

EDITORIAL



'MOVIES AND MENTAL HEALTH'

Cinema is a powerful medium of story-telling. They have the power to **normalise conversations**

on taboo subjects if portrayed sensitively. Cinema also has the ability to **stereotype** many things and **condition our minds** to issues and situations that can be **detrimental.** Incorrect depiction of mental health increases the stereotype that mentally ill persons behave in a fashion that is 'mad, violent, funny and weird' – which is not true. However, movies like Qala, Black Swan make you sit and **think about someone else's problem and generate empathy.** They give us an insight about what a person is going through and make you ponder about your outlook towards a certain situation. We as audiences emotionally relate and connect with the stories which are well represented and well researched. That is why we need more good films on mental health topics that will **create awareness and remove stigma.**

Cinema is a great medium to highlight the challenges of people suffering from various illnesses in the proper perspective. It can generate understanding and build community support for families that are struggling with mental illness. Mental health should be everyone's business and not just that of the professional. A good neighbour that empathises with the next-door Mother who has a child with autism can offer solace and support.

In this issue, we talk about good movies on mental health and how films, serials can affect mental health and emotional well-being. Our wonderful writers have done extensive research to select a few movies from Hollywood, Bollywood and Regional films in India. This is certainly not a comprehensive list, but a great list to watch and understand the nuances of an illness.

R C OF NAGPUR NORTH PRESIDENT RTN. JYOTIKA KAPOOR



Rtn. Jyotika Kapoor, President RC Nagpur North is an Entrepreneur, Therapist and certified healer. She is a graduate in psychotherapy and has done a diploma course in counselling. Her Husband Past President Rtn. Ajay Kapoor is also an entrepreneur. Her son Ankit is a published author and a Computer Science graduate from BITS and is working in Hyderabad, while her daughter Mannat is a commerce student.

Jyotika says they all stay in a joint family and she gathers her strength from her family members. According to her, any habit which gives you growth, peace, comfort, happiness and prosperity is a healthy habit. She strongly feels that keeping oneself physically and mentally fit is most important and for that physical and mental exercise is a must; which she does regularly.

Her Mantra of Happiness is 'Live and Let Live'. She says, "The best way to have a joyous life is to respect everyone's opinions including one's own. I believe that seeing every opinion as an 'Interesting Point of View' can give us freedom from our self-made stories and never-ending thoughts".

Her Mantra of LIFE is 'ALL OF LIFE COMES TO ME WITH EASE JOY AND GLORY.' This Mantra includes everything: right-wrong, good-bad, beautiful-ugly, positive-negative and so on. She keeps herself in allowance of these experiences, learns from them and keeps moving - this is happiness for her.

She feels it is very important to keep ourselves mentally fit and DAGMHI 3030 is spreading this awareness amongst people by doing workshops and sessions on Mental Health and thus contributing to the Society is a major way.

Dr. Aabha Pimprkar
President DAGMHI 3030,
Co-Editor *Mind Matters*

IT'S OFFICIAL!

DAGMHI 3030 is the Inaugural Chapter of RAGMHI! District Action Group on Mental Health Initiatives works towards Mental Health Awareness under the guidance of the global RAGMHI.



SARA PIMPRIKAR Our Mental Health Ambassador



Sara is the President of Interact Club of Wisdom High International School and Junior College, Nashik (Parent Club: RC Nasik) D3030, India. She also is a member of DAGMHI 3030, RAGMHI (Action Groups on Mental Health Awareness).

Because of her involvement in Rotary as an Interactor & as a social media content developer for DAGMHI 3030; she was selected to speak about Mental Health during 'Rotary Day with UNICEF' on 25th March 2022. The program was about 'How do we create a safe & more resilient world for girls?'. The recording of her two-minute speech was later played at various Rotary clubs and Rotary conventions throughout the world. The editorial team of Rotary Magazine, USA acknowledged her efforts in the form of a small feature.

We are very proud of her achievement and urge youngsters to join the initiative.

-Team Mind Matters

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MIND MATTERS ISSUES

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-Aabha Pimprkar
Co-Editor,
President DAGMHI 3030



BOLLYWOOD AND MENTAL HEALTH

A few Bollywood movies have demonstrated the sensitivity of mental health problems and left a lasting impression on viewers.

Anxiety disorders: A mental health disorder characterised by feelings of worry, anxiety or fear that are strong enough to interfere with one's daily activities. Symptoms include stress that's out of proportion to the impact of the event, inability to set aside a worry and restlessness.

Related movies: Dear Zindagi, Tanu weds Manu Returns, Phobia.

Depression: Depression is a mood disorder that causes a persistent feeling of sadness, loss of interest and also sometimes suicidal attempts. It affects how you feel, think and behave and can lead to a variety of emotional and physical problems.

Related movies: Dear Zindagi, Anjana Anjani, Devdas,

Bipolar: Bipolar disorder is a mental disorder that is characterized by periods of depression and periods of abnormally elevated mood, which is bridged by normal mood.

Related movies: Heroine, Tanu weds Manu Returns

Schizophrenia: Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behaviour that impairs daily functioning, and can be disabling.

Related movies: 15 park avenue, 404, Atrangi Re

Dementia: Not a specific disease, dementia is a group of conditions characterised by impairment of at least two brain functions, such as memory loss and judgement. Symptoms include forgetfulness, limited social skills and thinking abilities so impaired that it interferes with daily functioning.

Related movies: U Me aur Hum, Black, Maine Gandhi ko nahi mara



Substance abuse: The use of illegal drugs or the use of prescription or over-the-counter drugs or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts.

Related movies: Udta Punjab, Devdas, Ashiqui 2

PTSD: Post-traumatic stress disorder is characterised by failure to recover after experiencing or witnessing a terrifying event.

Related movie: Judgmental hai kya, Atrangi re

Dissociative identity disorders: is characterised by the presence of two or more distinct personality identities. Each may have a unique name, personal history and characteristics

Related movies: Bhool Bhulaiya, Kartik calling Kartik

Personality disorder: A type of mental disorder in which you have a rigid and unhealthy pattern of thinking, functioning and behaving.

Related movies: Tamasha

Other mental health related Bollywood movies are:

Learning disorder: Tare Zameen par. **Autism:** My name is Khan, Barfi.

Paranoia: Agni Sakshi. **Memory loss:** Ghajini.

-Khushi Agrawal.

B.A Psychology, Nagpur.

REGIONAL INDIAN CINEMA & MENTAL HEALTH

Cinema, being made by some serious minds, is a tool for disseminating information and eliciting thought-provoking actions and reactions from the audience, besides entertainment.

Bollywood as well as regional cinema, has taken steps into this now forbidden territory, and we find writers, directors delving into and exploring stories that bring forth the dilemmas faced by the mind. Here's a list of a few exceptional movies from the Indian subcontinent that deserve a mention for the sensitive and realistic way in which they have dealt with mental health issues:

Devrai (Marathi): Devrai (Sacred Grove) received many accolades for the way it dealt with the frustrations and struggles of the caregiver. One of the best cinematic representations of schizophrenia, Devrai delves into the life of the caregiver, the sister, who supports the 'mental unravelling' of the protagonist, her brother, and in this process she goes through upheavals in her own life. The film portrays the challenges and dilemmas faced by the family as well as the plausible failures of treatment.

Bottomline: Treat the schizophrenics with love and care.

Kaasav (Marathi): This film that received a National Award deals with suicide, loneliness, depression and the treatment and care needed to overcome all these. Human relationships are explored in the story that delves into the life of a woman coping with mental health issues of her own who nurses a young man back to health. **The film is a sensitive and nuanced take on depression and recovery.**

Deep Jele Jai (Bengali): Set inside a mental home, this is about a nurse falling in love with a patient she is entrusted with. The emotional trauma she undergoes is dealt with sensitively in the film in which she is used merely as a tool for trying out a new therapy for the inmates. Later Asit Sen, the director, **remade it in Hindi - titled Khamoshi**, which also went on to become a huge hit.

Chi La Sow (Telugu): **Bipolar disease** is what is showcased in this film and without romanticizing the disorder, the film truly portrays the reality of those dealing with the person suffering from the disorder.

Nenokadine (Telugu): With the non-linear narration and inter-cut dream sequences in this Sukumar's technical brilliance, schizophrenia is introduced in Telugu cinema. Mahesh Babu carries out this role with great sensitivity and focuses on the horrors of living with the problem.

Ghajini (Tamil): This is about the protagonist who suffers from **anterograde amnesia**, a unique condition as a result of which his memory is wiped clean every fifteen minutes. The intriguing film which was a testament to the power of human resilience in the face of unspeakable tragedy was later remade in Hindi.

North 24 Kaatham (Malayalam): North 24 Kaatham has Harikrishnan (Fahadh Faasil) as a protagonist who has **Obsessive-compulsive personality disorder or OCPD (not to be confused with OCD)**. Fahadh portrays the condition relatively accurately, showing how Hari is obsessed with symmetry and cleanliness. The movie shows how the disorder affects the people around him and how their inability to empathize with Hari further deteriorates his mental health.

Hey Jude (Malyalam): The movie shows Jude Rodriguez (Nivin Pauly) as someone who has **Asperger syndrome**, and Crystal Ann Chakrapambu (Trisha Krishnan) as a person with Bipolar disorder. Hey Jude makes it to this list for helping us understand what Asperger syndrome and Bipolar disorders are. The movie focuses on how the people around Jude accept his disorder, and thereby, helps us empathize with the character.

But Bollywood and our regional cinema, that otherwise is so rich in its content, **must delve deeper and deeper if it wants to leave a stamp onto this genre** - so that further marginalization of those who already struggle on a daily basis with the weight of **the 'mental stigma' comes to a complete stop.**

-Aasawari Shenolikar
Deputy Editor,
The Hitavada,
Nagpur.





HOLLYWOOD AND MENTAL HEALTH

Sensitive and challenging depiction of mental health has been made time and again in some of the finest, well-researched movies of Hollywood. Below are some reflections on few of them:

A Beautiful Mind: Released in 2002, a classic, giving us a peep into a **schizophrenic** mind. Based on the real life of Dr John Nash, a Nobel Prize winner, an American mathematician, this movie beautifully depicts schizophrenia with its real-like symptoms, treatments options and hazards, and shattering impact on a patient's life. It also shows how crucial the role of loved ones is, in achieving tangible recovery from the illness. This movie was a turning point in improving the common man's outlook towards the patients of schizophrenia.

One Flew Over The Cuckoo's Nest: Another classic, a winner of 5 Academy Awards in 1975, the protagonist has **antisocial personality disorder**, and is charged guilty for gambling, battery, and statutory rape. His sexuality and determinism clash with the ideals of other inhabitants at a mental institution, and make him a victim of abused power. It also makes a deeply sensitive portrayal of how **suicide could knock without notice** and leave us with deep wounds.

Rain Man: This light comedy from 1988 attempted to show the **extraordinary side of Autism**. It is a journey of bonding between two brothers, who learn about each other's existence after the demise of their father, when he leaves his hefty fortune in the name of the mental institution taking care of his elder son. The movie has umpteen examples of how a genius, born with deficits in social interaction and language, could still be as good as anyone else. After all, each one of us is a combination of our gifts and shortcomings and none is a bigger or smaller person. The movie ends on a bittersweet note with the two brothers living separated, thus emphasizing the importance of psychological and social support systems for patients of autism.

Good Will Hunting: Inspired from real life experiences, this movie sends a message of **positive attitude** towards life. The actors have done a phenomenal job at taking us through some intricate conversations over birth, identity, love, success, and growth. The performances by Robin Williams and Matt Damon are noteworthy and contagious for youth. Since its screening in 1997, this romcom continues to be a must watch for teens.

Silver Linings Playbook: Released in 2012, this movie takes us through the emotional roller coaster of **borderline personality disorder**, expressing signs from promiscuity, skewed sense of identity, or erratic moods, to chronic emptiness. This movie also showed the life behind the screen of someone suffering from bipolar disorder. A rather realistic side of these illnesses is shown to reflect the message that two broken individuals could be each other's strongest support and together find silver linings in their darkness.



The Aviator: Released in 2004, this movie shows an eccentric, obsessive mind of a legendary aviator – one who builds planes. Detailed viewing of vigorous hand-washing or extreme symmetry, or fixation on white cleanliness, and proxy-compulsions show how there is ultimate threat to the aviator's empire. The movie slowly proceeds to encase the **deterioration of severe OCD** and shares the **message of truly loving one's work as the way to happiness**.

Split: An attempt to showcase the many personalities inside one person – **dissociative identity disorder**, commonly known as multiple or split personality disorder. In 2016, Split scripted 24 different personalities existing in different modes (dominant vs suppressed) inside one person named Kevin Wendell Crumb. The dialogues between the personalities and their therapist unfold the **basic principles of psychotherapy**, including honesty, concern, empathy, active listening, problem solving, and insight building.

American Sniper: A biopic dedicated to the legendary sniper Chris Kyle, this movie is a war drama from 2012 and intends to focus on lives of high achieving accurate marksmen, who endure life-threatening experiences while saving lives of their own countrymen and often

suffer from **post-traumatic stress disorder** after returning back to civilian life. This creation of legendary director Clint Eastwood was nominated for 43 awards, and won 24 in total, including an Oscar.

The King's Speech: A historical drama from the British culture of the 1940s, this movie is based on the true story of Queen Elizabeth II's father (Prince Albert) who suffered from **stuttering**. Screened in 2010, it takes us through the friendship between the King and an unorthodox speech therapist, who helps him overcome his impediment.

The Silence of the Lambs: Speaking of mental health, the **extreme aberrations of a psychopathic mind** cannot go unnoticed, as they continue to haunt us through the covert and overt existence of serial killers. Based on a novel by Thomas Harris, this movie was released in 1991 and told the tale of a young lady FBI agent, on a quest to find a serial killer who was abducting young women and collecting their skin as trophies.

**-Dr. Bhakti Murkey Sisodia
Asstt. Professor in Psychiatry,
Pacific Medical College & Hospital, Udaipur.**

BOLLYWOOD AND MENTAL HEALTH

'IMPACT OF WOMEN-ORIENTED MOVIES'

Recently, there is a new trend in Bollywood to make female-oriented movies like Queen, Dear Zindagi, Pink, Piku, English Vinglish, Mardani, and Manikarnika. Women in these movies are shown as active, strong, independent, good decision-makers. **The psychological effect of seeing strong, capable women in fiction is empowering**, especially for women. Young girls can watch TV shows and movies and be inspired by them, knowing that no job or vocation is out of their reach. It greatly **boosts their confidence to work toward their objectives in life**. The psychological effects of strong female role models in television and film are profound. Girls' self-image is impacted, traditional gender norms are questioned, and their mental health is impacted. It also has an impact on how girls see their own competence and empowerment. Since it typically has a favorable impact, this trend will persist.

**-Lavina Keswani,
M.A English, R.S Mundle Dharpeth Arts and Commerce College, Nagpur.**



BOLLYWOOD AND MENTAL HEALTH

'MANATARANG-MENTAL HEALTH FILM CLUB'

Films can have a significant impact on mental health. *Films can also be used as a way to start a conversation about mental health and raise awareness* about different Positive representations in films that can help to reduce stigma and promote understanding of emotional well-being. They can also be used as a *tool for self-reflection and self-discovery, helping individuals to better understand themselves and their emotions.* They can also provide a sense of connection and community, as people can relate to the characters and their experiences.

With these intentions, 'Manatarang Mental Health Film Club' aims to raise awareness and understanding of mental health issues through the medium of cinema. The club is dedicated to curating a selection of films that accurately and sensitively represents an array of human feelings, emotions and experiences. In addition to screening films, Manatarang also hosts discussions and Q&A sessions with mental health professionals and cinema analysis experts. One of the unique aspects of Manatarang is its focus on *inclusivity and diversity.* The club aims to showcase films from a wide range of languages, cultures and perspectives.

Manatarang Film club has been active in Thane for a while now. IPH Mindlab (Institute for Psychological Health), has been able to expand this wonderful project to Nashik for all the citizens which has been running in Nashik since a year now. A Mental Health Film club that is open to all age groups and is free-of-cost is receiving great feedback from Nashik-kars. Film club is held once a month, typically on one of the Saturdays at a convenient location with a pre-decided theme.

Manatarang is a great opportunity for individuals to learn more about mental health in a relaxed and engaging way. The club's goal is not only to raise awareness and understanding of mental health issues but also to promote empathy, compassion and to break down the stigma that too often surrounds mental health.

-Aditee Bhargave

Clinical Psychologist, IPH Mindlab, Nashik

Manatarang
Mental Health Film Club
Initiative by IPH Mindlab, Nashik

A platform where we will watch feature films, short films and documentary films related to mental health along with a discussion by professionals, every month.

This month's topic: **The Joy of giving**

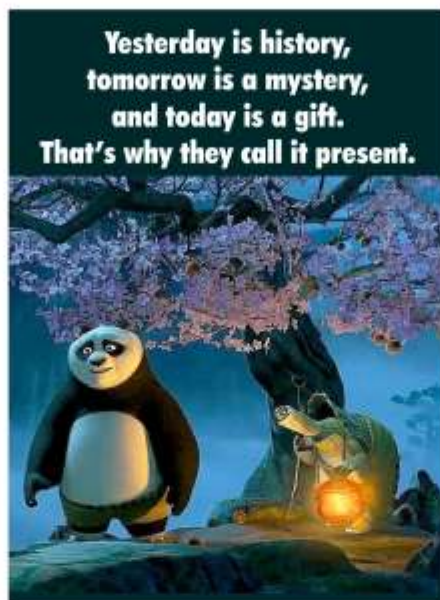
the CUP

Movie: The Cup, Duration: 50 mins.
Date: 17th December (Saturday)
Time: 6pm
Venue: Smt. Yamunabai Joshi Hall, IMA, Shalimar, Nashik 422001

Registration is free but necessary.
Contact: 8429796038

KUNG FU PANDA

Kung Fu Panda is not only inspirational but also insightful along with being a great entertainer. It beautifully depicts how inner strength is a psychological resource that supports people as they move through challenging life events. One achieves inner strength by being mindful of one's self and one's environment.



The practice of *mindfulness* has been manifested at regular intervals in Part I. In the beginning when Master Oogway tells Shifu about Tai Lung's return, Shifu panics and is stressed. At that time Master Oogway tells Shifu "Your mind is like this water my friend. When it is agitated, it becomes difficult to see, but if you allow it to settle, the answer becomes clear." Here he was trying to tell Shifu to **clear his mind of unnecessary thoughts.** When Po was disappointed with himself and was considering quitting his training, Master Oogway explained to him that he was too concerned about the past and the future while he must focus on the present. During Po's training sessions with master Shifu, his focus was on the here and now. What one can control is the present which is what they need to focus on. This is what being mindful is. Po's inner strength kept building along with his training sessions.

In part II after PO becomes the Dragon Warrior he and his friends take responsibility to protect China, as Lord Shen (peacock) plans to attack. At that time Po gets to know he's adopted and experiences immense distress. He starts withdrawing himself, he avoids talking, but soon decides to **leave the past behind and focus on the present,** he and his team of the Furious Five defeat the enemy.

To sum it up, I would like to quote Master Oogway, 'yesterday is history, tomorrow is a mystery, but today is a gift, that is why it is called the present.' Being mindful helps to de clutter, have stillness in thoughts which will help to meet various challenges in life.

-Kunali Mucchala

Practicing Consultant Clinical Psychologist, Mumbai.

THE CINDERELLA SYNDROME & MOVIES



Ameya, a 41-year-old married software professional was referred for grief counselling following her husband's suicidal death. Her husband suffered from alcoholic liver disease and was unemployed forcing Ameya to be the sole breadwinner. In spite of his lack of affection and his frequent suicide threats due to his ill health and financial constraints, she was very much loyal in her relationship. She was dependent on him for making small decisions in everyday life.

"Cinderella Syndrome" refers to the tendency of people, often women, to put the needs and desires of others before their own and to prioritize the comfort and happiness of those around them. This can lead to feelings of neglect, frustration, low self-esteem, as well as a tendency to attract or seek out relationships that are unsatisfying or unfulfilling. The term "Cinderella Syndrome" is derived from the fairy tale character Cinderella, who is selfless and puts the needs of others before her own. The reasons could be due to indecisiveness, low confidence, insecurity and a continual need for praise. This syndrome is usually propagated through the portrayal of female characters in many Indian movies.

Mamta (Hindi), Ved (Marathi), Sainikudu, Athadu (Telugu movies) are the classic examples. The narrative usually revolves around a woman engaged in an unhealthy toxic relationship with a man who mistreats and even abuses her. However, the rule that 'woman's life being incomplete without a man- so bear it' will be preached loudly throughout. Hence, despite the mistreatment, the female lead eventually sacrifices and decides to stay in the relationship come whatsoever. The Cinderella syndrome promotes dependency on men for happiness and success.

Cinderella Complex is another psychological phenomenon coined by Colette Dowling, a psychologist in her 1981 book, "The Cinderella Complex: Women's Hidden fear of Independence". In this, she says, women have an unconscious fear of independence and a desire to be taken care of by a prince charming figure. I often find both these conditions interlinked. When a young girl with this complex grows up, she does develop Cinderella syndrome.

-Dr. Sripriya Shaji, Ph.D

Nutritionist & Counselling Psychologist, Kozhikode, Kerala.