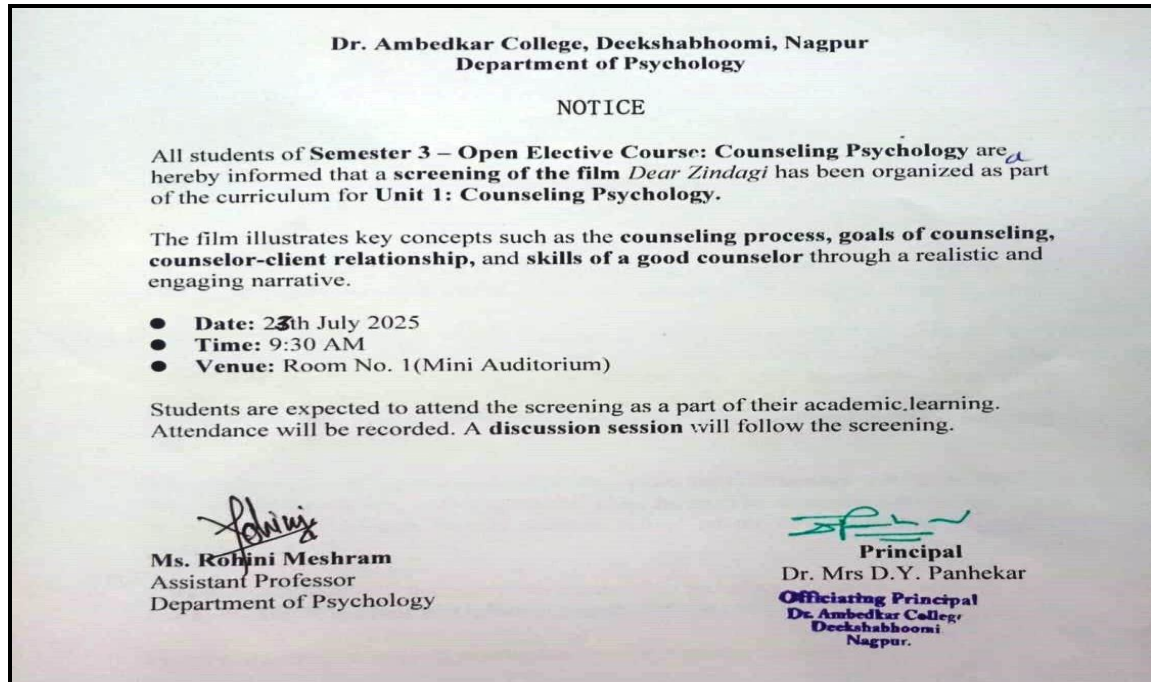


Dr. Ambedkar College, Deekshabhoomi, Nagpur
Department of Psychology

Report: Film Screening of *Dear Zindagi*

Date: 23rd July 2025

Notice



A film screening of the acclaimed movie *Dear Zindagi* was organized by the Department of Psychology on 23rd July 2025 for the students of Semester 3 – Open Elective Course: Counseling Psychology. The event was scheduled as part of the curriculum for Unit 1: Counseling Psychology and was held in Room No. 1 (Mini Auditorium). The program was coordinated by Ms. Rohini Meshram, Assistant Professor Department of Psychology, under the guidance of Dr. Mrs. D.Y. Panhekar, Principal.

The objective of the screening was to provide students with a deeper understanding of essential counseling concepts in a relatable and engaging way. *Dear Zindagi*, directed by Gauri Shinde, beautifully portrays the journey of a young woman struggling with personal and emotional issues and how her life changes through counseling sessions with a psychologist. The film effectively highlighted key elements such as the counseling process, goals of counseling, counselor-client relationship, and skills of a good counselor.

Students observed how theoretical concepts came to life through realistic dialogues, emotions, and therapy techniques shown in the movie. The portrayal of an empathetic and non-judgmental counselor played by Shah Rukh Khan gave students a strong reference point to understand the ethical and professional roles of counselors in real-life situations. The narrative encouraged students to view mental health with sensitivity and openness.

Following the screening, a **discussion session** was conducted where students actively participated by sharing their insights and reflections on the film. Many expressed how the film helped them break preconceived notions about therapy and gain a more nuanced perspective on the importance of mental health care. The interactive session also included questions related to course concepts, making the session both educational and thought-provoking.

Total 27 students participated for the screening. The screening was a great success and served as a powerful learning tool for the students. It provided an enriching blend of entertainment and education, reinforcing classroom knowledge with practical illustration. The event also fostered an open dialogue about psychological well-being and the significance of seeking professional help when needed.

Photo



DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI NAGPUR
DEPARTMENT OF PSYCHOLOGY

Date: 23- July 2025
Activity: Film screening of Movie 'Dear Zindagi'
Time: 9:30 am

Sr. No	Name of student	Class	Subject	Signature
1	Manthan Ambale		OE/Major	Manthan Ambale
2	Rohit Hote		Major	Rohit Hote
3	Shreyash Ranekar		Major	Shreyash Ranekar
4	HARSHIKA DHURVE	3rd Sem	Open elective	Harshika Dhurve
5	ANSHIKA SHENDE	3rd Sem	Open elective	Anshika Shende
6	Shraddha D. Gaikhande	BA 3rd Sem	Open elective	Shraddha D. Gaikhande
7	Punam Shastry	BA 3rd Sem		Punam Shastry
8	Heena Shende	BA 1st Sem	Minor	Heena Shende
9	Alhi Ravi	BA 1st Sem	Major	Alhi Ravi
10	Devendra T. Sulake	BA 1st Sem	Major	Devendra T. Sulake
11	Ujjwala J. Mendhe	BA 3rd Sem	major	Ujjwala J. Mendhe
12	Bhavya P. Gadgil	BA 3rd Sem	major	Bhavya P. Gadgil
13	Lajve J. Sawant	BA 3rd Sem	major	Lajve J. Sawant
14	Shreyas B. Gaikhande	BA 3rd Sem	OE	Shreyas B. Gaikhande
15	Vaibhavi S. Kathare	-11-	OE	Vaibhavi S. Kathare
16	Gurkhi R. Patil	-11-	OE	Gurkhi R. Patil
17	Anini D. Rupare	-11-	OE	Anini D. Rupare
18	Prerana B. Lale	-11-	OE	Prerana B. Lale
19	Mahima D. Mashram	BA 1st Sem	minor	Mahima D. Mashram
20	Shejal N. Waghmare	BA 1st Sem	major	Shejal N. Waghmare
21	Mamta S. Kawase	BA 1st Sem	major	Mamta S. Kawase
22	HEENA K. LATARE	BA 1st Sem	Major	Heena K. Latare
23	Ashwini R. Mendhe	BA 1st Sem	Major	Ashwini R. Mendhe
24	Tushar G. Chitambar	BA 1st Sem	Major	Tushar G. Chitambar
25	Ashwini B. Chitambar	BA 1st Sem	Major	Ashwini B. Chitambar
26	Dipti D. Dhurve	BA 1st Sem		Dipti D. Dhurve
27	Sanjana S. Namburde	BA 1st Sem		Sanjana S. Namburde

K. Rohini Meshram
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