MANTARANG : Mental Health Film Festival

A FIVE MINUTE FILM CAN TEACH YOU MORE THAN AN HOUR LONG LECTURE

PROGRAMME – CALENNDER.

Hi Friends!

Welcome to this unique experience in EDUTAINMENT where Entertainment blends with Education.

You are welcome to the MANATARANG campus, in the premises of Sulochanadevi Singhania School, off Pokharan Road No 1, Near Cadbury, Thane (west).

Please arrive at 10:00 A.M. and first Register your name at the registration counter.

It will be great if you carry writing material and water bottle. We have Tea, Coffee, Snacks and Mini lunch available at the venue at reasonable charges. You could bring your tiffin as well. (There are not many eating places around.)

Please go through this programme schedule and select your sessions. Synopses of the feature films are at the end of this communication.

We have three Screening Halls:

Ground Floor (MALHAR) : Ray (In memory of the great Indian film maker).

Fifth Floor: (Hansdhani) : Charlie (as respect to THE TRAMP).

Fourth Floor (Sadhana) : Richard (In memory of the recently departed maker of GANDHI).

Select your screening hall, sit back and enjoy. Each theme session has a Ten minute interval. You will be meeting many well known personalities from media and mental health who would be viewing films with you.

There will be an Anchor person for every theme session. There will be a panel of faculty to discuss the films. In case of short films there will be a discussion in between screenings. For the feature –film the discussion will be at the end of the film.

SATURDAY: 10:30 A.M. to 1:00 P.M.

RAY Hall : Bollywood and Stress Management:

(FILM CLIPPINGS AND GUIDED DISCUSSION).
Managing day–to–day tensions is something that we all have to do. Many a times we are not aware that there can be two types of tensions; necessary and unnecessary. How to differentiate between them and how to face the unnecessary one is a challenge. Dr. Anand Nadkarni is going to take you through this journey, showing you situations and songs from mainstream Hindi Cinema; interspersed with his lively comments and inputs by the experts. A perfect recipe to de-stress yourselves.

CHARLIE Hall:

Feature Film: A Brand New Life, Korean Film – duration 92 minutes followed by discussion

Richard Hall: Competition Entries Review.

In this third edition of Manatarang we have invited young film makers to make short films on mental health content. We received overwhelming response for the same. This will be a session where selected entries will be screened for the juries and the film-makers will answer audience questions. This will be an extremely interesting session for anyone interested in filmmaking as well. Eminent Actor and Psychiatrist Dr. Mohan Agashe will be heading our panel of juries. The interaction between juries and filmmakers will be with active audience participation. So don't miss movies followed by 'Live action',

SATURDAY – 4th October: 1:30 P.M. to 4:00 P.M.

Ray Hall: Effective Parenting (Theme session: Short films with interaction.)

In the changing times the process of parenting has become quite challenging. And the challenge is mutual. Most children also have difficulties in coping with their parents. This session is devoted to this important theme. With some interesting short films and clips from mainstream cinema, there will be an eminent panel of experts to offer their perspectives. It is going to be a treat for eyes as well as intellect.

CHARLIE Hall: Inspiration and Motivation (Theme session: short films with interaction).

This specially designed session is for everyone who is dealing with pessimism and despondency. We wish MANATARANG gives you a new zest and energy. Creatively picked short films from international cinema will help us look at our own gloomy patches with a smile of hope and determination. There will be a panel of experts from psychology and filmmaking to add their inputs. This session can make your weekend a little more shining.
Richard Hall: Silence, Feature Film from Iran: Duration: 77 minutes followed by discussion

SATURDAY: 4th October: 5:00 P.M. to 7:00 P.M. (Common Session for All)

Ray Hall: ASTU (Feature Film / Duration: )

Old age is an inevitable part of human life. For some it is a peaceful fading away from this world. But for some the Neurological process of aging takes a rapid and downhill detour in terms of memory and new learning. This condition is called Dementia. This process takes a heavy toll on the family members as well. In our society, as the life expectancy is on the rise, so are these maladies of aging. Sumitra Bhave and Sunil Sukhatankar the director duo that has given us some remarkable experiences such as, Dahavi Fa, Vastupurush, Nital and Devrai; have come out with an intricate creative statement that is the film 'ASTU'. This film explores the world of a learned man who has fallen prey to diminishing memory. He wanders away one day from his home and enters a very different world. This is a story of not only his 'hide and seek' with memories but also an emotionally taxing phase in the lives of his caregivers.

The senior citizen is played remarkably well by Dr. Mohan Agashe, ably supported by Irawati Harshe, Milind Soman and Amrita Subhash (Who won National award this year for this role). The film also won National award this year for screenplay and dialogue. Made in Marathi. it has English subtitles.

What is special about this show is that there is going to be an interaction with the cast after the screening. Caregivers of dementia and professionals working with aged are going to be on the panel. The panel will be compered by Dr. Anand Nadkarni who will unwind the blend of science and cinematic beauty.

Sunday 5th October 2014. 10:30 A.M. to 1:00 P.M.

Ray Hall: Sports and Mind: (Theme session; short films and discussion).

Our institute, IPH, offers developmental counseling to all aspiring athletes. This project is titled 'Mission Excellence.' The professional team of 'Mission Excellence', has carved this special session to catch the spirit of 'Sportsmanship.' Comprising of excellent films and footages of different sports the session unravels how mind shapes physical feats. The panelists will include coaches, players of different sports as well as Mental health experts.

CHARLIE Hall: Effective Parenting (Theme session, short films and interactions).

We are repeating this session so that you can plan not to miss it. The panelists this time will be different. Therefore there could be newer insights in discussion.
Richard Hall : Feature film: The First Grader – Duration 103 minutes followed by discussion  

Sunday 5th October: 1:30 To 4:00 P.M.  

Ray Hall : Magic of Empathy (Theme session, Short films and interactions) 

'Going beyond self' is the urge that makes man a 'better human being.' From where does this urge come? And when it is expressed what is the magic that happens?..... This is a specially designed session with intense short films and clips from popular cinema that will talk about this important 'Human skill.' There will be an interesting panel of experts ranging from corporate to creative fields. This session could give you a lot to remember in coming days.

CHARLIE Hall : Bollywood and Stress Management: Theme session) 

If you have missed this popular session on the previous day this will be your last chance to experience the journey of effective coping. With a totally different panel of experts this time, this will change the way you see Bollywood movies.

Richard Hall : Feature Film: Life is Beautiful, Duration 103 minutes. Followed by discussion 

Sunday 5th October 2014  

Common Sessions: At Ray Hall:  

4:30 To 6:00 = AD GOOD AND BAD  

Advertising media dominates our viewing all the time. It does shape some of our attitudes; as it influences our choices in life. This is a very very special session designed for Manatarang that discusses impact of advertisements on life. We will have a panel of experts from Ad world as well as Mental health talking about all of it. And off course an assortment of wonderful (as well as rubbish) ads.  

6:30 To 8:30 = Film Songs and Emotions: 

Dr. Anand Nadkalm has designed this interesting session for you with interesting rounds for panelists as well as audiences. You will be viewing some of the best work of music in Hindi Cinema with comments from Film maker Dr. Jabbar Patel, senior Actress Rima, Singer and music researcher Mrudula Dadhe – Joshi and other illustrious panelists.
This is the itinerary of Manatarang. After viewing this you may feel like recommending this to your other friends and relatives. You can do that. We have ample space to accommodate you (and even your vehicles.). This festival is to celebrate 'World Mental Health Week.' In its Silver jubilee year IPH (Institute for Psychological Health) has joined hands with a prestigious educational organization like Sulochanadevi Singhania School. Lets us come together and enjoy this unique experiment of Edutainment.

For further queries call  **IPH : 9870600075, Singhania School : 022 40368411**

**Feature films synopses :**

**Silence (Sokout)** 77 min. is an Iranian film from 1998, set in Tazikistan, a real piece of art, by famous Director from Iran Mohsen Makhamalbaf in his poetic style of movie making. This film is about a 10 yrs. old blind boy, Khorshid who works in musical instrument shop tuning instruments & earns for him & his mother. It is very endearing to watch how he is mesmerised by music while on way to work all the time & gets distracted which hinders his work. He has a beautiful innocent friend Nadereh a 13 yrs. old girl who plays a nurturing role in his life helping him to get him to his goal. The encounters between them are very delicately portrayed wherein he is engrossed in music (Beethoven symphony 5 and Sufi music go hand in hand to indicate universality of music) and sees the world through her eyes while she in her adolescent stage of loving self. This film can be considered as masterpiece of Makhamalbaf’s creativity.
A Brand new life, 92 min. is a 2009 Korean film set in Seoul in 1975, a debut film by a French director Ounie Lecomte is based on her own life experience. It is about a 9 yrs. old girl Jin-hee left by her father in an all catholic orphanage. He buys new clothes & sweets for her saying she is going on a trip. Her hurt of betrayal is apparent throughout the movie. The story revolves around how she tries to adjusts to this new life but all the time hoping that her father will come back for her. On one hand her efforts to resist her stay there & dealing with her insecurities & on another hand her friends helping her to adjust is beautifully depicted in this movie. Finally she is adopted by a young French couple. Kim saeton’s acting as Jiin-hee is very sensitive & her interpretations of other people’s behaviour are very revealing.

The first grader, 103 min. is a 2010 biographical drama, a true story of Kimani Maruge a Kenyan man, a mau mau fighter against British, who enrolled in elementary education first grade at the age of 84 after Kenyan government announced universal & free education in 2003. Filmed on location in Rift valley in Kenya the film has won many awards & unfolds the story of Maruge fighting for education. He had to face resistance from teachers, school inspector & other pupils’ parents but he relentlessly fights against the system to get his right of Reading & Writing. His teacher Jane (played by Naomie Harris) who was initially reluctant to admit him to the school eventually becomes his great supporter. Finally he teaches children in his class the word Freedom.
**Life is Beautiful.** 106 min. is a 1997 movie (which won many awards) set in Italy. It is a classic by Roberto Benigni, a famous director, actor, screenplay writer & comedian of Italian film world & television. He is Italian jew & his father had spent 3 yrs. in German concentration camp. This movie is about Guido a carefree, sharp & fun loving book shop owner who falls in love with an Italian teacher & marries her. The first half of the movie centers around their life & their son Joshua while on the backdrop there is changing political scenario in Italy. On Joshua’s birthday the family is taken away to a concentration camp. Later part revolves around how Guido uses his wittiness & humour to protect his son from the miseries of concentration camp. He creates a story around the scene of concentration camp & how they, father & son, have to win thousand points to get to the Tank & go home in that tank. Due to his father’s convincing performance & his own innocence Joshua does not question it till the end when the American allied forces come & close down the camp but unfortunately not before Guido was shot by the soldiers. The film was criticised for depicting the concentration camp miseries as softened version.