



Heal and Inspire: special screening held ahead on International Women's Day in Pondicherry University

Description

March 5, 2026, Pondicherry University. As part of International Women's day celebrated on the 8th of March, the Department of Electronic Media and Mass communication held a special screening and interactive session to honour the voices of women in the field of filmmaking.

The screening featured 2 documentary films directed by Aparna Sanyal *A Drop of Sunshine* and Guru Padmasambhava- *The Second Buddha*.

A Drop of Sunshine, a film about Reshma Valliappan, a young rebel diagnosed with schizophrenia, and her journey towards recovery and empowerment. Reshma questions the medical label and finds her own understanding of recovery. Alternative therapeutic approaches highlight her recovery expressing her will power in denying further medications. This film challenges conventional methods of treatment in psychiatry and shifts towards bringing agency to the patient in finding their path of healing. *Guru Padmasambhava- The Second Buddha* gives us an overview of Vajrayana Buddhism and the 8 spiritual manifestations or phases of Padmasambhava in the 8th century. The film creates a significant cultural understanding within viewers, highlighting the historical foundation of Vajrayana Buddhism.

An interactive session of Q&A was then facilitated by Dr. Radhika Khanna, HOD and national award-winning filmmaker Aparna Sanyal who also serves as Director of Public Service Broadcasting Trust and managing trustee of International Association of Women in Radio and Television, India chapter. Students from different departments came together to engage in discussion about the two films and to illuminate young aspirants of filmmaking to take this session as an opportunity to mark a path towards meaningfulness. The session encouraged students to view filmmaking as a powerful medium for meaningful storytelling and social reflection.

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Category

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