

Songs for Emotional Awareness

Sound. Emotional. Health.

“Celebrating WCCL Foundation’s 25th Year (Est. 2001)” www.wccclf.org

In collaboration with Zubin Balsara, we bring you *two interactive online sessions* to explore your emotions through popular songs and simple songwriting.

Do you ever feel:

- **Confused** about what you truly want?
- **Stressed** but unable to explain why?
- **Overwhelmed** by daily pressure?
- **Misunderstood** in relationships?
- **Stuck** in repetitive thoughts?

Most of us don’t lack intelligence

We lack emotional clarity.

When we don’t understand our feelings, they build up as stress, anxiety, or relationship conflicts.

Emotional Wellbeing Matters

- Clear emotions → Clear decisions
- Emotional awareness → Better relationships
- Expression → Reduced stress
- Self-understanding → Greater focus & confidence

How Music can Help

- ♪ Music activates brain areas linked to emotion and memory.
- ♪ Listening to meaningful songs can regulate mood.
- ♪ Writing verses, reduces mental stress and repetitive thinking

- + Songs capture emotions clearly.
- + Lyricists use simple metaphors to describe complex feelings.
- + Music helps us access emotions that are hard to express in conversation



What you will do in the sessions:

Session 1: Listening & Understanding

- Listen to popular songs
- Break down the lyrics
- Identify emotions hidden in the words
- Learn how writers describe feelings

Session 2: Writing & Expressing

- Write 4–8 lines about your own feelings
- Use simple techniques to create meaningful verses
- Put your words to an easy tune (no musical background required)
- Share (optional) in a safe space

Program Details



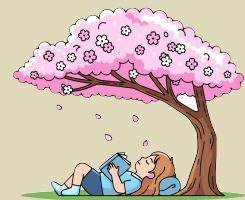
When: 14th & 15th March (Sat & Sun)



Time: 4:00 PM to 6:00 PM



Where: Online



What You Will Gain:

- Clarity about what you feel
- New way to see everyday life
- More self-awareness
- A practical tool you can use anytime
- Experience joy & a feeling of slowing down

Who Is This For?

- Students
- Working professionals
- Parents
- Anyone who enjoys music
- No psychology or music training required

*“Tujhse naraz nahin
zindagi,
Hairaan hoon main...”*

Sometimes we are not angry — we are hurt, confused, or disappointed.
Naming the emotion changes everything.

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Fees:

Invest a mere Rs. 3,800/- for a skill that will serve you for life.

What you will get:

- Two online sessions (Total 4 Hours)
- Some basic reading material

About the Teacher:

Mr. **Zubin Balsara** is a drummer, percussionist, music therapist, and educator with over two decades of experience. Trained in Drum Circle Facilitation in Hawaii under pioneer Arthur Hull, he also completed a year-long internship with the New Rhythms Foundation and co-authored *Songs, Science and Spirit*.

A founding member of WCCL Foundation (since 2001), he currently serves as Projects Director, leading action research and training initiatives in music therapy and social work.

As an educator, Zubin has taught rhythm for 22+ years through his private studio and at leading schools in Pune. As a performer, he has collaborated with renowned musicians, featured at the Goa Jazz Festival, contributed to studio recordings, and has been a part of the the *Bodhi Bhajans production team*.

*“Kabhi kabhi mere dil
mein khayal aata hai...”*

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