

## From Inner Worlds to Stage: A Phenomenological Exploration



**Sarika Panwar**

[www.sarikapanwar.in](http://www.sarikapanwar.in)

### ABOUT

Sarika Panwar is an Experiential Design Consultant and Branding Specialist in the wellness sector, dedicated to facilitating therapeutic change for individuals and groups. As a catalyst for self-awareness and healing, she weaves together elements of Psychodrama, Pranic Healing, and Visual and Movement Arts, emphasizing an individual's sense of safety, willingness, consent, and pace throughout the healing journey. With a Master's in Design from NID and a B.Tech in Chemical Engineering, Sarika offers a unique perspective in her work, guiding others toward healing and personal growth through immersive workshops and sessions.

### OVERVIEW

We design performance art experiences that emerge from deeply exploring the relationship between listening and caring. Through guided expressive exercises, introspection, and collaborative discussions, participants will immerse themselves in externalising inner conversations about care by asking questions like: What is my universe like? How do I care for it? How do I care for the world? How do we care for each other? These reflections will shape the creative process, culminating in a public performance embodying a meaningful exchange with both the individual and the collective.

### METHODOLOGY

The workshop will begin with guided introspection to explore participants' inner dialogues on care and empathy. This will include journaling, reading, watching films, meditations, and group discussions. Expressive arts such as drama, storytelling, movement, etc. will be used to externalize these reflections. They will be introduced to crafting experiences with impactful environments & evocative objects to create lasting experiences. Participants will learn about performance, intention setting, and creating impactful environments. They will design performance art pieces that explore listening and caring, culminating in a public performance to inspire empathy in the audience.

### KEYWORDS

Empathy, Embodiment, Performance Art, Collective reflection

### LOCATION

Gandhinagar

### MAXIMUM PARTICIPANTS

15