

Movies with Message on Healthy Ageing

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Bollywood is coming of age and are now delivering entertainers, endearing to all age groups including older adults. Two such movies were “Piku” (2015) and “102 not out” (2018). Both were starred in common, by the impeccable and inimitable, senior grand star of Bollywood, Amitabh Bachchan. Both movies, without glamorising old age or embellishing the story lines with typical Bollywood-style twists and turns, managed to be heart-warming and had a feel-good factor for all spectators, especially inspiring to the elderly, who could relate to the lead characters as well.

In **Piku**, its Director Shoojit Sircar, portrayed a *grumpy*, aged man, Bhaskar Banerjee (role played by Amitabh Bachchan) who spends his days obsessing over his ‘motions’ (movements) of the bowel! His interaction with his daughter Piku, paints a realistic picture of the nuanced relationship of an aged parent with his adult children with independent lives and careers. It brings out a simple, yet mutual feelings they have for each other, both positive and negative, without being idealistic or preachy about anything. The simplicity and realistic nature of the subtle yet strong relationship between characters, tugs at the heart strings of the audience. In its own way, it orients the minds of the viewers towards disease, illness behavior patterns, eventuality of death and to the fact, that none of us on this earth, whether young or old, are indispensable too!

‘102, not out’, a 2018 movie, directed by Umesh Shukla strings a unique storyline, wherein Dattathreya (played by Amitabh Bachchan) is a 102-year-old enthusiastic super-centenarian, outdoing Babu (Rishi Kapoor) his 75-year-old son, in his attitude towards life. The older parent is younger in spirits than his younger offspring, showing subtly, trying to demonstrate that age is just a number! Here is a message to practice ‘emotional’ and ‘financial’ independence from one’s own children, rather than having high moralistic expectations from them, only to end up being dis-illusioned and disappointed in the sunset years of one’s life. To take each moment of each day and cherish it for what it is worth for, and being responsible for one’s own health and happiness might be the take home message, which the film delivers without the garb of glitz & showmanship.

The lead actor in both the movies, Mr. Amitabh Bachchan, symbolises the concept of healthy ageing even in real life. Knowing about which, may help fight some of the ‘ageism’ and nihilistic attitudes that some of older adults today face. Healthy ageing doesn’t entitle lack of disease or infirmity. Even elderly people with chronic diseases or some disabilities can hope and work towards healthy aging, which, according to WHO, is the process of developing and maintaining the functional ability that enables well-being in older age. An aged person, with or without illnesses, can plan for a healthy ageing process, if they nurture the ability to carry on their activities of daily living independently as much as possible, try contribute to society around in

meaningful ways possible. For this, the elderly person has to be willing to create environments and opportunities which will enable them to be the people they want to be and continue doing what they do well, with personal meaning and relevance to them!

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