



## UNRAVELING HEALTH AND WELLNESS NARRATIVES IN BOLLYWOOD SPORTS BIOPICS: A HEALTH COMMUNICATION PERSPECTIVE

**Rajeev Kumar Yadav**

PhD Scholar, Amity School of Communication, Amity University Rajasthan  
rkrajeev13@gmail.com

**Dr. Ankit Kumar Singh**

Assistant Professor, Amity School of Communication, Amity University Rajasthan  
ankithuss4@gmail.com

**Dr. Mehrazun Neesa Haque**

ICSSR Post-Doctoral Fellow, Department of Journalism and Mass Communication, Banaras Hindu  
University  
mehraz.haque@gmail.com

**Dr. Pranav Mishra**

Assistant Professor, Amity School of Communication, Amity University Madhya Pradesh  
[pmishra3@gwa.amity.edu](mailto:pmishra3@gwa.amity.edu)

### ABSTRACT

Over the past decade, sports biopics have emerged as powerful mediums for celebrating the journeys of esteemed athletes and conveying poignant messages about health, resilience, and overall well-being. This research undertakes a qualitative examination of three notable Bollywood sports biopics released during this period: "Bhaag Milkha Bhaag" (2013), "Mary Kom" (2014), and "Soorma" (2018). The study aims to elucidate how these films depict themes of health and wellness and to evaluate the effectiveness of health-related communication within their narratives. It meticulously analyzes various aspects including narrative structure, dialogue, visual representation, and cultural context, cross-referencing health information with credible sources. The research objectives encompass qualitatively exploring the presence of health and wellness themes in the chosen Bollywood sports biopics, assessing the efficiency of health communication strategies employed, and gauging the films' potential to inspire healthy behavior. Utilizing content analysis, the study identifies significant health-related motifs embedded within these cinematic works. Ultimately, the research endeavors to underscore the potential of Bollywood sports biopics as catalysts for fostering healthy lifestyle choices. By accentuating their role as vehicles for health communication, this study contributes to the domain of health communication, offering invaluable insights for health communicators, filmmakers, and public health professionals striving to effectively promote health through mainstream media channels. Additionally, the research delves into the role of films in cultivating positive behaviors, conducting a thorough evaluation of the accuracy and impact of health-related messaging and the portrayal of health and wellness themes within the selected Bollywood sports biopics.

**Keywords:** Bollywood sports biopics, health communication, wellness narratives, qualitative content analysis, positive health behaviors, and public health awareness.

### 1. Introduction

"Physical fitness is not only one of the most important keys to a healthy body, but it is also the basis of dynamic and creative intellectual activity." – John F. Kennedy

The quote by John F. Kennedy points to the profound link between physical and mental well-being, which is a frequently discussed

theme for Bollywood sports biopics; it highlights the foundation of an active and healthy life that they provide. The Bollywood film industry employs considerable influence, particularly among the youth, with the potential to deeply impact society and shape people's perspectives. In view of the widespread impact, it is necessary for the film industry to produce appropriate content that educates and informs

audiences about health messages (Bali, 2023). In recent years, such films as "Bhaag Milkha Bhaag," which depicts Indian sprinter Milkha Singh's rigorous training regimen, have seen a surge in sports biopics incorporating health messages (Omprakash, 2013). By highlighting nutrition, physical activity and the lives of sportsmen, Bollywood sports biopics like "Bhaag Milkha Bhaag," "Mary Kom" and "Soorma" encourage viewers to adopt healthy lifestyles. This analysis assesses their presentation of health and well-being, their ability to convey good health habits, and their potential to foster positive health behavior.

### 1.1. Background

Biopics, a favored genre in Bollywood, intricately explore the historical backgrounds, trials, revelations, and hardships of revered figures (Sangwan, 2018). In this qualitative analysis, we delve into the comprehensive examination of these films, aiming to uncover the diverse dimensions of health and wellness themes surrounding sports personalities. The review sheds light on the physical, mental, and emotional aspects of their journeys to success.

### 1.2. Assessing Authenticity and Portrayal of Health and Wellness Themes

Health communication, a multifaceted field dedicated to understanding how individuals, families, and societies engage in discourse about health-related matters, holds immense importance (Street, 2018). A scrutiny of select Bollywood sports biopics reveals their valuable contributions to health messaging while also underscoring the necessity for prudence regarding rigorous physical training.

In "Bhaag Milkha Bhaag" (Omprakash, 2013), the film offers a detailed portrayal of Milkha Singh's journey, emphasizing the significance of strenuous training for athletic success and overall well-being. Farhan Akhtar's discussion on the arduous physical regimen he undertook to accurately depict Milkha Singh's athletic prowess underscores the film's commitment to authenticity (NDTV, 2013). Milkha Singh's candid reflections on his emotional struggles, notably his return to Lahore, serve as a poignant reminder of resilience transcending the boundaries of sports (Baparnash, 2021).

Similarly, "Mary Kom" (Kumar, 2014) sheds light on the mental resilience required for a female boxer to overcome societal barriers and excel in a male-dominated sport, broadening

our understanding of health to include mental well-being. Priyanka Chopra's insights into the emotional depth and mental fortitude of Mary Kom highlight the film's portrayal of resilience (Hungama, 2014).

Mary Kom's candid accounts of her challenges in returning to boxing after childbirth resonate globally, symbolizing the empowerment of women and the pursuit of dreams despite obstacles. The Amateur International Boxing Association immediately christened her "Magnificent Mary," (Bose, 2014). Such portrayals enable education to the audience about the significances of nutrition and its effects on physical and mental well-being (Satia, 2015).

In "Soorma" (Ali, 2018), the focus shifts to the psychological dimensions of recovery and resilience, illuminating the athlete's mental health journey amidst adversity. Sandeep Singh's personal narratives shared in "The Indian Express" offer valuable insights into the emotional aspects depicted in the film, enriching our understanding of mental well-being (Jain, 2018). This depiction contributes to a more holistic understanding of health, emphasizing the significance of mental well-being (Lazarus, 1984).

While these biopics contribute positively to health discourse, they also prompt reflection on the potential risks of intense physical training. Recent incidents, such as the heart attacks experienced by Siddhartha Shukla and Puneet Rajkumar, underscore the importance of balanced fitness regimens and professional guidance (Thompson, 2007). While regular exercise can reduce the risk of coronary heart disease, caution is warranted against excessive exertion, which may elevate the likelihood of transient cardiovascular events, as indicated by scientific findings.

### 1.3. Leveraging Bollywood Sports Biopics for Health Promotion

Bollywood sports movies like "Bhaag Milkha Bhaag" actively promote the benefits of physical activity, including improvements in bone density and heart health. Moreover, these films exert a positive influence on mental health by fostering favorable perceptions of body image, nurturing self-esteem, providing tangible experiences of fitness and achievement, and boosting self-confidence (Minnesota, 1997). Recent insights from the International

Scientific Consensus Conference on Physical Activity, Health, and Well-Being reaffirm that physical activity contributes significantly to both physical and psychosocial well-being across all stages of life. Thus, advocating for physical activity emerges as a potent strategy for enhancing health, function, and overall quality of life. (Bouchard, 1995). Through the lens of fitness, resilience, and cultural significance, this literature underscores the capacity of Bollywood sports biopics to serve as catalysts for promoting healthy lifestyles.

## 2. Methodology

To explore the health themes depicted in Bollywood sports biopics, this research employs qualitative content analysis aligned with the study objectives, which emphasize narrative examination.

## 3. Data Analysis and Results

### 3.1 Analyzing Health Narratives in "Bhaag Milkha Bhaag" (2013)

#### 3.1.1 Narratives

"Bhaag Milkha Bhaag" presents a nonlinear narrative structure, delving into Milkha Singh's childhood traumas and his unwavering dedication to fitness and athletics. Here's a breakdown of key elements:

#### 1. Nonlinear Narrative Structure

The film employs Milkha Singh's nonlinear narrative to unveil his childhood, athletic career, and post-retirement life, linking traumatic experiences to his later pursuit of physical fitness.

**Table 1: Movie ratings**

S.NO	Movies Names	IMDB Ratings (IMDB, n.d.)	Rotten Tomato Ratings (Rotten Tomato , 2013)	Times Of India ETIMES (ETimes Entertainment, 2020)
1.	Bhaag Milkha Bhaag (2013)	8/10 71K	75% Tomato meter 20 Reviews  84% Audience Score 1,000+ Ratings	4.0/5 Critic's Rating  3.8/5 Avg. Users' Rating
2.	Mary Kom (2014)	6.8/10 11K	80% Tomato meter 10 Reviews  62% Audience Score 250+ Ratings	4.0/5 Critic's Rating  4.0/5 Avg. Users' Rating
3.	Soorma (2018)	7.3/10 5.5K	50% Tomato meter 14 Reviews  87% Audience Score 50+ Ratings	3.5/5 Critic's Rating  3.6/5 Avg. Users' Rating:

### 2.1. Data Collection

#### 2.1.1. Film Selection

To portray the journeys of athletes from various sports and their promotion of health, the films "Bhaag Milkha Bhaag," "Mary Kom," and "Soorma" were chosen. The selection process also considered the ratings of the movies.

#### 2. Childhood Trauma and Resilience

Milkha Singh's partition-related trauma is explored, emphasizing resilience, and healing as integral components of his health journey. This portrayal encourages viewers to reflect on their own wellness paths.

Table 2: Content Analysis of selected movies

S. No.	Selected Movies	Narrative	Dialogues	Visual Cues and Symbolism
1.	<b>Bhaag Milkha Bhaag (2013)</b>	<ul style="list-style-type: none"> <li>• Nonlinear Narrative Structure</li> <li>• Childhood Trauma and Resilience</li> <li>• Dedication and Training</li> <li>• Personal Relationships and Emotional Health</li> <li>• Role of Mentorship</li> </ul>	<ul style="list-style-type: none"> <li>• Dialogues Reflecting Determination and Ambition</li> <li>• Encouragement and Supportive Dialogues</li> <li>• Dialogues on Overcoming Adversity</li> </ul>	<ul style="list-style-type: none"> <li>• The Running Shoes as Symbols of Transformation</li> <li>• Visual Contrast of Childhood and Adulthood</li> <li>• The National Flag as a Symbol of Pride</li> </ul>
2.	<b>Mary Kom (2014)</b>	<ul style="list-style-type: none"> <li>• Linear narrative structure</li> <li>• Physical Fitness and Training Mental Resilience and Determination</li> <li>• Balancing Personal and Professional Life</li> <li>• Cultural Context and Empowerment</li> </ul>	<ul style="list-style-type: none"> <li>• Dialogues Reflecting Determination and Ambition</li> <li>• Encouragement and Supportive Dialogues</li> <li>• Dialogues on Overcoming Adversity</li> </ul>	<ul style="list-style-type: none"> <li>• Training Montages and Physical Transformation</li> <li>• The Boxing Ring as a Symbol of Aspiration</li> <li>• The Gym as a Space for Transformation</li> <li>• The Visual Contrast of Pre and Post- Parenthood</li> </ul>
3.	<b>Soorma (2018)</b>	<ul style="list-style-type: none"> <li>• The Journey from Setback to Comeback</li> <li>• Rehabilitation and Recovery</li> <li>• The Role of Mentorship and Support</li> <li>• Balancing Ambitions and Personal Life</li> <li>• Cultural Context and National Pride</li> </ul>	<ul style="list-style-type: none"> <li>• Determination and Resilience</li> <li>• Family Support and Encouragement</li> <li>• Overcoming Fear and Doubt</li> </ul>	<ul style="list-style-type: none"> <li>• The Hockey Stick and Field as a Symbol of Resilience and Recovery</li> <li>• The National Flag as a Symbol of Pride</li> <li>• Visual Contrast of Injury and Recovery</li> </ul>

### 3. Dedication and Training

The film highlights Milkha Singh's commitment to athletics and rigorous training routines, underscoring the importance of physical fitness in his journey to success.

### 4. Personal Relationships & Emotional Health

Milkha Singh's relationship with Biro reflects the emotional dimensions of health and wellness, emphasizing the significance of supportive relationships in one's journey.

### 5. Role of Mentorship

The film depicts Milkha Singh's interactions with mentors and coaches, highlighting the impact of guidance on his athletic career and emphasizing the value of seeking mentorship in health and wellness pursuits.

### 3.1.2 Dialogues

The dialogues in "Bhaag Milkha Bhaag" capture Milkha Singh's determination, ambition, and resilience, inspiring viewers to set ambitious health goals and persevere in their pursuit of wellness.

#### 1. Dialogues Reflecting Determination and Ambition

In "Bhaag Milkha Bhaag," Milkha Singh's dialogues, such as "Mujhe number one banna ..." and "Main kar sakta hoon... daudna meri pasand..., aur main haar nahi...," (I want to be number one ..." and "I can do it... I like to run..., and I will not accept defeat...) vividly portray his unwavering determination in the pursuit of athletic excellence. These dialogues enable the message of setting ambitious health

and fitness goals and tirelessly striving to triumphing them, inspiring viewers to adopt a resolute mindset in their own wellness journeys.

2. Encouragement and Supportive Dialogues  
The film portrays the supportive dialogues exchanged between Milkha Singh and his coaches, mentors, and family, For instance,

Coach: - "Milkha, yaad rakho, tune daudna kyun...? Tu ek champion ka dil rakhta hai. Kuch bhi aur koi bhi tujhe rok..."

(Milkha, remember, Why did you start running? You have the heart of a champion. Nothing and no one can stop you...)

The coach's words instill self-belief, emphasizing Milkha's champion spirit.

Sister: - "Tum hamesha hamara hero...,

Kuch bhi ho, hum tum par garv..."

(You are always our hero..., No matter what happens, we are proud of you...) His sister's encouragement reflects familial pride and motivation.

Teammate: - "Milkha, hum ek team hain... Training karege, aur saath milke hum safalta..." (Milkha, we are one team... We will train together, and together we will achieve success...) the teammate's dialogue underscores the importance of teamwork in achieving success. These exchanges focus attention on the essential role of strong support systems, both for sports goals and in an individual's overall health and well-being journey, to promote unity and inspiration.

3. Dialogues on Overcoming Adversity  
In Milkha Singh's speeches he stresses the resilience, triumph over adversity, especially his traumatic childhood during partition, encourages viewers to stick with it. For instance, Young Milkha: - "dekh kis kadar door aaye hain hum. Humein mushkilat ka samna karna pada, lekin hum kabhi bhi haar nahi maante..." (Look at how far we have come. We had to face challenges, but we never accept defeat...) Milkha: - :-"Main kar sakta hoon. Zindagi mein aur bhi bade challenges aaye..." (I can do it. There will be even bigger challenges in life...) Dialogues call on viewers to remain positive and motivated in order to face challenges, while reminding them of the synergy between physical and mental health.

### 3.1.3 Visual Cues and Symbolism

Visual cues such as running tracks and Milkha Singh's shoes symbolize his transformative health journey, while the Indian flag represents pride and motivation in global sports representation.

1. The Running Shoes as Symbols of Transformation

Milkha Singh's shoes in "Bhaag Milkha Bhaag" represent his journey of health, beginning with bare feet and evolving into tools of physical fitness and dedication, reflecting his transformation from a newcomer to an athlete.

2. Visual Contrast of Childhood and Adulthood

In "Bhaag Milkha Bhaag," compelling visual storytelling captures Milkha Singh's journey towards health and well-being. The film vividly portrays his challenging upbringing in a rural, impoverished environment characterized by earthy tones. Scenes depicting the traumatic partition starkly contrast childhood innocence with communal violence. Young Milkha's barefoot runs symbolize his struggle, reflecting his initial connection with running as a means of escape.

As Milkha progresses into adulthood, the film transitions to well-equipped facilities and vibrant urban settings, symbolizing growth and advancement. Director Rakeysh Omprakash Mehra's skillful use of parallel editing techniques effectively juxtaposes past struggles with disciplined training, reinforcing the theme of self-improvement. This visual narrative serves to inspire viewers to acknowledge their potential for positive change in their health and well-being journeys.

3. The National Flag as a Symbol of Pride  
The Indian Flag in "Bhaag Milkha Bhaag" symbolizes pride, global representation through sports, and motivate health journey with determination and faith in positive change.

### 3.1.4 Health Communication

"Bhaag Milkha Bhaag" effectively communicates the healing power of sports, mental resilience, and holistic well-being through Milkha Singh's journey, inspiring viewers to embark on their own paths to wellness. "Bhaag Milkha Bhaag" highlights the importance of sport in healing emotional wounds and fostering mental resilience, as well as providing holistic health and wellness through a journey with Milkha

Singh. Despite the difficulties, it inspires total well-being.

## 3.2 Mary Kom (2014)

### 3.2.1 Narratives

"Mary Kom" offers a compelling portrayal of India's World Champion Boxer, emphasizing the significance of fitness, resilience, and determination in her journey. Here's a breakdown of its narrative elements:

#### 1. Narrative Structure

The film adopts a linear narrative approach, tracing Mary Kom's life from her upbringing in Manipur to her return to boxing after childbirth. Flashbacks highlight pivotal moments, including her introduction to boxing and her struggles with illness, showcasing her resilience and determination.

#### 2. Physical Fitness and Training

"Mary Kom" depicts Mary's unwavering commitment to physical fitness and intense training regimes. It showcases her efforts in weight management, strict diet, and overcoming injuries, underscoring the importance of discipline and hard work in achieving peak physical health.

#### 3. Mental Resilience and Determination

Mary Kom's personal struggles and societal challenges underscore her mental strength and determination. The film emphasizes the significance of mental resilience in her health and wellness journey, inspiring viewers to prioritize mental health.

#### 4. Balancing Personal and Professional Life

Mary Kom's struggle to balance her boxing career with motherhood and personal life is a central theme. The film highlights the importance of finding balance and support systems in one's journey towards health and wellness.

#### 5. Cultural Context and Empowerment:

"Mary Kom" explores the cultural landscape of Manipur, celebrating tradition, music, and dance. Mary's empowerment as a woman and athlete challenges gender stereotypes, inspiring viewers to pursue holistic health and wellness.

### 3.2.2 Dialogues

Persuasive dialogue delivers messages about health and well-being in "Mary Kom". In addition, the film's dialogues play a pivotal role

in delivering messages about health and well-being. The mental aspect of health is highlighted by lines such as "Tum sirf ek gold medal lao, baaki main..." (Bring home just one gold medal, I'll take care of the rest...) highlighting the importance of a strong mindset in achieving overall well-being and inspiring viewers to pursue their health goals with resilience.

#### 1. Dialogues Reflecting Determination and Ambition

In "Mary Kom," powerful dialogues reflect determination and ambition in pursuing health and wellness. Mary's dialogue, "Main boxer banne ke liye paida nahi Hui, main fighter banne ..." (I am not born to be a boxer, I am born to become a fighter) highlights her commitment to overcome gender barriers. Her coach's words, "Gold jeetna hai toh pehle kudh ko harana..." and "ye bandage humse tumko... phela shart 'commitment'," (To win gold, you must first defeat yourself, and this bandage is will always remind you... first is 'commitment'...) emphasize the mental strength, discipline, and relentless commitment necessary for success in sports, inspiring viewers to pursue their health goals with unwavering determination.

#### 2. Encouragement and Supportive Dialogues

"Mary Kom" has an encouraging and supportive dialogue that plays an important role in disseminating health and wellness messages.

Husband: -"Tumse behtar boxer toh main hoon, Lekin..." (I am a better boxer than you but...) the emotional help and the importance of strong support systems for maintaining sound health are highlighted by these words.

Coaches: - "ek aurat maa banker bohot strong ho jata hai, aur tumhara takat ab doguna..." (A woman becomes incredibly strong as a mother, and your strength is now multiplied...) highlights the mentor's role in her wellness journey. These dialogues reinforce the importance of families and mentors for encouraging and empowering people to pursue their health objectives and well-being as a whole.

#### 3. Dialogues on Overcoming Adversity

Mary Kom's dialogues in the movie are based on her determination to overcome adversity, societal expectations and personal setbacks. For instance, Mary: - "Sir, ek aurat ko samjhna aasan hai, lekin ek maa ..., Main apne sapnon..., aur

main ek achchi maa bhi...," (Understanding just a woman is easy, but a mother..., I chase my dreams..., and I am also a good mother...) she emphasizes her commitment to balance motherhood with her boxing career, highlighting the challenges she faces as a female athlete. Mary: - "Har koi kehta hai, ladkiyan boxing..., Main bata du, boxing ka naam Mary Kom hai, sirf Kom nahi," (Everyone says, girls in boxing., Let me tell you, the name of boxing is Mary Kom, not just Kom.) showcases her determination to break gender stereotypes in sports. Additionally "Maine maa banne ke baad bhi boxing nahi chhoda, kyunki..." (Even after becoming a mother, I didn't give up boxing because...) reflects her dedication to maintaining her physical well-being and athlete identity even after becoming a mother. These conversations effectively educate viewers about the importance of keeping their mind strong as they journey towards optimum health and fitness, encouraging them to overcome obstacles with resolve and strength.

### 3.2.3 Visual Cues and Symbolism

Visual cues and symbolism further enhance the film's health messages:

Training Montages and Physical Transformation:

Training montages illustrate Mary's physical transformation and the importance of consistent effort and hard work in achieving health and athletic goals.

1. The Boxing Ring as a Symbol of Aspiration  
The boxing ring symbolizes Mary's commitment to health and serves as a source of inspiration for viewers pursuing their ambitions.
2. The Gym as a Space for Transformation  
Gym scenes highlight the transformative power of physical and mental discipline in achieving health and well-being.
3. Visual Contrast of Pre and Post Parenthood  
Contrasting scenes depict Mary's life before and after motherhood, highlighting the challenges and resilience required to balance personal and professional obligations.

Overall, "Mary Kom" delivers a powerful message of health and well-being, documenting Mary's transformation from a village girl to a world champion athlete. Through empowerment, confidence, and addressing societal norms, the film promotes holistic health

and inspires viewers to pursue their wellness goals.

### 3.2.4 Health Communication

"Mary Kom" conveys a compelling message of health and well-being, chronicling the remarkable journey from a humble village girl to a world champion athlete. Through themes of empowerment, confidence, and the navigation of societal norms and personal challenges, the film advocates for holistic health and inspires viewers to pursue wellness in all aspects of life.

## 3.3 Soorma (2018)

### 3.3.1 Narratives

"Soorma" chronicles Sandeep Singh's journey in hockey, highlighting resilience, determination, and the transformative impact of sports on physical and mental health. Here's an analysis of its key elements:

1. The Journey from Setback to Comeback  
"Soorma" follows a traditional narrative structure, tracing Sandeep Singh's trajectory from a promising hockey player to his spine injury, rehabilitation, and triumphant return. The film emphasizes the theme of perseverance and the importance of resilience, showcasing his inspiring journey from setback to recovery.
2. Rehabilitation and Recovery  
The film delves into Sandeep Singh's challenging rehabilitation journey post-spinal injury, focusing on his unwavering determination, psychological strength, and positive mindset. It underscores the crucial role of medical care, rehabilitation, and support systems in his recovery, illustrating the transformative power of resilience and determination in overcoming adversity.
3. The Role of Mentorship and Support  
"Soorma" highlights the significant influence of mentors in Sandeep Singh's life, particularly his elder brother Bikramjeet, who serves as a guiding figure and source of support throughout his rehabilitation and hockey career. Bikramjeet's unwavering confidence and support underscore the profound impact of mentorship on an individual's health journey.
4. Balancing Ambitions and Personal Life  
The film explores the challenge of balancing career aspirations with personal responsibilities. Sandeep's journey underscores the importance of striking a harmonious balance between passion for sports and commitments to family

and loved ones, emphasizing the necessity of maintaining overall well-being in one's health journey.

### 5. Cultural Context and National Pride

"Soorma" portrays the deep cultural significance of sports, particularly hockey, in India. It highlights the intrinsic connection between sports and national pride, emphasizing the cultural importance of sports in fostering unity and pride among the populace. Sandeep Singh's emotional return to the Indian hockey team symbolizes the profound impact of sports on both personal and public health and well-being.

Overall, "Soorma" provides a poignant portrayal of Sandeep Singh's resilience and determination in the face of adversity, while also highlighting the transformative power of sports in promoting physical and mental health.

#### 3.3.2 Dialogues

For the purposes of transmitting health and beauty messages, "Soorma" uses poetic dialogues. The importance of passion, perseverance, and support in the healing process is emphasized in these lines. The film's message of reaching out to sport and life with dedication is underlined by phrases such as "Dil Pe mat le Yaar, Sach main dil ...." (Don't take it to heart, my friend. Seriously, don't take it to heart...) this dialogue effectively communicates the mental and physical aspects of health, promoting resilience and determination, which makes the film a powerful tool for health communication.

#### 1. Determination and Resilience

"Soorma" provokes strong dialogue that inspires determination and resilience. Sandeep: - "Kaun kehta hai hum Sirf chirag se hi roshni..., Hum toh khud ek aag hain, Jo khud apni raah..." (Who says we only get light from the lamp? We are a fire ourselves, creating our own path...) epitomizes his unwavering spirit to overcome adversity. It inspires the viewer to trust that they are capable of dealing with health challenges.

Sandeep: - "Mujhe janta hoon main khud ko. Soch lo jitna bura ho sakta hai, usse bura maine..." (I know myself. Consider the worst that can happen, I've faced worse than that...) reflects his positivity in adversity. The importance of positive thinking in a health and wellness journey is highlighted by Coach Harry's:- "Beta, Agar Sochoge toh..." (Son, if you

think, you can...) the movie aims to encourage resilience and success by relying on determination and positive thinking.

#### 2. Family Support and Encouragement

The supporting dialogues that demonstrate the importance of family to Sandeep Singh's life are portrayed in "Soorma" His statement, "Mujhe ab hockey wapas khelni...." Agar tum sab mere saath ho, toh main sab..." (I want to play hockey again... If you all are with me, then I can achieve everything...) underscores his family's role in his dreams and recovery. Harpreet: - "Tum bahut bade fighter ho, Sandeep. Bas yeh socho ki kuch..." (You are a great fighter, Sandeep. Just think that...) provide emotional support, highlighting the significance of loved ones. The fact that Sandeep acknowledges, "Tum saath mein ho, toh kuch bhi..." (If you are with me, then anything...) stresses the family's role in providing emotional support during an illness. The film encourages cherishing family support for resilience in health journeys.

#### 3. Overcoming Fear and Doubt

"Soorma" features the dialogues dealing with Sandeep Singh's internal struggle of fear and doubt. His introspective dialogue, "wapas khelni hai, khud se darna kyun?" (I want to play hockey again, why should I be afraid of myself?) Delves into the theme of conquering fear and self-doubt in the context of his health journey. Coach Harry: - "Darna mat, Sandeep. Haarna mat. Duniya tumhein taqat nahi de rahi, khud..." (Don't be afraid, Sandeep, don't lose. The world is not giving you strength, create...) serve as an inspirational message, encouraging self-belief and resilience. Sandeep: - - "Kuch bhi ho, main apni himmat..." (Whatever happens, I will gather my courage and continue...) highlights an unwavering resolve to overcome difficulties and achieve the objectives of health. This dialogue encourages viewers to face and overcome their fears and doubts in pursuit of a healthy lifestyle.

#### 3.3.3 Visual Cues and Symbolism in "Soorma"

"Soorma" utilizes visual signals, such as training sequences and the hockey stick, to depict Sandeep Singh's journey toward health and well-being, emphasizing determination and hard work in achieving wellness goals. Here's an analysis of its visual cues and symbolism:

#### 1. The Hockey Stick and Field as Symbols of Resilience and Recovery



The hockey stick and field serve as powerful symbols of Sandeep Singh's strength and recovery in "Soorma." The discarded hockey stick represents his health deterioration, while its gradual recovery signifies his determination to overcome adversity. The hockey field visualizes his physical progress, culminating in a triumphant comeback. These symbols convey themes of resilience and recovery, inspiring viewers to find their own sources of motivation on their health journeys.

## 2. Visual Transformation through Training Montages

"Soorma" effectively employs training montages to narrate Sandeep Singh's remarkable story of overcoming physical adversity. The sequences depict his early struggles and paralysis, followed by gradual improvement through rigorous training and therapy. His peak physical condition and skills are showcased in the climax of the montage, symbolizing his incredible transformation and resilience.

## 3. The National Flag as a Symbol of Pride

The Indian flag is strategically utilized in "Soorma" to symbolize Sandeep Singh's pride in representing his country. The film establishes a connection between personal achievement and national honor from the outset. This visual symbol communicates health-related messages, encouraging viewers to take pride in their wellness efforts at both personal and societal levels.

## 4. Visual Contrast of Injury and Recovery

"Soorma" skillfully employs visual contrast to underscore the transformative power of determination and resilience in Sandeep Singh's health journey. The film's opening scene, depicting Sandeep's accidental shooting and paralysis, creates a striking visual impact that sets the tone for his challenging path. Viewers witness his struggle and gradual recovery, symbolizing themes of healing and personal growth. The climax, marked by the contrast between his paralysis and triumphant return to the hockey field, inspires hope and resilience, encouraging viewers to believe in their potential for health and well-being despite initial setbacks.

### 3.3.4. Health Communication in "Soorma"

Through Sandeep Singh's inspirational journey, "Soorma" effectively communicates messages of health and wellness. It inspires viewers to embrace their heritage and lead healthier lives

by promoting physical and mental well-being, resilience, and the transformative role of sports in addressing cultural and social challenges.

## 4. Comparative Analysis

Bollywood sports biopics "Bhaag Milkha Bhaag," "Mary Kom," and "Soorma" reveals nuanced portrayals of physical and mental well-being, resilience, and the transformative power of sports. Each film offers unique insights into how athletes navigate their health journeys amidst challenges and triumphs:

### 4.1 Physical Fitness and Training

"Bhaag Milkha Bhaag": The film emphasizes Milkha Singh's rigorous training regimen and dedication to physical fitness. It highlights the importance of disciplined exercise, nutrition, and lifestyle choices in achieving peak athletic performance.

"Mary Kom": Mary Kom's journey underscores the physical demands of boxing training, including strength conditioning, agility drills, and endurance workouts. The film showcases her commitment to maintaining optimal physical health and fitness levels.

"Soorma": Sandeep Singh's rehabilitation process after a spinal injury is central to the film's narrative. It highlights the importance of physical therapy, rehabilitation exercises, and perseverance in overcoming physical setbacks and regaining strength.

### 4.2 Mental Resilience and Determination

In all three biopics, mental resilience emerges as a critical component of the athletes' health journeys. From overcoming childhood traumas to navigating personal and professional challenges, the protagonists demonstrate remarkable resilience and determination in pursuit of their sporting goals.

The films explore how mental strength, self-belief, and a positive mindset contribute to overall well-being and success in sports, inspiring audiences to cultivate resilience in their own lives.

### 4.3 Injuries and Rehabilitation

"Bhaag Milkha Bhaag" and "Mary Kom" briefly touch upon the protagonists' experiences with injuries and the subsequent rehabilitation process. Milkha Singh's recovery from a leg injury and Mary Kom's perseverance after sustaining injuries during training highlight the

physical and emotional toll of sports-related injuries.

"Soorma" delves deeper into the theme of injuries and rehabilitation, focusing on Sandeep Singh's journey of recovery after being paralyzed by a gunshot. The film underscores the importance of medical intervention, rehabilitation protocols, and mental fortitude in overcoming adversity and reclaiming health.

#### 4.4. Balancing Personal and Professional Life

Each biopic explores the challenges of balancing personal and professional life for the athletes. From managing family responsibilities to navigating the demands of competitive sports, the protagonists confront dilemmas that impact their physical and mental well-being.

The films depict how maintaining a harmonious balance between personal relationships, career aspirations, and health priorities is essential for overall well-being and success.

#### 5. Conclusion

In conclusion, the examination of Bollywood sports biopics, including "Bhaag Milkha Bhaag," "Mary Kom," and "Soorma," has illuminated their efficacy as vehicles for health communication. These films offer valuable insights into athletes' journeys toward health and well-being, encompassing rigorous training regimens, dietary considerations, physical transformations, as well as challenges such as injuries and rehabilitation. The authenticity of their narratives enhances the credibility of health messaging, rendering these biopics impactful tools for raising health awareness and fostering positive behaviors.

However, it is essential to acknowledge certain limitations identified in the research. While these films accurately portray aspects of athletes' lives, they may at times glamorize certain elements, potentially understating the dedication and perseverance required. Moreover, emotional health issues are often under-explored, underscoring the need for a more comprehensive depiction.

The research underscores the importance of adopting a balanced approach to fitness in light of these findings. It advocates for a holistic lifestyle that integrates practices such as yoga, a nutritious diet, and consultations with health professionals, alongside the inspiration gleaned from intense exercise depicted in the movies. By

promoting a sustainable and well-rounded approach to health, potential risks associated with excessive physical activity can be mitigated.

Through this research, the emphasis on health communication within selected films remains paramount. The objective is not only to applaud the commitment and mental fortitude depicted in these biopics but also to steer viewers toward a healthier and more balanced lifestyle. By encouraging individuals to pursue a fulfilling and healthy life, the research underscores the role of Bollywood sports biopics in influencing positive behaviors and promoting overall well-being.

#### 6. References

- Ali, s. (director). (2018). *Soorma* [motion picture].
- Bali. (2023). Contribution of indian cinema in changing the perception of mental health in the society. *Ecb*, 3140 – 3149.
- Baparnash. (2021, june 20). *The times of india*. Retrieved from [timesofindia.timesofindas.com: https://timesofindia.indiatimes.com/sports/more-sports/athletics/how-milkha-singh-became-the-flying-sikh/articleshow/83681903.cms](https://timesofindia.indiatimes.com/sports/more-sports/athletics/how-milkha-singh-became-the-flying-sikh/articleshow/83681903.cms)
- Bose. (2014, sep 05). *Ndtv*. Retrieved from [ndtv.com: https://www.ndtv.com/people/mary-kom-an-unbreakable-supermom-who-always-punches-above-her-weight-659277](https://www.ndtv.com/people/mary-kom-an-unbreakable-supermom-who-always-punches-above-her-weight-659277)
- Bouchard, c. (1995). Physical activity, health, and well-being: an international scientific consensus conference. *Proceedings. Eric*, , 66(4), 268-323.
- Etimes entertainment*. (2020, feb 10). Retrieved from [timesofindia.indiatimes.com: https://timesofindia.indiatimes.com/entertainment/hindi/movie-details/bhaag-milkha-bhaag/moviewhow/61240033.cms](https://timesofindia.indiatimes.com/entertainment/hindi/movie-details/bhaag-milkha-bhaag/moviewhow/61240033.cms)
- (2013, june 21). Farhan akhtar on being 'flying sikh' milkha singh . (f. Akhtar, interviewer)
- Hungama, b. (director). (2014). *Priyanka chopra full interview* [motion picture].
- Imdb*. (n.d.). Retrieved from [imdb.com: https://www.imdb.com/?](https://www.imdb.com/?)

- Jain. (2018, july 13). "soorma". Retrieved from the indian express: <https://indianexpress.com/article/entertainment/bollywood/sandeep-singh-train-shooting-soorma-5256947/>
- Jain, a. (2018, july 13). *The indian express*. Retrieved from indianexpress.com: <https://indianexpress.com/article/entertainment/bollywood/sandeep-singh-train-shooting-soorma-5256947/>
- Kumar, o. (director). (2014). *Mary kom* [motion picture].
- Lazarus, r. S. (1984). *Stress, appraisal, and coping*. Springer publishing company.
- Minnesota. (1997). *Physical activity and sport in the lives of girls*. Center for research on girls and women in sport.
- Minnesota univ., m. (1997). *Physical activity and sport in the lives of girls physical & mental health dimensions from an interdisciplinary approach*. Center for research on girls and women in sport. The center for research on girls and women in sport.
- Ndtv. (2013, june 21). 'Flying sikh' milkha singh . (f. Akhtar, interviewer)
- Omprakash, r. (director). (2013). *Bhaag milkha bhaag* [motion picture].
- Rotten tomato . (2013, july 12). Retrieved from rottentomatoes.com: [https://www.rottentomatoes.com/m/bhaag\\_milkha\\_bhaag](https://www.rottentomatoes.com/m/bhaag_milkha_bhaag)
- Sangwan, a. &. (2018). *Role of biopic films in promoting sportsmen and sports in india*. Dehli: ressearch gate.
- Satia, j. A. (2015). ). Food nutrition label use is associated with demographic, behavioral, and psychosocial factors and dietary intake among african americans in north carolina. . . *Journal of the american dietetic association*, 105(3), 392-402.
- Street, r. L. (2018). ). *Health promotion and interactive technology: theoretical applications and future directions*. Routledge.
- Tejas nair. (2013, july 12). *Imdb*. Retrieved from imdb.com: <https://www.imdb.com/title/tt2356180/reviews>
- Thompson. (2007). Exercise and acute cardiovascular events. *The american heart association*, 2357-2358.

\*\*\*