



# ST FRANCIS DE SALES COLLEGE

Graded 'A' by NAAC || Affiliated to Bangalore University

Electronics City Post, Bengaluru – 560 100 || [www.sfscollege.in](http://www.sfscollege.in)

## **Drama on Inner peace and Humility**

Venue: Closed Auditorium

Date: 28 August 2015

Time: 2:00-3:00 pm

Organized by: SFS college

Attended by: UG students

Technology and modernization might have changed the lifestyle of humans, but technology is able to satisfy only physical needs. It cannot give inner peace. In order to attain peace a simple life without any greed and full of humility is essential. To impart this knowledge drama competition was organized on 28<sup>th</sup> August 2015 with the theme 'Simplicity and humility the essence of life.' The basic idea behind simplicity is, having a simple thought process. Being humble, not harming or cheating anybody, obedience to your elders, and not gossiping about anyone are all simple attributes of life that lead to other qualities that make a person appreciable in everyone's eyes.

A group of 20 artists exhibited their talent and made the show a memorable event. The play conveyed the message to all. In a country like India with so much economic and social discrimination, the younger generation must understand the need for simplicity and harmony. Increasingly the power of drama is being recognized as one of the most effective ways to develop soft skills and emotional intelligence in children and young people, skills that are often not developed through the traditional education system. Drama promotes communication skills, teamwork, dialogue, negotiation, and socialization. It stimulates the imagination and creativity; it develops a better understanding of human behaviour and empathy. It allows the development of critical thinking and allows us to make better and more conscious decisions; it encourages us to use our bodies and our voices, it encourages and inspires us to say "no", to stand for, to speak up. Drama gives students the opportunity to rehearse roles, characters, and a broad spectrum of life situations, helping them to explore and address some of the individual and personal ideas and feelings they are naturally experiencing. Overall, this allows children

to make sense of their 'real' life problems and helps them to learn about themselves and important coping mechanisms.

  
**PRINCIPAL**  
St. Francis de Sales College  
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