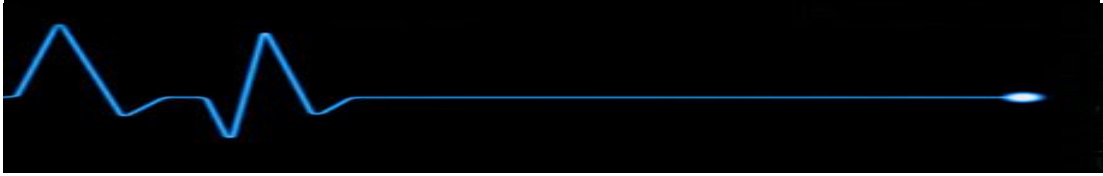


DEATH IS A RULE, LIFE AN EXCEPTION- A CINEMATIC JOURNEY



Organised By
The Department of Applied Psychology and Counselling Centre (UDAP)
AND
Mahatma Gandhi Peace Centre (MGPC)
University of Mumbai

That one aspect we all find difficult to face, that one truth we all find difficult to accept...and yet, that one common destination we all share - Death. Nobody wants to talk about one's death or even listen about it, still death remains one ultimate truth of everybody's life. No exceptions! Death has been an inevitable reality of one's life and society at large, no matter how it comes through aging, illness, epidemics, euthanasia, accidents, martyrdom, suicide, homicide, capital punishment, natural calamities, man-made disasters, wars or through genocide.

Different disciplines have viewed death through their perspective. In Psychology, death has been given a lot of importance since the time of Sigmund Freud. He spoke about eros (life instinct) and thanatos (death instinct). He claimed that people expressed a strong fear of death called Thanatophobia. Death anxiety – a form of persistent and morbid fear of one's own death – constitutes an underlying principle of many psychological constructs. As given by Robert Langs, existential death anxiety is the basic awareness of mortality. Humans tend to defend themselves against this anxiety through denial, which in both short and long term turns out to be psychologically taxing. Other psychological constructs related to the idea of death have been depression, grief, bereavement, fear, threat, acceptance and resilience. Through movies touching different aspect of death and dying we would uncover these constructs in the realm of one's understanding.

However as we try to explore death it becomes imperative to look at life. As aptly quoted by Mark Twain "*The fear of death follows from the fear of life. A man who lives fully is prepared to die at anytime*". Erik Erikson hypothesized that human beings who have understood the meaning and purpose of their lives, exhibit less of such death anxiety. It's quite ironical, but we live so that we can die peacefully. One's attitude towards one's death reflects a lot about one's life. The awareness of death can help one live every moment of one's life to the fullest. The realization that "now" is the only moment we have got, can open up a realm of endless possibilities and infinite opportunities for our growth. Life is more about journey, than the end product. But the acceptance of this common end product called "death" can help one fill one's journey of life with humility, gratitude, mindfulness and hope.

Come and join us on a 5-day journey to explore the meaning of life as you deal with the inevitability of death through 5 amazing movies. We are eagerly waiting for you...and maybe, just maybe, this is exactly what you have been waiting for as well.

Date: 8th to 12th August, 2016

Time: 2.00 pm to 5.00 pm

Registration Fees: Rs 200/-

Participants: Any Adult

Venue: Auditorium University Department of Applied Psychology and Counselling Center, C.D. Deshmukh Bhavan, University of Mumbai, Kalina, Santacruz (East), Mumbai – 400 098

For Registration contact:

Mr. Praful Pawar (Ph. 9423149236, email: praful30@gmail.com)

(You'll be considered as registered for the programme only after sending an email prior to the workshop and after receiving a confirmation email from us from. Please email us your Name, gender, age, contact no, educational qualification, and if working your professional designation. Payment for registration can be done at the Department on the spot or prior to the programme, after receipt of your confirmation email from us).

Coordinators:

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