

## Issues of depression and mental health

### What is the issue?

\n\n

Education in India doesn't discuss depression and mental health, thus making cinema the only crusader to deal about the issues.

\n\n

### What is the stigma related with depression and mental health?

\n\n

\n

- In our country, talking about depression is more of a taboo than talking about sex.

\n

- We simply don't discuss mental health, particularly its emotional aspect.

\n

- Not just because of the stigma attached to it, but also because people don't understand the subject properly.

\n

- Because emotional development isn't taught in schools or homes.

\n

- No one has ever tried to tell us about emotions in a manner that doesn't seem like an academic exercise or in a way that could make us relate to the issue and evoke genuine interest.

\n

- Depression and suicides resulting from it, is the second leading cause of morbidity amongst 15 to 29-year-olds globally.

\n

- Every year, more than 8,00,000 people die having committed suicide and many more attempt it.

\n

- As WHO put states preventing suicide: a global imperative.

\n

- Interest and motivation are in the domain of emotion, not cognition.

\n

- Formal education helps the development of cognitive intelligence, not sensory.

\n

- Because it focuses on learning through reading and writing, language, words, not images and sound.

\n

- But films combine the two — that is the advantage of films; that makes cinema a richer medium of instruction.

\n

\n\n

## **What is the role of cinema?**

\n\n

\n

- For far too long, we've perpetuated the theory that anything that has to be taught should be through books; cinema is only for entertainment.

\n

- But cinema's purpose goes far beyond.

\n

- You may watch cinema for entertainment but a lot of information from screen goes into your subconscious mind.

\n

- If this information isn't authentic, it results in misunderstandings, but when authentic cinema tackles a subject, it is a much better tool of education than any other.

\n

- For e.g. one knew the words "dyslexia" and "learning disability" but never gave them much thought till Taare Zameen Par lent viewers a new understanding.

\n

- With depression becoming the second largest reason for morbidity amongst the young, cinema can help create larger public opinion to remove the stigma.

\n

\n\n

## **How is depression viewed in India?**

\n\n

\n

- It is unspoken, unrecognised depression that leads to suicide or substance abuse.

\n

- Depression is part of a psychiatric disorder.

\n

- To talk about it, one doesn't require intelligence but acceptance.  
\n
- Society is now accepting the concept of the intellectually challenged, but not the emotionally challenged.  
\n
- In India, a sign of maturity, especially amongst women, is apparently how successfully they can conceal their emotions, rather than expressing them.  
\n
- Meanwhile, social pressures are only rising.  
\n
- The phenomenal growth in means of communication today could result in your getting lost within a jungle of information.  
\n
- This in turn causes information bombardment which is a major cause for today's depression.  
\n
- Added with it is today's changing lifestyle where in pursuit of getting all materialistic things we tend to lose ourselves which also leads to depression.  
\n

\n\n

\n\n

**Source: Indian Express**

\n

