

THEATRE FOR TRANSFORMATION

Date: 21/7/2017 to 24/7/2017 Place : Navaloor , Kancheepuram district

Workshop Trainer :Mr.Prasath and team

Introduction: The four day training on theatre techniques was a residential programme and students concentrated on learning various skills fir for demonstration in community be it a rural or slum areas to create awareness on various social issues.

Skills imparted through TFT:

- Basics of acting and drama
- Script formation
- Parai
- Sound therapy
- Folk song and dance

Workshop Description:

Theatre for transformation is to teach students about various forms of folk arts especially followed in South India. We believe that social change is possible through cultural programmes that is better understood by the people who are illiterate or semi-literate. Through the three day workshop, students of social work department were offered a space to apply theatre in academics and practitioner s came together to explore, expand, and explode the boundaries of creative work. Using unconventional props and tools, such as colored fabrics, socks, our own clothing and shoes, body postures, and voice modulation. This exploratory workshop will question our aesthetic capabilities that was once unusual and accessible.

Theatre for transformation, that engages the students through both imaginations and memories, seeks to collaborate on how the students are attentive to design a performance before audience which can be interwoven with social issues and themes. The importance of aesthetics for theatre for transformation is vital in understanding how

audiences may engage with our work in a way that awes and inspires them while also inciting discussion and a call for action.

Theatre has been an influential factor in many people's lives. Creativity can flourish, academics can improve, and means of self-expression can be developed. It is important to have mandatory theatre classes because when a student participates, they benefit significantly.

This workshop on theatre which went on for three days were designed with an idea of pushing students away from their comfort zones and shyness to showcase their creativity. Theatre makes a form of connect with people and impact their lives by conveying the message in a very subtle way. The students personally benefitted a lot from this workshop in a very short span of time. Because it was very helpful for the students throughout their course time to engage people during community organisations.

Theatre also taught students how to put themselves in others' shoes and empathize with them. This particular aspect is very crucial in a sense that if one can't really get into the character is showcasing, then he won't be able to do justice to that performance. Hence the pillar of compassion plays an indispensable role here. Last but not the least, the pillar of ethics forms the essence of theatre in real sense. If we are true to ourselves, then only we can be true to our values and to others.

In addition to the learnings, students realized that to be successful in life with adaptability and flexibility which is of paramount importance. This workshop taught them to explore more and face new challenges, The benefits are physical, emotional, social, and they help to develop a healthy appreciation, a culture of theatre techniques.

MAJOR LEARNING OUTCOME FROM STUDENTS:

Self-Confidence: Aspects of performing arts, especially improvisation, helps young people to

understand and to appraise situations, think outside the box and be more confident going into unfamiliar situations. Students learn to trust their ideas and abilities. Confidence gained from learning performing arts skills applies to school, career and life.

Imagination: Being creative and learning to make creative choices helps students to be better at thinking of new ideas, allowing them to view the world around them in new ways. Einstein said, "Imagination is more important than knowledge."

Empathy: Understanding characters, roles and the subtext of plays and musicals allows students tolerate better to different situations, backgrounds, and cultures. It encourages them to show compassion and tolerance to others.

Cooperation: Theatre is a collaboration of different players and in many cases the quality of any performance reliance on an ensemble performance. Combining the creative ideas and the abilities of all participants is required for the best outcomes. This requires all those taking part to engage in discussions, feedback, rehearsing, and the performance.

Concentration: Playing, practicing, and performing will develop the ability and skills to be able to focus on the mind, body, voice.

Communication Skills: It seems obvious to say that drama, theatre and the performing arts improves verbal and non verbal communication, but it is worth stating that this benefits young people through their life. It improves vocal projection, articulation, tone of speech and expression. Importantly it also develops listening and observation skills.

Stress buster: Drama brings an element of play, humour, and laughter to those taking part – improves motivation and reduces stress.

Emotional Outlet: Acting and drama games allow students to express a range of emotions

and encourages them to understand and deal with similar feelings they may be experiencing. Aggression and tension are released in a safe, controlled environment – often allowing for a period of reflection afterwards.

Physical Fitness: Performing, even the most passive ways of arts requires intensive movement over a prolonged period. Many performing arts exercises improve flexibility, coordination, balance, and control.

Memory: Rehearsing and performing the various movements will improve memory. Your memory requires exercise, just like a muscle.

Appreciation for Arts and Culture!

...because it will bring joy into peoples life.

Annexure – List of Students Participated

Shift One

Sl.No.	Dept. No.	Student Name
1	17-PSW-002	JANET A
2	17-PSW-003	JULI GRACIA V
3	17-PSW-004	BENISHA CATHERIN A
4	17-PSW-005	MANJULAXMI K
5	17-PSW-006	KARTHICK K
6	17-PSW-007	MUTHUSANKAR E
7	17-PSW-008	SOUNDARA PANDIYAN S
8	17-PSW-009	ESWARA MOORTHY R
9	17-PSW-010	ONAKPOMA WELUSO JEREMIAH
10	17-PSW-011	RUBIA K
11	17-PSW-012	MARY VERONA V
12	17-PSW-014	BASKAR L
13	17-PSW-015	DELECTA JOSY S
14	17-PSW-016	DEVA PRASANTH P
15	17-PSW-017	BENJAMIN HYGINUS S
16	17-PSW-018	ARUN SELVARAJ J
17	17-PSW-019	SUBATINI SANTHIYA A
18	17-PSW-020	SAVEETHA A
19	17-PSW-021	AUXILIYA VINNARASEE R
20	17-PSW-023	PRIYA DHARSHINI K C
21	17-PSW-024	JOHN CLINTON ARAVIND P
22	17-PSW-026	BRUNO RICHARDSON M
23	17-PSW-027	SIMON PRABAHARAN V
24	17-PSW-028	MARY STELLA A
25	17-PSW-030	VENKATESAN S
26	17-PSW-031	ANNE CAROLIN P
27	17-PSW-033	FRANCIS DHIVAKAR J P
28	17-PSW-034	JOSHUA T
29	17-PSW-035	PAUL JUSTIN PINO L
30	17-PSW-036	ANTONY RAJ P
31	17-PSW-037	HARIDAS K
32	17-PSW-038	JENNIFER SONYA RANI D.J
33	17-PSW-039	ANTONY ARNOLD A
34	17-PSW-040	VISWESHWAR D
35	17-PSW-041	HENRIETTA VERONICA PETERSON

36	17-PSW-042	MARY CHITHRA M
37	17-PSW-043	IRIN REENI C
38	17-PSW-044	NOVANLOURDUSAMY R
39	17-PSW-045	REXMI J
40	17-PSW-046	ARPUTHA ROYAL DASS T J
41	17-PSW-047	ALSTIN FRANCIS EVANISEVICK P
42	17-PSW-048	GODSON N
43	17-PSW-049	SONALI RAJ G
44	17-PSW-050	INDHUMATHI.V

Shift II

SL.NO.	DEPT. NO.	NAME OF THE STUDENT
1.	17- PSW-51	Siva. R
2.	17-PSW-52	Madhura Bashini A
3.	17-PSW-53	Abhishek Rex
4.	17-PSW-54	Sasha Michael
5.	17-PSW-55	Dorathy Franscina R
6.	17-PSW-56	Pappy Valan R
7.	17-PSW-057	Nivedha L
8.	17-PSW-58	Sandhya Ravi
9.	17-PSW-59	Shaleen Kagoo
10.	17-PSW-60	Choudhry G R
11.	17-PSW-61	Nahli N
12.	17-PSW-63	Jayaraj M A
13.	17-PSW-64	Samikannu S

14.	17-PSW-65	Cesily Devakirubai V
15.	17-PSW-67	Anthony Swetha Rani
16.	17-PSW-69	Abinaya P A
17.	17-PSW-70	Allan Jose A D
18.	17-PSW-71	Thomas Sebastian
19.	17-PSW-72	Febila Varghese
20.	17-PSW-73	Merin Thomas
21.	17-PSW-74	Rathna T
22.	17-PSW-75	Vershella S
23.	17-PSW-76	Krithiga Priya S
24.	17-PSW-77	Sahana R
25.	17-PSW-78	Remya Anie Varghese
26.	17-PSW-79	Nivetha S
27.	17-PSW-83	Jeyarajhh Ragulan Benjamin
28.	17-PSW-84	Iniyan E
29.	17-PSW-85	Venkatharan
30.	17-PSW-86	Beno Philomen Calingarayan
31.	17-PSW-87	M Hema
32.	17-PSW-88	Koushik Sriram
33.	17-PSW-89	Felicia Janet Rajakumari
34.	17-PSW-90	Arul Maria Michelle J
35.	17-PSW-91	Jaibhim Ratna J
36.	17-PSW-92	Ninisha

37.	17-PSW-93	Prasanna Chandru S
38.	17-PSW-94	Arunika R
39.	17-PSW-95	Abraham Matthew D
40.	17-PSW-96	Aanie Silvia Ruth P
41.	17-PSW-97	Amul Cyril

Annexure II – Certificates

