



## Drama in Value Education (DIVE)

By

### 4s within, a space for creative expressions

DIVE is a process which includes interactive dance/drama practices that aid the educational process. It helps students in their understanding and application of value education.

#### **Need for DIVE**

Students rarely find avenues to creatively apply the value education they receive. It is delivered and understood in a “rote” manner. Contrary to this 'rote' education, DIVE presents a different approach for discussions, contributions, creativity, through dance and drama techniques. It fulfils the need for holistic learning and enhances the development process.

#### **Drama /Dance in Education**

In the school curriculum, this is both a method and a subject. It uses various dramatic elements such as movement, improvisation, storytelling and role play to aid the personal development of the student.

#### **Characteristics of DIVE**

- There is a clear aim and educational objective running throughout this process.
- The groups are usually small (12 to 15 students) per group to ensure experiential learning.
- DIVE runs for a fixed period (20 hours)
- DIVE includes pre and post assessments to gauge the learning curve

#### **Benefits of DIVE**

- **Self-Confidence:** the student gains confidence to trust on his own ideas and abilities. This learning can be applied to his life, career and school.
- **Imagination:** Thinking out of the box, and interpreting familiar material in new ways. Einstein said, “Imagination is more important than knowledge.”
- **Empathy:** Acting in a roles for different situations, time periods, and different cultures promotes compassion and it develops tolerance for others' feelings and viewpoints.
- **Collaboration:** It combines the new ideas and abilities of its participants. This cooperative learning includes discussing, sharing, negotiating, rehearsing, and exhibiting.
- **Concentration:** develops a constant focus of mind, body, and voice, which also helps in life and in school subjects.
- **Communication Skills:** enhances verbal and nonverbal expression of ideas. It also improves voice projection, articulation of words, and fluency with language.
- **Emotional Outlet:** as the student is allowed to express a range of emotions. Sadness, aggression and tension are released in a safe, controlled environment, reducing antisocial behaviours.
- **Relaxation:** Theatre activities reduce stress by releasing mental, physical, and emotional tension.



- **Physical Fitness:** Movement in drama improves body balance, coordination, flexibility, and control.

### DIVE In Schools

In schools, DIVE encompasses the topics in Value Education and facilitates it through group activities which are fun and enjoyable.

**Duration:** 20 hours per group

**Methodology:** thin spread (1hour a week per group for 20 weeks)

OR

Clustered Workshops (one day workshop of 5 hours every month for 4 months)

### Working with different age groups

DIVE recognises that each group has different needs. Thus the topics addressed for each group are based on their developmental stage and social skills required.

Classes	Topics	
Std. III to V	Kindness Courtesy Helpfulness	Fine motor & gross motor skills Listening Building vocabulary and expression
Std VI to IX	Exploring the self Reaching out to others Environment and us Team work	Building conversations Gender roles Being a team player The primary family
Std X to XII	Goal setting Making choices Reducing Stress Levels	Managing time Understanding ones personality Respecting the other gender
Train the teachers	Making Learning Fun	One of the surest ways to ensure long term benefits to the children would be to train the teachers in Creative Movement and Drama

		techniques. DIVE offers a 20 hour program for teachers.
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### DIVE Facilitators

**Hemalatha Swaminathan** is a certified Creative Arts Therapist, actor and danseuse.



“I have been a danseuse and performer for over 25 years and have formal training in Contemporary Dance & Pilates and certification in Bharatnatyam. This enables me to provide a rich movement vocabulary to children during the workshop.

**Laban Movement Analysis, Feldenkrais technique and Alexander technique** have been my areas of training for the past 10 years under experts in the respective field. This helps me to support children as they explore their thoughts and movements in a safe space resulting in graceful integration of mind and body.”

**Kalesh S Ramanand, movie artist, passionate theatre actor and a trained singer .**



“An engineering graduate in Computer Science, I have followed my heart into the world of theatre and acting. I began my acting training at Balaji Telefilms, Mumbai and then moved to Chennai to work with EVAM Entertainment Ltd. Performing and conducting workshops at EVAM has been a learning experience and a great way to connect to people.



A Diploma in Western Classical Singing from AR Rahman's KM Music Conservatory enables me to use voice practices in my workshops. These exercises alongwith theatre games ensure that children use all their faculties to express themselves and learn in a fun way. "

**DIVE also associates with other eminent facilitators depending on any specific need of the group.**

**Contact Details:**

**Mail:** [Network@4swithin.com](mailto:Network@4swithin.com)

**Phone:** 9381053134

**Website:** [www.4swithin.com](http://www.4swithin.com)

**Presence of DIVE:**

1. Learning Centre @ Atlanta, State of Georgia
2. Venkateshwara School, Chennai
3. Tiny Teddies, Chennai
4. Advaith Foundation, Bangalore