

Report on Short Film Screening and Reflection Session

Date: 20th September 2025

Venue: IPS HBX HALL

Introduction:

On 20th September 2025, the MBA Department of ASM's Institute of Professional Studies organized a meaningful educational activity under the subject *Human Rights (1 Credit)* — a Short Film Screening and Reflection Session. The selected film, "*Juice*" directed by Neeraj Ghaywan, served as a strong visual medium to explore every day gender roles, domestic inequalities, and human rights concerns that often go unnoticed in our daily lives. The session was designed not only to promote awareness but also to encourage students to introspect on societal structures and the ways in which inequality is normalized in households. By combining visual learning with reflective exercises, the event aimed to bridge the gap between theoretical learning and real-world social understanding, making students more empathetic and socially conscious individuals.

Objective:

- To create awareness among students about human rights issues, especially those related to gender roles and domestic inequality.

- To encourage students to critically reflect on social stereotypes and the distribution of power in household settings.
- To promote experiential learning through the use of creative expression, such as writing, drawing, and discussion.
- To strengthen students' understanding of equality, human dignity, and social justice in everyday life.

Report:

The session started with the screening of the short film *"Juice"*, which effectively portrayed the subtle yet powerful realities of gender-based discrimination within a typical household. The film's storyline revolved around a domestic gathering where women were confined to the kitchen, managing all the responsibilities, while men enjoyed comfort and conversation in the living room under the cooler. This simple setup highlighted deep-rooted social norms and the unequal division of labour at home. One significant scene showed a guest advising the host to serve the maid in a steel glass instead of a cup, symbolizing the caste and class-based discrimination still prevalent in society. Another moment depicted a mother instructing her daughter to assist in the kitchen rather than engaging with the men, revealing how gender biases are passed on to the next generation. Moreover, the discussion about a pregnant woman being discouraged from



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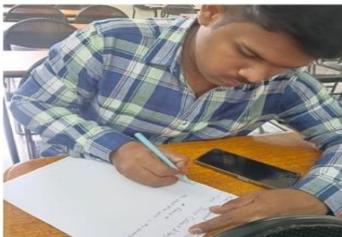
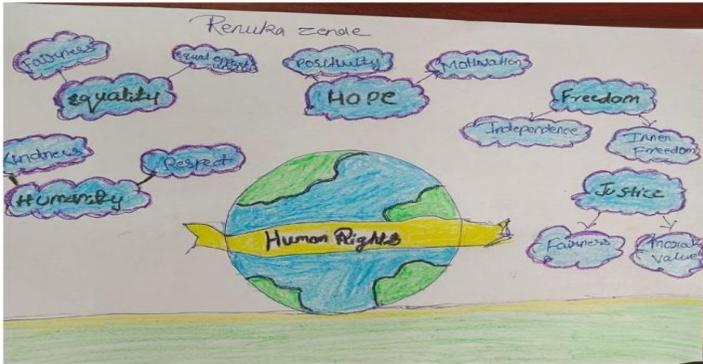
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working post-childbirth subtly reflected the expectation of traditional gender roles in family life. The climax of the film delivered a silent but powerful message when the host woman confidently stepped out of the kitchen, poured juice for herself, and sat in front of the cooler — asserting her right to equality and self-respect. This symbolic act resonated deeply with the audience, leaving them thoughtful and inspired. Following the screening, students participated in an open reflection session where they were encouraged to express their understanding of the film creatively. Some wrote essays highlighting gender sensitivity, others drew insightful sketches or created tree diagrams representing the roots of inequality and paths toward equality. The diverse range of expressions reflected how deeply the students connected with the message of the film. The faculty guided students in linking the themes of the film to human rights principles, emphasizing how discrimination and inequality begin at home and how small acts of awareness can lead to significant societal change. The session promoted discussion, critical thinking, and emotional engagement — transforming a simple film viewing into a powerful learning experience.

Photos:



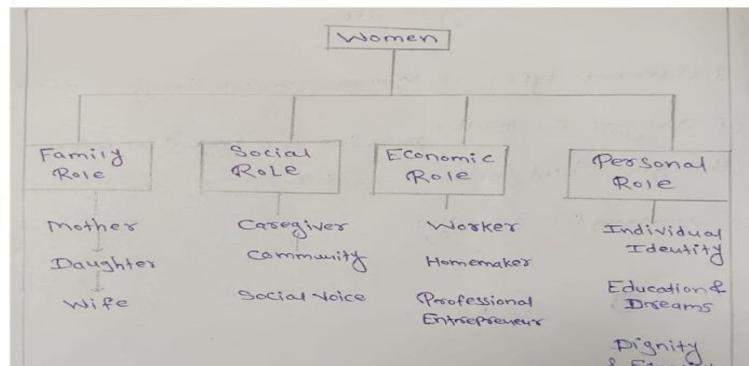
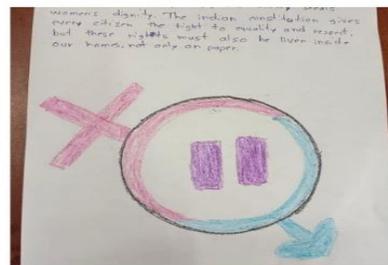
Mr. Pruthmesh Vijay Balsarab.
 Topic : Juice (Short film)

*** Essay ***

The short film juice, is the powerful story of everyday gender inequality that exists in households. Though the story takes place in middle class living man and kitchen, it highlights deeper issue of discrimination and degrading dignity for women.

In the movie a few families gather for a evening. The men sit comfortably in comfortable living room under the band, chatting and laughing while women are confined to the kitchen sweat in the heat, cook, and serve until no one acknowledges their hard work.

The climax comes when she takes a beer over glass of juice and sits in the cooler in the in the men's space. This act becomes a symbol of resistance. It is about reclaiming dignity and equality, shows women should not always be the one serving others while being denied comfort themselves.





Outcomes:

The Short Film Screening and Reflection Session proved to be highly effective and impactful. Students gained a deeper understanding of how human rights violations can exist within everyday social practices, especially concerning gender dynamics. They developed sensitivity toward gender equality and inclusivity, and the activity motivated them to observe and question social norms around them. Through creative expression, they learned to analyze issues critically and articulate their perspectives confidently. Overall, the session succeeded in meeting its educational objectives by fostering awareness, empathy, and reflective thinking among students. It served as an excellent example of how visual media and participatory learning can work together to instill values of equality, justice, and respect for human dignity.