

## THE SUBTEXT OF ANGER

Film screening and discussion

[www.thesubtextofanger.com](http://www.thesubtextofanger.com) [www.vandanakohli.com](http://www.vandanakohli.com)

### ***What is it?***

**The Subtext Of Anger** is a 59-minute film that explores various facets of anger. World-renowned professors of Psychology, Sociology and Neurology from the US, UK and India, examine the cause and impact of anger, in these hurried times of strife and disquiet. Between expert interviews are voices of people like us who share their experiences with anger. The film is a product of three years of in-depth research and analysis, and is relevant for our times.

### ***Why should one see it?***

Most of us are stressed beyond measure. We feel pushed for time and are often overwhelmed by even simple tasks. This reflects in our life as we vent our angst towards either colleagues at work, or towards family at home.

This is often because we are not able to address important, deep and vital issues at the emotional plane that desperately call for our attention.

**The Subtext Of Anger** brings many of those issues to light. It regards them in their darkness and allows the viewer to confront them even as he or she watches the film.

Additionally, anger is connected with many emotions - fear, anxiety, frustration, depression and most importantly stress. The film highlights these connections.

It makes the connection between stress and chronic anger, thus explaining things we all feel strongly about but find difficult to put in words.

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### ***How does it work for a lasting impact?***

People who speak in the film, share their experiences with great honesty. The viewer is able to relate to this sharing at various levels.

The effect is cathartic. Many realize they are not alone in how they feel, and that has a profoundly relieving impact.

Also, the film is a comment on our times – it puts into visuals and words the stressors we face in these times of pressure and speed. By doing so, it gives structure and words to emotions and thoughts, which are otherwise difficult to articulate. This helps the viewer purge his or her frustration silently and effectively, which otherwise invariably is vented towards others at work and home.

Through its research and structure, the film explores events and influences from our early years, locked deep within the psyche, that determine how we express our anger. This is an eye-opener for many, who realize how they often mindlessly imitate patterns of aggression they witnessed as children or youngsters.

The impact is that the film allows the viewer to see things he or she is going through from a distance. It lends objectivity to the viewer. He or she is able to see with clarity, how one acts and reacts under the grip of stress and anger. This makes one less reactive, which is the first thoughtful step towards being more productive and pro-active.

The film generates self-awareness and leads the viewer to be more understanding, patient and compassionate in his or her actions towards others and importantly, towards one's own self.

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### ***Where and how can it be viewed?***

**The Subtext Of Anger** can be viewed in your office/institute/community center or club. The organisers can schedule a private, paid viewing for the audience you select, from 20 to 200 people.

### ***All it needs is:***

**Space** – A conference room/an auditorium/ a meeting hall

**Facilities** – An LCD projector and a decent, professional Sound system. (The soundscape of the film is elaborate and its clarity is critical for an impactful viewing).

**3 microphones** would be needed for the discussion in larger gatherings.

### **THERE ARE 2 SCREENING MODELS TO CHOOSE FROM:**

#### **A - FOR A SCREENING AND SHORT DISCUSSION:**

**Time needed** – 2 hours. The film is about an hour in duration.

**Additionally, another hour is required for a discussion with the filmmaker, who is also the lead researcher of the project.**

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## **B- SCREENING + WORKSHOP:**

**For this we need 3.5 to 4 hours.**

**The film will be screened as part of the workshop.**

**The discussion, both before and after the screening, will focus on understanding and managing anger with tips to break the grip and patterns of anger we fall into.**

The filmmaker will conduct short exercises with the participants to understand the triggers to their anger, as well as on breath and stillness, on how to calm the mind and connect productively with oneself within. The workshop will focus on breaking the grip of anger and patterns of expression both mentally and behaviourally.

*Groups of 15 - 25 are best for a lasting impact.*

**Under this model, while the workshop will be conducted for a group of 15 to 25 participants, when the film is being screened, more people from the organization can join in to watch the film.**

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## ***Whom to contact?***

Nalin S Kohli

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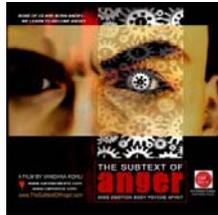
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***View a 3-minute promo of the film on YouTube:***

*Just type THE SUBTEXT OF ANGER in the spacebar.*

**<http://www.youtube.com/watch?v=dzytGHZ85cw>**

***Facebook***

***Sign into THE SUBTEXT OF ANGER Facebook page for updates***

***For information on experts featured and other details, visit***

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## ***Comments on the film:***

- ✓ *"A world class film!"* – Bombay Management Association.
- ✓ *"Everyone should see this film, yes, everyone."* – Bela Negi, Film Director.
- ✓ *"A deep search and effort in understanding anger..."* – MM Pallam Raju, Minister of State for Defense, Government of India
- ✓ *"An excellent and powerful documentary."* – Brahma Chellany, Defense Analyst.
- ✓ *"An extremely insightful and well researched film"* – Anindita Paul, Director, Sanjivini Society for Mental Health.
- ✓ *"An ABSOLUTE must watch! A film that stirred our thinking!"* – Aditi Misra, Principal, Delhi Public School, Gurgaon.
- ✓ *"The film gave such great exposure to our senior students to understand the various dynamics of anger. It will enable them not only to recognize it but also to channelize it positively."* – Meenu Goswami, Principal Bal Bharati Public School, Pitam Pura
- ✓ *"For those who wish to understand the dark side of anger..."* – Yogi Sriram, Larsen & Toubro Ltd
- ✓ *"Phenomenal!! I saw so much of myself in it. An eye-opener."* – Dikshu Kuckreja, Architect and owner, CP Kuckreja Associates.

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- ✓ *“Deeply stirring and emotionally a moving experience. I think this is a must watch for anyone who wishes to live life with awareness...”* – Dr. Shikha Sharma, Managing Director, Nutri-Health Systems Pvt. Ltd.
- ✓ *“Extremely deep. A must watch.”* – Kiran Pasricha, The Aspen Institute, India.
- ✓ *“Made with passion and depth.”* – Nirmala Mehendale, Mind Movers Management Consultants, Mumbai.
- ✓ *“Not to be missed!”* – Sonia Mehta, HRD Consultant and Trainer, Mind Virtue

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