Medicine I chose two different certification courses and I received a certification in both: Natural Holistic Remedies (NHR) and the Vetha Center Youth Career Accelerator. Through the NHR course I learned that there are 11 different types of Holistic Treatments: Acupressure, Acupuncture, Aromatherapy, Hydrotherapy, Hypnosis, Yoga and Meditation, Guided Imagery and Visualization, Medical Qigong, Reflexology, Reiki, and Tai Chi. The Youth Career Accelerator course gave me the knowledge of practically applying these treatments. In the workbook for the NHR certification course, I outlined the plans to make a garden. After, looking at the space in my backyard, I decided to make two garden raised beds, one for vegetables and another for herbs. In order to build a garden raised bed, I went to my local hardware store and collected the supplies needed. Four pieces of 6 foot wood and 4 pieces of 4 foot wood were used to build a 6 ft x 4 ft garden, placing concrete blocks at each corner of the garden. The biggest challenge of making this garden was the physical construction of the garden, because it kept slanting. Through some



Figure 1: Vegetable and Herb Garden

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strategizing, I realized metal rods in the middle of the concrete block would help, so I headed back to the hardware store and got two metal rods and compost soil for the garden. After, filling up the garden with soil, I selected the herbs for the first garden: Cucumber, Chili, Thyme, Sweet Basil, Oregano, Mint, Chamomile, Cilantro, Pennywort, and Sage. The vegetables for the second garden chosen were: Romaine Lettuce, Squash, Cucumbers, Cherry Tomatoes, and Spring Onions [4].

After completing my final product, I feel like I have come out of this experience with a clearer vision, I learned that it is important to treat our body right and I learned from my personal project a wealth of knowledge that has better prepared me for the future. This project has taught me that the process of progression to the final product and the knowledge gained during progression is just as important as the end result, this was the most important takeaway. There are many existing value-added programs for the youth to do during the summer time, either in person or online. I believe both the courses I took were worthwhile and the youth should spend time looking into these options during the summer.

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Acknowledgements

The author would like to thank Dr. Shanmugamurthy Lakshmanan for his valuable input and literature help.

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Authors Column



Rhitishah Yuvaraju is a researcher aimed at using computing combined with mindfulness techniques to better treat and understand mental illnesses.