

# TEJASA SANGAMESHWAR

Age : 25 Yrs ; DOB : 22/12/1997

## EDUCATION

- 2015 - 2018 ● B.Sc Visual Communication  
M.O.P Vaishnav College for Women
- 2020-2022 ● PGDM-C, Specialization - Brand  
Management & Advertising  
MICA, Ahmedabad

## WORK EXPERIENCE

- June 2022 to Present ● Hindustan Times Media Group  
Deputy Manager - Strategy
- Aug 2019 to Dec 2019 ● Social Beat  
Social Media Specialist

## INTERNSHIPS

- Apr 2021 to Jul 2021 ● L&K Saatchi & Saatchi  
Creative Strategist
- Jul 2018 to Oct 2018 ● Still Waters Films  
Assistant Director

## SKILLS & INTERESTS

Dance	<div><div></div></div>
Singing	<div><div></div></div>
Photography	<div><div></div></div>
Sketching / Graphic Design	<div><div></div></div>



## ARTISTIC PURSUITS

### ● Bharatanatyam

Learnt for 6 years with Kalakshetra Foundation, in Chennai. Have performed in programs for Kalakshetra & at College functions in M.O.P Vaishnav College for Women

### ● Western Dance

Was part of my college dance team - Raw Crew. Participated & Won 'John Britto Chennai Dance Championship' in 2015. Have continued to pursue my love for dance by attending workshops in various western dance forms including Hip-Hop, Afro, Contemporary etc.

### ● Improv Theater

Have trained in Improv theater with 'The Little Theater'. Have acted in 2 of their pantomime productions - in 2016 & 2023. Also had the opportunity to play the 'Principal Boy' and sing on stage for this years pantomime.

### ● Hospital Clowning

Have completed the 'Level 1 - Hospital Clowning Certification Course' with 'The Little Theater'. The course comprised of basics of clowning & field observation at Egmore Children's Hospital Chennai



# STATEMENT OF PURPOSE

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I first discovered my love for the performing arts through Bharatanatyam. As a child my parents used to take me to concerts & dance dramas at Kalakshetra. I would watch the dancers graceful movements with fascination and spend hours trying to imitate them in front of the mirror, draped in my mother's dupatta. My parents enrolled me in the esteemed Kalakshetra Foundation where I spent six years learning the nuances of music, rhythm, storytelling and conveying emotions through Abhinaya, Mudras, and body movements.

Theatre was something I always wanted to try my hand at. In 2016, I finally got the opportunity to explore it when I performed in The Little Theater's Annual Christmas Pantomime production. We underwent 3 months of training in improv theater for the show. My training in Bharatanatyam helped me connect with the concepts naturally, and theatre unlocked a new creative freedom within me. It allowed me to connect deeply with my fellow actors and the audience. The rush of doing improv on stage was unlike anything I had experienced before and this awakened in me a love for theater.

Post the show, although I wanted to continue pursuing theatre, I suffered a back injury that took me two years to recover from. I was also studying for my masters in Ahmedabad when the pandemic hit, confining us all indoors.

I finally got a chance to reconnect with theatre in 2022 when I completed my education and was back in Chennai. Despite working a full-time job, I auditioned for the Pantomime, and it proved to be an incredible learning experience. I got the opportunity to play the 'Principal Boy' in the show, explore lots of physical comedy in my act as well as sing on stage.

Rekindling my relationship with theatre has not only been a journey of self-discovery but a realization of how much joy & sense of liberation theater brings me. I feel a strong calling to learn more about the art form. And it is in response to this calling that I would like to be a part of your workshop. I want to discover more about myself as an actor, learn new techniques and approaches to acting. I believe that the training I will receive at Adishakti will help me hone my skills in theatre and help lay a strong foundation I can draw from in my journey of becoming an actor/theatre artist.

## CONTACT

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