

A research study on health awareness programme through Street Play

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ABSTRACT :

This research paper concentrates about one of the major issue of our society is '**Health and Hygiene**'. This particular concept was taken for a street play by students from the department of visual communication, Holy Cross College, Trichy. The purpose of this paper is to give awareness among the people about their healthy life through a street play. The name of our street play is '*Valangal Kaappom*'. Street play is a simple and easy format to convey the message to the people. This paper deals with qualitative research which includes data collection, particularly the participative observation and Interview method. The researcher of this paper is one of the actor in that street play who involved directly and collected the information through participative observation in a sociological aspect. The hypothesis of study is '**Street play is a good medium to inculcate the concept of health and hygiene among the people**'. From this study we can able to understand the essence of our mother earth and things to be done to save it for healthy life.

INTRODUCTION :

Street play is a simple and easy format to convey the message to the people. A group of people will be having their own character and say something about social issues which include women, children and Dalit rights, sexual harassment, politics, health and hygiene and all. It is an arguable and oldest form of theatre which is existence and the audience is made up of anyone or everyone who wants to watch it for free entertainment. Acting is the main thing which involves through artists to enact by using simple costumes and props.

Typically the actors depend on their natural vocal and physical ability. Each street play needs to be highly visible; the voice should be loud and simple to follow in order to attract the crowd without a specific paying audience. The big malls, shopping centres, car parking areas, schools, colleges, university campus, street corners, bus stands and railway stations are some spaces of street play for giving awareness among the people.

This research paper concentrates about one of the major issue of our society is '**Health and Hygiene**'. This particular concept was taken for a street play by students from the department of visual communication, Holy Cross College, Trichy. Totally there were 20 students as actors who enacted the street play along with researcher in a village of 14th October 2019.

Also this paper deals with qualitative research which includes data collection, particularly the participative observation and Interview method. The researcher of this paper is one of the actors in that street play who involved directly and collected the information through participative observation in the sociological aspect.

The hypothesis of study is '**Street play is a good medium to inculcate the concept of health and hygiene among the people**'.

The Objectives of this research paper are:

- To give awareness of people about their healthy life.
- To emphasize the importance of natural resources and it's needed for our future generation.
- To document the script of street play on health and hygiene and spread all over the world.

The importance of Health and Hygiene through natural resources:

- ❖ Plenty of water
- ❖ Good oxygen from air
- ❖ Variety of food and balanced diet
- ❖ Healthy sleep
- ❖ Regular exercise
- ❖ Eating and drinking the right things

The aforementioned details say that the people must get those each and every day for getting a healthy life. Staying healthy is one of the important part in human life. If it is not followed in good manner, it can affect us both physically and emotionally when our body will be changed as abnormal.

Once upon a time our forefathers could use plenty of water, variety of food and balanced diet, healthy sleep, eating and drinking the right things with the help of good natural resources. Because they protected the natural resources and they did not harm anything on earth. They understood the essence of natural resources and it's needed in human life. They protected and leaved the natural resources everything because of us.

Many traditional trees were around us but we are destroying them till in the name of development and growth. Development is needed a country like India, but it should be without harm anything. People are cutting the trees easily and they don't mind at all about the needed of our greeneries. It helps to get good air to oxygen, rain forevery human and other life in land, healthy food, etc.If we are allowing the people who cut the trees, we can't give a better future for our generation.

Food is also one of the basic needs of human life. We could eat healthy food when we protected the natural resources perfectly.Our forefathers had variety of food and followed balanced diet. Now our food is not a healthy one because of globalization and its impact. People are forgetting about the traditional food and having more about junk foods. All wastages and trashes are dumping into sea, well, pond and other places where people are living near. Many polythene bags, plastic bottles are occupying many of the places.

Now human life is being like engine life because of technology and cultural changing.We are using all kind of plastic products, polythene covers which will not being biodegradable trashes on earth. Therefore, our earth and ozone layer are affecting day by day.

Here we can ask the question, whether we are protecting those natural resources without harm them? No one can say that we are truly protecting our

natural resources in a good way because we the people not even think about their goodwill. If we encourage doing the same, our future generation will not forgive us. So in this situation, we decided to give awareness among people through a street play. Because street play is the best tool to spread awareness everywhere in our country. In this manner, Researcher planned and created a script for street play with the help of 20 students.

Street Play – ‘Valangal kaappom’

The name of street play is called “Valangal Kaappom”. This script was written by researcher. In first the researcher had a discussion with the students. It was regarding, ‘how we are polluting our mother earth and its impact of natural resources’. All students were participated well in this discussion and they motivated the researcher to create a script. After the discussion we planned to write the script. Finally we could get the script on health and hygiene. The actors of students from the department of Visual Communication, Holy Cross College, Trichy and the researcher also the same department who is working as an Assistant Professor.

Totally there were 4 scenes. Each scene has its own style and content. 21 actors were played the scenes which including the researcher. ‘Parai or Thappu’ is the percussion instrument of all leather instruments which will be taking place mainly in this street play. It is travelling throughout the play. Here, the researcher explains about the script as a research aspect which is following,

Scene 1

12 actors will be in this scene. This scene includes the following:

6 actors will be placed on floor as trees to explain the location as a forest. 4 actors will be enacting the role of a bird, monkey, deer and lion respectively. In first the actors who enacting as bird, monkey and deer will be roaming in the forest and having something to eat from this location. Then a group of human comes with a hunted lion and place the lion in the middle of them. They gather around the dead lion and starts dancing and shouting to celebrate their victory. It seems to be our ancestors was happy when they lived with nature without harm them. The sound will be like,

*“oohoop..... ahaaaaap.....
Helay Helay Humba.....
Mooppanukku Moonu Kumba....
Helay Helay Humba.....
Moooppanukku Naalu Kumba.....”*

This scene will be over with the dance with Parai rhythm.

Parai Rhythm is following :

“Theeng theeng thinthukku thintha....

Theemku thakida thinthakku thintha”

Step of their dance are,

2 steps involved in this dance. The names of steps are following :

1. Front and back moving step

2. Side jumping step

Scene 2

13 actors will be in this scene. This scene includes the following:

6 actors will be planting crops. In first they will be doing work in agricultural land and secondly doing the work on plantain grove. Meanwhile, a song will be singing from backside of the floor while planting.

Song follows :

“Ae.... thannae nannae thaanae nannae thana nannanae – thana

Thaanannae thaanae nannae thaana nannanae...

Ae..... Naathu nattom Kalai eduthom thannae nannanae

Naal muzhuka olachi pottom thannae nannanae.....

Aei.... Seeraha chamba nella paaru thannae nannanae

Seera payiru vachom naanga thannae nannanae....”

After the aforementioned song, everyone gathers around and have their ‘Palaya Kanchi’, talking about their land will give high yield in this season happily. They seem to be happy with their life due to higher yield in their fields. This scene portrays the history of our agricultural lands which were fertile in the past.

After a change over the same location will be shown as dried, destroyed with no sign of agriculture. A voice over which says, there is no water, no proper facilities for agriculture. So our cultivation was destroyed. The voice continues to say that our farmers started using chemicals and pesticides which were produced by the foreign countries with the help of our political leaders which leads our own organic fertilizers in the extinct list. It is the responsibility of our government to support and renew the agriculture methods which is not harmful for the land.

Scene 3

12 actors will be in this scene. This scene includes the following:

6 children and 6 youngsters who will be having junk foods, cool drinks and through it on our mother earth easily with their enjoyment. After a change over actors will not be on floor but we can see the earth with full of junk trashes which have spreaded everywhere on earth. It seem to be our land is being now a full of junk trashes because of using imported foreign goods. On that time, a voice comes from background of the stage states that, we continue to use plastics and other harmful products which collect as a non degradable junk over the land.

Scene 4 :

After these scenes a small kid comes in front and says to the audience that we are spoiling our mother earth by using all junk products. Our ancestors who lived a happy healthy life due to the nature by using natural products but we continue to spoil the earth by adapting the foreign habits which is hazardous to the human community and the nature. In future we will be left with no natural resources if we continue these harmful practices. The child questions the audience how we will make a happy and healthy lifestyle for the upcoming generation if we didn't stop spoiling the nature.

This street play was played in front of the Sivan Temple of Thiruppainjali village. There were school children and the village people who watched the play. Later, the researcher collected the feedback from them. We met 2 women, Mrs. Jeya Lakshmi and Mrs. Vijaya who are living in Chettiyar Street in Thiruppainjali village for getting the feedback from them.

Photos from our street play and feedback:



The feedback follows:

- ❖ The village is stated that this play was found useful for the village.
- ❖ No one did with such activity before.
- ❖ The villagers said that the message is more relatable for the current situation and the crisis.
- ❖ They mentioned the previous activity of the institution by distributing saplings and seeds for plantation they said that they found this activity are equally useful for them.
- ❖ The village women mentioned that they are very happy to see the woman students participating in such activities. They expressed their desire to make their woman children to educate and participate in such social reformation activities.

Finally we started from the village to our college by 7.00 pm with full of satisfaction.

Suggestions and Recommendations:

- ❖ From this study we can able to understand the essence of our mother earth and things to be done to save it for healthy life. Here are some suggestions and recommendations which will help to protect our earth without harm them.
- ❖ We should use reusable bags for avoiding grocery type bags are everywhere in our country.
- ❖ We should make sure our waste will go to the right place to degradable.
- ❖ Global warming is warning us that our climate change is not a hoax and it is coming till it can be protected by human.
- ❖ People are polluting air, water, noise and food according to their wish should stop.
- ❖ In early period nature played a crucial and biggest role maintained the earth. But human materialism is changing as the green cover getting replaced because of townships and industries. Our forefathers lived in vast and open spaces, surrounded with lush greeneries, clear blue skies and starry nights. Their atmosphere was cleaned and got sufficient oxygen for breathing.
- ❖ We should take some remedial action as individually. If we active with that every human hand will link together automatically. Not only the individual but the government also should support us. Then only we can live a healthy life as well as give good future for our generation.

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