



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

REPORT

Title of the Program	: Workshop On Voice, Acting Skills & The Essence of Expression
Organizing Cell/Club	: Cultural Club of D.B.M.S. College of Education
Date	: 6th Dec, 2024
Venue	: College Auditorium

CONTEXT

The performing arts have long served as a dynamic platform for self-expression, cultural storytelling, and emotional engagement. In a world that increasingly values creative thinking and effective communication, training in acting and performance holds significant relevance. To nurture these essential skills and provide students with a well-rounded understanding of the performing arts, a specially curated session was conducted, blending classical Indian aesthetics with contemporary acting techniques. The workshop was conducted by Mrs. Anita Singh, a highly respected theatre practitioner with over 30 years of experience in the field. Ms. Singh's rich expertise and deep-rooted involvement in the cultural sphere made the session both insightful and impactful, leaving students inspired by her journey and passion for the performing arts. This experiential program was designed to bridge theoretical knowledge with practical execution, giving students the tools to cultivate emotional intelligence, technical ability, and personal expression. From improvisation and voice modulation to the



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exploration of Navarasas, students were encouraged to engage with the art form deeply and meaningfully. The session served not only as an educational platform but also as an inspiring journey into the transformative power of the stage.

OBJECTIVE

Title: Understanding the Resonator System in Voice Production

To provide students with a foundational understanding of the Resonator System, which enables sound to travel and resonate from the navel to the throat, enhancing vocal clarity and musicality. The objective was to explore the three key vocal areas—throat, stomach, and nose—critical for achieving strength, control, and expression in voice production. In addition, students were introduced to the seven fundamental musical notes (सा, रे, गा, मा, पा, धा, नी, सा), helping them understand pitch, scale, and the importance of regular vocal practice.

PROCEDURE:

Procedure: Exploring Acting Skills and the 9 Rasas of Indian Aesthetics

The session began with an engaging introduction to the world of acting, where participants were guided through a variety of foundational techniques essential to stage performance. Through a blend of theoretical instruction and interactive practice, students explored key acting competencies such as bravery, curiosity, innovation, teamwork, communication, creativity, multitasking, improvisation, emotional expression, discipline, and focus. A core component of the session was the introduction to the Navarasas—the



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nine foundational emotions in Indian aesthetic theory. Each Rasa was presented with its corresponding Sthayi Bhava (stable emotion), allowing students to gain a deeper understanding of emotional nuance in performance. These Rasas included:

Shringaar – Love and Beauty

Shant – Peace and Tranquility

Veer – Courage and Heroism

Adbhut – Wonder and Amazement

Raudra – Anger and Fury

Bibhats – Disgust and Aversion

Hasya – Laughter and Joy

Karun – Compassion and Sorrow

Bhayanak – Fear and Anxiety

IMPACT

The session had a transformative impact on participants by nurturing both their technical skills and emotional intelligence as performers. It encouraged self-discovery, improved expressive capabilities, and instilled confidence. Students reported feeling more connected to their inner emotions and more aware of how to convey them authentically on stage. The collaborative group work fostered a strong sense of teamwork and creative exchange, while the exposure to Indian aesthetic theory deepened cultural understanding and appreciation for classical performance traditions.

OUTCOME

By the end of the workshop, participants had:



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- Gained a solid understanding of the **Navarasas** and their relevance in storytelling.
- Developed essential acting skills through experiential learning and stage practice.
- Enhanced their ability to **express emotions** convincingly using body, voice, and movement.
- Strengthened their **vocal control and resonance** by understanding the functioning of the **Resonator System**.
- Grown in **confidence, discipline, and creativity** as individual performers and team members.
- Overall, the session empowered students with the tools, techniques, and emotional depth needed to grow into **confident, expressive, and culturally aware performers**.

CONCLUSION

By the end of the session, participants had built a solid foundation in essential acting skills through hands-on learning and live performance. They developed qualities like bravery, curiosity, innovation, and teamwork while enhancing communication, creativity, and improvisation. A key highlight was the exploration and enactment of the **Navarasas**, helping students connect deeply with a range of emotions.

The session also introduced **vocal resonators**—the throat, stomach, and nose—as vital tools for voice projection. Students practiced the seven musical notes (सा, रे, गा, मा, पा, धा, नी, सा) and learned how voice, tone, body language, and expression come together in impactful performance.



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Guided by the values of “**PATH**”—**P**atience, **A**ttitude, **T**eachability, and **H**onesty—students left the workshop feeling confident, expressive, and inspired to continue growing as culturally aware performers.



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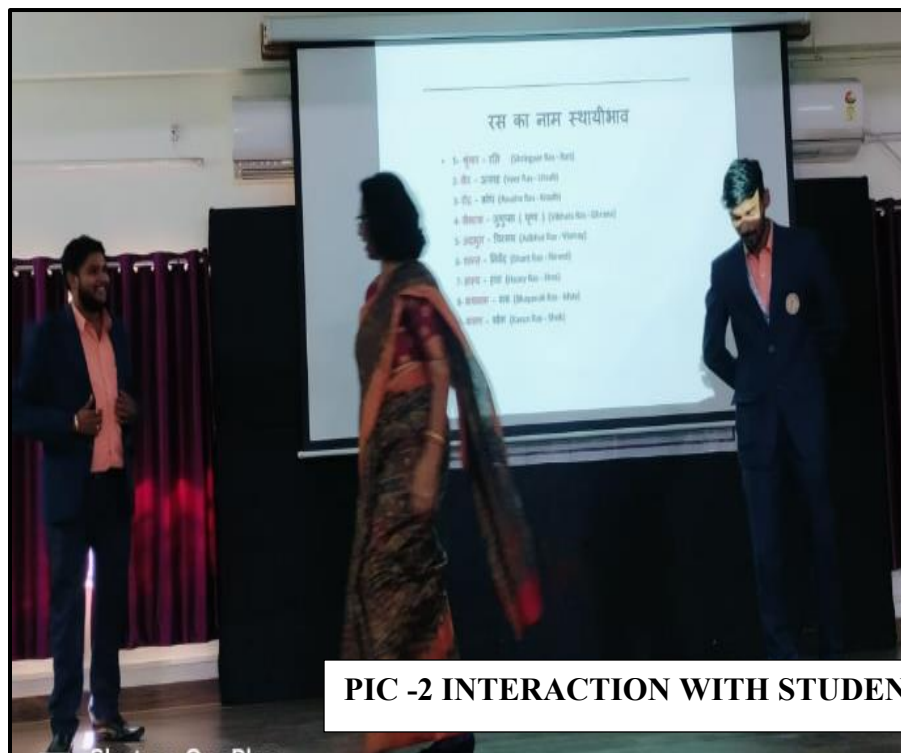
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PHOTOGRAPHS OF THE EVENT



**PIC -1 THE WORKSHOP IS
BEING CONDUCTED BY
MRS. ANITA SINGH**



PIC -2 INTERACTION WITH STUDENTS



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PIC -3 GROUP DISCUSSION



PIC -4 TRAINING SESSION



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MEDIA COVERAGE

डीबीएमएस बीएड कॉलेज में नाटक पर कार्यशाला

जमशेदपुर. डीबीएमएस बीएड कॉलेज में शुक्रवार को नाटक कार्यशाला का



आयोजन किया गया. जिसमें आस्था नाट्य संस्था की सचिव अनिता सिंह उपस्थित

थी. उन्होंने नाटक को शिक्षा से जोड़ते हुए व्यक्तित्व विकास की बात कही. कहा कि नाटक में वीर रस, हास्य रस, क्रोध रस की जानकारी दी. साथ ही आवाज के उतार-चढ़ाव व विभिन्न

प्रकार की भाव भंगिमाओं की भी जानकारी दी. मौके पर प्रिंसिपल डॉ जूही समर्पिता, वाइस प्रिंसिपल डॉ मोनिका उप्पल समेत कई अन्य मौजूद थी.

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ONWARDS	ONWARDS
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बनिक जानकारी के लिए वीएचडी अपनी निकटस्थ शाखा से संपर्क करें

प्रभात खबर
Saturday, December 7, 2024
Jamshedpur-City
<https://epaper.prabhatkhabar.com/clip/67535314be8f9bb12288ff49>



**NATIONAL NEWSPAPER COVERAGE PRABHAT
KHABAR (07-12-2024)**



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LOCAL NEWSPAPER COVERAGE ON
UDITVANI (07-012-2024)