

Thesis Report 2020

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My Emotional journey through Sound, Vibrations & Projections

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In Visual Communication Design

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## **Chapter 1**

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### **Keywords,**

The keywords that are related to the topic are Visual Communication Design, Visual Culture, Personal Data collection, Emotional Fluctuation, Data Visualization, Sound, Frequencies, Vibrations, Projections, Chemicals, Interactive Design, Experiential Design, Installation Art, Personal Archive,

### **Abstract**

Emotional feelings and their expressions are a complex combination of cognitive, behavioral and physiological processes. My present research paper is a descriptive study to discuss, understand and analyze my day-to-day emotional fluctuations & how they can be visualized in different unconventional ways.

My thesis explores the concept of visualizing organized sounds and music that convey deep emotional messages within their very structure and how they have the ability and power to arouse strong emotional responses. The vibrations of these sounds can be felt through different materials like water, different density liquids & glowing reactive chemicals. I've incorporated all of these elements into my final study & examined how they reflect and resonate my documented emotional sequence.

The research methodology that has been selected is qualitative research. The research consists of emotions, sounds, vibrations and projections which are qualitative information and cannot be quantified using numbers and value.

This research further signifies, my emotional journey and how I expressed my thoughts in the form of a sensory room that contained all of the above mentioned components.

This research project served as a therapy for my intrusive thoughts and blocked emotions which if not treated properly can create mental suffocation. It has taught me that expression of emotions is healthy and healing and if managed properly these emotions can be translated into meaningful insights and comprehension.

### **Passion**

The idea of data visualization of my emotions and feelings through the medium of sound, light, vibrations & projections originated from the rough days of my life. At that time, I was there, in real time experiencing every emotion so strongly that it hit me in the stomach or sometimes, took me to the seventh sky. I was present in those moments that would soon become memories and those feelings that would soon become nothing but insignificant words. I frequently found myself confused & distracted, desperately looking for a way to channel these different disturbing feelings. When there was nothing going on or too much going on (which was mostly the case), these intrusive thoughts were triggered and they ended up fully engulfing my concentration & focus. I wanted them to stop but they became more distressing the more I tried.

After several days of failed tries, I turned to my self-help books for reassurance & found out, as it is said "Trying to push a thought away only adds fuel to the fire".

Therefore, considering this, I decided to further explore the different patterns of emotional states that I was going through on a daily basis by writing them in my dairy.

Due to this, I decided that my thesis topic should be centered around me as a subject going through this rollercoaster of emotions, experiencing these feelings at their purest form & recording them in real time.

After documenting my emotional states for a period of days, I was left with a cluster of data in the notes of my phone. I decided to turn my gathered evidence into a series of sequential orders of emotions.

And so, originated my idea of data visualization of my emotions and feelings through the medium of sound, light, vibrations & projections.

### **Project Scope**

With this project, I want to find a way through which emotions and thoughts can be channeled and expressed in a positive way. I want to explore the method of writing down my emotions and further translating this qualitative data into a visual apprehensible art piece by using different mediums like water, different density liquids, reactive chemicals, projections & vibrations.

My project will be displayed in a sensory room created by me, that will include the data collected comprising of these written emotions that will then be translated into sound and vibrations and further transformed into projections; hence it will act as a therapy room where I can further gain deep insights about my senses and how I can direct them effectively.

Further, I do not only want to explore the writing down method for myself but also for the people around me. Considering the modern era and difficult times through which we all go through where lack of direction, depression, anxiety

and hopelessness is common, so with this thesis, I aim to create awareness amongst people of identifying their strongly blocked emotions and workable methods for their emotional ventilation. This serves as a breather for a suffocated mind.

### **Design Statement**

The proposal is based on the Generative Design (Experiments with visual and textual concerns using computer code / languages).

It was a medium which I have selected where textual information is translated into visual information through vibrations, projections, sounds & a sensory room. It is based on the idea of emotions and the human brain and the different ways in which we can express our minds.

As a visual communication designer, I'm taking my own emotions and thoughts from my documentation into consideration and visualizing them for the viewer to digest and assimilate. I want to communicate my design without actually talking to one another verbally. It could help the viewers of my project to understand the inner workings of their own minds and find meaning of their own.

To do this, I'll be extracting emotions and thoughts that I document and translate them into sounds that will further be converted into vibrations and projected on the wall. I will also be using chemicals to depict the chemical reactions that occur in our brain with every emotion that we feel. It gives the viewer room to either read between the lines or take it in as they please and connect the dots themselves.

Furthermore, for me as a designer, the mission of design thinking is to translate observation into insights and insights into products and services that will

improve lives. Hence, I've also created a sensory room in which all of these activities are taking place.

A sensory room uses therapeutic equipment such as special lighting, music, and objects to create an immersive sensory experience. A sensory room can be customized to stimulate sensory-seekers or calm the mind. Therefore, I've created my sensory room as a customized space that contains all of my emotional workings, sounds, projections and in return acts a place for me to express my thoughts and feelings.

### **Target Audience**

For this research paper, there is no particular target audience. It is intended for myself as a therapy but I do aim to create awareness amongst the people, who ignore, condemn, repress or do not express and ventilate their emotions properly.

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## **Chapter 2**

### **Research Questions**

The research questions that will be addressed in this research paper will be:

1. Impact of sounds and vibrations on human emotions?
2. How can these sounds be projected through different mediums?
3. Can Vibrations, Sounds, Light and frequencies depict my emotions?

4. How to visualize/create certain emotions through sounds/music and create a melody or sound piece that depicts different emotions?
5. How to get better visuals by experimenting with different chemicals? vibrations? And projections?
6. How do sensory rooms that contain these vibrations, projections and density liquid have a positive impact on the human brain?

### **Theoretical Framework/ Concept**

Sim, G. (2013). The Other Person in the Bathroom: Mixed Emotions about Cognitivist Film Music Theory. *Quarterly Review Of Film And Video*, 30(4), 309-322.  
<https://doi.org/10.1080/10509208.2012.660439>

Rush, R. (2005). Music Research Handbook: For Music Education, Music Theory, Music History, Music Literature, Musicology. *Journal Of Research In Music Education*, 11(1), 81-81.  
<https://doi.org/10.2307/33445>

*There are several researches and theories present that studies and analyze the impact of music on the emotions and emotional journey. As per the cognitivist theory explains that conscious process of inference is a result of the experience or the interpretation of a specific musical sound produced. Hence, further implying this idea, it is stated that the expressive properties of the music are greatly identified by the listeners. As per a theory, there is a close resemblance between the type of emotional music and bodily movements that are experiences when emotions are formed. For example, if a person is agitated or in an impatient state, she is more likely to act in an impatient or agitated way and which is also followed by the bodily movements as well. (Sim, 2013). Maybe, the type of music she is listening to can explain the impatience or agitation which is shared by the impatient behavior. Therefore, as per the theory, the pitch, volume, melody, rhythm and structure in the music resembles the natural emotion expression of humans in terms of the voice, behavior and demeanor. Hence, as per few cognitivists, this describes why the sad music is soft, low and slow whereas the angry music is louder and more high-pitched. (Rush, 2005)*

While the contrasting theory is of *emotivist* theory which states that music is the basis and result of a sentiment. In understating the music, our reaction to it is *effectively*. As per the *emotivists*, the direct arousal of the emotions such as being relaxed, surprised, disturbed and satisfied by the music is a sign of being emotional responsiveness. As per the Kendall Walton who states that there is a connection among the music and stimulation of emotion in a hearer.

Gerdine, L. (2008). Re: A General Theory of Music. *Journal Of Music Theory*, 2(1), 104.

<https://doi.org/10.2307/84293>

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Singh, V. (2015). Crystal Drop Award Speech: Connecting the dots: a unifying theory for modelling in water engineering. *Water International*, 40(4), 568-592.

<https://doi.org/10.1080/02508060.2015.1084077>

Parsegian, V. (2002). Theory of liquid-crystal phase transitions in lipid + water systems. *Transactions Of The Faraday Society*, 62, 848.

<https://doi.org/10.1039/tf966>

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Though the relationship cannot be depicted as direct or as metaphoric due to the fact that the music *sounds like* something connected with emotion – but in terms of *make-believe*. (Gerdine, 2008)

Considering the other theory which is of Dr. Emoto which is significant for this thesis, as the theory explains how water if given love, compassion and benevolence human intentions leads in visually appealing physical molecular formation in the water whereas if the water is given unpleasant, fearful and negative human intentions leads to disfigured and unpleasant physical molecular formations. (Singh, 2015). This was conducted by the Magnetic Resonance Analysis technology and also using high-speed pictures. In this theory, he mentions that water's responsive nature to the emotions of humans can be used to heal earth and mankind. As it was depicted that once the toxic and polluted water exposed to prayer can change that water into aesthetically appealing geometric crystals. His theory also analyzes the impact of sound on water which states that particular kinds of sounds such as classical music can create lovely crystalline patterns whereas metal music can result in ugly and distorted crystalline formations. Hence, with his theory it is discovered that the power that human thoughts, sounds and intentions have to strengthen and disempower is remarkable and one of the great discoveries. (Parsegian, 2002)

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## Concepts

The inspiration of the topic is drawn for the notion that the capability to understand the emotion in music is stated to be developed since early childhood and is drastically improved throughout the development phase. There is significant cultural influence on the ability to comprehend the emotion in music and similarities and differences in the perception of the emotion have been determined in cross-cultural studies. As per the research, both the way emotions are conveyed and also the structural factors in the music help in contributing to the perceived emotional expression. (Robinson, 2018)

Robinson, J. (2018). Aesthetic Emotions. *The Monist*, 103(2), 205-222. <https://doi.org/10.1093/monist/onz036>

As per the philosopher, Jenefer Robinson, it is assumed that there is existence of mutual dependence amongst the cognition and the elicitation in the explanation of 'emotions as process, music as process' theory. It is argued by Robinson that the procedure of emotional elicitation is started with an 'automatic', instant response that originates motor and autonomic movement and prepares us for likely action leading the cognition procedure that may let the listeners to identify and feel the emotions. (Robinson & Hatten, 2012). These sequences of occasions are constantly exchanged with the new, incoming information. It is argued by Robinson that at any given time, the emotions may change into any other which will cause the conflicts, blends and uncertainties that can hinder explaining an emotion using a single word that one experiences, rather, inner feelings are assumed to be the result of several emotional streams. While Robinson states that music is a result of simultaneous procedures and hence is the perfect medium for reflecting. There can be conflict or reinforcement of these simultaneous musical procedures with each other and hence also depicts the way through which one emotion morphs into another over time. So, therefore, this theory has further inspired me to study emotions and music i.e. sounds and vibrations. (Robinson, 2008)

Robinson, J., & Hatten, R. (2012). Emotions in Music. *Music Theory Spectrum*, 34(2), 71-106. <https://doi.org/10.1525/mts.2012.34.2.71>

Robinson, J. (2008). Music and Emotions. *Journal Of Literary Theory*, 1(2). <https://doi.org/10.1515/jlt.2008.007>

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## Literature Review

### Emotions,

Lindebaum, D., & Jordan, P. (2012). Positive emotions, negative emotions, or utility of discrete emotions?. *Journal Of Organizational Behavior*, 33(7), 1027-1030. <https://doi.org/10.1002/job.1819>

can be explained as biological states which are linked with the nervous systems which results in neurophysiological changes related with feelings, thoughts and behavioral responses and also amount of pleasure or displeasure. Observing through the mechanistic point of view, emotions can be explained as positive or negative experiences that are linked with a specific pattern of physiological movement. Therefore, various changes in physiological, behavioral and cognitive are produced by emotions. (Lindebaum & Jordan, 2012)

Creo, R. (2018). A Roundup: The Emotional Journey Review. *Alternatives To The High Cost Of Litigation*, 36(10), 149-151. <https://doi.org/10.1002/alt.21756>

While the emotional journey can be explained as a series of ups and downs in life, during which we are supposed to feel emotions. Emotions are attached to our thoughts. We associate a meaning to every experience by using the thoughts and emotions we attach to it. Taking a shift from our non-physical presence to encounter this physical time-space reality and discover delight in the experience through the filtering and the figuring out the different emotions and thoughts. So, this entire process is known as an emotional journey where a series of emotions are felt during different phases in life. (Creo, 2018)

Toker, S. (2009). The sounds of music or the sounds of silence in the operating room. *Injury*, 40(1), 109. <https://doi.org/10.1016/j.injury>

Music which has tended to become a more significant part of our lives and can be explained as an art which is a combination of vocal or instrumental sounds for the expression of emotions usually as per the standards of the culture regarding melody and rhythm and harmony in the western music. The simple folk song or the complicated electronic composition both are the part of similar activity, known as music. (Toker, 2009)

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Laurie, K. (2018). *A quote from August Rush (Piano Suite) (From August Rush)*. Goodreads.com. Retrieved 8 May 2020, from <https://www.goodreads.com/quotes/1329674-the-music-is-all-around-us-all-you-have-to>.

DYCK, J. (2016). Natural Sounds and Musical Sounds: A Dual Distinction. *The Journal Of Aesthetics And Art Criticism*, 74(3), 291-302. <https://doi.org/10.1111/jaac.12286>

Zbikowski, L. (2011). Music Theory, Music History, and Quicksand. *Music Theory Spectrum*, 33(2), 226-228. <https://doi.org/10.1525/mts.2011.33.2.226>

Music can be further categorized into sounds and vibrations. And as it is stated in the film literature of August Rush: “Listen. Can you hear it? The music. I can hear it everywhere. In the wind, in the air, in the light. It’s all around us. All you have to open yourself up. All you have to do is listen”. (Laurie, 2018)

### **Sounds,**

Each and every sound has a different impact from each other. The response to Mozart Sonata is different in comparison to a rock concert. Few sounds may tend to be soft and soothing while other sounds may appear to be harsher and more unpleasant. The responses to these sounds may be partially because of our prior experiences. Hence, it can be stated that we also have an innate response to particular sounds. As several individuals respond to the bubbling brook or rainfall sound with relaxation and comfort, while the response to the sound of hammer tripping or chalk scratching against the board is unpleasant and tense. So, there are different responses to different sounds, therefore it is rational that one repeating one specific type of sound will have a different impact than repeating another type of sound. (DYCK, 2016). The one important aspect of sounds is binaural beats which are the tone that is formed inside the brain when it is provided with 2 different frequencies at a similar time. Different binaural beats have different effects on our emotions. With the binaural beats which are in the alpha frequencies greatly affects the emotions as it encourages relaxation, calmness and reduces anxiety. While binaural beats which are in lower beta frequencies raise concentration and alertness. (Zbikowski, 2011)

Hatcher, S. (2015). "Good Vibrations" and Bad Psychotherapy. *PsycCritiques*, 6060(4545).  
<https://doi.org/10.1037/a0039909>

Koval'chuk, P. (2001). Interference between self-excited near-harmonic vibrations and parametrically excited vibrations. *Soviet Applied Mechanics*, 7(11), 1279-1281.  
<https://doi.org/10.1007/bf00887098>

Koelsch, S. (2015). Music-evoked emotions: principles, brain correlates, and implications for therapy. *Annals Of The New York Academy Of Sciences*, 1337(1), 193-201.  
<https://doi.org/10.1111/nyas.12684>

### **Vibrations,**

As humans, we are continuously being vibrated, on a cell level, by heard and unheard sound frequencies. There is a great influence of sound vibrations on the functionality of humans as there is a strong influence of sound on emotions like no other way of expression. Therefore, if we agree on the concept that sound is vibration and vibration touches each and every part of the human being, then we can comprehend that sound is not only heard through ears but also through bones, skins and each and every cell placed in our bodies. It is stated that for the nervous system, sound and music are the nutrients. The auditory component is an uber gateway to the cerebrum and sonic apparatuses engages wellbeing, learning and efficiency. (Hatcher, 2015). While with the negative vibrations, presence of soul and unity of life is not felt. It is assumed that something blocks and considering these limits the fear, misunderstanding, lies, beliefs or merely the experience of an empty space. The frequency is lowered by each and every "missing piece" of one's soul which is not experienced. Therefore, increase the vibratory frequency of an individual will stop from following unhealthy emotional habits, negative thinking and inactive physical health. (Koval'chuk, 2001)

### **Impact of Music on Emotions,**

As per the research, music has the ability and power to arouse strong emotions within humans and it is rare that any human will not be emotionally impacted by the music. Every human knows what emotions are and are experienced regularly by everyone. Several individuals listen to music so they can experience emotions and the main reason to listen to music is that it has the power to stimulate emotions. (Koelsch, 2015). It is reported by many studies that music can evoke a complete range of human emotions ranging from sad, happy, relax, joyous, calm or stressed. As per the neuroimaging research, it

Komosinski, M., & Mensfelt, A. (2016). Emotions Perceived and Emotions Experienced in Response to Computer-Generated Music. *Music Perception: An Interdisciplinary Journal*, 33(4), 432-445. <https://doi.org/10.1525/mp.2016.33.4.432>

has depicted that with the music, brain areas that are linked with emotions can be activated. The profound cerebrum structures that are a piece of the limbic framework like the amygdala and the hippocampus just as the pathways that spread dopamine. It has already been established that there is strong connection between emotions and music and further the intensity of the emotional reaction is dependent on the distinct sounds. The example could be the thunderstorm sound which creates a feeling of anxiety or relaxation, as per the individual. The sound of wind chimes evokes the feeling of restlessness. As per the studies, it has been recognized that the sound of the laughter leads to the positive sound, whereas other sounds are associated with anger, fear and sadness. (Komosinski & Mensfelt, 2016)

Liu, Y., Broman, J., & Edvinsson, L. (2004). Central projections of sensory innervation of the rat superior sagittal sinus. *Neuroscience*, 129(2), 431-437. <https://doi.org/10.1016/j.neuroscience.2004.07.045>

### **Sensory Room and projections,**

A sensory room can be explained as a special room that is designed and created to combine a wide variety of stimuli in order to assist the people to create and engage senses. This consists of lights, colors, sounds, objects and aromas in an environment which permits the individual to explore and interact. (Liu et al., 2004). There is a strong impact of the sensory room on emotions as negative reactions to sensory experience can cause distress and anxiety. Moreover, sensory room can be used in circumstances to see and understand their reactions and emotions. (Cope et al., 2015)

Cope, A., Mavroveli, S., Bezemer, J., Hanna, G., & Kneebone, R. (2015). Making Meaning From Sensory Cues. *Academic Medicine*, 90(8), 1125-1131. <https://doi.org/10.1097/acm.0000000000000740>

### **Research Questions Explained & Methodology**

The research methodology that has been selected is qualitative research. It is a scientific method that is used to collect the non-numerical information, while

Robertson, S. (2008). *The Qualitative Research Process as a Journey - Mapping Your Course with Qualitative Research Software. Qualitative Research Journal*, 8(2), 81-90. <https://doi.org/10.3316/qrj0802081>

turning into meaning making. (Robertson, 2008). Therefore, as the research consists of emotions, sounds, vibrations and projections which are qualitative information and cannot be quantified using numbers and value. Therefore, in order to turn these data into meaningful insight, it is significant to use qualitative research methods to turn this into meaning making information. The qualitative data which are emotions, sounds and vibrations have been gathered using different ways such as emotions were written down in a journal for 22 days, sounds were recorded that impacted the emotions when writing down the emotions and vibrations were then attached to these sounds. This recorded qualitative information was then translated the help of projections. The qualitative data known as of emotions, sounds and vibrations will be translated into providing insights regarding our research questions which consists of determining the impact of sounds and vibrations on human emotions, assessing whether the sounds can be projected through different mediums, determining the vibrations, Sounds, Light and frequencies depict emotions or not, how to visualize/create certain emotions through sounds/music and create a melody or sound piece that depicts different emotions, How to get better visuals by experimenting with different density liquids, vibrations, and projections and lastly, how the sensory rooms which includes vibrations, projections and density liquid have a positive impact the human brain. So, with the conducting qualitative research, the deep insights and understandings can be gained.

### **Chapter 3**

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#### **Medium of Presentation**

The medium of presentation that I decided to take forward was in the form of illustrations (for my manual), Interactive Art/ Design which can be seen in the interactive space that I have set up, and also installation and projection art which can be experienced in the space.

To make it a fully engulfing experience for the viewer I have designed a space in which one can roam freely & go through my process of experimentation and documentation studying my journey step by step in detail. They can interact with the light source by changing the colors on the ring light with a provided remote. They can also interact with the projections which will be playing live in the room. The speakers that contain the water and other liquids can also be interacted with as they won't be covered.

The tools that I have used to create this interactive experience comprises a camera connected to the projector. A speaker that contains the liquids and sends vibrations through it for the ripples to be created. The speaker also plays the sound pieces I have created on loop for the viewer to listen.

For the sensory room, I have used glow in the dark light strobes, glowing in the dark paint to paint my workings on the walls & dark light attached to the ceiling to view these drawings and workings.

The viewers can get a taste of my emotional states through the room that I have designed and all the workings that it contains.

## **Pre – Production & Production**

Through this project, I started exploring the different patterns of emotional states that I go through on a daily basis. I documented these emotions, in real time, for a period of 22 days.

During the first few weeks of my documentation, I found out that music had a great impact on what I was feeling. And along that I also noticed that I was also very sensitive to sounds around me. So, I also started recording them live whenever I felt a strong hit of feelings.

I was left with a reasonable set of data at the end of 23<sup>rd</sup> day. I started analyzing and evaluating the data, to find some similar elements or different patterns in it.

After studying the data for a long time, I decided to create an emotional sequence of the states I was going through for that time. Hence, an emotional sequence was made which I then translated into three types of sound pieces: Natural sounds, Piano notes and EDM music that resonates well with the sequence of the emotions formed.

The natural sounds were the only exception as they had been recorded in real time while I was feeling the respective emotion. Moreover, the piano sequence was created by assigning a specific note to an emotion and then played those notes on the piano to create an automatically forming melody.

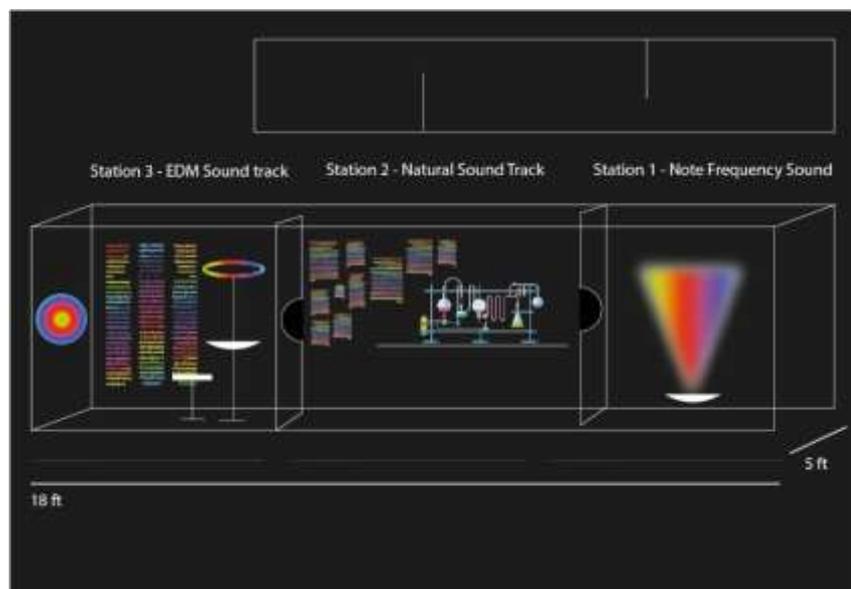
Now I had to further visualize these sounds in a much more stimulating way because I wanted my project to be very experiential by engulfing the audience fully.

So, I started experimenting these sounds onto different elements like solids, liquids and gases. The experimental videos are present in the process folder.

Further considering the theory of Dr. Masaru Emoto, the water absorbs emotions and human consciousness which has an impact on its molecular structure, therefore, water was taken as a base medium by which projections were done to depict different emotions. The projections were made using three execution methods; firstly, different densities of liquids were used and placed in water due to the fact that different densities of liquid do not mix similar to our emotions. Secondly, with the help of glowing sticks that contain two chemicals, a base catalyst, and a suitable dye and hydrogen peroxide. When these two chemicals react this creates an exergonic reaction called chemiluminescence. These chemicals were placed into chemical apparatus. All of this was an abstract concept to depict the chemical reactions happening inside our brains while feeling an emotion.

Thirdly, water balls were inserted in a water base (bowl) due to the fact the water absorbs emotions. This was then placed on the vibrating woofer with the sound playing on it. A flashlight was inserted between the woofer and bowl to project the projections on the wall behind it.

These were the three methods of executions that were planned. Before the pandemic all of these executions were planned and designed in a place provided by the university and it was as such,



But because of the current issues, I couldn't get the space so I decided to convert my garage into my space. I decided to convert it into a sensory room.

And so, all these executions were conducted in a sensory room which can be explained as a room designed to develop the senses of an individual with the help of special lighting, music and objects. Hence, the sensory room was created to conduct experiments with my emotions and as a means to gain insights on my workings and components. Everything conducting in this sensory room acted as therapy for me as it was a room designed specifically to cater my needs.



### **Challenges**

The challenges that I faced were many. One of them was how can I convert emotions into vibrations and then how can I visualize those vibrations into projections and different visual states.

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## **Chapter 4**

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### **Conclusion**

#### **Powerful Living**

From this project I learnt the importance of handling emotions well is an art. Emotions are always personal and individuals should be very sensitive to them because emotions deserve good care and if cared properly, add a great deal of happiness, pleasure and color to life.

I also learnt the importance of the ventilation of blocked emotions and how it is necessary for a stress free, healthy and powerful life. Blocked emotional release or ventilation commonly flushes out the deep buried emotion from the human psyche and relieves individuals from stress, depression and other psycho-physical disorders. This art of handling emotions in a healthy way should be an on-going process of life as feeling and expression of emotions in life is a continuous process.

#### **Energies & Vibrations**

Have you ever considered that emotion is vibration? Feeling is vibration? Let's connect all the dots. We are all created by energy. Energy always vibrates; therefore, we vibrate.

This research taught me that we are always feeling something, we are always emoting something. We may not always be aware of what that is but we carry those vibrations within us. This means that each one of us has its own frequency and amplitude of vibration. Each one of us vibrates with different strength and frequency.

In order to conclude the research, it can be stated that this research was a very significant part of my life that taught me a lot and how I can express myself in art & design. It taught me how to use other mediums to translate emotions into a visually understandable way. The generative design was the medium which had been selected where text is translated through projections and sounds. It is based on the idea of emotions and the human brain and the way we can express our emotions and thoughts through various unique ways instead of bottling them. It taught me that emotions which are biological states are linked with the nervous systems which results in neurophysiological changes related with feelings, thoughts and behavioral responses and also amount of pleasure or displeasure. Also how music tends to become a more significant part of our lives and as an art which is a combination of vocal or instrumental sounds for the expression of emotions. I learnt that there is a great influence of sound vibrations on the functionality of humans as there is a strong influence of sound on emotions like no other way of expression. It also taught me how to design a personalized space like a sensory room which is a special room that is designed and created to combine a wide variety of stimuli in order to assist the people to create and engage senses.