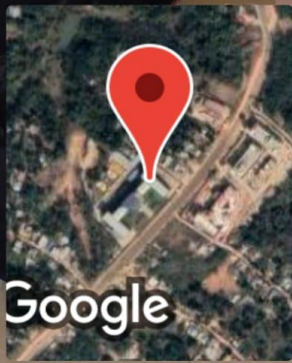




 GPS Map Camera



Google

Debendrachandranagar, Tripura, India

W89C+5MR, Mahanpur Road, Lembucherra,

Debendrachandranagar, Tripura 799210, India

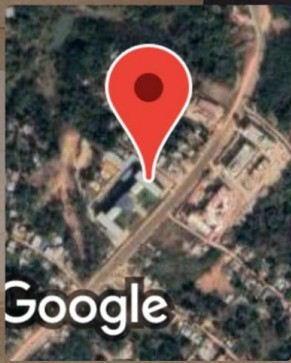
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Long 91.321877°

06/12/22 12:40 PM GMT +05:30



GPS Map Camera



Debendrachandranagar, Tripura, India

W89C+5MR, Mahanpur Road, Lembucherra,

Debendrachandranagar, Tripura 799210, India

Lat 23.918105°

Long 91.32195°

02/12/22 12:56 PM GMT +05:30

Report on Workshop

From 29th of November to 9th December, 2022 our theatre workshop begin officially by Sanjay kar Sir of NATYABHUMI.

The day 1 begins with some simple exercises like voice modulation, yoga mind games and all, from the very beginning SIR made us follow one thing which is that an actor when acting should be out of every other thing and for which MEDIDATION is very important. We also practiced various physical exercises as for an actor to be in shape is very important. Sir divided ourselves among 3 groups. And it ends with dance.

Day 2 we wrote our own stories that are to be finalized on the final day that's today. Before we started our story telling we also have meditation and mind games with rhymes and balls that was really a fun and also played a major role in building our concentration as a good actor must be aware of his or her surroundings. After the story telling sir chooses the plot of the one we are going to perform today ie the advantages and disadvantages of mobile phone. Then we are asked to prepare a short act of 5 mins and the day ended with a dance.

Day 3 begin with meditation, with various physical exercise which includes various exercises like walking running laying down the next time. The trust game a very essential part for an actor as he or she must have a trust on his or her co actor and other mates like the light man, camera man etc. Then in group of 3 we started our acting on the advantage and disadvantage of mobile phone. The 3 groups presented the same plot in three different ways from which Sir constructed the final plot by taking the different acts from different act.

Day 4

Day 4 begins with mediation and various physical exercises which involves the whole body from head to toe. Then with the help of Sir we also

composed our title song “mobile phone, mobile phone” and gave it a beautiful melody. Then again we practiced our acts accordingly set by Sir. While playing the acts Sir guided us in many ways regarding the dialogues and how to use the stage and the correct and proper posture of an actor on the stage.

Day 5 begins with meditation and physical exercises. Sir introduced to us the tongue twisters and also he introduced us the various ‘RASA’ or aesthetics. There are 9 Rasas namely SHRINGAR (BEAUTY), HASYA (LAUGHTER), KARUNA (SORROW), RAUDRA (ANGER), VEERA (HEROISM/COURAGE), BHAYANAKA (TERROR OR FEAR), BIBHATSA (DISGUST), ADBHUTA (SURPRISE OR WONDER), SHANTHA (PEACE OR TRANQUILITY). We practiced all the various rasas as its very important for an actor to be in the various moods as per the plot. The day ends with dance.

Day 6 begins with meditation and the various physical exercises. At that day we added a new wing to our act we with the utter guidance of Sir we are able to form one introductory dance for our play, with the song ‘mobile phone mobile phone’, Sir choreographed the steps on that day. And, we rehearsed the dance and song afterwards on that day.

Day 7 begins with meditation and various physical exercises, Sir taught us the exercise of the face, of tongue and of jaw too. Then we begin to the rehearsal of the play by the song along with the dance sir modified the song its scale and guided us to match with the beats of the table. Then the act begin and beforehand Sir introduced a new act which maintains the age transition in our play.

Day 8 begins with meditation and physical exercises and then we begin to rehearse the play again. Sir guided all his ways on our dialogues and we worked on our entry times and sides, and also Sir taught us to be in our characters more accurately so that it gets more soothing and beautiful.

Sir guided us all over the moves how we should act accordingly to our dialogues.

Day 9 was the most important day as we did our final stage rehearsal on that day and yesterday we rectified our acts to the best of us, so that we can give our best to the audience. Finally, the workshop was concluded with distribution of certificates to the participants.

