

**KHUAHISHAIN**



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**DEPARTMENT OF MEDIA STUDIES**

**KINNAIRD COLLEGE FOR WOMEN**

**LAHORE**

**SESSION (2021-2023)**

**KHUAHISHAIN**



**A PROJECT REPORT SUBMITTED TO  
KINNAIRD COLLEGE FOR WOMEN  
IN FULFILLMENT OF THE REQUIREMENTS  
FOR THE DEGREE OF  
MASTER OF PHILOSOPHY**

**IN**

**MEDIA STUDIES**

**BY**

**NOOR FATIMA**

**F21MPMSO14**

**DEPARTMENT OF MEDIA STUDIES  
KINNAIRD COLLEGE FOR WOMEN LAHORE  
SESSION (2021-2023)**

**RESEARCH REPORT APPROVAL KINNAIRD COLLEGE FOR  
WOMEN**

**Date:** 13-06-2023

**I hereby recommend that the report prepared under my supervision by**

**Name of Candidates:** Noor Fatima

**Registration No:** F21MPMSO14

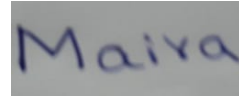
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**Title:-“ KHUAHISHAIN” be accepted in partial fulfillment of the requirements for the  
degree of**

**MASTER OF PHILOSOPHY (M.Phil.)**

**IN**

**MEDIA STUDIES**



\_\_\_\_\_  
**In Charge of Research Report**



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**Head of Department**

**Recommendation concurred in**

**Committee For the final Examination**

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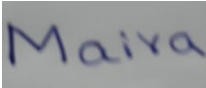
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## RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Noor Fatima of M. Phil (Session 2021 - 2023), Department of Media Studies has carried out research work entitled “**Khuahishain**” under my supervision. It is assured that the research work is original and has not yet been published anywhere else. It is to certify that all changes suggested by the examiner during the defense have been incorporated in the final copy.

"All changes suggested by examiners during defense are incorporated in this final copy"



Signature of Supervisor

Ms. Maira Qadoos

Assistant Professor

Dated :13-06-2023



Signatures

Head of Department Dr.

Kiran Karamat

## ANTI-PLAGIARISM DECLARATION

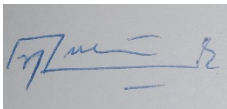
I certify that this is my own research work. The work has not, in whole or in part, been presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 3%. If this statement is untrue and I am found guilty of plagiarism, the punitive actions against me should be taken as per Kinnaird Anti Plagiarism Policy.

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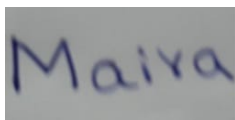
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## **Abstract:**

This research concentrates on the effect of stress in the form of pressurizing student to pursue their career by their parents. It aims to highlight all the stress that students face during their academic era and how that stress affects their mental conditions. This short film tends to shed light on how stress affects mental conditions. Academic pressure from parents has from many years. Parents put a lot of pressure on their children to choose a career that will allow them to earn good marks. These demands put the kids under extreme pressure and lead to increased stress. current demands for youngsters to have a more diverse set of skills Even after following rigorous study habits, students are unable to choose a career for themselves due to a lack of appropriate channels for counseling. The youngsters are confused and frustrated by the parents' and teachers' demanding behavior. In this short film, it is shown how parents pressurize their children to choose careers according to their wishes. And that causes stress in students and stress can reduce academic achievement, decrease motivation, Poor concentration, forgetfulness, learning problems, speech problems, Anxiety, depression, anger, and irritability. There is a sudden need to work on these factors that cause stress in students. This short film will act as an eye-opener for parents that how stress affects their mental conditions when they do what they do not want to do. This will change the mindset of parents by letting them know how stress affects them.

Keywords: Stress, Academic activities, Mental conditions, Academic Pressure

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## CHAPTER 1

### INTRODUCTION

Children are the people who are going to grow up and matter to the world. The nation needs future professionals as well as people who are good human beings and prove beneficial to society. The trend of getting an education is enlarged day by day in our society. In our society, parents always pressurize their children to become a doctor, engineers, teachers etc.

Education is the best to reduce the hurdles of life and in many areas of life, there are a lot of kids who have not been getting their basic education in this world. If we have a chance, we should utilize it according to the children's wishes, we should ask them what he/she want's to become in his/her life. Children choose their academic courses according to their parent's wishes because they didn't know what they want in their academic life, and sometimes children kill their wishes to fulfil their parent's dreams. Children begin to experience tension, worry, and depression at the end of the day. Stress-prone students significantly affect their academic performance and behavior.

This research is focused on examining the impact of parental stress on children's decisions to pursue specific professional paths. Nowadays, stress has become an important topic of research studies in both academic settings and in our society. Time as students at academic institutions should be more memorable. However, today's competitive world and changing environment make it harder for kids. Today's students experience a lot of academic stress. Because they chose their courses in accordance with the wishes of their parents, many of their subjects cause them concern because they don't know what the future holds. They are trying to fulfill their parent's wishes so they have more pressure to attain good marks or take a good position to make their parents proud and happy.

When students are attempting to achieve academic goals for themselves in the future, stress is a significant source of issues that they must deal with. One of the things that causes students to fail is academic pressure. In general, stress refers to two things: the psychological experience of pressure and the body's reaction to that response, which affects many systems,

from memory loss to muscular breakdown. Stress makes one feel tense and under pressure by asking a lot of yourself.

Students face a variety of pressures, including academic pressure with the need to succeed, anxiety about the future, and problems merging into the system. Stress can negatively impact a person's physical and mental health, their sense of self-worth, and their academic achievement.

The outcomes of this study may help teach parents and students about stress and how it affects children's lives. It might assist parents in guiding and inspiring kids, which will help them achieve their goals.

This short film will give awareness to parents and that they should pay attention to those factors that cause stress on their children's life. They have a right to choose children's career path but not in the terms of their mental peace and happiness.

Hence, it's obvious that media is playing an important role in creating awareness against these factors which cause stress among students.

### **1.1 ONE-LINER:**

"Student's Choice or Parents' Pressure". Children experience stress as a result of parental pressure.

### **1.2 BASIC IDEA:**

This short film's main goal is to raise awareness of issues that are rarely discussed in Pakistan but can lead to stress in children's lives. This short film will aware people of what kinds of stress students feel in their life and due to that stress they face depression, anxiety, poor concentration, poor appetite, problems sleeping, and their motivational level is decreased and learning problems, and speech problems.

This short film will also highlight how these factors affect students' mental and physical health. This short film will give a powerful message not only at the national level but also at the international level. The aim of this research is to tell the audience what actually children face in his/her academic years.

### **1.3 SCOPE :**

This short film tends to shed light on toxicity and mental illness/depression/Anxiety caused by parental pressure on their children. Most parents don't even recognize whether their child is suffering from any kind of mental illness or not. Parents should know that this kind of stress can ruin their child's future. So it is very important to bring awareness about mental illness that caused due to stress by parental pressure. Together we can decrease the stress level by helping children's. The aim of this short film is to convince parents that try to create an easy environment for children's so they can flourish in their academic performance and in their personal life also.

We don't have a right to pressurize them to study the subjects that we choose for them. As a parent there is a responsibility on our shoulders we should communicate with children in a friendly and cooperative way so they share their feelings with us easily. There is a need to understand that when children are stress-free from the race of grades, and stress-free from their carrier tensions they can perform better in their academic activities

The purpose of this short film is to persuade parents to stop pressurizing students. There is a sudden need to change this kind of mindset of people that children's got successful in life if they impose their will on children .

### **1.4 NEED OF PROJECT :**

Mental illness/depression, Anxiety caused by stress has always been neglected and treated as taboo in our county. Such things are not discussed openly, not even among students who are suffering from this kind of mental illness. The exact ratio of mental illness/depression/anxiety/poor concentration due to stress by not performing their academic activities well is unknown. This short film aims to show how children feel due to this stress and how we treat them, how families give more stress them by imposing their will on them. Meanwhile, it will also show the thought process of children who are suffering from mental illness due to stress because they don't want to pursue the field that their parents choose. This short film highlights the mental and physical struggles and difficulties of children who suffer all his/her life because they are facing stress from their parents.

The primary goal of this short film is to decrease the stress level which is caused by parental pressure. There is an urgent need to identify specific stresses in children's lives. This

short film will act as an eye-opener for parents to understand the techniques needed to deal with the stress which children face. So the children feel strong and tackle the situation and understand how to manage their academic activities and perform well.

**1:5 CLARITY OF PROJECT:**

Stress can harm the child's future as it can cause mental illness/depression/Anxiety, Forgetfulness, poor concentration, and loss of appetite, among children at a very young age. Mental illness like depression/stress/anxiety in Pakistan is very common yet being ignored because we are afraid of the society that what society will think about us, instead of priorities what our child wants we prioritize what our society wants. This short film will not only inform but also persuade parents not to pressurize their children. This short film will provide a realistic depiction of the life of a student that what he/she feels in his/her academic era and what role needed to play by parents in that conditions.

## CHAPTER 2

### LITERATURE REVIEW

According to Agolla (2009), Stress has become a significant problem in our academic community. Many scholars have done extensive study on stress and its effects, and they have come to a decision that this is an issue require a greater amount of focus.

Shankar and Park (2016) explain the different consequences that stress has on students. The processes by which stress affects physical health are defined in this article. These processes contain the psychological impacts of stress on mental health, the psychological impacts of stress on hormone health, and the neurological impacts of stress (such as attention and concentration) on academic success.

The blogs of Li et al.,(2015) claim that increasing numbers of youths nowadays experience teenage anxiety as a result of a range of reasons, including academic future, selfblame, interpersonal friction, and affection. Long-term stress can lead to aggression, anxiety, or unhealthy coping techniques like utilizing alcohol or drugs, harming children's health and development. As a result, they also highlight how important it is for educators to acknowledge and effectively manage stress before it develops and starts to have an impact on student's health.

The study by Sohail (2010) establishes the link between stress and academic performance and identifies stress sources, stress levels, and pertinent coping mechanisms. In his study, he provides evidence of the existence of a moderate, significant, and negative association between the sources of stress and the levels of stress on a student's academic performance. The study also demonstrates that stress levels and stress sources have a strong, favorable, and substantial link. The findings also indicate a link between higher levels of stress and subpar academic achievement.

Khan et al, (2013) discussed Stress is the unpleasant reaction people have when they are put under a lot of strain or pressure. When a person encounters a circumstance they know they cannot handle, they experience stress..

According to Folkman (1984), stress happens when people believe that the demands of a certain situation are greater than their capacity for adaptation. According to Jit (1995), tension

and sadness are brought on by external or internal problems that the person's resources are unable to handle. Stress is a mental state that expresses certain biochemical processes in the human body and is reflected by a feeling of worry.

According to Levi (1996), Stress is triggered by a multitude of demands (stressors), an imbalance between what we're able to do and what we can, and what our world gives us and what it wants from us,"

According to Aafreen et al.,(2018) When internal and external demands combine, it causes stress when the person's ability to handle the situation is strained. College and school are the best times of life for many young adults. Depression, anxiety, and stress can potentially disrupt these crucial years. Stress-prone students significantly worsen their academic performance and behavior.

3 Idiots (2009), directed by Rajkumar Hirani which features Aamir Khan, has thrown light on the school system and how parents push their kids to choose careers they don't desire for them. Not all kids are questioned about their career goals. Parents merely believe that after earning that degree, they will land a decent job, but they fail to consider what their children desire, what brings them joy, or what their passions are. Students who work hard to earn good grades often experience stress, and occasionally, as we saw in the movie, they turn to suicide because they can't handle the pressure.

Taree Zameen Par (2008) is a movie,directed by aamir Khan and Amole Gupte .In this movie Ishan prefers to do things that solely pique his attention, including painting, solving puzzles, and playing with animals. However, his father and instructors pressure him to do well in school. He has trouble keeping his attention in class though. Their professors and family don't comprehend how he really feels. He normally steers clear of situations that worry him. As he was constantly punished by his teachers and bullied by his companions at school, he experienced dissatisfaction that gave rise to anger problems. He is passionate about art, particularly painting, but their parents do not support him since they believe that painting has no future.

## CHAPTER 3

### SIGNIFICANCE

Mental illness/depression/anxiety due to stress is all around us. Both adults and children face these, though we say that we don't have anxiety and depression due to society's judgment but still at some point we all are the victims of these mental illnesses. The effect of Stress on academic activities is still very common in almost every part of the world which is the main reason for mental illness and depression in children.

As a result, students commonly self-report struggling with academic-related stress, which is also referred to as ongoing stress related to their education, such as pressure to get high marks and concerns about receiving low grades (UNESCO, 2012).

According to the World Health Organization (1996), for students to succeed in school, they must be in good emotional and physical condition. Fear regarding Parental pressure affects children's academic performance in science, math, and reading negatively.

The aim of our short film is to bring attention to and raise awareness regarding stress, and how it affects our children's lives. Moreover, a short film helps parents realize that there is a need to change their attitude toward their child's education.

This short film want to change the outlook that how stress affects students and they don't talk about that situation with their parents. The stress level increases day by day and that affects their mental health. Our aim to assure kids and their parents that discussing their stress levels with their parents is acceptable, as well as that it's acceptable if your kid expresses hesitation to pursue the career you've chosen for them. In Pakistan, people are not aware that their children are suffering from any kind of mental illness/depression due to stress that is caused because parents pressurize their children to fulfill their will, pressurized them to take good marks. We need to take steps to reduce that stress level in children before it turns into a severe mental disorder. Numerous children experience various mental disorders, but no one is aware of the cause.. So this short film will be an observing object, especially for parents which will help them to know that forcing their children to induce their careers according to their wish and force them to take good grades or positions in class can harm their mental and physical health that also affect their future. This short film will increase awareness in society about the hazards of pressuring or coercing youngsters.

## CHAPTER 4

### SCRIPT

#### CHARACTERS:

<b>Noor Fatima</b>	Main Character
<b>Mehro</b>	Noor Mother
<b>Memmona</b>	Noor Sister
<b>Noor Father</b>	

#### منظر 1:

دوپہر کا وقت ہے۔ خاموشی اتنی کے گھڑی کی آواز مسلسل کانوں تک پہنچ رہی ہے اور نور دنیا کے معاملات سے لاتعلق اداس بیٹھی ان سوچوں میں گم ہے جن میں ذاتی رائے پر ایک ایسے فیصلے کو فوقیت دی جا رہی ہے جو ناپسند ہے۔ اسی پریشانی میں نور خود کلامی کر رہی ہے۔

مکالمہ

نور: میں کیسے بابا کو یہ سمجھاؤں کہ میں ڈاکٹر نہیں بننا چاہتی

بریدنگ

نور: میں ایسا کیا کروں کہ وہ مان جائیں

گہری سانس

نور: مجھے اجازت دے دیں کہ میں اپنی مرضی سے زندگی گزار سکوں۔ اپنے خوابوں کو پورا کر سکوں، اپنی پسند کی زندگی جی سکوں

#### منظر 2:

اداسی کے اس عالم میں اسے گزری ہوئی رات کو بابا سے ہونے والی بات کا خیال آتا ہے جس میں اس کے بابا نور کے ہاتھوں میں گٹار دیکھ کر چلا کر کہتے ہیں

مکالمہ:

بابا: نور یہ کیا کر رہی ہو تم؟

#### منظر 3:

نور اپنے بابا کیسے سوال کا جواب دیئے بغیر حسرت بھری نگاہوں سے گٹار کو مسلسل دیکھ رہی ہے۔ بابا زور دار آزاد میں نور کی والدہ مہرو کو بلاتے ہیں

مکالمہ:

بابا: مہرو

نور کی والدہ (مہرو): جی

بابا: یہ اپنی بیٹی کے کام دیکھو یہ کیا اس نے گانا بجانا گھر میں رکھا ہوا ہے اس کو کہو اپنے ایم ڈی کیٹ کی تیاری کرے اور ڈاکٹر بنے

مہرو: میں اس کو سمجھاؤں گی

بابا: ہاں سمجھاؤ اسے تاکہ کچھ اس کے پلے پڑے

منظر 4 :

خیال ختم ہونے کے بعد نور پریشانی سے اپنے ہاتھوں سے اپنے چہرے پر رکھ لیتی ہے

نور: بابا میری بات کیوں نہیں سمجھتے میں ڈاکٹر نہیں بننا چاہتی، کیا مجھے کوئی حق نہیں کہ میں اپنی زندگی اپنے حساب سے جی سکوں، میں وہ چن سکوں جو میں چاہتی ہوں

منظر 5:

پریشانی میں ڈھوبی خاموشی اداسی میں مزید اضافہ کر رہی ہے۔

پریشانی کے عالم میں صوفے پر بیٹھی نور بار بار بابا کی بات کے بارے میں سوچ رہی ہے۔

اتنے میں مہرو کمرے میں داخل ہوتی ہے اور پوچھتی ہے۔

مکالمہ:

مہرو: نور کیا کر رہی ہو تم بیٹا، یہ لو شربت اور اکیڈمی کے لیے تیار ہو جاؤ، آج تمہارا ٹیسٹ ہے نہ!

منظر 6 :

نور کی جانب سے مکمل خاموشی اور چہرے پر اداسی

مکالمہ:

مہرو: نور میں تم سے بات کر رہی ہوں

منظر 7:

بیٹی کو پریشان دیکھ کر مہرو بھی اداس ہو جاتی ہے -

مکالمہ:

مہرو: اگر ٹیسٹ کی تیاری نہیں ہے تو کوئی بات نہیں جو آتا ہے وہ لکھ آنا

منظر 8:

مہرو (والدہ) ساتھ والے کمرے سے نور کی چھوٹی بہن کو آواز دیتی ہے

مکالمہ:

مہرو: مونا

منظر 9:

انتظار اور نظریں ساتھ والے کمرے کے دروازے پر

مکالمہ:

مہرو: مونا

منظر 10:

ساتھ والے کمرے سے نور کی چھوٹی بہن مونا کی آواز آتی ہے

مکالمہ:

مونا: جی ماما آئی

مہرو: مونا

منظر 11:

اتنے میں دروازہ کھلتا ہے (آواز) اور نور کی چھوٹی بہن مونا کمرے میں داخل ہوتی ہے - صوفے کے ایک

کنارے پر بیٹھتے ہوئے مونا ، نور کو مخاطب کر کے کہتی ہے -

مکالمہ:

مونا: نور آپ یہ دیکھیں جو آپ کی ویڈیو اپ لوڈ کی تھی نہ ٹک ٹاک ہے اس سے ون ملین ویوز آئے ہیں - دیکھیں

تو سہی

منظر 12 :

نور نے موبائل کی طرف دیکھنے کی بجائے چہرہ دوسری طرف کیا ہے۔

مکالمہ:

مونا : نور آپی

منظر 13 :

نور آپی کے اس رویے کی وجہ سے مونا اپنی ماما (مہرو) کی طرف دیکھتی ہے۔ مہرو مونا کو مخاطب کر نے کہ بعد کہتی ہے۔

مکالمہ 14:

مہرو: مونا میں نے آپ کو کیا کہا تھا۔ چلیں جائیں وہ کام کریں پھر میں آتی ہوں۔

منظر 15 :

مونا سوالیہ انداز میں مہرو کو دیکھتی جا رہی ہے۔

مکالمہ:

مہرو: چلو جاؤ بہن کے کپڑے استری کرو، میں نے آپ کو کیا کہا ہے۔

منظر 16:

مونا غصے سے اٹھ کر کمرے میں چلی جاتی ہے۔ دروازہ کھلنے کی اور زور سے لگنے کی آواز نور اور مہرو کو دروازہ دیکھنے پر مجبور کر دیتی ہے۔ مونا کے اس رویے کی وجہ سے مہرو غصے سے نور کے پاس سے اٹھ کر چلی جاتی ہے۔ نور آرٹ کالج میں ایڈمیشن کے خواب کے ساتھ پریشان ہے اور کسی سے بات نہیں کرنا چاہتی۔

منظر 17:

کمرے میں خاموشی ہے مہرو صوفے پر بیٹھے کچھ لکھ رہی ہے اتنے میں مونا کمرے میں داخل ہوتی ہے اور پاس بیٹھتے ہوئے پوچھتی ہے۔

مکالمہ:

مونا: ماما نور کو کیا ہوا ہے

مہرو: بیٹا وہی ہے وہ این سی اے میں ایڈمیشن لینا چاہتی ہے اور تم جانتی تو ہو اپنے بابا کو - وہ کبھی بھی -----  
مونا بات کو کاٹ کر کہتی ہے

مونا: تو بابا کو کہیں نہ کہ اس کو ایڈمیشن لینے دیں - وہ ڈاکٹر نہیں بننا چاہتی اس نے این سی اے میں ایڈمیشن  
لینا ہے - اگر آپ سے بابا سے بات نہیں ہوتی تو مجھے بتا دیں ، میں کر لیتی ہوں  
مہرو: اچھا میں کروں گی تمہارے بابا سے بات

منظر 18 :

نور کے بابا کرسی پر بیٹھے ہیں اور کتاب پڑھ رہے ہیں - کتاب کے اوراق پلٹنے کی آواز - کتاب پڑھتے پڑھتے  
مہرو چائے کا کپ لیے کمرے میں داخل ہوتی ہے اور چائے کی کپ کو ٹیبل پر رکھتے ہوئے کہتی ہے  
مکالمہ:

مہرو: یہ آپ کی چائے -----سنیں

بابا: (ہن) بے پرواہی سے کتاب کا مطالعہ کرتے ہوئے

مہرو: مجھے نور کے بارے آپ سے بات کرنی ہے

بابا: بولو

مہرو: میری بات صبر اور تحمل سے سنئے گا غصہ نہ کیجئے گا - وہ ہماری بیٹی ہے ہمارا خون ہے - آپ اس  
کے معاملے کو اپنی انا کا مسئلہ نہ بنائیں - ہم نے اس کی اچھی تربیت کی ہے - بچپن سے لے کر جو اس نے  
مانگا ہے ہم نے اس کو دیا ہے - اب آپ اتنی سختی کیوں کر رہے ہیں - کیا آپ کو اس سے بھروسہ نہیں ہے -

منظر 19 :

نور کے بابا مہرو کی بات کے دوران لاپرواہی سے کتاب پڑھ رہے ہیں - مہرو توجہ طلب لہجے میں کہتی ہے

مکالمہ:

مہرو: میں آپ سے بات کر رہی ہوں

بابا: تربیت پر بھروسہ ہے زمانہ بہت خراب ہے

مہرو: ذرا سوچئے تحمل سے -- ہمیں اسے وہی کرنے دینا چاہیے جو وہ کرنا چاہتی ہے

بابا: دیکھیں گے اس معاملے پر بعد میں بات کریں گے

مہرو: آپ کو معلوم ہونا چاہیے کہ وہ کبھی بھی ایسا کام نہیں کریں گے جس سے ہماری عزت پر سوال آئے

بابا : یہ باتیں کس طرح کی کر رہی ہو۔ دماغ خراب کیے جا رہی ہو ۔۔۔۔۔۔ چلی جاؤ یہاں سے ۔

منظر 20 :

نور کے بابا کتاب غصے سے رکھ کر چائے پینے لگتے ہیں ۔ مہرو اٹھ کر دوسری کمرے میں چلی جاتی ہے ۔

منظر 21:

نور کے بابا اکیلے بیٹھے اس بات سے متعلق سوچ رہے ہیں کہ بیٹی کے معاملے میں ایسا رویہ مناسب ہو گا ۔ اس دوران ذہن میں دن بھر ہونے والی باتیں گردش کر رہی ہیں ۔

(خیال)

ایڈمیشن سے متعلق باتیں کانوں میں گونج رہی ہیں

مہرو : ہمارا خون ہے ۔ آپ اس کے معاملے کو اپنی انا کا مسئلہ نہ بنائیں ۔

بابا: کیا اس نے گانا بجانا گھر میں رکھا ہوا ہے

مہرو: وہ کبھی بھی ایسا کام نہیں کریں گے جس سے ہماری عزت پر سوال آئے

بابا: اس کو کہو اپنے ایم ڈی کیٹی کی تیاری کرے اور ڈاکٹر بنے

منظر 22:

نور اپنے کمرے میں اپنی خواہش اور اپنے بابا کے حکم سے متعلق سوچ رہی ہے ۔ اتنے میں دروازہ کھلنے کی آواز آتی ہے ۔ اور نور کے والد کمرے میں داخل ہوتے ہیں ۔ نور کے بابا نور کو مخاطب کر کے کہتے ہیں ۔

مکالمہ:

بابا : نور بیٹا یہ تمہارا آگری فیصلہ ہے ۔

نور پریشانی کے عالم میں دھیمی آواز میں کہتی ہے

نور : (پریشانی کے عالم میں دھیمی آواز میں) بیٹیوں کا کوئی فیصلہ آخری نہیں ہوتا ۔

بابا: بیٹا تم اپنے باپ سے محبت کرتی ہو ۔

نور : ہر شے سے زیادہ

بابا: کیا اپنے شوق سے زیادہ محبت کرتی ہو

نور: بلکل بابا آپ پر ایسے ہزاروں شوق قربان بابا

بابا: ہن --- فقط اپنے باپ کو راضی کرنے کے لیے اپنی خواہشوں کا گلا گھونٹ سکتی ہو تم۔

نور: مین ایسا چاہتی تو نہیں لیکن جس سفر میں آپ میرے ساتھ نہیں چل سکتے ایسے سفر کی منزل حاصل کر کے مجھے کچھ حاصل نہیں ہوگا ۔

بابا: جب بیٹی باب سے اتنی محبت کر رہی ہے ۔ اپنی ہر خواہش چھوڑ رہی ہے تو باپ کو بھی چاہیے کہ وہ اپنی بیٹی کی خوشی کا خیال رکھے تمہاری ماں نے مجھ سے بات کی تھی مین نے اس معاملے میں کافی حد تک سوچا ہے ۔ بیٹا جب تک میں زندہ ہوں اپنی ہر خواہش پوری کر لو میں نے تمہارا ایڈمیشن کروا دیا ہے این سی اے میں۔۔۔ تو پڑھ لینا تم

منظر 23:

ایک لمحے میں نور کے چہرے سے اداسی ختم ہو جاتی ہے ۔

مکالمہ:

نور: شکریہ بابا

بابا: خوش رہو بیٹا

نور : ( خوشی سے ایک بار بھر ) شکریہ بابا

## Chapter 5

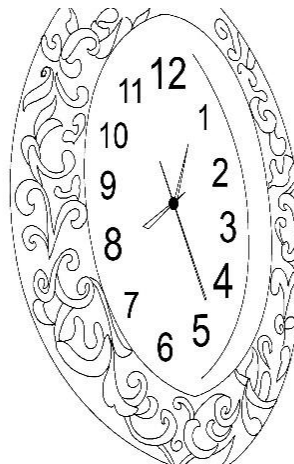
### STORY BOARDING

Scene no 1

Shot: close-up shot

Description : Opening shot start with the tick of the clock.

Duration:



Scene no 2

Shot: Medium Shot

Description: Noor sitting sadly on the Sofa.

Duration: 46 Seconds



Scene no 3

Shot: Long Shot

Description: Father shout at noor and her mother.

Duration: 12 seconds



## KHUAHISHAIN

Scene no 4 :

Shot: Close-up Shot

Description: Noor is sitting sad in the sofa.

Duration: 26 seconds



Scene no 5

Shot : Long Shot

Description: Mother is trying to convince noor .

Duration: 43 Seconds

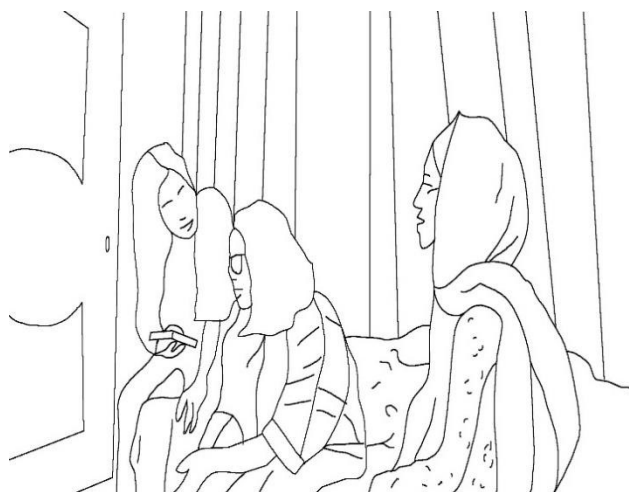


Scene no. 6

Shot: Medium Shot

Description: Memmona (sister) show to noor her video.

Duration: 41 seconds



# KHUAHISHAIN

Scene no 7

Shot: Medium Shot

Description: Memonna talk to her mother about noor situation.

Duration:26 seconds

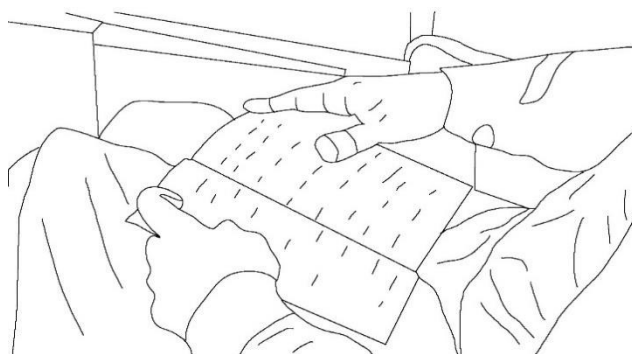


Scene no 8

Shot: close-up to long

Description: Father reading a book.

Duration:21 seconds



Scene no 9

Shot: Medium Shot

Description:Mother talk to noor father .

Duration: 1 Minute and 6 seconds.



## KHUAHISHAIN

Scene no 10

Shot: Medium Shot

Description Father thinking about what his wife said.

Duration: 21 seconds



Scene 11

Shot: Long Shot

Description : Noor is sitting sadly on bed.

Duration: 8 seconds



Scene no 12

Shot: Long Shot

Description: Father comes to Noor and gives her permission to take admission.

Duration: 58 seconds



Scene no 13 Shot: Close-up shot

Description: Noor is happy.

Duration: 4 seconds



## CHAPTER 6

### TECHNICAL METHODOLOGY

This section states the collection of data and the process of doing research. It will deal with all the technical methodologies of my short film.

#### **6.1 Approach**

The approach of my short film is to educate parents not to pressurize their children. Listen and understand to them what they want in their life. I approach to show society a completely different mind state in order to be aware that getting a good position or good grade didn't decide their future. So they don't pressurize children on that level that they feel stressed. The key idea of this short film is to acknowledge people there is a need to understand child mental abilities. There is a need to understand what our child desires, what are their dreams, what they want to become in their life, and what career they want to choose. It is also imperative for the parents to understand the factors which might be stressful to children and find out ways to help them cope with such situations. This short film will engage with maximum issues in regard to mental illness due to the effect of stress on academic activities which will make the recognition of the problem faster and more relatable. This short film will change the lives of those students who feel that kind of stress.

#### **6.2 Genre**

The genre to showcase my topic is a short film.

#### **6.3 Target audience**

The target audience of this short film will be the general masses, especially parents, and children because the main objective of the short film is to make awareness and educate people about how stress affects their mental peace and causes mental illness/depression.

#### **6.4 Demography**

The target audience of this short film is parents and children. So the age group will be 15 -60 because children below 15 are those students who are in kindergarten or getting primary or secondary education in schools. At that stage, students don't know what they want from their life, or what field they want to choose for their career. If a child who's 15 or 16 -year-old facing stress, how can we flourish as a nation? It is very important to be aware of parents so that they

may take steps to reduce their child's stress level. It's the age where they have to know how to create happiness, that's the age where they have to live stress-free but we pressurized them to fulfill our will.

### **6.5 Physiography**

The age group for the short film includes all types of students, parents, and educational institutes. Children are the target audience because we want to give them the knowledge that it is very important to share their feelings with their parents when they feel stressed or depressed. And parents are our audience because we want to give them an awareness that how child mental health is affected when we pressurized them.

### **6.6 Pre-Production**

This phase involves gathering information needed for the short film by researching and reading various articles.

#### **6.6.1 Clustering**

There is always a need to work on a topic that gives a very strong and eye opener message to society. As a result of our extensive research on many different subjects, we believe that one of them that needs our attention is the stress that parental pressure causes in children. When we hear the word stress, we only consider what society would think of us if we admitted that we were under stress or experiencing mental health issues. We are still in this trap. Therefore, a decision must be made to create a short film on the subject that will convey an important message to the parents. Children must be given the confidence to express their emotions and to share their career aspirations. What are their goals in life? Because without a goal life is like a ship without any destination. The major goal of this short film is to educate parents and pupils about the fact that stress has a negative impact on people's mental health in addition to their daily lives. The length of this movie will be between ten and fifteen minutes. It will demonstrate the types of stress children experience and how those stresses impact their routines and mental health.

#### **The objectives of the study are:**

- To make parents aware of how stress affects their mental peace.
- To find out the solutions that help children to feel stress-free
- To change the mindset of parents that their decided career is not always good for them.
- To encourage students they have to share their emotions with parents that why they feel stress

- To help children to prevent the stress that caused mental illness.

### **6.6.2 Pre- Production Coordination**

After collecting all the data and information relevant to my topic and working on it in detail. I will finalize a few things related to the shoot for pre-production coordination before the final execution of my short film, which includes location, and timing. I will recce my location at least 15 days before the final execution of the shoot. The location recce will give information about the place, you can decide in recce what angle you need to capture the location and object properly.

### **6.7 Production**

In this phase, the actual shooting of my short film will take place. A few hours from my daily routine will be decided for the shoot. After finalizing the dates, time, and location. I will start the shoot for my short film.

#### **6.7.1 Technical Equipment's**

- 1 camera (DSLR)
- 1 Gimbal
- 1 Tripod
- Soft box
- Reflector
- Wireless Mics

#### **6.7.2 Camera Angles**

The camera angles are very important while shooting. The angles of the camera will be used according to the dimension of the short film, ranging from wide shots to close-ups. The shots will clearly depict the whole story in detail. In close-up shots, we will showcase the inner feelings of stress level. whereas wide-angle shots will show the whole scenario of the short film. Extreme closeup shots will be taken for the sake of impact and getting viewers' attention.

#### **6.7.3 Treatment**

Treatment refers to camera angles, lighting, and editing of the sound effects and visual effects used in the short film. In our short film, we will use different camera angles from wide to close-ups. The opening shot of the short film will show ticks of the clock. Then we show a youngster who is under a lot of stress but didn't communicate with her family. Different scenes

will be added in the film that will give the impact of real-life stress that children face. Very soft and simple music will be used in the background of some scenes that could fit the scene.

**6.8 Post-Production:**

In post-production, all the scenes of the short film will be arranged in a sequence by cutting all the irrelevant scenes in Adobe Premiere Pro. Different transitions will be added between the shots in order to grab the viewer's attention.

Sound effects related to the particular scenario and background music also will be added, and after that teaser and promo will be made. I will also make a Flex, CD cover and poster for the promotion of my short film.

## CHAPTER 7

### TENTATIVE BUDGET

The approximate budget that would be used for the purposes of the shoot, printing material, and the promotional campaign for the short film would be:

Service/Product	Description	Cost
Pre-Production Equipment and facilities		
Writer	Noor Fatima	-
Producer	Noor Fatima	-
Director	Noor Fatima	-
Researcher	Noor Fatima	-
Character Design	Noor Fatima	-
Rigger	Noor Fatima	-
Sound Manager	Noor Fatima	-
Lightening Technical Director	Noor Fatima	-
Cameraperson	Noor Fatima	-
Miscellaneous		3000

## KHUAHISHAIN

Actors	Noor Fatima, Chand Bibi, Memoona Shahzad, Uzair Chohan	15000
Production Equipment and Service		
Camera	On Rent	20000
Tripod	On Rent	1000
Soft Box	On Rent	3500
Reflector	On Rent	1000
Lavalier Microphones	On Rest	1500
Transport	Fuel	2500
Meal	-	6000
Post Production Equipment and Services		
Marketing	Poster and Flyer	3000
Editing	Noor Fatima	-
Miscellaneous	-	3000
Total		57000

## CHAPTER 8

### CONCLUSION

Study conclude that we need to raise awareness regarding the rapid growth of stress on children which is a huge threat to the future of our children. Parents are always the well-wishers of their children. They always want to see their child succeed in life. So they want that our child should choose their career path according to their will, I'm not saying it is a bad thing but there is a need to sit with children and negotiate with them what they want from their life, what path they want to choose. Parents need to understand that this is not an era where we forced our wishes on their children. Children these days know what goals they have for their life. World is modernized and in this digital world parents are cautious about their children, but it's not mean that they pressurized things on their children because they think these are good for children. These consequences we will soon face more if we continuously force our will on their children. Such as depression, Anxiety, mental breakdown, suicide etc.

#### 8.1 Recommendations

It's essential to parents to encourage their children's ambitions without placing unnecessary pressure on them. Here are some suggestions to assist you refrain from putting pressure on your child:

- Always communicate with your child about their future goals.
- Listen to them carefully, and provide guidelines.
- Avoid pushing them back and encourage them.
- Avoid unrealistic expectations from your child.
- Feel proud of their achieved goals.
- If your child feels stress,talk to them .

## CHAPTER 9

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