13-15 October 2023

ACTOR TRAINING WORKSHOP

A three-day workshop on Actor training was organised by the Department of Youth Welfare, Cochin University of Science and Technology during 13-15, October 2023 with a mission to awake and nourish the unique acting talent that lies in every student. The major objectives of the workshop were:

- To train and develop the acting skills and to cultivate the creative talent of each actor-student.
- To instill the necessary strength, stamina, flexibility, and energy in each student-actor's body.
- To give the actor-student the experience of working within an ensemble for three days.

Students selected from various departments participated. Dr. Sreejith Ramanan, Sri. Rajesh Sharma, Shri. Amalraj Dev and Mr. Arunlal were the key resource persons of the workshop. The first day of the workshop covered various tools of acting, especially individual skills. Second day was on voice, emotions, behaviour, movements, gesture and expressions. The third day was a mix of imagination, timing property, silence and theatre practices on stage.

Theatre, as medium can be used as an effective teaching-learning tool and it engage participant at physical, emotional, mental and social levels, simultaneously. The Workshop covered different aspects of acting ranging from movement, voice, props, improvisation and stage knowledge. Students were given creative freedom to improvise and come up with their own stories. Every student participated in the given tasks with great zeal. The workshop offered new insights and understanding to students.

Each student gave their personalised feedback as a worthwhile and an outstanding workshop. They said that it is hard to imagine that someone could have techniques to stimulate something as ethereal as creativity. In short, the camp was a wonderful, creative experience for the participants. The workshop was highly beneficial for the participants. One of the participants commented that, 'through guided improvisation, stimulus work and movement, we unleashed our creativity and learned about life and how to face different situations in life.'

Department of Youth Welfare
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