



10 DAYS THEATRE WORKSHOP

TITLE	10 DAYS THEATRE WORKSHOP
Date	Sep 02, 2019 - Sep 13, 2019
Summary	<p>Pratigya- Theatre Society, RDIAS, conducted a 10 days theatre workshop for the students of BBA and MBA under the guidance of Mr. Amit Tiwari, Director and Trainer ,Vayam Performing Arts Society. 51 students participated in the workshop and learnt various skills and techniques used in theatre. The activity was aimed to accomplish the following things: -</p> <ul style="list-style-type: none"> • To provide the students a chance to become familiar with the concepts of Theatre. • To explore various aspects of acting. • To enhance their theatre skills. • Provide students with an opportunity to showcase their skills and their creativity. • To provide basic understanding of Music and Body movement. • To provide knowledge about theatre and its impact in the growth of Individual. <p>Day 1</p> <p>The workshop started with little warm up walk with instructions like sit down, lie down etc– to show importance of quick movements required in theatre. Then, the workshop proceeded further to everyone doing an individual mime act in their morning routines. For the next activity, students were asked to walk according to the instructions given with certain obstacles added in it. After all the fun activities, the session was concluded by apprising the students with the history of theatre. Students were assigned a task of talking to their toothbrush and they had to share their experience in the next session.</p> <p>Day 2</p> <p>Next day, students happily entered the lecture theatre and started the session with the warm up walk, which turned into the activity of leading by different body parts, in which students learned different walks and body postures.</p> <p>Then for the next activity one had to follow a person’s hand by their nose- it required setting a pace, predicting other people and coordination. Basic exercise was conducted to develop music sense and coordination. At the end , students were taught about the Natya Sastra and the Navras.</p> <p>Day 3</p> <p>The third day started with division, the group was divided into two equal halves, each group had to make out the alphabets manually- coordination and cooperation was the core of this show activity. Then everyone stood in line, legs opened wide and one by one they passed from under the line. In the last activity one had to enact a scene and other one would come in and change the scene- showing fluidity, presence of mind and</p>



innovation. Also, a detailed information about the Navras was provided to the students. The students were assigned to observe people on the way to home.

Day 4

On the fourth day, the workshop started out with students doing trust fall. Students had to depend on other students and trust them to not fall over. It was an interactive activity without involving much speaking. Then students were to speak using bases other than just throat, which helped them use different tones while speaking and make different characters. Then students were divided into groups of 5, each allotted a place where the act would take place. It was based on understanding characters, improvisation and familiarizing with stage. The last activity for the day was based on the scenario of being stranded in the jungle. It involved imagination, being expressive, immediate responses to instructions, the emotional quotient of this activity was particularly high and the students gained experiences varying from beautiful sceneries to life threatening moments.

Day 5

The fifth day started with warm up walk with moments of walk and freeze. The first activity of the day was snapshots- in which students had to enact stills from different situations. It involved quick thinking and actions, out of the box thinking, strength to stay still and hold expressions.

The next task included an object being allotted to each team and they had to perform a skit. This activity required improvisation and group efforts. Push and pull was the next activity- it required another level of imagination, physical inputs and intense expressions.

Day 6

The sixth day started with fast paced walk . Next, the students were asked to paint on imaginary canvas which required artistry thinking, fluid moments and physical strength. For the next task, students were assigned to paint the floor using their body parts rather than brush and paint. It included displays of spontaneity, boldness, quirkiness.

The last activity of the day was to do character sketch on the basis of a short story and interpret it. With character sketch, students learned how characters are formulated in plays and movies.

Day 7

The seventh day was filled with ups and downs with fun moments turning into emotional scenes. It started with a jungle scene, in which everyone had to act as a gorilla. One had to adopt the body language and tactics of an animal. A special focus was on noises made by such animals to help distinguish them and their reactions. For the other activity, everyone was to listen to a song. Then groups were divided and each team had to enact a small story with the song playing in the background and no words being used in that duration.

It was an activity testing the knowledge about beats and rhythm with the restraint of no words used. The next activity was the most interesting one- students were given a word with multiple possible interpretations. So, the activity was to use the word in such a way that the play revolved around it, without it actually being used. The students were assigned to draw sketch of poet through analyzing his poems.



Day 8

The next day started with routine of walk and jumps. The students showcased their sketches which was a part of homework assigned to them. After that , lecture theatre was divided into smaller segments- each student having their own limited area and were asked to do a character far different from their personalities. It taught patience, movement control, and area utilization. Another activity was enacting on the music. Through this activity the students learnt about body language, pace, rhythm and how to absorb music and perform. The day ended with a homework to creatively analyze the lines of the poem.

Day 9

After the daily routine of warm up , jumps and walk, groups were formed to visualize and make a small skit. It was overall a fun activity showing the extents to which creativity can go. For the next activity , students were asked to share the results of the homework where students represented various interpretation of the lines. With these illustrations, everyone's personality traits came out. The last activity of the day was visiting Clownpur where all the students painted each other as clowns. This activity required students to run wild with imagination, exhibit expressions and feelings, conveying without speaking and adopting mannerism. And the day was concluded with funny pictures.

Day 10

The tenth day started with Sir explaining different art forms of theatre. After this the students had the ice breaking session in which all the teams shared their swot analysis. The Closing ceremony started with providing certificates from Vayam Performing Arts Society to all the students who had successfully completed the workshop session. The participants were awarded with certificate by Ms. Bhajneet Kaur ,Incharge, Theatre Society, RDIAS , Mr. Manoj Kumar Mishra , Member, Theatre Society, RDIAS, Mr. Amit Tiwari ,Director and Trainer, Vayam Performing Arts Society. The day ended with a group photograph. The students were highly motivated & looked forward to work with zeal & establish Pratigya as one of the best theatre society among theatre circuit.