

## Feed back

### Session from 12<sup>th</sup> to 17<sup>th</sup> of April 2010.

Venue: Kathalaya Resource Centre

Number of participants:23

Timings: 9.30 to 1.30

Resource people: Geeta, Varalakshmi, Ambica, Spatica, Kappu.

#### **Day 1: Introduction / Listening / Mountain and Bird Story - Geeta**

- Shumal: The way a simple theme can be narrated without any crutches yet bring out the imagination of the listener was an eye opener.
- Nisha Sanghvi: I would not consider this as only story telling workshop, but also self development, self analysis workshop.
- Priya Nagesh: More than anything else, it is ‘life teaching’ that I found not merely specialized subject teaching although obviously that is also there. This is for me the most essential aspect of today’s session.
- Tamarai Selvi: Thanks for bringin out the child hidden inside me.
- Usha Kapse: This will make a big difference to my personality.

#### **Day 2: Internal Aspects of Storytelling / Voice – Geeta**

- Neeta Natwani: I felt I have opened up myself ..... I can express myself because there is no one to correct me or question me ..... Why you are doing this ..... I am in my own world ..... Thanks.
- Chitra Gurumurthy: I was holding back so much. But as the session progressed, all the apprehensions got washed away and thoroughly enjoyed myself.
- Shobha: It was “AWESOME”
- Kanika Gupta: Hope we can bring out more of our inner voice!!!!!!!!!!!!
- Shanmora Rao: I think it has helped me let go of my inhibitions to a great extent.

#### **Day 3: Body Language – Spatica / Origami – Kappu**

- Shumal: Origami - the Art, I did not know would be so interesting. I would like to take it further.
- Chitra Gurumurthy: I am going back enriched and with an urge to become a good observer. I hope to have a keen eye for details.
- Nisha Sanghvi: Origami by Kappu took me back to my childhood days.
- Sharmila Rao: Being conscious about the space within us and also focusing on the space around us was wonderfully delt with.
- Priya Nagesh: Origami was a test in patience and detailing!!
- Usha Kapse: Nice way to make you bold.
- Arati Katre: Origami helped us to venture into a different world all together.

## **Day 4: Childhood Stories / Creativity in Story telling – Varalakshmi and Geeta**

- Ananya Iyer (13): The best was the spider web of connected memories of each of us.
- Chitra Gurumurthy: The memories that we shared created a bond among us. It touched my heart. Varalakshmi's insightful talk helped us to overcome a lot of emotional barriers
- Anushree Shekar: It helped us to open ourselves into an inward journey.
- Shobha: I came to understand that life is all about how you take it.
- Nisha Sanghvi: I was impressed by the session of Varalakshmi about self evaluation and self understanding.

## **Day 5: Puppetry – Ambica**

- Chitra Gurumurthy: Ambica had a way of getting the best out of each one of us. Couldn't believe my own creativity!
- Anushree: creating puppets of various characters using the most simple tool as the humble spoon!!!!
- Neeta Shenoy: Puppet making – most creative session as it was something we can see the results in our hands!!!!
- Shobha: It opened a new channel to the whole of story telling.
- Kanika Gupta: Felt like we are back in school! Great feeling!!
- Tamarai Selvi: We actually wanted to learn more puppet making.
- Daksha Bopanna: It was awesome!!!!!!!!!!

## **General Feedback:**

- Neeta Nathwani: You feel it personal. And fear goes away fast. Friend look familiar.
- Ashita Abraham: I liked the informality and the spontaneity. Was impressed by the genuine support, care and encouragement given to each participants.
- Anushree: It was a enjoyable, mind blowing, fun filled week that opened our mind and conscious to various areas and also do an inward journey.
- Priya Nagesh: I was impressed by the sincerity of the facilitators. Had a lovely time actually filled and yet thoughtful at the same time.
- Shobha: Kathalaya is a place which is knocking very hard on your/our talents and trying to open up and exhibit.
- Kanika Gupta: I was impressed by the simple, easy and enjoyable methodology of putting across so many concepts.
- Daksha Bopann (13): The concept of this course was out-of-the box! I really had the time of my life on the last day!!!!!!!!!!!!
- Naina J Sequeira: I would cherish the memories of this place as it has given me wings to fly.
- Arati Katre: Every session was very energetic and well coordinated by the experts.