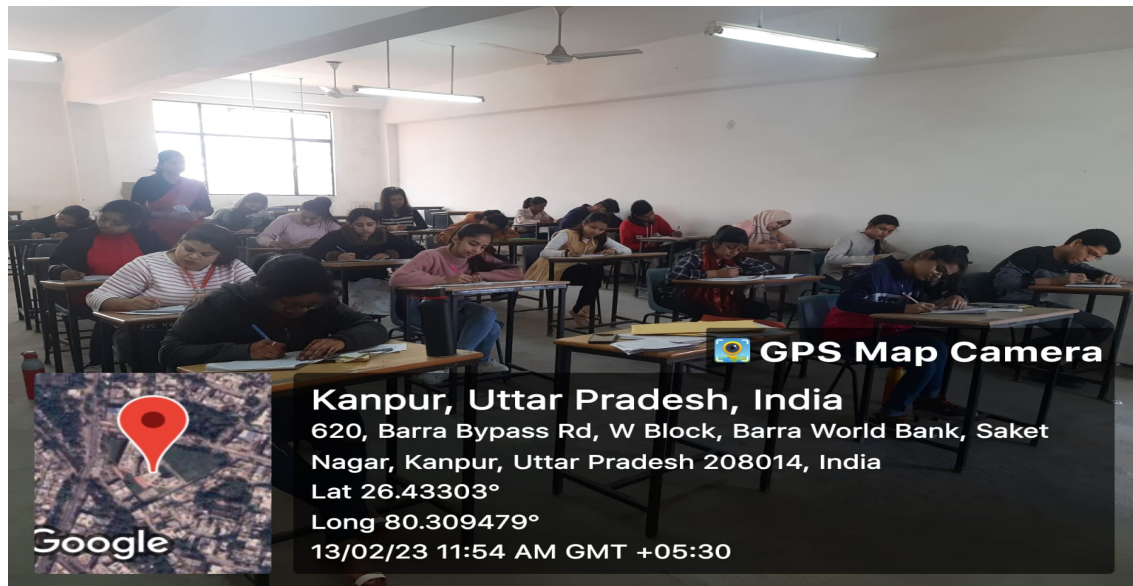


Exploring Psychological Dynamics through Film Analysis



The understanding of human behavior and experiences is fundamental to psychology with this thought an activity was conducted at Jagran College of Arts, Science and Commerce on 13- Feb-2023. The activity aimed to delve into the realms of psychoanalysis and cognitive therapy through the medium of film. By analyzing characters in short movies, attendees were encouraged to explore the impact of past experiences, perceptions, and immediate factors on behavior and decision-making. Attendees were presented with three short films from YouTube, each featuring complex characters facing various challenges. After viewing, participants were tasked with selecting a character for analysis based on psychoanalytic and cognitive therapy principles. Attendees were expected to identify the role of the chosen character within the story, whether as the protagonist, antagonist, or a pivotal soul character influencing the narrative arc. Participants were required to analyze the predisposing factors that shaped the character's behavior and personality, particularly focusing on early childhood experiences as per psychoanalytic theory. The event was conducted by Dept. of Psychology.