



# HOLY CROSS COLLEGE

Accredited by NAAC with 'A' Grade

## THEATRE WORKSHOP

BY

**SANJAY KAR**

**NATYABHUMI**

Organised by

**Department of English, HCC**

29th Nov to 9th December, 2022

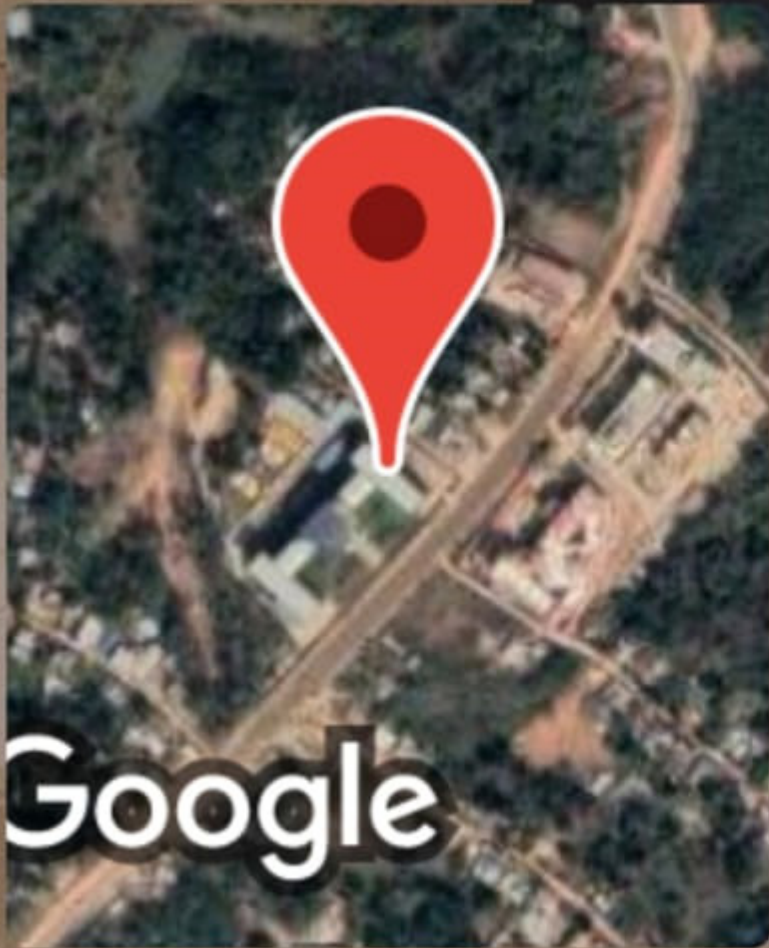


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Handwritten notes on a whiteboard, including the words "part 10", "Pe Pu (y)", "Ma Mu (y)", "3) Ka ta sa", and "Gla".



 **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**

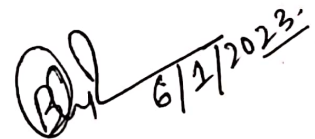


## Report on Theatre Workshop

Shankhadeep Roy, 3<sup>rd</sup> semester, Dept of English

From 29<sup>th</sup> of November to 9<sup>th</sup> December, 2022 theatre workshop by Dept. of English begins officially by Mr. Sanjay kar of NATYABHUMI. Total 15 students participated in the workshop from 1<sup>st</sup> and 3<sup>rd</sup> semester. The workshop begins with some simple exercises like voice modulation, yoga, mind games etc. From the very beginning Sir has made us follow one thing- that an actor when acting should be out of every other personal thing and for which MEDITATION is very important. We also practiced various physical exercises, as for an actor to be in shape is very important. Sir divided us among 3 groups and later on he made us practice some dance moves. We wrote our own stories that are to be finalized on the final day of performance. 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. 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 on that day. The title of the play is "The advantages and disadvantages of Mobile Phone". The trust game is 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 advantages and disadvantages of mobile phone. The 3 groups presented the same plot in three different ways from which Sir constructed the final plot. With the help of Sir, we also composed our title song for the play "mobile phone, mobile phone" and gave it a beautiful melody. 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. We also have been introduced to the tongue twisters and the various 'RASA' or aesthetics. We practiced all the various rasas as its very important for an actor to be in the various moods as per the plot. The final day was the most important day as we did our final stage rehearsal on that day and we rectified our acts so that we can give our best to the audience. Finally, we performed the play in front of the whole Department of English in the auditorium. The workshop was concluded with distribution of certificates to the participants.

HOD



Dept. of English

**HEAD**  
Department of English,  
HOLY CROSS COLLEGE, AGARTALA

