

English Theatre Group  
Department of English and Modern European Languages,  
University of Lucknow  
in Association with  
Happy Thinking Laboratory and Counselling Guidance Cell  
Invites you to  
**WORKSHOP ON**  
*Introduction to Theatre*  
**11 SEP - 18 SEP 2023**

**SOUND HEALING  
&  
MEDITATION**  
**DAY 2: 12TH SEPTEMBER**  
3PM - 4.30PM

**ABHIJEET SINGH**  
Certified Trainer  
and  
Sound Healer from IASH

Happy Thinking Laboratory,  
ONGC Building,  
University of Lucknow

Convenor  
**Prof Matrayi Priyadarshini**  
And English Theatre Group Team

The "*Introduction to Theatre*" workshop, organized by **Happy Thinking Laboratory** in collaboration with **The English Theatre Group, Department of English and Modern European Languages, University of Lucknow**, continued its journey into the world of theatre arts today with a captivating session on Sound Healing and Meditation. Participants were treated to an insightful and enlightening experience, guided by the expertise of **Mr. Abhijeet Singh**, a renowned expert in the field.

Day Two of the workshop develop deep into the art of using sound and meditation techniques to enhance theatrical performances and personal well-being. Mr. Abhijeet Singh, who has a wealth of experience in theatre and sound therapy, brought a unique perspective to the workshop, enriching the participants' understanding of the role of sound in theatre and its connection to mindfulness.

During the session, Mr. Singh introduced participants to the fundamentals of sound healing, emphasizing how sound can evoke emotions, set the mood, and create a powerful connection between performers and the audience. Through hands-on exercises and interactive activities, participants learned to use their voices and other sound elements to convey emotions, create atmospheres, and add depth to their theatrical performances.

In addition to its role in theatre, Mr. Singh also highlighted the significance of sound in promoting mindfulness and personal well-being. Participants were guided through meditation exercises that incorporated sound and vibrations, providing them with a unique and immersive experience of relaxation and self-discovery. Prof. M Priyadarshini, Director, HTL and Head, Department of English and MEL facilitated Mr. Abhijeet. She remarked "We are happy to have Mr. Abhijeet Singh join us as our expert for this session. His knowledge and passion for sound healing and theatre have added a new dimension to our workshop. The participants are gaining valuable insights that will undoubtedly enrich their theatrical journey." The "Introduction to Theatre" workshop has received an overwhelmingly positive response from participants, with many expressing their eagerness to apply what they've learned in their future theatre endeavors. As the workshop continues, participants can look forward to exploring various aspects of theatre arts, from acting techniques to stagecraft, under the guidance of experienced professionals. Dr. Vineet Maxwell David, Convener, The English Theatre Group expressed his heartfelt gratitude to Happy Thinking Laboratory, Mr. Abhijeet Singh (expert) and all the participants. He informed that the "Introduction to Theatre" workshop will resume tomorrow with another exciting session, promising to be equally enlightening and inspiring.







12/9/23 (Experience of Sound Healing)

Azeeb Zehra	8604625159	A very relaxing and different experience.
Nikita Katiyar	8393095897	It's a very unique and calming session. I felt very nice and my energy is evoking right now.
Swati Vaidhya	9759630932	Very fruitful session.
Tyoti Sharma	8127119259	It was an interesting session, and I felt relaxed.
Ria Anuj	8299346986	The session was absolutely tranquilizing, comforting & enriching.

Date	Name, E.mail & Address / Dept.	Tel. No.	Comments
<del>12/9/23</del>	Sajini Samurdhika Palansooriya pmspalansooriya2@gmail.com JMC.	7752829753	Very good and we feel it very well.
	Vithanage Maleesha Dilhani maleeshavithanage098@gmail.com	812778237	Excellent program. After the session I felt so much relaxess in my mind & body.
	Adeeba Siddiq, idrisiadeeba@gmail.com, Telibagh	620778243	soothing and a new experience
	Malki Perera, makhandunge@gmail.com, JMC	7268809223	Very good experience.
	Suyashi Tripathi suyashitripathi1@gmail.com	7524818011	Calming & Soothing Experience + Healing
	Sajata Singh ss4335057@gmail.com	8300132017	it was first time experience, Fabulous!