

Review by Tyba Student

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Ghalmel Insights: A Mother's Struggle with Her Son's Schizophrenia

The short film "Ghalmel" delves into the poignant narrative of Shalaka, a mother and counselor, grappling with the realization that her son, Yash, is displaying symptoms of schizophrenia. The film navigates Yash's struggles, manifested through incongruent speech, aggression, disconnection, and a distorted view of reality. The mother's internal conflict is palpable as she battles the dual role of being a parent and a professional counselor.

Yash's symptoms, vividly portrayed through his interactions with neighbors and family, showcase the complexities of schizophrenia. His belief that everyone is watching and commenting on him underscores the isolating nature of the condition. The film effectively captures the challenges faced by individuals with schizophrenia and the impact on familial dynamics.

Shalaka's internal struggle adds a layer of emotional depth to the narrative. As a counselor, she confronts the fear of her son's condition worsening, drawing parallels between her clients and her own family. The societal stigma surrounding mental health compounds her worries, particularly the concern about people's perceptions of a counselor whose own son is facing mental health challenges.

The support provided by Abhijit, Shalaka's understanding husband, brings a comforting element to the film. His reassurance and encouragement reflect the importance of a strong support system in the face of mental health struggles.

In conclusion, "Ghalmel" offers a poignant exploration of the impact of schizophrenia on a family, highlighting the internal and external challenges faced by both individuals with the condition and their loved ones. The film emphasizes the need for understanding, support, and empathy within society to address the complexities of mental health.