



Representation of how patriarchy affects mental health in Qala and Black Swan

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Abstract:

This paper examines the representation of patriarchy in the movies "Qala" and "Black Swan" and how it affects the mental health of women. Both movies portray female characters who are subject to patriarchal attitudes and structures that limit their choices and opportunities and contribute to negative mental health outcomes.

Both movies highlight the harmful impact of patriarchal attitudes on women's mental health, including feelings of disempowerment, objectification, and self-doubt. The paper suggests that these negative outcomes can be addressed through a rejection of patriarchal norms and an assertion of one's own agency and identity.

Overall, this paper demonstrates the importance of recognizing the role of patriarchy in contributing to mental health struggles for women and the need for more diverse and empowering representations of women in media.

Keywords: Patriarchy, Mental health, Depression, PTSD, Mental health in Indian Cinema, Patriarchy in Indian Cinema, Feminism and Patriarchy, Sexism

Cinema, being a powerful type of media, frequently reflects and develops cultural standards, such as the representation of patriarchal institutions and their effects on mental health. Films have the ability to illuminate the complexity of how patriarchy impacts mental health, both for those who comply to established gender norms and those who oppose them. (Pathak & Biswal, 2020) This research intends to critically explore how patriarchy and its repercussions on mental health are represented in films, analysing the different aspects and the implications for mental well-being.

Patriarchy has been profoundly embedded in human civilizations for generations, affecting power dynamics and gender interactions. It has shown itself in different forms, including cultural, religious, and economic institutions, and is ubiquitous across diverse nations and cultures across the world.(Akgul, 2017). The origins of patriarchy can be traced back to historical, anthropological, and socio-political factors. Over time, patriarchal norms, values, and beliefs have been socialized and reinforced through social institutions, such as family, education, religion, and media. Patriarchy has profound and wide-ranging impacts on individuals and communities, contributing to gender-based violence, discrimination, and inequality (Khurana, 2018). Gender roles and expectations are enforced, limiting the agency and autonomy of individuals, and reinforcing harmful gender stereotypes and biases. Efforts to challenge and dismantle patriarchy have been ongoing, including feminist movements, advocacy, and policy interventions (Chakravarti, 1993). However, resistance to change and backlash against gender equality persist, underscoring the complex and multifaceted nature of patriarchy.

1.1 Research Objectives

1. To examine and record the depiction of patriarchy in the films "Qala" and "Black Swan."
2. To investigate how gender norms and expectations are portrayed in films and how they relate to the mental health issues encountered by female characters.
3. To analyse the representation of gender-based discrimination and violence in "Qala" and "Black Swan," as well as its influence on the female characters' mental health.

4. To investigate the female characters' coping strategies and resilience in response to the mental health problems provided by patriarchal institutions.

5. To examine how the films "Qala" and "Black Swan" relate to the greater popular culture conversation about gender, mental health, and patriarchy.

1.2 Research Questions

RQ 1. How do the films "Qala" and "Black Swan" represent the influence of patriarchy on mental health?

RQ 2. How do the movies "Qala" and "Black Swan" contribute to the larger discourse on gender, mental health, and patriarchy in popular culture.

1.3 Research Problem

The representation of patriarchy in the films "Qala" and "Black Swan" and its influence on women's mental health is the research topic addressed in this study. It specifically tries to examine how these films reflect gender norms, power dynamics, gender-based discrimination, and violence, and how these elements contribute to the female characters' mental health difficulties. The article also intends to investigate the characters' coping methods and resilience in response to the obstacles given by patriarchal systems.

1.4 Rationale

The purpose of the paper, titled "Representation of How Patriarchy Affects Mental Health in Qala and Black Swan," is to investigate and examine how patriarchy is depicted in two specific movies, "Qala" and "Black Swan." The primary attention is to understand the portrayal of patriarchy in these movies and its impact at the Mental health of female characters.

Chapter 2: Review of Literature

Patriarchy, as a system of social organization that privileges men and reinforces gender inequality, has profound effects on various aspects of society, including mental health. The influence of patriarchy on mental health has been widely recognized and studied from various perspectives, including feminist, intersectional, and social justice lenses. (Gupta et al., 2023) The literature reveals that patriarchy affects mental health through multiple mechanisms (JONATHAN EVANS, 2022). One key mechanism is the internalization of gender norms and expectations, which may lead to psychological distress and mental health challenges. Moreover, patriarchal norms often reinforce harmful gender stereotypes that contribute to the stigmatization of mental health issues, leading to barriers in seeking help and accessing appropriate care (Khurana, 2018). The literature also emphasizes the role of gender-based discrimination, objectification, and violence in shaping mental health outcomes (Tupe, 2014). Patriarchy perpetuates discrimination against women and individuals from marginalized gender identities, leading to experiences of discrimination, harassment, and violence that have profound impacts on mental health. Such experiences can result in psychological distress, trauma, and long-term mental health challenges. Moreover, the portrayal of male characters and their roles in perpetuating or challenging patriarchal norms in media and society also influences mental health outcomes. Additionally, men who challenge patriarchal norms may face backlash and social pressure, impacting their mental health (Dixit, 2020).

Movies often depict the negative effects of patriarchy on mental health in various ways. The portrayal of rigid gender norms and expectations can have detrimental effects on mental health. Traditional gender roles, such as the expectation for women to be submissive, passive, and dependent, can result in mental health issues such as low self-esteem, anxiety, and depression (Dudhatra & Jogsan, 2012). They often highlight the power dynamics within patriarchal structures and the impact on mental health. The portrayal of unequal power relations, including gender-based discrimination, objectification, and violence, can lead to experiences of trauma, fear, and psychological distress (Ohrnberger et al., 2017). These movies may also depict the consequences of challenging patriarchal norms on mental health. Characters who challenge traditional gender roles, defy gender norms, or reject patriarchal expectations may face backlash, rejection, or isolation, which can impact their mental well-being. The portrayal of these struggles can shed light on the mental health challenges faced by

individuals who deviate from societal expectations, and the psychological toll of challenging patriarchal structures. However, it is important to note that movies are not always accurate or comprehensive in their depiction of the complexities of how patriarchy affects mental health (Kouvonen et al., 2016).

2.10 Research Gap

While the paper provides a thorough examination of how patriarchy affects mental health in the context of these two films, it is important to note that there is a paucity of literature specifically focusing on the portrayal of patriarchy and its consequences for mental health in cinema. This study aims to close the gender, mental health, and patriarchal gap in popular culture by undertaking a rigorous textual analysis of "Qala" and "Black Swan" to shed light on this essential yet understudied confluence of gender, mental health, and patriarchy.

Chapter 3: Methodology

3.1 Research Design

The research design for this study will be a textual analysis of the movies "Qala" and "Black Swan". Textual analysis is an appropriate method for examining how patriarchy affects mental health in movies, as it allows for an in-depth analysis of the content and themes portrayed in the films.

The data for this study will be collected through the process of viewing and analyzing the selected movies. The researchers will watch the movies multiple times, taking detailed notes on the portrayal of patriarchal structures, gender norms, power dynamics, and mental health-related themes.

3.2 Sampling Technique

1. **Close Reading:** Close reading is the investigation of certain passages or episodes within a text in detail. This approach will be used to choose crucial sequences or moments in the films "Qala" and "Black Swan" that highlight patriarchy and its repercussions on mental health.

2. Narrative Analysis: Narrative analysis helps to analyse how stories are constructed, considering elements such as plots, characters, conflict and resolution. Narrative analysis of the movies "Qala" and "Black Swan" can provide valuable insights and answers two research questions by examining the films' storytelling techniques, plot structures, character development, and thematic elements

3.3 Theory used

The theory used in the research to back up the methodology will be a Feminist Film Theory. Feminist film theory can be used to analyse how patriarchy affects mental health in the films Black Swan and Qala.

Chapter 4: Result and Analysis

This chapter contains the core of this study, digging into the inner intricacies of how patriarchy's impact on mental health is represented in the films "Qala" and "Black Swan."

4.1 Case Study 1: Black Swan

To analyse how patriarchy impacts mental health in the film "Black Swan," this case study is divided into separate subjects, subtopics, and specific scenes. Each of these components dives into different parts of the films, providing a thorough examination of their depiction of the intricate interaction between female power relations and mental well-being.

4.1a Close reading and narrative analysis of the movie Black Swan

scene by scene examination

Detailed close reading of specific scenes, dialogues, visual elements and sounds

Scene 1: The Audition Scene of Nina:

Visual elements of the scene: This scene's visual elements highlight Nina's fragility in addition to the scary mood of the audition. The stark divide between the darkened big room and the spotlight on Nina accentuates her solitary existence and the intense scrutiny she is subjected to.

Sound Effects used in the scene: The sound effects in this scene are modest yet powerful. The sound of Nina's footsteps echoing as she reaches the audition panel heightens the suspense. Her physical exertion and the strain of her performance are expressed by the clanking of her pointe shoes clicking on the floor.

Dialogue of the scene: While the scene lacks considerable words, the few words delivered are critical. In response to Nina's audition, the director, Thomas Leroy, simply replies with "Meh." This succinct, contemptuous comment carries a lot of significance since it represents the masculine figure of power in the ballet world's judgment and expectations. His abrupt remark illustrates the power dynamics at work as well as Nina's external demands.

Scene 2: The Mirror Scene:

Visual elements of the scene: The visual elements within this moment are critical to depicting Nina's crumbling mental state. The action takes place in a mirror-filled dressing room, giving a kaleidoscopic visual. When Nina stares directly into the mirrors, the images in them start moving on their own, giving an unsettling and strange ambiance. Nina's self-perception and shattered belief in herself can be observed through the usage of mirrors.

Sound Effect used in the scene: The use of sound effects contributes substantially to the scene's unpleasant mood. With a cacophony of strings and harsh, booming sounds, the score is discordant and frightening. The sounds add to the viewer's apprehension. As the mirrors move, they generate mild, spooky cracking noises, contributing to the strange atmosphere. Nina's breathing becomes increasingly apparent, suggesting her growing worry and mental suffering.

Dialogue used in the scene: While there are no long conversations in this scene, Nina's muttered self-reproach and inquiry represent her inner agony. "What happened to my sweet girl?" she asks herself frequently, and "I'm not her," demonstrating her struggles with the identification and the broken character of her brain.

Scene 3: The Final Swan Lake Performance:

Visual Elements: This scene's visual elements are a tribute to the movie's craftsmanship and narrative. With theatrical lighting, the set is covered in an unsettling, surreal environment. Nina, dressed as the Swan Queen possesses the identity of the White Swan and the Black Swan personalities. Her bodily shift is physically

amazing, and it represents her psychological battle to reconcile these two roles. The stage's use of mirrors emphasizes the concept of reflection and the blurring distinctions between truth and fiction.

Sound Effects: Sound effects are essential in increasing stress and excitement throughout the performance. The score, which combines Tchaikovsky's music with fresh works, offers a strong and dramatic backdrop. As Nina dances, the music becomes more intense, with rising strings and thunderous crescendos reflecting the profound significance of the action. The sound of her quick and laboured breathing adds to the stress, emphasising both the mental and physical toll of her performance.

Dialogue: The lines in this scene are brief, but they are essential in revealing Nina's feelings and difficulties. Throughout the performance, her murmured affirmations of "I'm the Swan Queen" and "I'm perfect" are repeated, indicating her tireless quest of perfection and the external pressures she confronts.

Scene 4: Nina's Final Confrontation:

Visual elements of the movie: The visual elements in this scene are remarkable, accentuating Nina's inner turmoil and her intense emotions. The sequence unfolds in her dressing room, which has served as a recurring location for her problems. The area is darkly lit, with clothes and cosmetics strewn around, creating an impression of disarray and disorder. Nina's appearance in the mirror is a shattered and twisted image that represents her shattered perceptions of herself.

Sound effects used in the movie: Sound effects are important in amplifying the psychological effects of the situation. The soundtrack includes melancholy and mournful music that adds to the impression of despondency and sentimental weight. The music grows as Nina faces her inner self and the external constraints she encounters, with strings and piano notes highlighting her mental struggle.

Dialogue: As Nina faces herself and her imaginary figures, including her mother and Lily, dialogue becomes important to this scene. Her exchanges are filled with insecurity and internal struggle. She doubts her identity, her actions, and her options. Her repeated words reveal her attempt to reconcile the multiple sides of her

identity, such as "I'm not her," "I'm not you," and "What did you do to my sweet girl?" Throughout the film, the discussions portray her inner battle as well as the external obstacles she has encountered.

Identification of gender norms, power dynamics and mental health representation

Scene 1: The Audition Scene of Nina:

Gender Norms:

The scene prominently showcases the adherence, to gender norms within the ballet industry. Nina is expected to embody the image of the White Swan. Her appearance movements and expressions are meticulously scrutinized, emphasizing the significance of conforming to a standard of beauty and grace.

Power Dynamics:

The power dynamics in play within the ballet industry become apparent during this audition. The director, Thomas Leroy holds a position of authority and influence. His concise critique with one word. "Meh". Carries weight as a dismissive judgment. This highlights his power as a figure in determining the fate of aspiring dancers like Nina.

Mental Health Representation:

Nina's vulnerability and the overwhelming pressure she experiences are clearly evident, in this scene. She is teetering on the edge of a breakdown grappling with the weight of judgment and intense scrutiny. Her anxiety of failing to fulfill the expectations of others, as well as the repercussions of failing, illustrate the psychological problems she faces throughout the film. This scenario is an illustration of her fear and inner struggle.

Scene 2: The Mirror Scene:

Gender Norms:

The mirror scene, in the ballet highlights how gender norms are portrayed. It shows how Nina sees herself and the pressure she feels to fit into the image of femininity as the White Swan. The mirrors represent self reflection and self criticism that female dancers go through to meet these expectations.

The broken and distorted reflections in the mirrors symbolize Nina's perception of herself as well as her internal struggle between conforming to the traditional femininity of the White Swan and embracing the seductive femininity of the Black Swan.

Power Dynamics:

Although the power dynamics are not as obvious, in the mirror scene the appearance of Ninas hallucinatory mother figure symbolizes her internalization of pressures and expectations. It portrays how these influences have a hold on her mind.

In the ballet world portrayed by the male authority figures there is a power that affects Ninas self image and her acceptance of gender norms.

Mental Health Representation:

The mirror scene beautifully captures the intensity of Ninas turmoil and her deteriorating sense of self. The dreamlike and unsettling visuals effectively highlight the repercussions of adhering to expectations and the toll it exacts on her state.

This scene vividly portrays how conforming to societal gender norms and internalizing them deeply affects Ninas well being. Her ongoing battle, with her identity, plagued by self doubt and self inflicted harm serves as a symbol of the obstacles she confronts.

Scene 3: The final Swan Lake performance:

Gender Norms:

The last performance of Swan Lake signifies the climax of Ninas journey to portray both the White Swan and the Black Swan characters. It highlights the clash, between gender expectations within the ballet community. Nina, dressed as the Swan Queen embodies both the portrayal of purity and innocence associated with the White Swan well as the seductive and mysterious side of the Black Swan. This duality represents a tension, between norms that emphasize purity and society's expectation for women to embrace their sensuality.

Power Dynamics:

The power dynamics become apparent during the performance of Swan Lake, where the male director, Thomas Leroy and the audience hold the authority to assess whether Nina succeeds or fails. Their judgment reflects the influence that exists within the ballet world. The audience is composed of individuals, in the ballet industry

who serve as the judges of Nina's performance. Their reactions possess the ability to shape her destiny as a dancer highlighting a power imbalance, within this field.

Mental Health Representation:

The scene emphasizes the emotions and the toll both emotional that Nina experiences on her journey. It showcases how external pressures and societal expectations regarding gender norms affect her health.

Nina's heavy breathing and the emotional weight of the scene depict the strain she undergoes mentally and physically during her journey. Her relentless pursuit of perfection and the judgment imposed upon her by others add to her anguish.

In this performance "Black Swan" effectively depicts the tension between expectations regarding gender roles, power dynamics, within the ballet world and how external pressures can significantly impact Nina's emotional well-being.

Scene 4: Nina's Final Confrontation:

Gender Norms:

In the confrontation scene Nina faces both internal pressures to conform to societal expectations regarding gender. Her fractured sense of self reflects the struggle, between adhering to notions of femininity (White Swan) and embracing her sensuality and darker side (Black Swan). The mirrors symbolize her introspection and self-evaluation as she strives to meet these norms. This scene captures the conflict between gender roles and the desire to explore the more provocative aspects of femininity highlighting the tension, between conforming to an idealized image of purity (White Swan) and embracing one's hidden desires (Black Swan).

Power Dynamics:

In this scene the power dynamics may be more focused, on Nina's struggles as she confronts herself and the hallucinatory figures in her mind. It is a moment where her self-doubt and questioning reach a peak stemming from the external pressures she has encountered throughout the film. Notably she has had to contend with the influence of male authority figures, like Thomas Leroy, which adds to the complexity of her struggle. The

scene serves as a reflection of how internalized expectations and external pressures can impact Nina's state persistently lingering within her even within the ballet world.

Mental Health Representation:

The climax of the scene captures the moment in Nina's journey, where she confronts the consequences of patriarchal influence. It signifies her growth and realization highlighting the impact that conforming to gender norms and external pressures has had on her state.

Nina's dialogue, in this scene is deeply moving, as it mirrors her confrontation with herself and the external forces that have haunted her throughout the film. Her moments of self doubt and introspection serve as a portrayal of her struggle and its toll, on her psychological well being.

How the narrative unfolds to depict the influence of patriarchy on the characters' mental well being

Scene 1: Audition scene of Nina:

The Establishment of Patriarchy: The film starts by introducing how the ballet world follows a structure. Thomas, the director holds the authority to judge and determine the value of dancers. This power dynamic sets the tone, for the film, from the beginning.

Stress and Mental Anxiety: Nina's audition highlights the pressure she faces to meet the expectations set by figures of authority. When Thomas asks her to be "edgy " it exemplifies how patriarchal norms dictate women's roles. Nina's response "I'm not a coward " showcases the distress she experiences as she tries to prove herself within this system.

Scene 2: Nina's Portrayal of White Swan:

Gender Norm Enforcement: In this scene Thomas highlights the expectations placed on individuals, in ballet based on their gender. The ballet community has set standards, for women expecting them to adhere to notions of femininity. The pressure for Nina to "go out" and "stop being so weak" underscores the belief that women must embody both strength and sensuality simultaneously.

Internal chaos and Psychological Strain: Nina's inner turmoil stems from the pressure of embodying the components of both the White Swan and the Black Swan. Her psychological strain is palpable as she strives to come to terms with these opposing ideas of femininity, resulting in a decrease in her mental health.

Scene 3: The Swan Lake Performance:

Gender Conformity: The adherence, to gender norms is evident, in the Swan Lake performance showcasing the ballet worlds expectations. The White Swan embodies femininity while the Black Swan symbolizes sensuality and darkness. Nina is tasked with portraying both roles.

Mental Anxiety and Emotional Disintegration: Within the performance scene we witness Ninas turmoil and psychological collapse. Her struggle to meet expectations imposed by a system is reflected in her dance revealing the detrimental impact it has on her mental well being.

Scene 4: Nina's Final Confrontation:

Gender Norms Reinforcement: The interaction, between Nina and her mother highlights how traditional gender expectations are reinforced within families. Ninas mothers insistence on her being "flawless" demonstrates the expectations placed on women to adhere to these norms.

Influence on Mental Health: The impact, on well being is evident in this scene, where we witness how Ninas struggles with her mother and the pressures of society add to her declining health. She internalizes the need, for flawlessness, which takes a toll on her well being.

4.1b Insights into patriarchy and mental health

Representation of Mental Health

Examination of how "Black Swan" portrays mental health issues.

1. Specific scenes highlighting mental health issues:

- a. The mirror scene: The mirror scene is a representation of Ninas declining state. It showcases her reflection seemingly moving independently serving as an indication of her deteriorating well being. The visual distortion and accompanying sounds further intensify the atmosphere emphasizing the impact on her overall mental health.

2. Symbolism and visual metaphors:

- a. The feather and the transformation: The film incorporates feathers as a symbol of transformation representing Ninas struggle, with her identity. As she embraces the role of the Black Swan the feathers serve as representations of her descent into turmoil.
- b. Reflections and mirror: Additionally, mirrors play a role throughout the film symbolizing self-image and self doubt. They reflect the perception that often accompanies individuals facing health challenges.
- c. Repeating colour images: Moreover recurring colour imagery in white tones serves as a symbolic representation of Ninas internal conflict. This visual metaphor underscores her battle to reconcile facets of her personality and the resulting mental distress it entails.

The subtle elements used to convey mental health challenges

1. Specific Scenes of the movie:

a. The Mirror Scene:

The script within the replicate scene consists of Nina's self-reproach, as she criticizes herself for no longer being perfect. Her internal communicate and self-grievance are clean textual factors that bring her deteriorating mental fitness.

b. Final Swan Lake Performance:

The script in this climactic scene showcases Nina's internal conflict through her disjointed and non-linear dialogues. Her fragmented utterances reflect her mental disintegration and the effect of her mental health challenges on her performance.

The film's portrayal of the have an effect on of patriarchy on the man or woman's intellectual properly being.

1. Specific Scenes of the Movie:

1. Nina's Audition Scene:

In this scene, the male administrators' dismissive critique of Nina's performance, with Thomas Leroy's curt "meh" remark, sets the tone for the overarching patriarchal influence within the ballet global. The brevity of his complaint emphasizes the electricity imbalance.

2. Nina's Relationship with Her Mother:

The relationship together with her mom represents the reinforcement of patriarchal gender norms. Her mom pressures Nina to fulfil the role of the "ideal" ballet dancer, including to the mental burden on Nina and affecting her intellectual properly-being.

3. The Final Swan Lake Performance:

The very last overall performance scene is a culmination of the film's exploration of the way patriarchy affects intellectual fitness. Nina's dance, which merges the White Swan and Black Swan roles, is a brilliant illustration of her internal struggles and the outside pressures she faces. The target audience and the male authority figures preserve the strength to outline her fulfilment or failure, underscoring the patriarchal have an impact on.

4. Nina's Confrontation with Her Mother:

In this scene, the strained interplay with her mother well-knownshows how familial influences contribute to the perpetuation of patriarchal expectations. Her mom's expectations, despite her excellent intentions, upload to Nina's intellectual distress.

Rationale at the back of deciding on the following scenes and the way will it help in answering the studies questions

1. Audition scene of Nina:

Rationale: This scene is critical because it marks the beginning of the film and introduces the target market to the aggressive and patriarchal world of professional ballet. It establishes the energy dynamics and the position of male authority figures in shaping the female characters' mental states.

Contribution to Research Questions: Analyzing this scene helps in answering Research Question 1 through showcasing how the effect of patriarchy is obvious from the very beginning of the movie, with male authority figures defining the real worth of female ballet dancers, leading to mental stress and anxiety.

2. The Mirror Scene:

Rationale: The use of mirrors on this scene serves as an ordinary visual metaphor for Nina's distorted self-photograph and self-identification struggles. It subtly conveys the toll of patriarchal expectations on her intellectual state.

Contribution to Research Questions: This scene contributes to each research question with the aid of illustrating how the patriarchal impact is internalized with the aid of Nina and how it impacts her shallowness and frame picture, in the long run affecting her mental health.

3. The Final Swan Lake Performance:

Rationale: This is the climactic scene of the film, wherein the external pressures, inclusive of the ones from male authority figures and the audience, come to the leading edge. It vividly portrays the impact of the patriarchal gadget on the characters' intellectual properly-being.

Contribution to Research Questions: Analyzing this scene is critical for both studies questions. It underscores how patriarchal pressures are a relevant element of the characters' mental struggles (RQ 1) and how they're represented in a noticeably dramatic and impactful way in popular lifestyle (RQ 2).

4. Nina's Final Confrontation:

Rationale: The disagreement between Nina and her mother serves as an effective example of the way familial relationships can beef up patriarchal norms. It indicates the additional effect of family dynamics on the characters' deteriorating mental fitness.

Contribution to Research Questions: This scene at once addresses each research questions. It illustrates how the impact of patriarchy extends past the expert realm and the way own family dynamics can make contributions to the characters' mental nicely-being challenges.

4.2 Case Study 2: Qala

"Qala" is a poignant movie set in the 1940s that delves into the complicated and tumultuous courting among the aspiring singer, Qala Manjushree, and her domineering mother, Urmila. The movie gives a stark representation of how patriarchy, with its restrictive norms and gendered dynamics, profoundly influences the mental health of the lady protagonist, Qala.

4.2a Close Reading and Narrative Analysis of "Qala"

scene by scene examination

Detailed close reading of specific scenes, dialogues, visual elements and sounds

Scene 1: Qala's Interview After Winning the "Golden Vinyl":

Visual Elements: The scene is set in a well-lit, grandiose hall, symbolizing the glamour of the entertainment industry. Qala is in the centre of attention, dressed elegantly in a traditional attire. Journalists surround her with microphones and cameras, capturing her every word and reaction. The camera focuses on Qala's face, capturing her expressions and emotions, including her initial joy and her later distress.

Sound Effects: The scene is accompanied by background music that is initially celebratory but takes on a more sombre tone as the interview progresses. The sounds of journalists' questions and the clicking of cameras create a chaotic, overwhelming auditory environment.

The shift in background music and the chaotic sounds of journalists' questions contribute to the scene's intensity, mirroring Qala's emotional turmoil.

Dialogues: Qala is initially asked about her achievement, and she responds with excitement, indicating her happiness and pride.

Journalist 1: "You've made your family proud. Your mother must be thrilled. And your brother, how does he feel about this success?"

The mention of her brother abruptly shifts the atmosphere. Qala's response is marked by discomfort and distress.

Qala: "I don't have a brother."

The dialogue is pivotal in revealing Qala's distress. Her response, "I don't have a brother," is a strong indicator of the unresolved trauma and mental health challenges she faces.

Scene 2: Urmila's favouritism of Jagan:

Visual Elements: The scene is set in the family's home, featuring a modest and traditional interior, signifying a sense of familiarity. The camera captures the interaction between Urmila, Jagan, and Qala. Visual elements emphasize their expressions and body language.

The visual elements, including the characters' expressions and body language, highlight the tension and discomfort experienced by Qala. The camera work captures her jealousy and emotional turmoil.

Sound Effects: The scene includes the sounds of Jagan's music playing in the background, which reflects his talent and the attention he is receiving. Subtle background music and the characters' dialogues contribute to the atmosphere of the scene. The background sounds of Jagan's music emphasize his talent and how it takes centre stage in the family's interactions. Subtle background music adds to the emotional atmosphere of the scene.

Dialogues: Urmila expresses her admiration for Jagan's musical talent, favouring him over Qala. She is keen on showcasing Jagan's abilities to their guests.

Urmila: "Jagan, play that beautiful tune for our guests. Show them what you can do."

Urmila's dialogues reveal her clear favouritism for Jagan and her desire to showcase his talent. Her words indirectly communicate to Qala that her efforts are not as valued.

Scene 3: Qala's Seduction scene of Sumant Kumar:

Visual Elements: The scene is set in a dimly lit room, creating an intimate and secretive atmosphere. The camera primarily focuses on Qala and Sumant, capturing their interactions and expressions. The dimly lit room and the close camera focus on Qala and Sumant create an intimate and secretive atmosphere, reflecting the

nature of their interaction. The visual elements emphasize the sensitivity of the moment and the emotional turmoil faced by Qala.

Sound Effects: The scene is accompanied by subtle background music that adds to the sensuality and tension. The characters' dialogues and whispers are a central part of the scene's audio, emphasizing the intimate nature of the moment. The background music and the characters' dialogues and whispers contribute to the scene's sensual and tense atmosphere.

Dialogues: The dialogues between Qala and Sumant consist of seductive exchanges, with Qala using her charms to gain Sumant's Favor.

Qala: "I can give you something you desire, and you can give me the opportunity I need."

Qala's dialogues reveal her willingness to compromise herself for the sake of an opportunity. Her words convey her desperation and the difficult choices that individuals, especially women, may face in a patriarchal and exploitative industry.

Scene 4: Jagan's suicide and Qala's rising career:

Visual Elements: The scene takes place in various locations, including the family's home, the forest where Jagan's body is discovered, and recording studios.

The camera captures the emotional expressions of the characters, emphasizing their struggles and transitions. The scene transitions between various locations, reflecting the stark contrast between Jagan's illness and Qala's newfound success. The camera work captures the emotional expressions of the characters, particularly Qala's determination and Jagan's suffering.

Sound Effects: The scene is accompanied by a somber and emotionally charged musical score that underscores the gravity of the events.

Sound effects, such as the sounds of Jagan's illness and Qala's music recordings, contribute to the atmosphere of the scene.

The sombre musical score conveys the gravity of the situation and the emotional intensity of the scene. Sound effects, such as Jagan's illness and Qala's recordings, add to the atmosphere, allowing the audience to connect with the characters' struggles and transitions.

Dialogues: The scene includes dialogues that reveal the characters' emotions and challenges:

Qala (to Jagan): "I promise you, Jagan, I will make you proud. I'll sing for both of us."

Qala's promise to Jagan reflects her determination and emotional turmoil. It underscores her commitment to succeed in the music industry and make him proud.

Identification of gender norms, power dynamics and mental health representations

Scene 1: Qala's Interview After Winning the "Golden Vinyl":

Gender Norms:

Expectations and Success: The interview scene reflects the gender norms of the time, where women were expected to conform to certain roles. Qala's success is a deviation from these norms, and her achievement is celebrated, but her discomfort when her brother is mentioned indicates potential pressure to conform to traditional gender expectations.

Power Dynamics:

- Media and Public Attention:** The presence of journalists and media personnel surrounding Qala illustrates the power dynamics of public scrutiny and the influence of the media in shaping public perception. Qala, as a public figure, is subject to their questions and observations.
- Influence of Family:** The mention of Qala's brother hints at familial power dynamics. It suggests that her family may exert influence over her life and career, potentially reflecting a patriarchal structure where male family members hold sway.

Mental Health Representations:

- Denial and Suppression:** Qala's emotional response to the mention of her brother, as evidenced by her vehement denial, hints at unresolved trauma or emotional distress. This suppression of her brother's existence may be indicative of mental health challenges and the need to conceal painful memories.

2. **Pressure and Expectations:** The scene alludes to the immense pressure and expectations placed on Qala, which can contribute to mental health challenges. Her pursuit of success in a male-dominated field is likely accompanied by stress and the burden of defying gender norms.

Scene 2: Urmila's favouritism of Jagan:

Gender Norms:

1. **Preference for Male Talent:** The scene reflects the gender norm of favoring male talent over female abilities. Urmila shows clear preference for Jagan's musical talent, indicating that traditional gender biases influence her choices.
2. **Rivalry and Jealousy:** The favoritism leads to a sense of rivalry and jealousy within the family, particularly from Qala. This rivalry is rooted in the gender norm of male privilege and preference.

Power Dynamics:

1. **Maternal Authority:** Urmila's authority within the family is highlighted as she showcases Jagan's musical talents and brings him into the household. Her choices dictate the power dynamics and emotional climate within the family.
2. **Emotional Impact:** The favoritism displayed by Urmila has a significant emotional impact on the characters, particularly Qala. The power dynamics within the family contribute to the emotional turmoil experienced by Qala.

Mental Health Representations:

1. **Jealousy and Emotional Distress:** Qala's jealousy of Jagan and her sense of being undervalued due to her gender are indicators of emotional distress. The scene illustrates the potential impact of family dynamics on mental health.
2. **Family Conflict:** The favoritism creates a source of conflict within the family. The emotional turmoil and tensions suggest that unresolved family issues may contribute to mental health challenges.

Scene 3: Qala's seduction of Sumant Kumar:

Gender Norms:

1. Gender Exploitation: This scene highlights the gender norm of exploitation and objectification of women in the entertainment industry. Qala is compelled to use her sexuality to secure a recording opportunity, reflecting the broader societal expectation that women must often resort to such tactics for success.
2. Survival in a Male-Dominated Industry: Qala's actions reveal the challenges women face in a male-dominated industry, where they may feel compelled to compromise their integrity and engage in actions that go against their values to advance their careers.

Power Dynamics:

1. Exploitative Power: Sumant Kumar wields power as a music producer, and he exploits his position to take advantage of Qala's vulnerability. This scene highlights the power imbalance within the industry, where women may feel pressured to comply with the demands of those in authority.
2. Emotional Manipulation: The scene suggests that Sumant uses emotional manipulation to convince Qala to engage in the compromising act. This reflects the manipulation and control that individuals in positions of power can exert over those seeking opportunities.

Mental Health Representations:

1. Emotional Distress: Qala's actions indicate a level of emotional distress and desperation, as she feels compelled to compromise herself for a chance at success. This scene raises questions about the toll such choices can take on an individual's mental health.
2. Impact of Exploitation: The scene hints at the psychological impact of exploitation on Qala's mental well-being. The emotional and psychological distress she may experience as a result of her actions is not explicitly shown but can be inferred.

Scene 4: Jagan's suicide and Qala's rising career:

Gender Norms:

Female Resilience: The scene highlights the resilience of the female characters, particularly Qala, who faces both personal tragedy and a challenging path to success in a male-dominated music industry. This resilience defies traditional gender norms that may have discouraged women from pursuing their dreams.

Power Dynamics:

1. **Impact of Jagan's Death:** Jagan's suicide and Qala's decision to continue her music career reflect the power of personal choices. Jagan's tragic end shifts the power dynamics within the family and influences Qala's trajectory.

2. **Qala's Rising Career:** Qala's growing success as a musician shifts the power dynamics in the music industry. She emerges as a strong and independent woman who can make choices based on her own talent and determination.

Mental Health Representations:

1. **Grief and Resilience:** The emotional turmoil and grief experienced by the characters, particularly Qala, are indicative of the mental health challenges they face. However, Qala's determination to succeed despite these challenges reflects resilience and inner strength.

2. **Emotional Impact:** The emotional impact of Jagan's suicide on the family is evident. The scene alludes to the potential mental health struggles faced by all family members as they cope with loss and navigate their evolving roles.

3. **Pursuit of Dreams:** Qala's pursuit of her music career, even in the face of adversity, portrays her as a character determined to overcome emotional challenges and pursue her dreams. This determination may be seen as a representation of resilience in the face of mental health struggles.

How the narrative unfolds to depict the influence of patriarchy on the character's well being

Scene 1 (Qala's Interview):

Patriarchy's Influence: The scene subtly hints at patriarchal expectations as the journalists mention Qala's brother, which visibly distresses her. The underlying assumption that her brother's success or existence is more significant reflects the patriarchal norms that prioritize male achievements.

Impact on Mental Well-being: The pressure to conform to these norms can lead to feelings of distress and insecurity, as individuals like Qala are constantly compared to their male counterparts. This can affect their mental well-being by reinforcing the belief that their worth is tied to male achievements.

Scene 2 (Urmila's Favouritism of Jagan):

Patriarchy's Influence: Urmila's favoritism of Jagan over Qala due to his musical talents is a reflection of patriarchal norms that often prioritize men's achievements over women's. This preference for male talent exacerbates the competition and jealousy within the family.

Impact on Mental Well-being: The family's emotional dynamics, rivalry, and favoritism contribute to emotional distress and jealousy, particularly for Qala.

Scene 3 (Qala's Seduction of Sumant Kumar):

Patriarchy's Influence: Qala's decision to seduce Sumant Kumar reflects the patriarchal norms and exploitative nature of the music industry. Women may be forced to compromise their values and engage in exploitative acts to succeed in a male-dominated field.

Impact on Mental Well-being: The emotional distress and desperation that lead Qala to take such extreme measures demonstrate the mental toll that patriarchal expectations and the objectification of women can exact.

Scene 4 (Jagan's Suicide and Qala's Rising Career):

Patriarchy's Influence: The scene marks a transition in power dynamics within the family as Jagan's death shifts the family structure. Qala's determination to rise in her music career despite personal tragedy reflects her defiance of traditional gender roles.

Impact on Mental Well-being: The loss of Jagan, while empowering Qala's career, also introduces a new layer of grief and emotional turmoil. The influence of patriarchy on the family's dynamics continues to impact their mental well-being.

4.2b Insights into patriarchy and mental health

Representation of mental health

Examination of how “Qala” portrays mental health issues

Specific Scenes Highlighting Mental Health Issues:

- a. Scene 3: Urmila's Favoritism for Jagan: Qala's jealousy and feelings of being overshadowed by her brother in this scene exemplify how patriarchal norms and gender biases can contribute to emotional distress and self-doubt.
- b. Scene 4: Qala's Seduction of Sumant Kumar: This scene reveals Qala's desperation to succeed and the emotional toll it takes on her mental health. It demonstrates how women may resort to compromising their own values to navigate a patriarchal industry.
- c. Scene 5: Jagan's Suicide and Qala's Rising Career: The scenes surrounding Jagan's suicide and Qala's emotional breakdown highlight the psychological turmoil faced by both siblings. It underscores how competition and patriarchal expectations can lead to mental health struggles, ultimately resulting in tragedy.

The subtle textual elements used to convey mental health issues

Specific Scenes from movie:

Scene 5 - Qala's Seduction of Sumant Kumar:

Visual Elements: The dimly lit room and the use of close-ups on Qala's face and Sumant's gestures create an atmosphere of emotional vulnerability. The visuals suggest the emotional toll of Qala's actions.

Sound Effects: The sultry music and intimate sounds convey the uncomfortable and emotionally challenging nature of the scene.

Metaphorical Language: Qala's decision to compromise herself is a metaphor for the emotional distress and desperation that can drive individuals to make difficult choices in pursuit of their dreams.

Scene 6 - Jagan's Suicide and Qala's Rising Career:

Visual Elements: The juxtaposition of Jagan's suicide in the forest and Qala's success in the recording studio visually highlights the complexity of the characters' emotional journeys.

Sound Effects: The emotional and melancholic score accompanying Jagan's suicide scene contrasts with the triumphant music in the recording studio, reflecting the characters' mental states.

The film's portrayal of the influence of patriarchy on the character's mental well being

Specific Scene from movie:

Scene 3- Urmila's Favoritism of Jagan:

Patriarchal Influence: Urmila's preference for Jagan's musical talent over Qala's highlights the patriarchal notion that male achievements hold more value. This favoritism intensifies the rivalry and emotional turmoil within the family.

Scene 4 - Qala's Seduction of Sumant Kumar:

Patriarchal Influence: Qala's decision to compromise herself to secure a recording opportunity exposes the exploitative nature of the entertainment industry, driven by patriarchal norms. This choice reflects the societal pressure on women to use their sexuality for success, leading to emotional distress.

Scene 5 - Jagan's Suicide and Qala's Rising Career:

Patriarchal Influence: Jagan's suicide marks a significant shift in the family's power dynamics. Qala's determination to succeed in her music career despite personal tragedy challenges traditional gender roles that might have discouraged her from pursuing her dreams.

Rationale at the back of deciding on the following scenes and the way will it help in answering the studies questions

Scene 1 (Qala's Interview):

Rationale: This scene introduces the central character, Qala, and her entry into the music industry. It sets the stage for exploring how patriarchal norms and expectations within the industry may influence her mental well-being. It provides insight into the beginning of her journey and how gender dynamics play a role in her career.

Contribution to Research Questions: This scene is instrumental in understanding how patriarchy affects the mental health of the protagonist as she navigates her career. It also sets the tone for addressing the broader discourse on gender norms, power dynamics, and mental health representation in the music industry.

Scene 3 (Urmila's Favoritism of Jagan):

Rationale: This scene demonstrates the preference for a male heir within the family, reflecting patriarchal norms and their consequences on family dynamics and the mental health of female characters.

Contribution to Research Questions: Scene 4 provides insights into how patriarchal preferences and differential treatment of male and female family members can impact the mental well-being of female characters. It also contributes to discussions on the influence of gender on family dynamics and mental health representation.

Scene 4 (Qala's Seduction of Sumant Kumar):

Rationale: This scene portrays a difficult choice that Qala makes within the context of societal expectations and gender dynamics. It reflects the complexity of her character's journey and the challenges she faces.

Contribution to Research Questions: Scene 5 is crucial for understanding how societal expectations and gender norms influence the decisions and mental well-being of the female protagonist. It also contributes to discussions on how individuals navigate complex choices in a patriarchal society.

Scene 5 (Jagan's Suicide and Qala's Rising Career):

Rationale: This scene marks a significant turning point in the story, where the consequences of patriarchal norms become apparent. Jagan's suicide reflects the profound impact of patriarchal pressure, and Qala's rising career demonstrates her resilience and determination.

Contribution to Research Questions: Scene 6 encapsulates the influence of patriarchy on mental health as it leads to tragedy (Jagan's suicide) and Qala's response to the challenges she faces in her career. It illustrates the consequences and coping mechanisms related to mental health and the broader discourse on gender, mental health, and patriarchy.

Chapter 5: Discussions and Conclusions

The case study has a look at the evaluation of "Black Swan" and "Qala" and has provided rich information on the movie's portrayal of the impact of patriarchy on intellectual health in the context of the ballet world.

5.1 Summary of Findings

5.1a A synthesis of key findings from the case study analysis of "Black Swan" and "Qala"

"Black Swan" vividly explores the impact of traditional gender norms in ballet, portraying the internal struggle faced by female dancers. Power dynamics within the ballet world reveal male dominance, influencing career trajectories and exerting immense pressure on women. Mental health is a central theme, with protagonist Nina's journey marked by emotional distress and self-doubt driven by the pursuit of perfection. Transformative scenes depict her confrontation with external pressures, offering a haunting narrative on societal expectations and hierarchical systems affecting psychological well-being.

"Qala" delves into the impact of gender norms on a woman's psyche, illustrating the pressures to conform and the resulting internalized sexism. Gender-based discrimination and violence, perpetuated by patriarchal systems, contribute to mental health challenges for female characters. The film explores intersectionality, incorporating class and disability, complicating the characters' mental health struggles. Coping mechanisms and resilience emerge as crucial themes, highlighting the importance of social support and self-care in mitigating the negative effects of patriarchal norms. Both films serve as compelling case studies, revealing the intricate interplay of gender norms, power dynamics, and mental health, offering insights into the toll imposed by societal expectations in the pursuit of artistic excellence.

In synthesizing these findings, "Black Swan" and "Qala" emerges as a powerful cinematic exploration of the complicated interaction among gender norms, Power dynamics, and Mental health in the context of the ballet international. It gives a haunting and thought-scary narrative that underscores the impact of societal expectancies and hierarchical systems on people's psychological and emotional well-being. The movie serves

as a compelling case to have a look at in know-how of those dynamics intersect and the toll they can take on the pursuit of creative excellence.

5.1c How “Black Swan” and “Qala” represents the influence of patriarchy on mental health

"Black Swan" reveals the profound impact of patriarchy on mental health within the ballet world, serving as a microcosm of broader societal norms and power structures. Traditional gender norms intensify pressure on female dancers to conform, exemplified by the internal struggle between the White Swan and Black Swan personas. Power dynamics are evident as male directors control careers, fostering a toxic environment of scrutiny. The mental health of the protagonist, Nina, deteriorates amid the burden of gender norms and power struggles, manifesting in emotional distress and self-doubt. The film effectively illustrates how adherence to external standards of femininity and artistic excellence, reflective of patriarchal norms, shapes characters' mental well-being.

In "Qala," patriarchy's influence on mental health is nuanced. The film portrays the impact of gender norms, revealing Qala's internal conflicts as societal expectations clash with personal aspirations. Gender-based discrimination and violence contribute to mental health challenges, with characters facing abuse and trauma. The intersectionality of gender with class and disability amplifies mental health struggles. Coping mechanisms and resilience, demonstrated through sisterhood and resistance, showcase individuals navigating mental health difficulties amidst patriarchy. "Qala" provides a thought-provoking depiction of how rigid norms, discrimination, and violence adversely affect the mental well-being of female characters, emphasizing the need for a holistic understanding of their experiences.

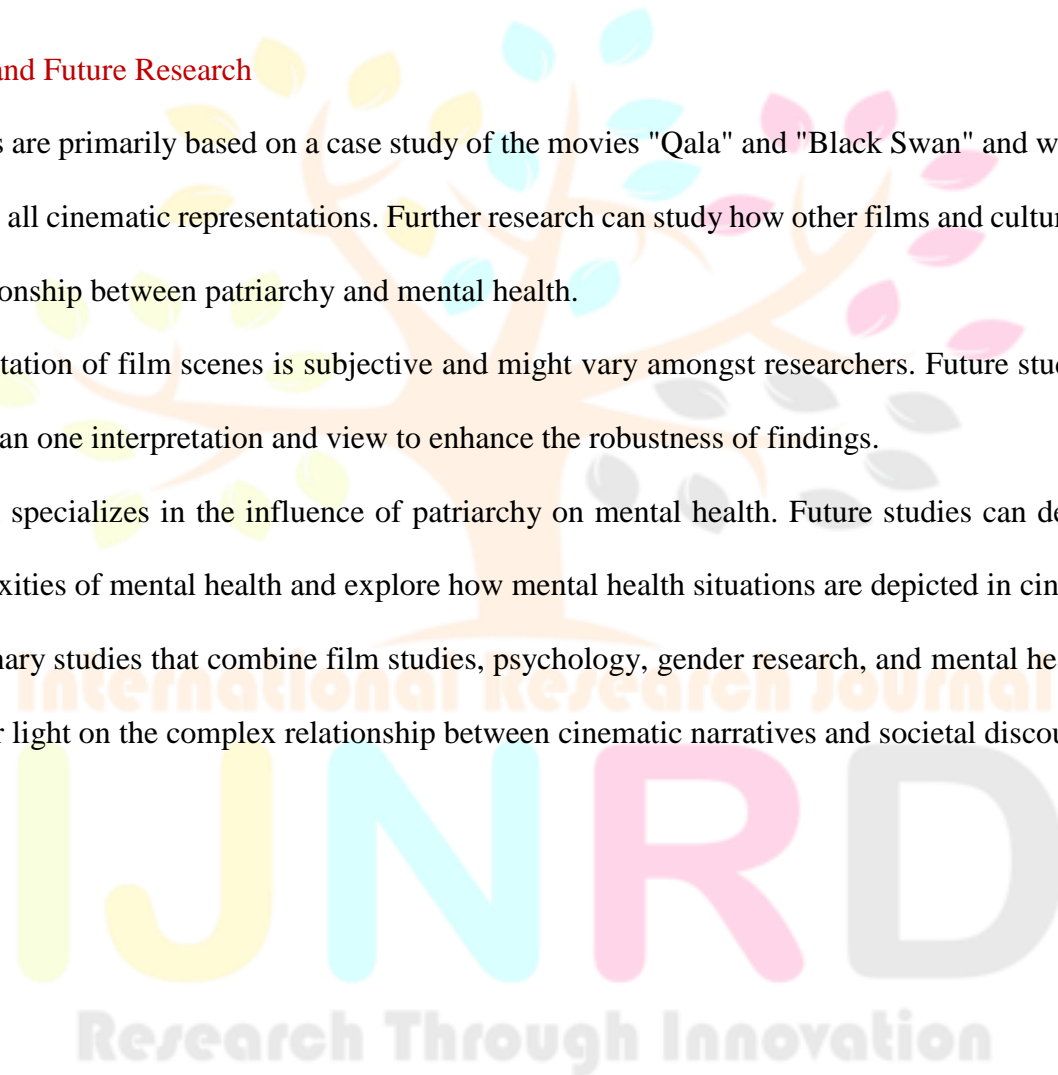
5.2 Implications

- Cinematic representations, both in "Black Swan" and "Qala," offer a lens through which societal power dynamics and gender norms can be significantly tested. They provide an opportunity to interact in conversations that approximate the effect of those norms on mental health.

- These movies highlight the need for increased awareness and discourse surrounding the mental health-demanding situations faced with the aid of individuals who navigate patriarchal structures and conform to conventional gender norms.
- It underscores the significance of addressing intellectual fitness in the context of gender and power dynamics, both in creative hobbies and in society at large.
- This observation serves as a reminder of the profound impact that cinematic narratives may have on our understanding of mental health and the want for extra nuanced, diverse, and empathetic representation.

5.3 Limitation and Future Research

- The findings are primarily based on a case study of the movies "Qala" and "Black Swan" and would not be generalizable to all cinematic representations. Further research can study how other films and cultural contexts depict the relationship between patriarchy and mental health.
- The interpretation of film scenes is subjective and might vary amongst researchers. Future studies should contain more than one interpretation and view to enhance the robustness of findings.
- The research specializes in the influence of patriarchy on mental health. Future studies can delve deeper into the complexities of mental health and explore how mental health situations are depicted in cinema.
- Interdisciplinary studies that combine film studies, psychology, gender research, and mental health studies can shed further light on the complex relationship between cinematic narratives and societal discourse.



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