

Animation Design Project 2

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INTRODUCTION

Anxiety resides within every individual to some extent. While it may be a normal and temporary experience for some, others endure its severe and persistent effects, eventually impacting their mental and physical well-being. The purpose of creating this film is to depict the audience the detrimental consequences of anxiety and its profound influence on one's life. Each person possesses a unique trigger point to combat this state, as it varies for everyone. Personal encounters have motivated me to develop something that can effectively convey the internal and mental struggles I faced, as well as the challenges I encountered while trying to overcome and coexist with anxiety.

One particular incident compelled me to embark on this filmmaking journey. It was an incident that completely transformed my life. During my school days, I was unexpectedly called upon by a professor to deliver a speech on stage. I hadn't prepared for it, and unfortunately, I found myself unable to deliver the speech. The entire class and my friends burst into laughter that day. However, the true challenge emerged in the aftermath of that incident. People began to ignore me, and my friends started bullying me. Various unpleasant incidents unfolded, with some individuals even making derogatory remarks about my caste.

Subsequently, the repercussions of that event took a toll on my mental health. My confidence plummeted, and I found myself unable to articulate my ideas or thoughts in front of a group. This inability had a significant impact on my academic performance, and regrettably, its effects persist to this day.

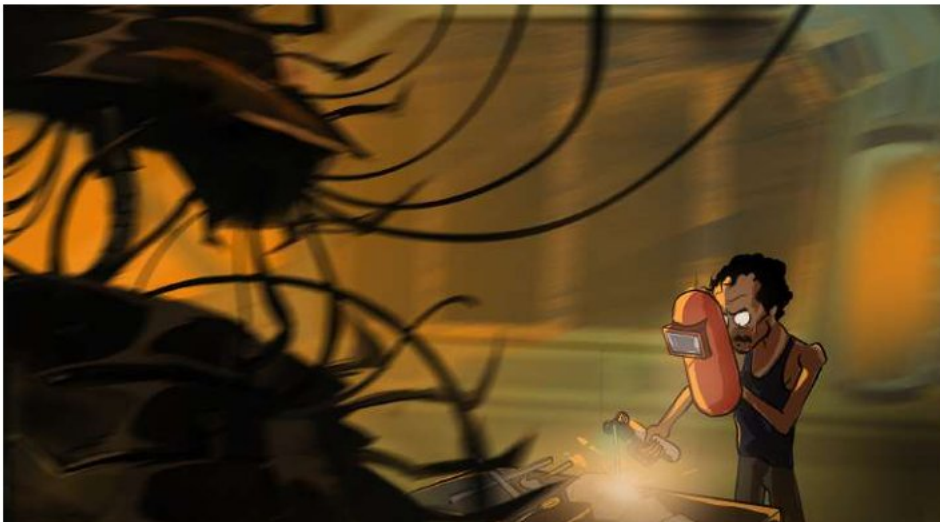
In my quest to conquer these internal anxiety issues, I embarked on a transformative journey through live painting performances. Engaging in these performances played a pivotal role in helping me overcome my anxiety state.



PROCESS THROUGH THE COURSES

There are a few courses which helped courses are Experimental Animation, Cinematography, Sound Design. In the first week of Animation Production, it helped me to realise the time Management and how important the budget is. at the same time, It helped me to Improve my story for the film.

We Pitched the Animated series which has 7 episodes. We explored world-building, character designs, concept art and storylines.



In the Cinematography course, I have explored the different camera angles and shots which help me to stage my P2 Animated film.

The assignment where we have to explore the lenses and have to learn the composition. As well as I learned the colour grading which helps me to enhance the visual quality of the film.

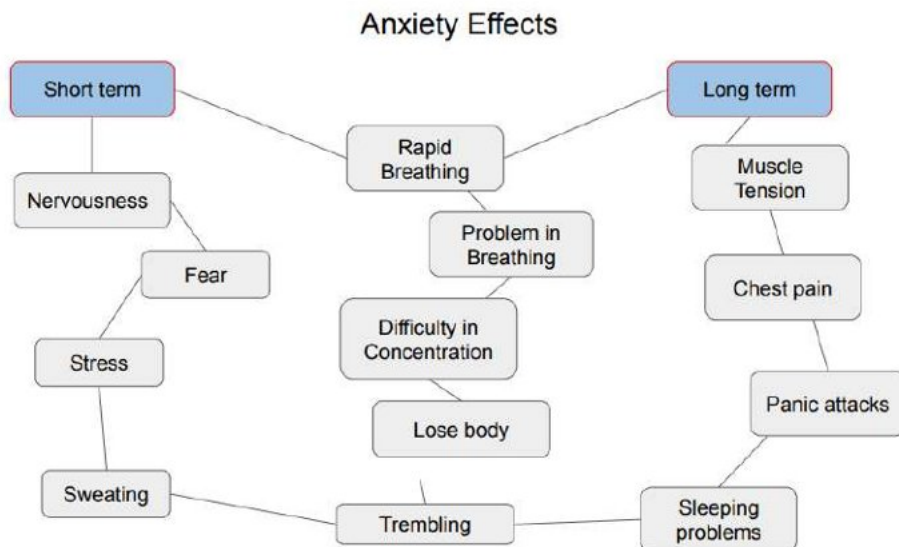
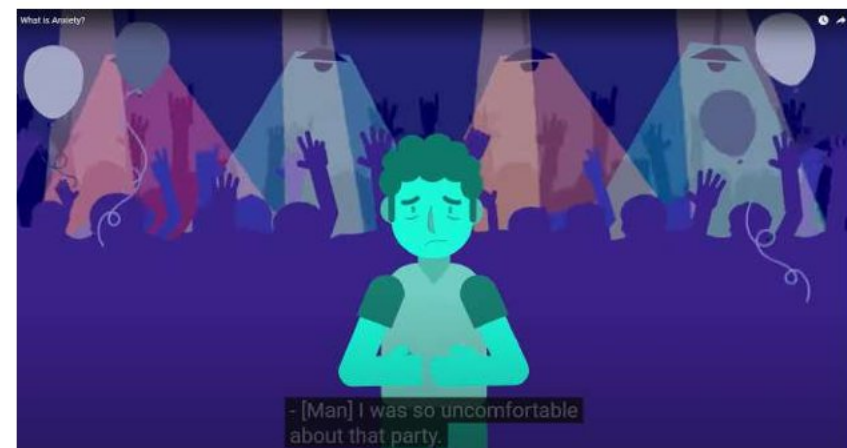
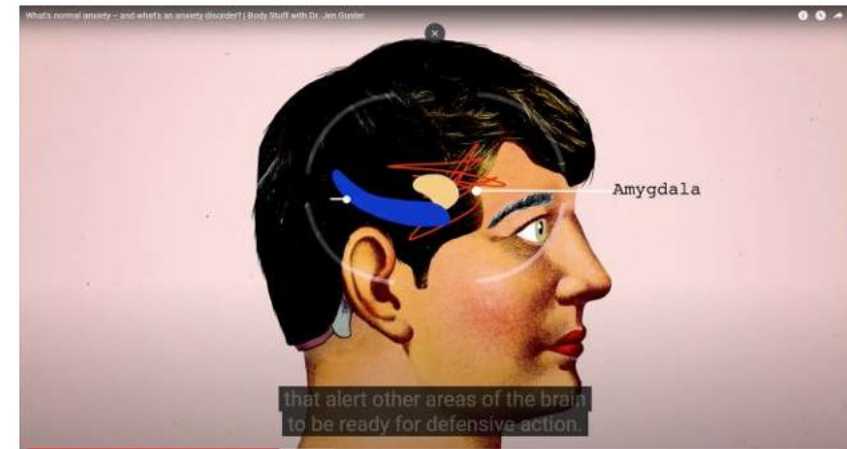
This module was very helpful for me from the point of view of staging and cinematic shots for my P2 project film.



RESEARCH

I started researching about the anxiety via watching some videos from the Internet. Where I have learned how anxiety create in human brain and how bad it can affect on a human being.

There is one video which talks about how anxiety keeps growing with time and how it gets affected in your social life.



Later I started searching what anxiety means to other person where I did my primary research through internet.

What is anxiety?

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. For example, going to a job interview or giving a speech on the first day of school may cause some people to feel fearful and nervous.

Anxiety disorder is real and normal emotion which is similar to the fear. But fear is a response to the immediate threat and anxiety is a response to a uncertain threat where it can stays for long period.

Types :

Panic disorder: This means you experience

Recurring panic attacks at unexpected times.

Phobia: This is an excessive fear of a specific object, situation, or activity.

Social anxiety disorder: This is an extreme fear of being judged by others in social situations.

Obsessive-compulsive disorder: This means you have recurring irrational thoughts that lead you to perform specific, repeated behaviors.

Separation anxiety disorder: This means you have a fear of being away from home or your loved ones. Illness anxiety disorder: This is anxiety about your health (formerly called hypochondria).

How anxiety create inside our brain :

Anxiety happens when a part of the brain, the amygdala, senses trouble. When it senses threat, real or imagined, it surges the body with hormones (including cortisol, the stress hormone) and adrenaline to make the body strong, fast and powerful.

Interviews :

I've had eight interviews till now. Most of the people are aged 19–25

What is understood after these interviews is that everyone is dealing with their own fear. Every person has different visions and different thoughts.

The same goes for their anxiety. Everyone is facing different kinds of anxiety in their life. Most of them have a specific trigger that leads them to go into that anxiety state.

Few people have the same symptoms, and few people are dealing with some major mental health issues.

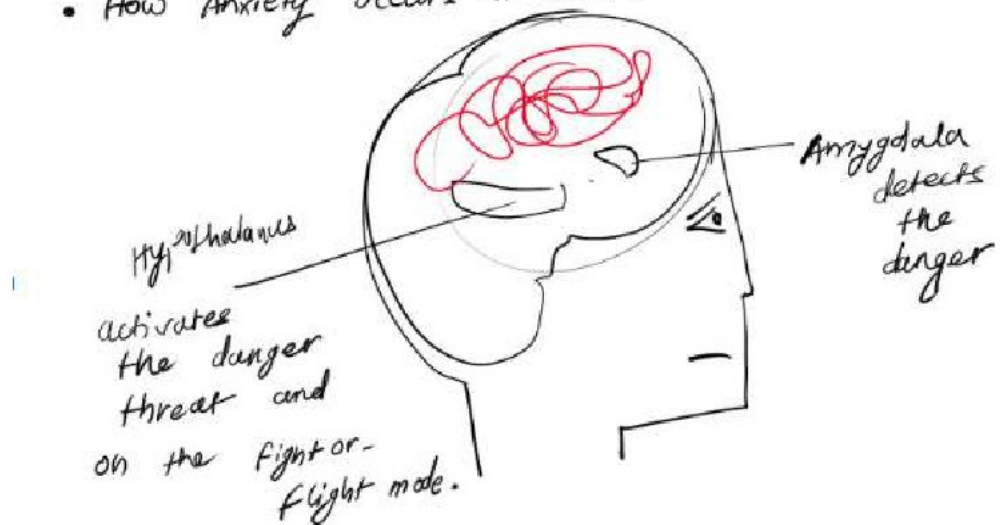
Effects what they have experienced :

The common effects are : trembling, loss of concentration, rapid breathing, sweating, stress, fear, tension etc all these effects are found in normal people. But for a few major effects like panic attacks where vision is blurred, problems in breathing, experiencing black, something is revolving around them, can't sleep for months, avoiding to go outside etc.

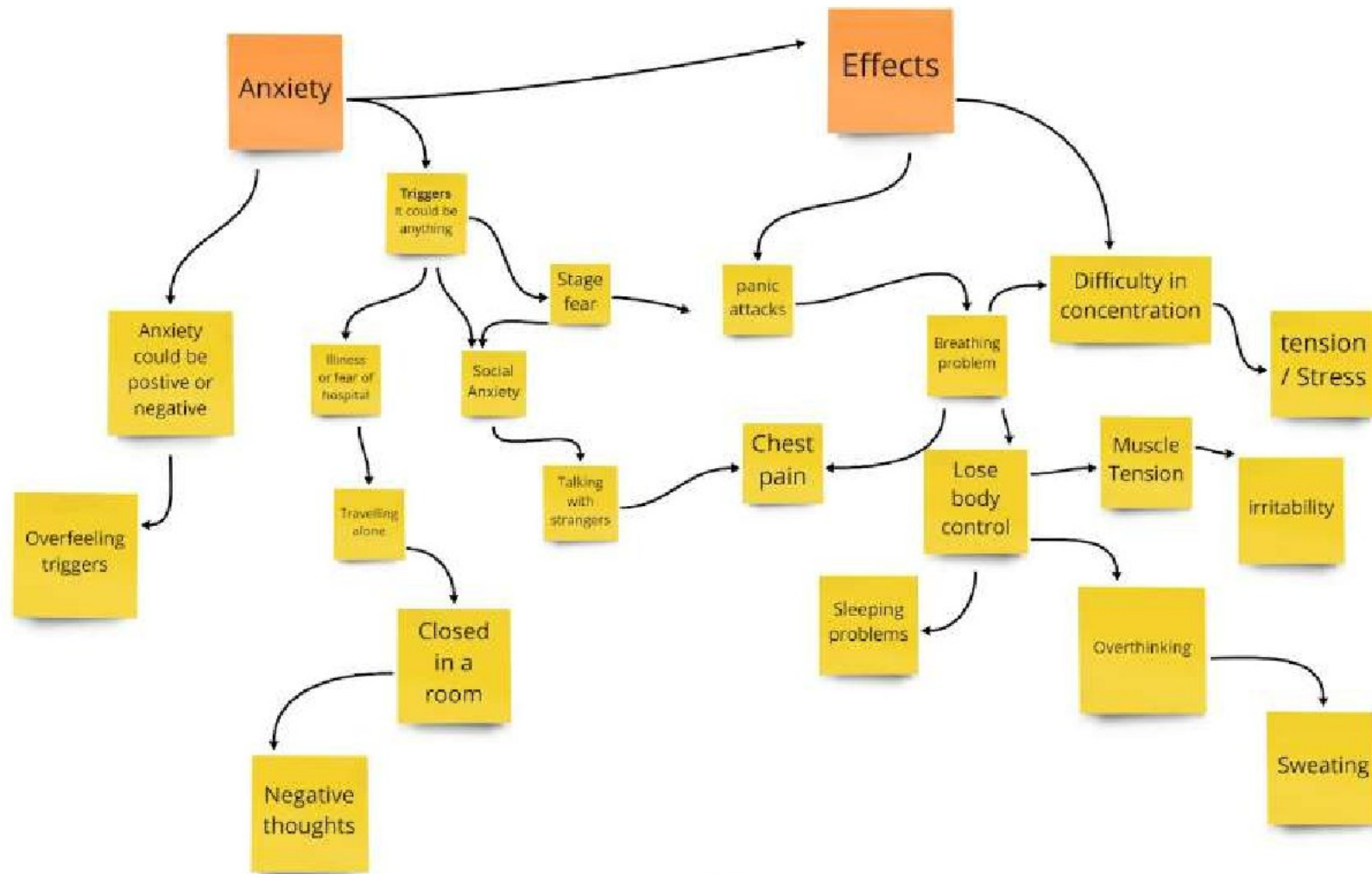
For some they started visualizing the illusions where some people are around them staring at them.



- How Anxiety occurs in mind.



MIND MAP



STORY CONCEPTS:

Story 1- First speech in school went wrong. Everybody is laughing, and friends are bullying, which leads to social anxiety.

Story 2- Social anxiety effects on daily life Less talking, avoiding people, avoiding going outside, avoiding meeting family, friends, etc.

Story 3- A Socially famous guy is very confident, extrovert, and ready to do anything on the phone, but in person he has very major anxiety issues where he can't do as he used to do virtually.

Story 4- Killing what you like to do. Ex. if you want to eat your favorite food but due to anxiety you start overthinking about the people around you, sometimes you want to travel through a bus but in a crowd you avoid traveling. Anxiety is also part of you when you are fighting with your thoughts only. It's similar to how anxiety prevents you from doing what you want to do.

Story 5- Avoiding going to the Government Office Where everybody is rude, manipulative, lazy, etc.

Story 6- Detention in college. I was sick for a month. Due to that, I missed a lot of classes in engineering. As a result, my name came on the detention list because of the low attendance. I went into depression. I begged, I showed them the medical report, they scared me a lot.

FINAL STORY

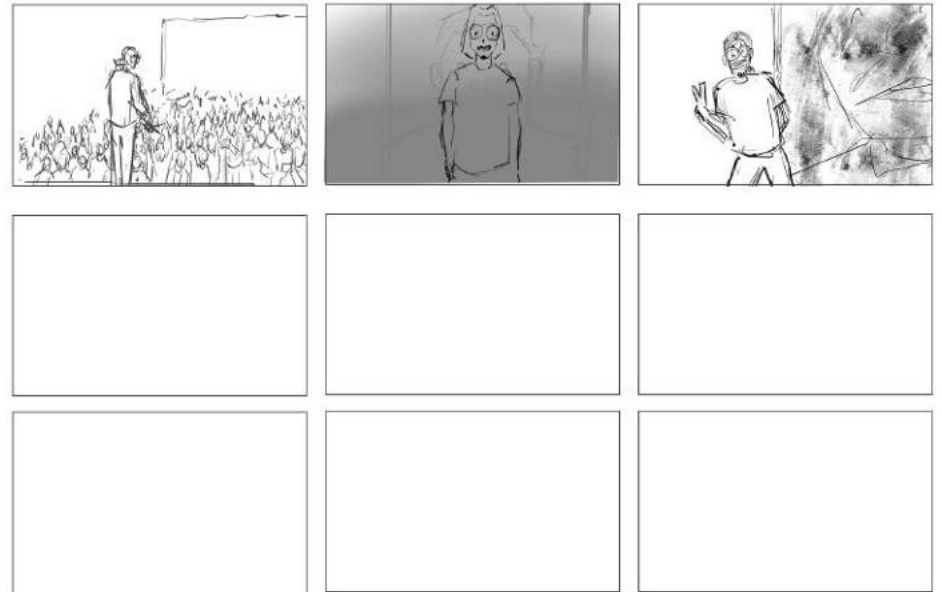
A Tallent Show is going on and sonu walked onto the stage for the live art performance. He put the canvas and colours out. Going to paint a painting in front of a huge audience. When he looked back toward the audience. He got scared due to social anxiety and went to the past events of his school life. In the past, in school, some events are going on. He is standing on the stage to give a speech in front of all school.

Where they ask him to give a speech. He tries to speak but he couldn't and everything went wrong. Later vision got blurred, and then his voice got stuck, He just lost his concentration, fastening heartbeats, and started panicking and his anxiety started overcoming him. At the same time while he was dealing with that anxiety everybody was laughing at him, commenting on him, and making fun of him where he got very depressed and alone.

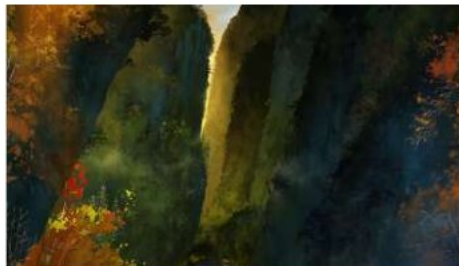
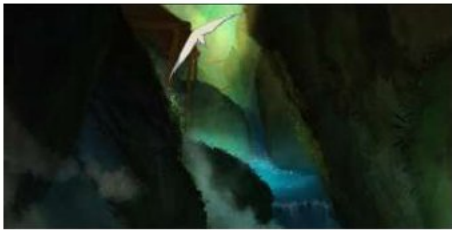
At a certain point where he completely lost hope, he saw a white glowing bird comes near to him. Where he saw the bird convert into his father later. He hugged him so tightly and cried. As soon as he realised his father was gone. He tried to stop him but he couldn't. Imagining those visual make him realise the reality that somehow he remembers his last father's words.

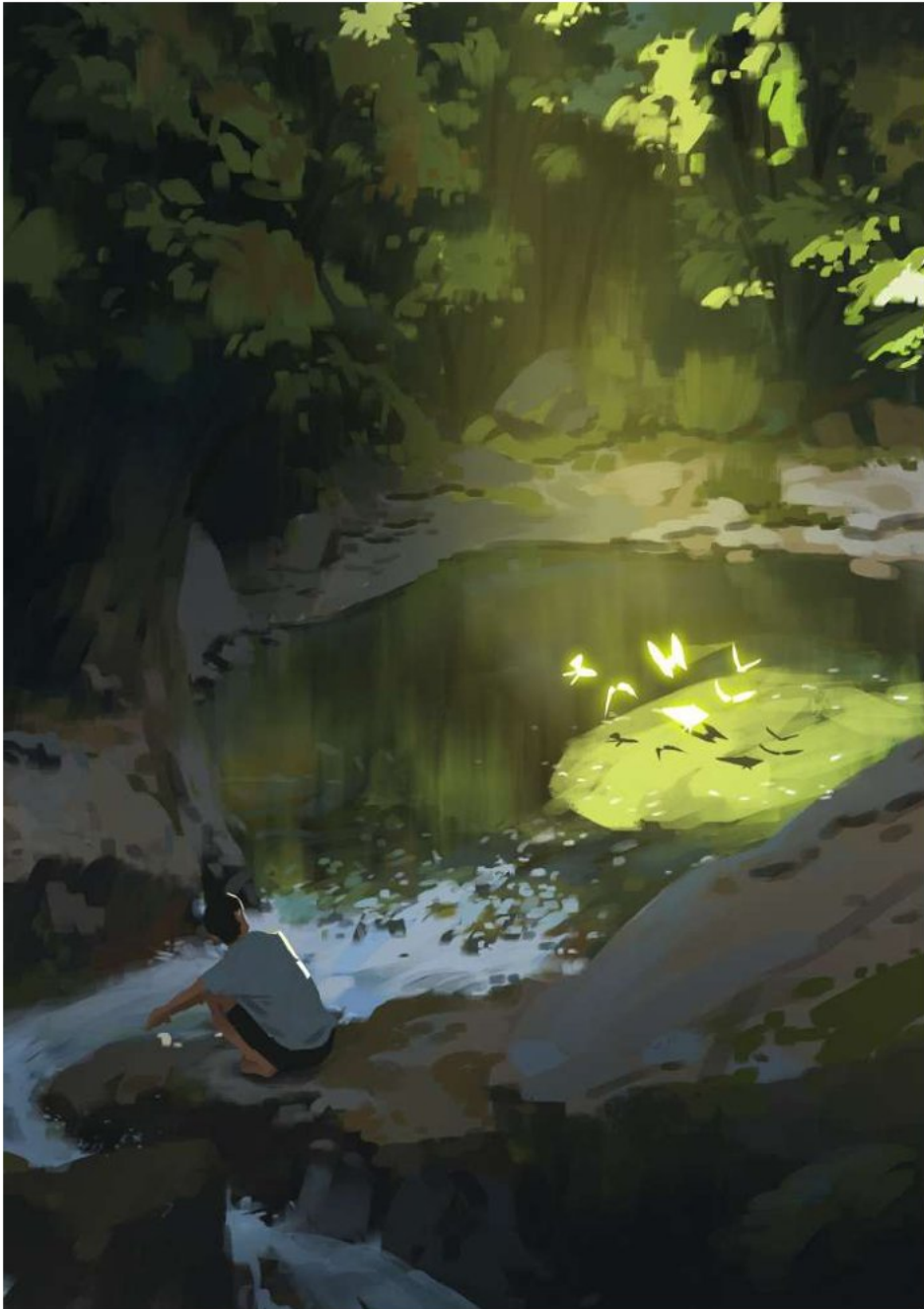
And in present, he started painting the canvas. As soon as he finish the canvas he heard the audience sound where everybody was cheering at him. In the end, the painting was his father. He was able to overcome his anxiety and in the end he saw the same white glowing bird and smiled.

STORY BOARD



MOOD BOARD

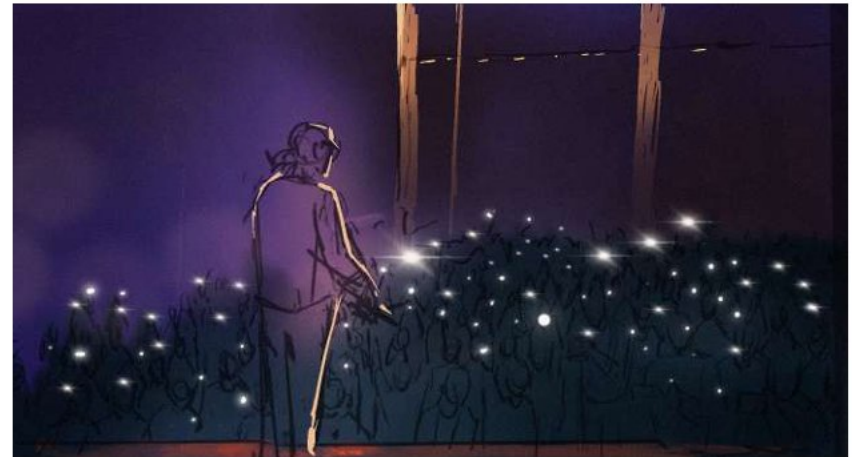




CONCEPT ART

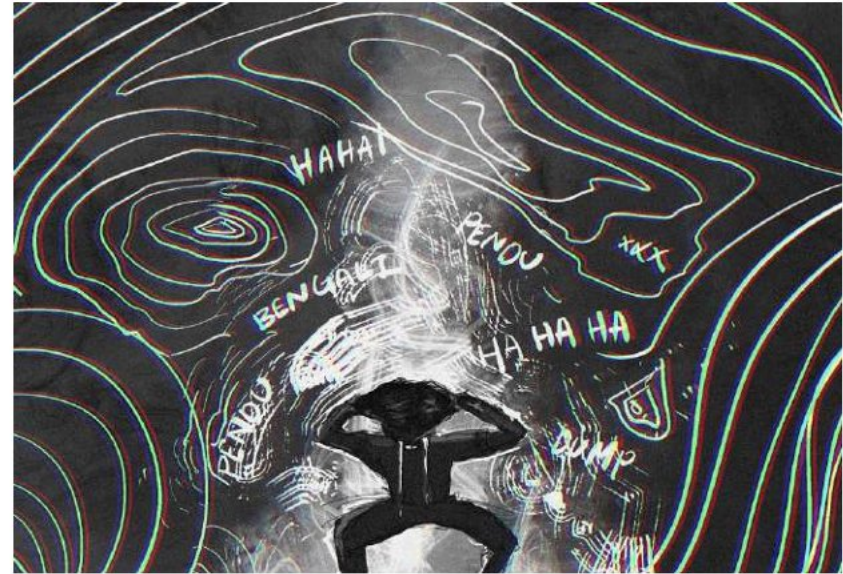
I started exploring concept art. The idea was to show the character in his world where he is completely free from all the barriers that were bothering him.

The second one is about he is dealing with stage fear where the character has social anxiety.



These are a few explorations of how the human mind is dealing with the different states as well as the type of anxieties inside themselves.

I also tried to explore different styles and medium as well.



CHARACTER DESIGN

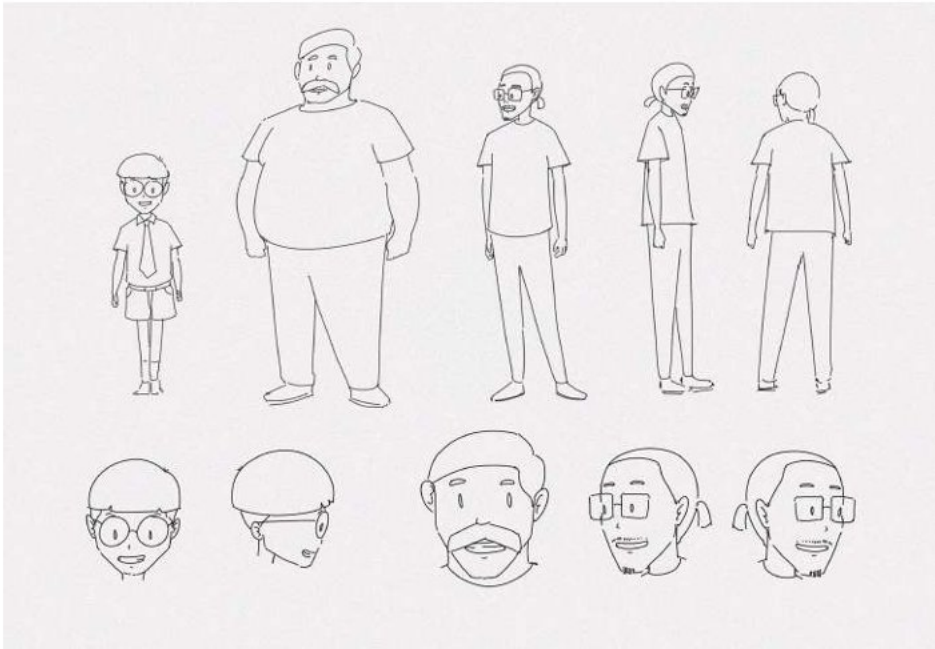
His name is sonu, and he belongs from Nagpur city also called Orange city. He is quite funny and a scholarguy and he loves to do painting

The main character of this film where he has an anxiety problem because of some past incidents from his school where he always try to avoid the huge group of people.



FINAL CHARACTER DESIGN

This is the final character design for Sonu and his father. Two versions of sonu is there. His father is 50 years old. the younger version of sonu is 15. funny kid with a lot of interesting hobbies like painting and video games.



CHALLENGES

As one of the biggest challenges for me is to come out of this anxiety state. However, I always wanted to talk about this topic through my animation skills because this topic get ignores by a lot of people in society. people don't understand mental health issues. they took it very gently. So to create a film on this topic is to fit a whole story within 1 minute. Because I had a lot of content and it was very difficult to fit it into a minute. The second one is my story where I have to keep working on my story to make it more beautiful. As I talked with my guide continuously about my story I had to go back to my past as well as a few incidents that made to feel anxiety nad again work on the story itself. I also faced challenges while creating the visuals of this film where there are few fantasy backgrounds. So I came up with something simple and beautiful which I like to do.

Taking interviews and interacting with people and guide helps me to make this film.



CONCLUSION

I have enjoyed the process of making this animated film. The main part I have enjoyed is the background of the film. As well as I have learned a lot of things and got the opportunity to explore myself in a wider and deeper way. undertaking such project felt first quite challenging, but at last, it help me to understand Now I have less anxiety as compared to before because of this film. I got to know more deeply about anxiety as well.



REFERENCES

The Valley of White birds

https://www.youtube.com/watch?v=iQnT3bHBAs&ab_channel=WolfSmoke