**Department of Psychology**

**MES Asmabi College**

**World Alzheimer's Day**

On September 21, 2023, in observance of World Alzheimer's Day, the Department of Psychology at MES Asmabi College organized a special movie screening for B.Sc. Psychology students. The chosen film was "Thanmathra," a critically acclaimed Malayalam movie that poignantly portrays the life of an individual grappling with Alzheimer's disease. The event took place in the psychology lab, creating an intimate and educational atmosphere for the students.

"Thanmathra," directed by Blessy and featuring the renowned actor Mohanlal, is celebrated for its sensitive and realistic depiction of Alzheimer's disease and its impact on both the individual and their family. The movie follows the life of Ramesan Nair, an ordinary government employee, whose life takes a drastic turn after he is diagnosed with Alzheimer's. The film effectively illustrates the emotional, psychological, and social challenges associated with the condition.

The screening aimed to provide students with a deeper understanding of Alzheimer's disease, beyond the theoretical knowledge gained in classrooms. By watching "Thanmathra," students were able to observe the progression of the disease, the behavioral changes it causes, and the emotional toll it takes on the patient and their loved ones. This cinematic experience was intended to foster empathy and enhance the students' comprehension of the complexities involved in diagnosing and managing Alzheimer's disease.

Before the screening, a brief introduction was given by a faculty member from the Department of Psychology, highlighting the significance of World Alzheimer's Day and the importance of raising awareness about this condition. The introduction also provided context for the film, preparing students to critically engage with its content.

Following the screening, a discussion session was held where students were encouraged to share their reflections and insights. The discussion was guided by faculty members who helped connect the movie's themes with psychological theories and concepts related to Alzheimer's disease. This interactive session allowed students to explore the emotional and cognitive aspects of the disease, as well as the impact on caregivers.

The event was a significant educational experience for the B.Sc. Psychology students, combining the power of visual storytelling with academic learning. It underscored the importance of empathy and holistic understanding in the field of psychology, especially when dealing with neurodegenerative disorders like Alzheimer's disease. The screening of "Thanmathra" on World Alzheimer's Day was not only a tribute to those affected by the condition but also a meaningful step in educating future psychologists about the human aspects of mental health issues.

