

MOVIE SCREENING AT M.E.S COLLEGE OF ARTS & COMMERCE, ZUARINAGAR-GOA



Seated from left to right- Ms. Rujuta Mahajan (Clinical Psychologist, PRIDE Adolescent program) ,Priyal Agarwal (intern, Sophia College for women, Mumbai), Mrs. Kavita Nair, (Public Health Researcher), officiating principal, Dr. Rekha Gaonkar, Mr. Bhargav Bhat (Public Health Researcher) Ms. Cedila Gomes (H.O.D), Dr Freda Pereira, Asst. Prof. Fatima Gomes and Asst. Prof. Madhuri Marathe.

The Psychology Department organized the screening of a movie, 'The Butterfly Circus' on the 9th October 2019 in collaboration with Sangath, an NGO working in the field of mental health as part of the World Mental Health Day Program. Sangath has 20 years of experience in innovating, generating knowledge, and making a difference in the field of mental health by reducing the treatment gap for mental disorders and disabilities in India. Sangath were awarded with the title of 'India's 4th leading Public Health Institution' (2015) and WHO-India Public Health Champion (2016). Sangath also organized a photography contest with the theme, "HAPPY MOMENTS" for college and university students as a part of its awareness generation programme on the occasion of World Mental Health Day celebrated every year on 10th.October with the objective of raising awareness of mental health issues around the world.

The program begin with the welcome address by officiating principal, Dr. Rekha Gaonkar and introduction of the resource persons. The Sangath team comprised of Mrs. Kavita Nair, (Public Health Researcher), Ms. Rujuta Mahajan (Clinical Psychologist, PRIDE Adolescent program) , and Mr. Bhargav Bhat (Public Health Researcher).

The movie is set in the depression-era 1930s America, "The Butterfly Circus" is set in a dismal time period, characterized by the unemployed and homeless masses, everyone concerned for the difficult economic situation. Mr. Mendez is the charismatic master of a small circus, the Butterfly Circus, and he leads his troupe through Southern California. Along the way, they perform – sometimes for free – to bring some light into the dull lives of people. One evening, they see a sign for a carnival with a sideshow. Upon arriving they see a funfair with carousels, games, and other entertainment, including a freak show. Here Mr. Mendez meets Will, the main attraction of the freak show, who has tetra-amelia syndrome, meaning that Will is limbless: he is on display alongside other odd characters, such as a painted tattooed man and a bearded woman. Will is bitter and unhappy, but after meeting Mendez, he decides to leave the carnival, hiding on one of the Butterfly Circus trucks to escape. The people in the circus welcome Will, but Mr. Mendez tells him he must do something else than just be a freak to become part of the act. Will gets to know his new friends and learns that many of them have a sad past, but that Mr. Mendez has given them a second chance in life. One day Will accidentally realizes that he can swim, so

he decides to perform a difficult act in the circus. He is raised to the top of a tall pole and dives into a small tank full of water. Will is now happy since he is in the show not because of his odd appearance but because of who he is and what he can do.

The movie screening was followed by a brief about Sangath's work and a panel discussion facilitated by the Sangath team wherein they stressed on the importance of self-acceptance and self-worth and left the students with a few strategies to handle their mental health issues and stress. The movie screening was attended by around 80 enthusiastic psychology students and N.S.S volunteers. Asst. Prof. Fatima Gomes compeered the program while Ms. Cedila Gomes, H.O.D in Psychology proposed the vote of thanks.