





UNDERSTAND

MENTAL HEALTH THROUGH CINEMA

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tAtre zameeN Par

Dyslexia - Learning Disorder

Shown through **Ishaan Awasthi:**
His difficulty with letters and classroom learning reflects dyslexia.

Remember:
Dyslexia is not low intelligence; it is a learning difficulty.



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BARFI!

Autism Spectrum Traits (partly represented)

Shown through **Jhilmil:**
Her social communication differences and repetitive patterns reflect autism traits.

Remember:
Autism is a neurodevelopmental condition, and every person presents differently.



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Aparichit/Anniyan

Dissociative Identity Disorder (DID)

Shown through **Ramanujam / Anniyan / Remo:**
His shifts between very different identities, each with its own behaviour, thought patterns, and emotional expression, reflect dissociative identity states.

Clinical note:
The movie is highly dramatized, but it introduces the idea of dissociation and identity fragmentation.



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MY NAME IS KHAN

Asperger's Syndrome / Autism Spectrum Disorder

Shown through **Rizwan Khan:**
His literal thinking, routines, and social difficulty reflect ASD traits.

Clinical note:
"Asperger's Syndrome" is now under ASD (DSM-5).



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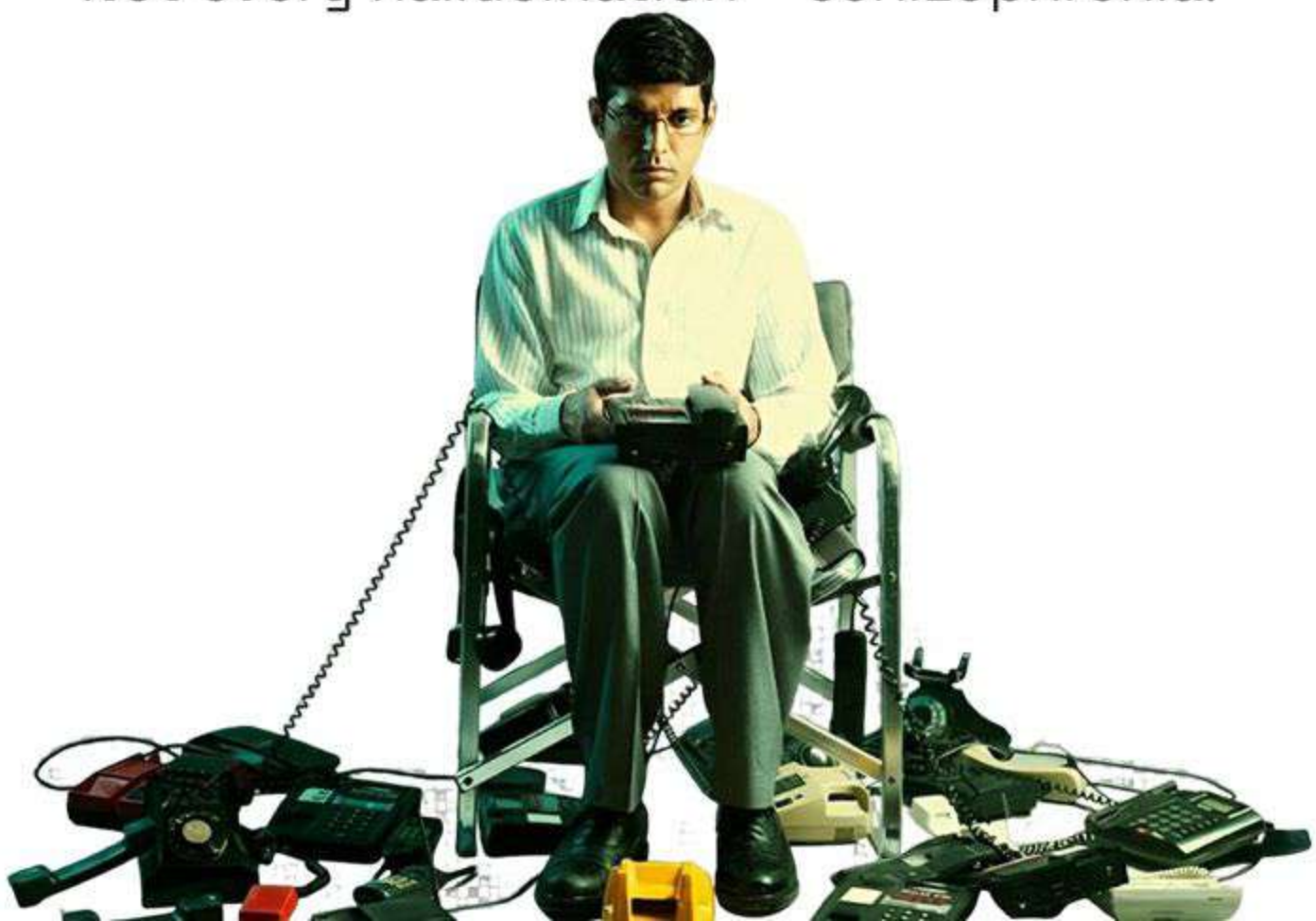
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KARTHIK Calling KARTHIK

Psychosis / Schizophrenia-like Symptoms

Shown through **Karthik**:
Hearing voices and confusion between inner experience and reality reflect psychosis-like symptoms.

Clinical note:
Not every hallucination = schizophrenia.



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TAMASHA

Identity Conflict / Emotional Distress

Shown through **Ved**:
His struggle between real self and social role reflects identity conflict and emotional distress.

Main idea:
Self-conflict can affect mental health.



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DEAR ZINDAGI

Depression & Anxiety

Shown through **Kaira:**
Her constant worry, emotional overwhelm, avoidance patterns, and difficulty processing past experiences reflect anxiety and depressive features.

Main idea:
Seeking help is a strength.



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