



redefining life skills

Happydings



whoweare

Happynings is a **creative pursuit** by **Rupesh Tillu & Gauri Bakshi**- two **dreamebaaz** who have based the core of their dream project on **happiness through creativity**.

To come, to play, to conquer- they place utmost importance in playfulness as the path to achieving joy in living.

Their aim is to **facilitate healthy & agile minds & bodies through play**.



thefounders



GAURI BAKSHI is a passionate **dreamer & doer** who has made waves working with children in the **education sector**. From conducting workshops for **TeachforIndia** to working with **schools across the country**, her experience spans over **8 years**. Her specialty lies in creating **Art based curriculum to engage with children**. Her work has taken her to platforms such as **TEDx** as a speaker and earned her a **consequential award as Entrepreneur** in Innovative Education by Times.



RUPESH TILLU is an **arteprenuer**- an **actor, director, filmmaker & writer**. An MFA in **Physical Comedy** from The **National School of Dramatic Arts**, Sweden, Rupesh has **travelled the world directing, performing** as well as **conducting workshops** for schools and corporates.

A familiar face with his remarkable performances on screen- Boichek, Laakhon Mein Ek, Ship of Theseus, etc- he **specialises in working with children** across social strata. He has been **awarded Achiever of the Year (2018)** by Clownier Utan Granser (Clowns Without Borders, Sweden), a psycho-social aid organisation; **Best Artist at the Stockholm Fringe Festival 2012**, to name a few. He is also a proud **founder of Clowns Without Borders India**.

laughterworkshops

1. Workshop Overview

laughter is a tool

Imagine a **world full of people** who can **think but cannot feel**. Can we possibly **dismiss emotions in the workplace**? When we stop looking at people as just data points, we **make room for new studies** to invent and **accommodate the Human Factor**, essential in **decision making and growth**. It is our **ability to touch, to feel, to connect and to share** that makes us **creative, innovative and effective** in our daily life. **IQ drives profits, EQ drives sustained growth**.

the human factor

As human beings, we experience a **whole range of emotions in a day** and to **“Always Be Happy”** doesn't only sound **ridiculous**, it sounds like a lot of work! A **laughing face doesn't mean a happy face**.

Laughter is also a **coping mechanism** to **release stress**, emotional or physical. When our body experiences duress, it reacts in one of the following ways:

Laughter- It can be nervous or joyful laughter

Tears- An emotional breakdown

Violence- Anger or dispute among co-workers

In the animal kingdom, cats bond by rubbing against one another or licking each other, dogs bark in packs and so on. **Humans**, being more evolved, **share a laugh in groups**, using it not only to lower their guard or for ice breaking but also **to effectively bond** with each other. **People are incapable of laughing alone**, that's why comedy shows on TV added laughter tracks to give its viewers a community experience.

managing EQ

A **healthy heart** is imperative to a healthy mind and body. It essentially involves a **balance in emotions** which can be **achieved through stress release**. As you already know by now, **laughter is the best pill** to not only put you at ease but also the **glue that can bind your organization**.

laughing is healing

Our **brain is programmed** to look at a **mistake as imminent danger**. Harsh, punitive work environment trigger the same neurological responses as threat, sending the body into **flight or fight or freeze response**. Human error can be minimised and **transparency in work environment** built through **better stress management**.

Hence, through a complete 10 hour long program, comprising 5 Laughter based workshops, we aim to equip your organization with the tools to manage stress better, build stronger teams and healthier work culture. The workshop is based on various participative theatrical exercises, therefore we need an empty space (Min 20 feet x 20 feet) and the maximum number of participants shouldn't exceed 30.

2. Laughter Program

A. Celebrating The Human (2 hours)

This workshop is specially designed to take participants through a **series of physical exercises** that enable them to **identify stress, address it and release it** in a constructive way. Once we take **ownership of our actions**, the brain activates neural paths for a more solution oriented approach. It helps us **see transitory events** for exactly what they are instead of a looming threat.

WORKSHOP OBJECTIVES

- Identify and reduce **stress & fear**
- Find **creative solutions** by celebrating mistakes through laughter
- **Taking ownership** to transform

B. Monkey See Monkey Do (2 hours)

The **brain's frontal lobe** is the sign of a fully developed brain. It is also **responsible for evolved intelligence** in the human species- **empathy through mirroring or Mirror Neurons**.

The entire learning process is built upon this concept. It is imperative to **maintain a balanced environment** to **spark ease and productivity** over stress and negative impulses.

WORKSHOP OBJECTIVES

- Identifying and understanding **behavioural patterns**
- Equipping participants to actively **'break the chain' of negativity** through laughter
- **Enhance productivity** in a stable environment

C. Here And Now (2 hours)

The **present is a present** because it is **a gift**. It is the most meditative state of being.

Anxiety is a product of being **pulled between past experiences and future worries**.

This workshop shall take you on a **theatrical journey** to show you the importance of living in the moment by shedding the baggage we subconsciously and consciously carry.

WORKSHOP OBJECTIVES

- Shed the **load and be more present** to change
- Focus better and to **appreciate your friends, family and co-workers**
- Laughter can immediately **help you focus** in the here & now.

laughterworkshops

D. Non - Threatening Communication (2 hours)

Often, **unaddressed stress** can lead to **ineffective communication**, sometimes even a communication breakdown. **Passive aggressive** behaviour, losing control of the words we use, blame game and **foul mouthing** in a work environment, all of this can be a cause and result of **increased stress**.

During this workshop, participants will reflect upon their **communication patterns** and learn new **theatre based tools for improved exchanges**. Laughter can be a beautifully disarming tool, especially in high conflict situations.

WORKSHOP OBJECTIVES

- **Bridge the gap** between employer and employee
- **Conflict resolution**
- **Build spaces** where ideas can flow
- Overall **transformation in energy** of the workspace

E. Smallest Mask To Unmask (2 hours)

How **many masks are too many masks** and we aren't even talking COVID! We walk the world **behind masks** of an employee, a boss, a parent, a partner, but we mostly **remain a mystery to ourselves**.

What if we offered you the **tiniest mask in the world- a red nose-** to unmask the real YOU?

Let's explore the joy of your inner self through laughter, through being silly. By letting your inner fool out, you lower your guards and let people in, re-evaluate your place in your organization and society, allowing yourself to be brave and not carry the baggage of stress.

WORKSHOP OBJECTIVES

- Reconnect with their **creative energies**
- Recognise and **manage their sense of self**
- Boost **self-confidence** and create lasting memories



About The Trainer

RUPESH TILLU

- **Co-Written and Directed 6 ad films** for Pataa Navigations (Application), 2021
- **Physical Comedy Consultant** in **Vir Das's** New Show , PP's Petals , 2021
- **Physical Acting Consultant** in upcoming film **Bhoot Police**, 2021
- **Produced and written** Dhunchakkar (working title), a **feature film** scheduled to release in 2021.
- **Produced, directed and cinematography,** The Living Gods, a **documentary feature** for SvT (Swedish National TV) completed in August 2018.
- **Produced, directed and written** Eggolution, **short non verbal comedy**, completed in February 2019.
- **Produced, directed and written** The Adventures of Dr. Cagliostro, a **short horror comedy** completed in August 2019.
- **Produced** Karm, a **short thriller** completed in July 2019.
- **Co-produced Grill**, a **short fiction** completed in December 2018.
- **Played the title role** of Boichek in a **feature film** directed by national award winning director, **Santosh Sivan**.
- Played the **lead role** in #Lovestory (working title), a **feature film** scheduled to release in 2020.
- Played an **important role** in "**Chopsticks**", first **feature film produced by Netflix** in India.
- Played **one of the lead characters** Bhola in Amazon Prime's web series '**Lakhon Mein Ek- S2**' which premiered in April 2019.
- Played the **character of 'Yorick'** in a **Hollywood production 'Ophelia'**, directed by Claire McCarthy.
- Played the **parallel lead** in an **independent film 'Murder On the Road of Kathmandu'** directed by Rupalee Verma.
- Played the **character of Ajay** in the national and international award winning **feature film Ship of Theseus**, directed by **Anand Gandhi**.
- Played the **lead characters in several award winning short films**.



THEATRE WORK

- Worked with **several theatre companies** such as:
Avikal Theatre Company (India)
Urban Theatre Company (Sweden)
Teater Slava (Sweden)
Bananteatern (Sweden)
Prague Shakespeare Company (Czech Republic)
- **Directed Har Och Nu**, commissioned by Tyst Teater/Riksteatern (Swedish National Theatre), which premiered in March 2017 in Sweden, followed by a **national tour**.
- **Directed Bu Baa Bao** commissioned by Gottsunda Dans & Teater which toured nationally in Sweden. Directed **several plays in India and abroad**.
- **MADBETH** - A **physical comedy**, A solo performance
- **Hamlet Incognito** - A solo performance
- **Ragulabuggla** - A solo performance
- **Popo Clown** - A solo performance
- **Boss Boss** - An **international clown duo**
- **Expeditions with Clowns without Borders** to Moldova, Palestine, Israel, India, Jordan, Nepal, Bhutan and Egypt.
- **Flugo** - An **international clown trio**, which toured internationally, and in all **renowned theatres of Sweden**.

AWARDS WON

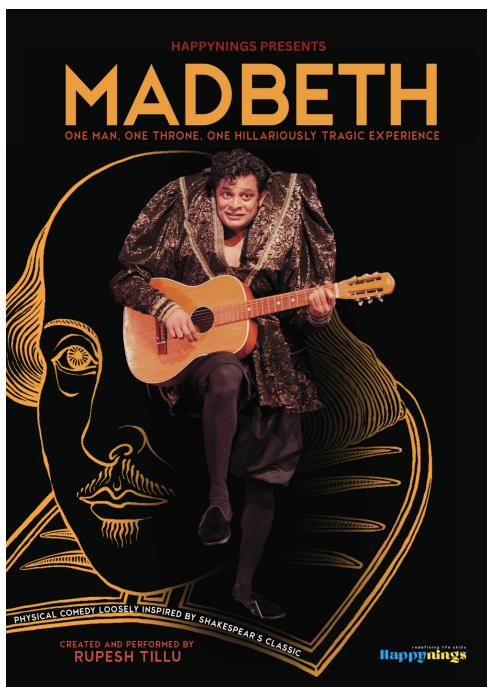
Winner, Stockholm Fringe Festival 2012 - Award for Best Artist/Act

Winner, Best of Prague Fringe Festival 2013 - A Special Jury Award

Nomination, Prague Fringe Festival - Inspiration Award

Special Pick, Amsterdam Fringe 2013 and Rome Fringe 2013

Clowns Without Borders Sweden - Achiever of the year 2018



MADBETH

A Comic Spree

One man, One throne, One crown, One hilariously tragic experience.

Have you ever imagined to laugh out loud with one of the most tragic, ferocious and madden character in the history of theatre? MADBETH promises to take you on the funniest, wittiest and chuckle-duckle twisted ride out of the box. Welcome to a roller coaster ride in the world created by Rupesh Tillu. MADBETH is a highly interactive physical comedy loosely inspired by Shakespeare's classic. A profound allegory that dissolves the space between observer and performer. The performance is a combination of slapstick, acrobatics, mime, songs and improvisations. MADBETH has been played for a wide range of audience in Europe, Israel-Palestine, USA and India.

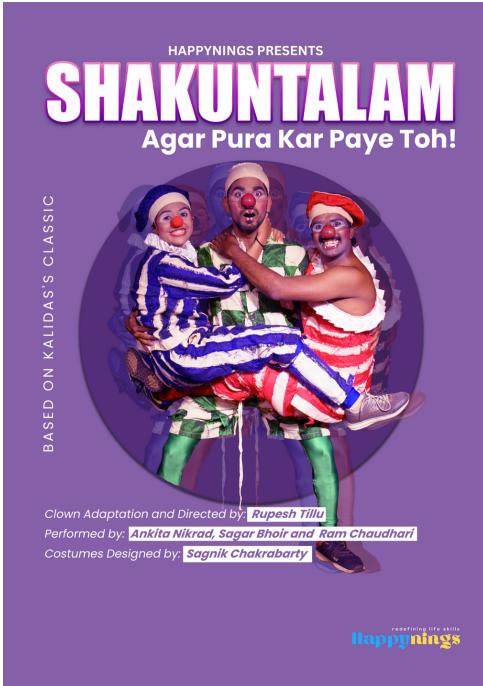
Duration: 75minutes

Language: English

Written and Performed by: Rupesh Tillu

Costumes: Sigyn Stenquist





SHAKUNTALAM

AGAR PURA KAR PAYE TOH

What if the clowns start to reinterpret Kalidas's classic? Will the clowns be able to handle the pressure of 2500 year old text? Or will they just fool around? Welcome to Shakuntalam - Agar Pura Kar Paye Toh...

Shakuntalam is an interactive physical comedy trying to merge clown and mime techniques with one of India's oldest play.

Language: Hindi and Sanskrit Gibberish

Duration 70 minutes

Inspired By : Kalida's Abhigyan Shakuntalam

Written and Directed By: Rupesh Tillu

Performed By: Shreeram Choudhari, Ankita Nikrad, Sagar Bhoir



“laughing
is
healing”

thank you.

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info@happynings.life

www.happynings.life

