



Centre for Indian Psychology
Jain University
Presents



Manovilāsa:

A National Workshop on the Theory of Emotions, Emotion Management & its Applications based on Nāṭyaśāstra

(13th & 14th February 2012)

The *Nāṭyaśāstra* (NS) though meant for producing theatrical performances, contains the principles of many other art forms such as music, dance, architecture and painting. This has been traditionally acknowledged. However, the basis of all communication being expression of thoughts and feelings (*bhāva-abhivyañjanā*), the NS, also lays down the *siddhānta*-s and methods for its application. It defines *abhinaya* as not mere acting but total communication which is done through several channels. There are not just emotions *bhāva*-s but psychological urges/states that can be manipulated by the trained actor, performer, teacher and even administrator to influence the audience, students, and working groups.

In a two day workshop, Prof Bharat Gupt shall give presentations on the NS, hold discussions and relate the aesthetic and emotional theories of traditional arts to modern utility in social spheres. **He will also demonstrate how the whole idea of multiple intelligences as propounded by Howard Gardner has its foundations in the *Nāṭyaśāstra* and its theory of communication.**

Objectives:

1. To develop a greater synergy and interaction between the 'Art of Psychology' and the 'Psychology of Arts' for a better understanding of both and their application.
2. To gain insights into the working of emotions and their management.
3. To enrich one's knowledge about the theory of emotions and related topics as presented in *Nāṭyaśāstra*.
4. To enhance one's skills in counseling, managing emotion-intense situations and in theatrics by better understanding of the expression of emotions and their manipulation.

The Methodology of the workshop:

Lectures, Demonstrations, Practical Sessions, Sharing of Experiences, Analysis, Review of Relevant Literature, Interaction etc.

About Dr. Bharat Gupt

Bharat Gupt, an Associate Professor (Retd.) in English at the College of Vocational Studies of the University of Delhi, is a classicist, theatre theorist, sitar and surbahar player, musicologist, cultural analyst, and newspaper columnist. He is trained in both, Western and traditional Indian educational systems. He was awarded the McLuhan Fellowship by University of Toronto, and the Senior Onasis Fellowship to research in Greece on classical Greek theatre. He has lectured extensively at Universities in India, North America, Europe, and Greece. He was a Visiting Professor to Greece and member of jury of the Onasis award for drama. He serves on the Visiting Faculty at the National School of Drama, Delhi, and as resource scholar at the Indira Gandhi National Centre for the Arts and several other major centres and academies of the arts. He also gives annual public lectures in New Delhi at the Habitat Center and several other forums. His published books include: *Dramatic Concepts Greek and Indian* (1994), *Nāṭyaśāstra*, Chapter 28: Ancient Scales of Indian Music (1996), *Twelve Greek Poems into Hindi* (2001), *India: A Cultural Decline or Revival?* (2008)

Important Information:

- Dates of workshop : 13th & 14th February 2012 (Monday & Tuesday)
- Timings of workshop : 9am – 5.30pm
- Venue of the workshop : *Jain University, #34 JC Road, (Next to Stock Exchange), Bangalore – 560027 (*Any change in venue would be communicated)
- Participants : Psychologists, Counselors, Teachers, Artists, Students, Professionals, Corporate Trainers and others interested in applying the aesthetic and psychological principles to practice
- Number of participants : 35 participants
- Inclusion of participants : On 'first come first served' basis
- Registration fees : Rs.1000/- (Students Rs. 800/-) includes Relevant Material, Certificate, Group photograph, Lunch & Tea.
- For Registration : The Registration fee of Rs.1000/- (Students – Rs 800/-) is to be sent in the form of a Bank draft in favor of **The Registrar, Jain University**
- Medium of workshop : English
- The filled application along with the to-be prescribed mode of payment may please be sent to:
Dr. Vinayachandra B. K.
Research Associate
Centre for Indian Psychology, Jain University
'Genohelix', # 127/3, Bull Temple Road,
Chamrajpet, Bangalore - 560 019.
- **Deadline for Registration:** Registration will close on **04-02-2012**. Since the workshop will be limited to about 35 participants, registration will be on first-come-first served basis.
- ***Accommodation:** Please contact us if you need any accommodation. The accommodation charges will have to be borne by the participants.

Persons to be contacted for further details:

1. Dr. Vinayachandra B. K. – (M) 09880193872
 2. Dr. Anuradha Choudry - (M) 09880739482
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