



# Silent Tears, Unspoken Fears

3D Animation Video - Mini Project

Done By,

Mohan Vaithya E(221701037)  
Amritha A(221701007)



# ABSTRACT

❖ Mental health issues among students are increasing, yet many suffer in silence due to academic pressure, social expectations, and lack of emotional support. This project aims to use 3D animation in Autodesk Maya to tell a compelling story about a student struggling with depression. It highlights how social media, friendships, and personal struggles impact mental well-being. The goal is to raise awareness, encourage discussions, and show the importance of human connection in tackling mental health challenges



**DEPRESSION**

**TACKLE**

**GROW**



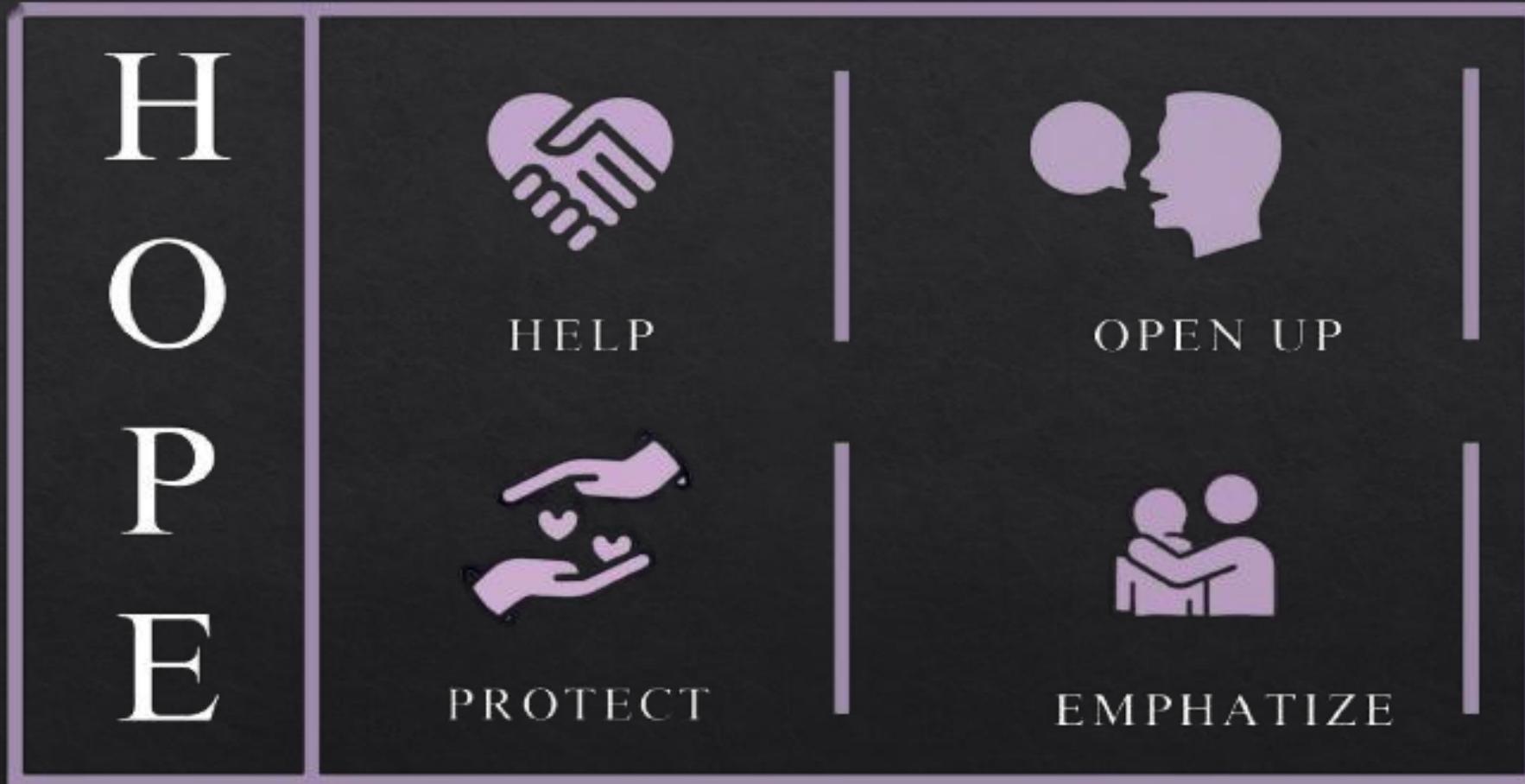
# INTRODUCTION

❖ Mental health remains a significant yet often overlooked aspect of human well-being. In today's fast-paced world, feelings of isolation, anxiety, and depression are becoming increasingly common, especially among young individuals. The 3D animated video "Silent Tears, Unspoken Fears" aims to shed light on these silent struggles by using a narrative that speaks without words. Through a minimalist approach, the film emphasizes how a single act of empathy can bring hope to someone lost in the darkness of their own mind. The purpose of the project is not just to entertain but to create awareness about the importance of mental health, reduce stigmas associated with it, and inspire individuals to be more compassionate and understanding. By relying solely on visual storytelling, the film aims to resonate with a global audience, transcending language barriers. The simplicity of the animation makes it relatable, while the depth of the theme ensures it leaves a lasting impact. Additionally, the project seeks to provide educational value and initiate discussions about mental health in academic and social settings.





# OBJECTIVE





# LITERATURE REVIEW

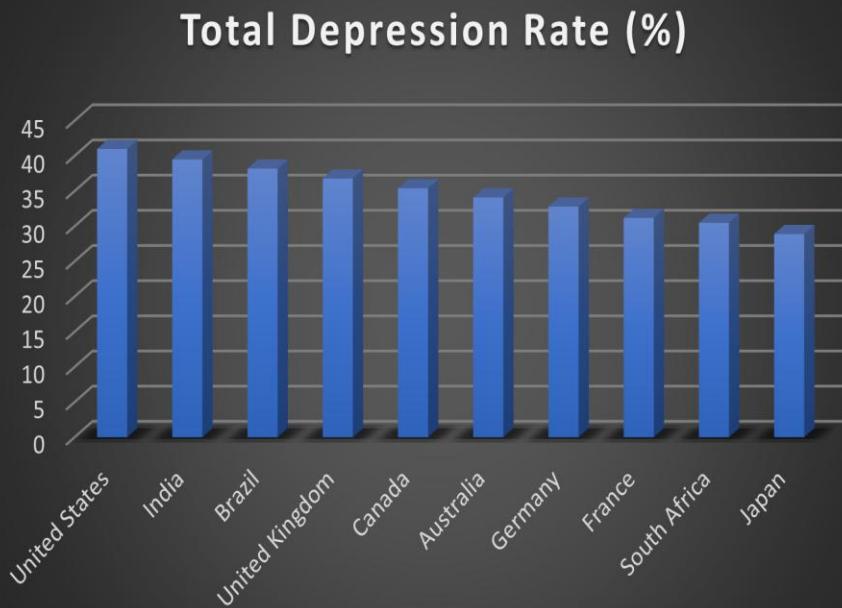


Author	Year	Title	Study Overview
American Psychological Association	2020	Understanding and Addressing Mental Health Stigma: A Primer	This study explores the impact of mental health stigma and provides strategies for reducing stigma through awareness and intervention programs.
Cohen, J., & Stern, S.	2019	Animating the Mind: Exploring the Role of Animation in Mental Health Narratives	This research discusses how animation can be an effective medium for conveying mental health stories, helping audiences relate to and understand psychological struggles.

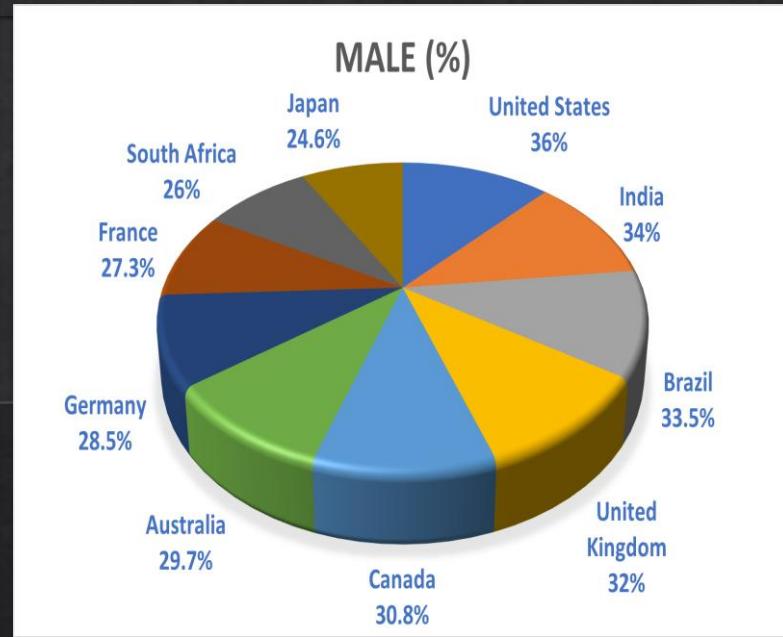
Author	Year	Title	Study Overview
Puri, R., & Singh, A.	2021	Symbolism and Visual Metaphors in Animation: Impact on Audience Interpretation	The study examines the use of visual metaphors in animation to represent complex mental health concepts, influencing audience perception and emotional engagement.
Thompson, J., & Greenwood, M.	2018	The Silent Struggle: Analyzing Non-Verbal Communication in Visual Storytelling	This study analyzes how non-verbal cues, such as posture, lighting, and framing, contribute to storytelling in visual media, especially in addressing psychological themes.



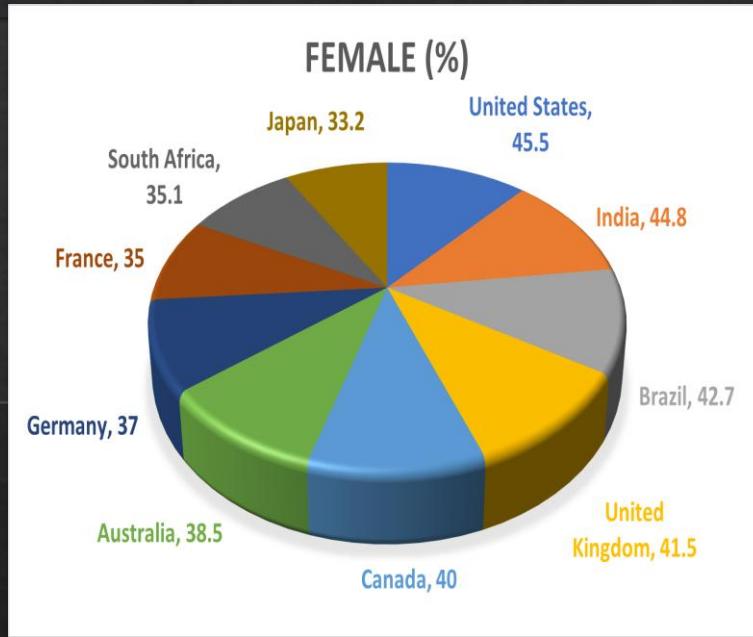
# GLOBAL MENTAL HEALTH INSIGHTS



Country vs. Total Depression Rate



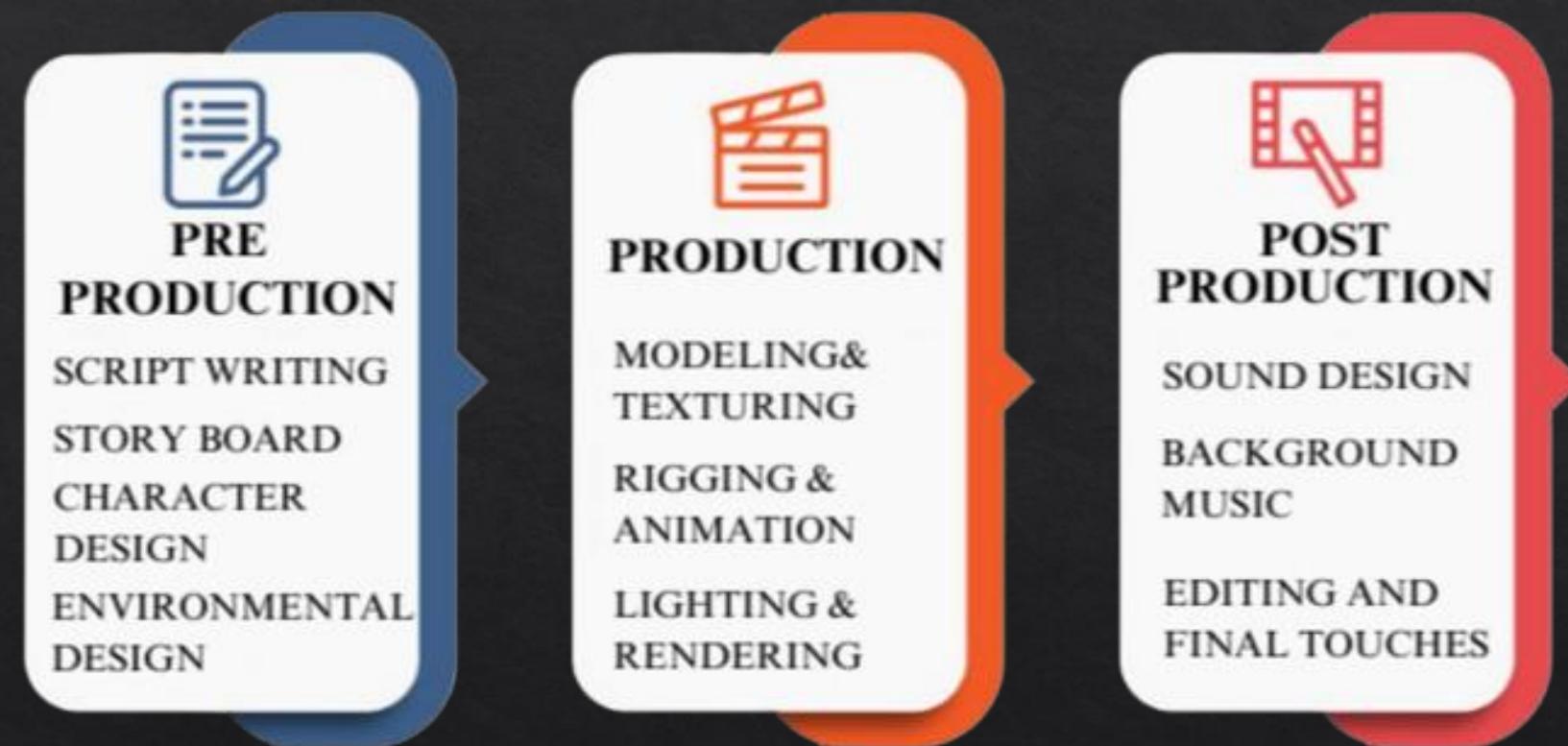
Country vs. Male %



Country vs. Female %



# PROPOSED METHODOLOGY





# PROGRESS(25%)

scence2 [E:\mini project\Desktop\scence2.blend] - Blender 4.3.2

File Edit Render Window Help Layout Modeling Sculpting UV Editing Shading Animation Compositing Geometry Nodes Scripting Scene ViewLayer

User Perspective (72) Collection | Camera

Orientation: Default Drag: Select Box

Object Mode View Select Marker Channel Key Normalize

Search -20 0 20 40 60 72 80 100 120 140 160 Show Cursor

Camera

Transform

Location X: -0.37369 Y: -5.2421 m Z: 1.2635 m

Rotation X: 87.583° Y: 0.23985° Z: 357.36°

Mode: XYZ Euler

Scale X: 1.000 Y: 1.000 Z: 1.000

Delta Transform

Relations

Collections

Motion Paths

Visibility

Rokoko Studio Live Setup

Cursor X: 72 Cursor Y: 72



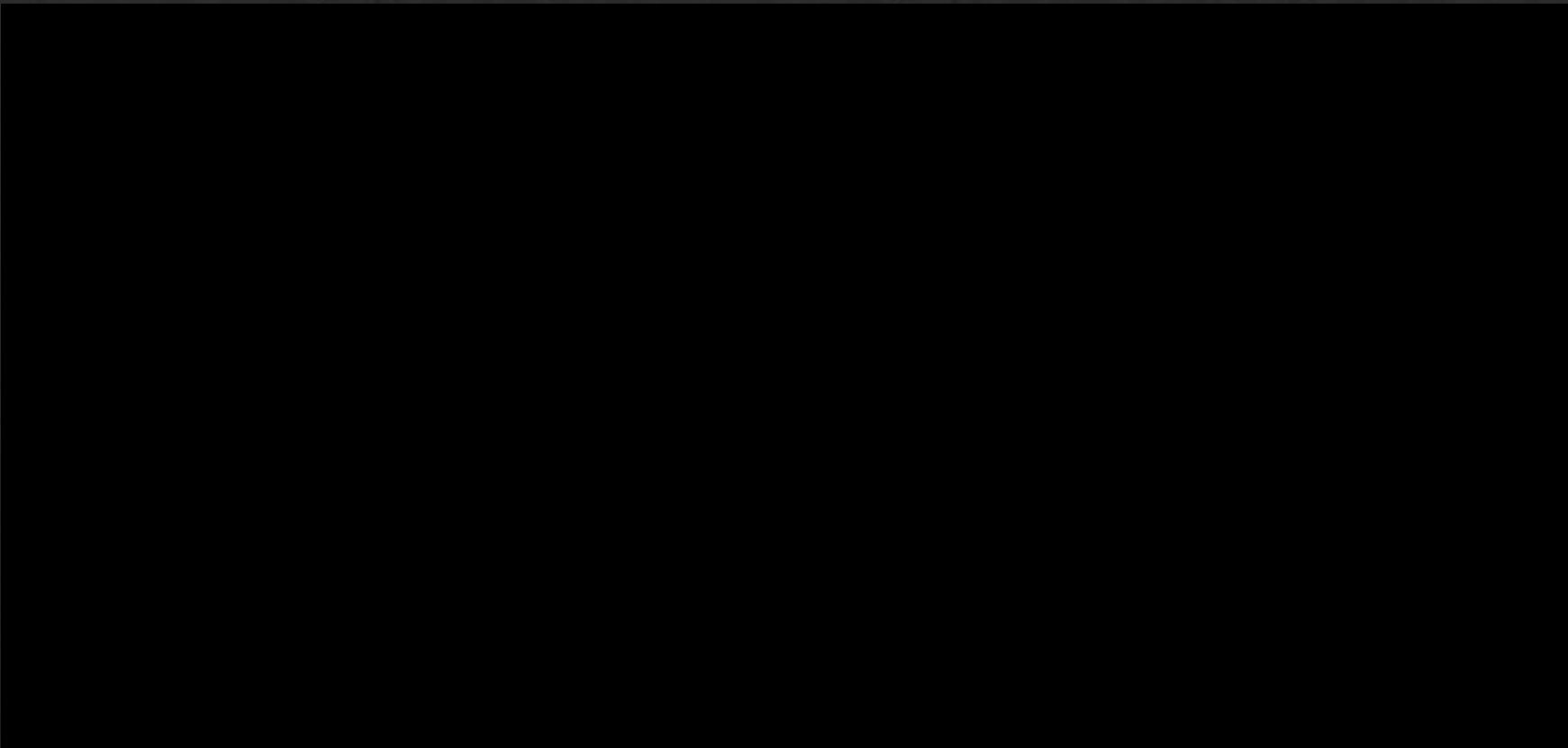


# PROGRESS(25%)



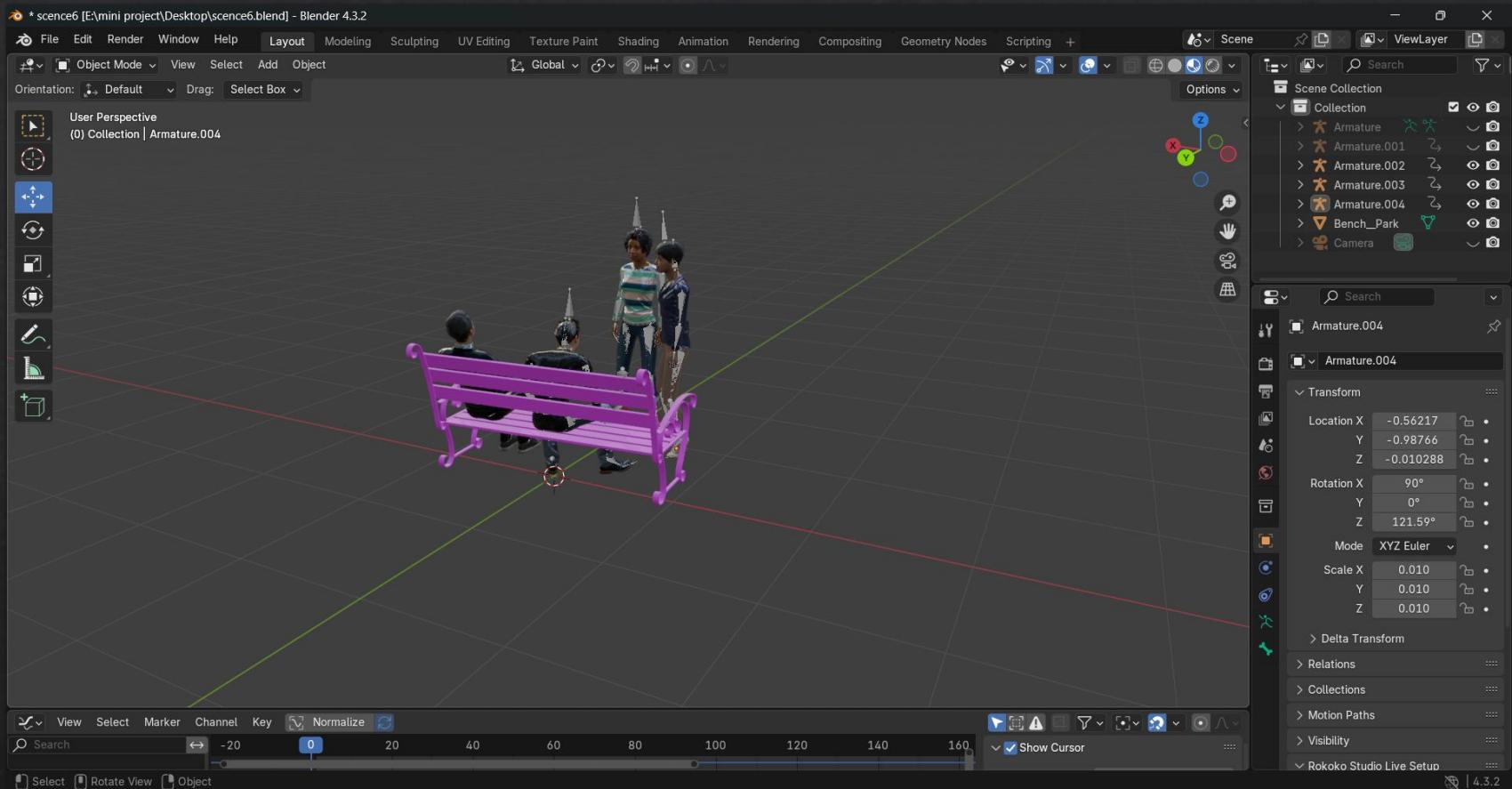


# PROGRESS(25%)



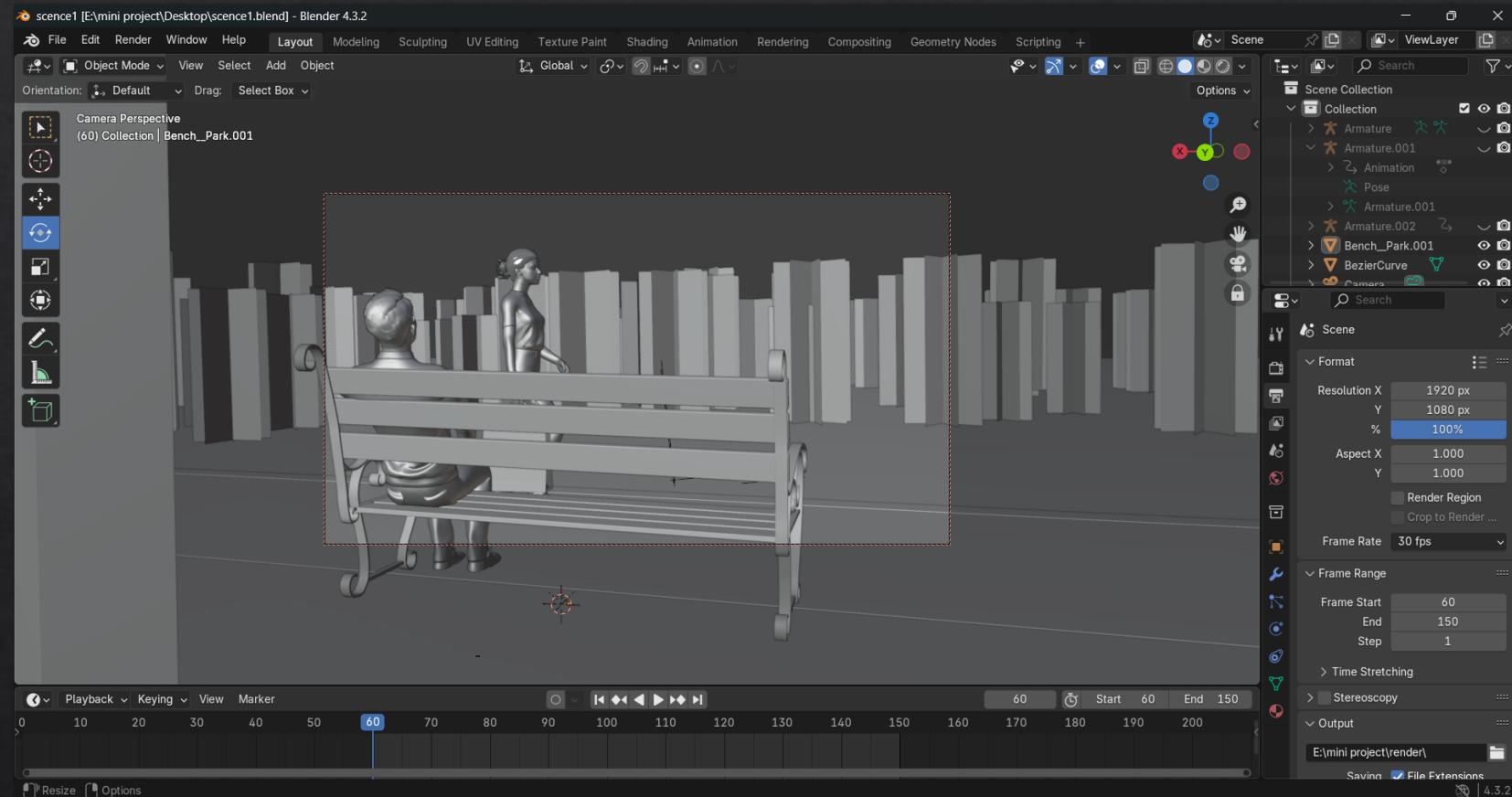


# PROGRESS(50%)



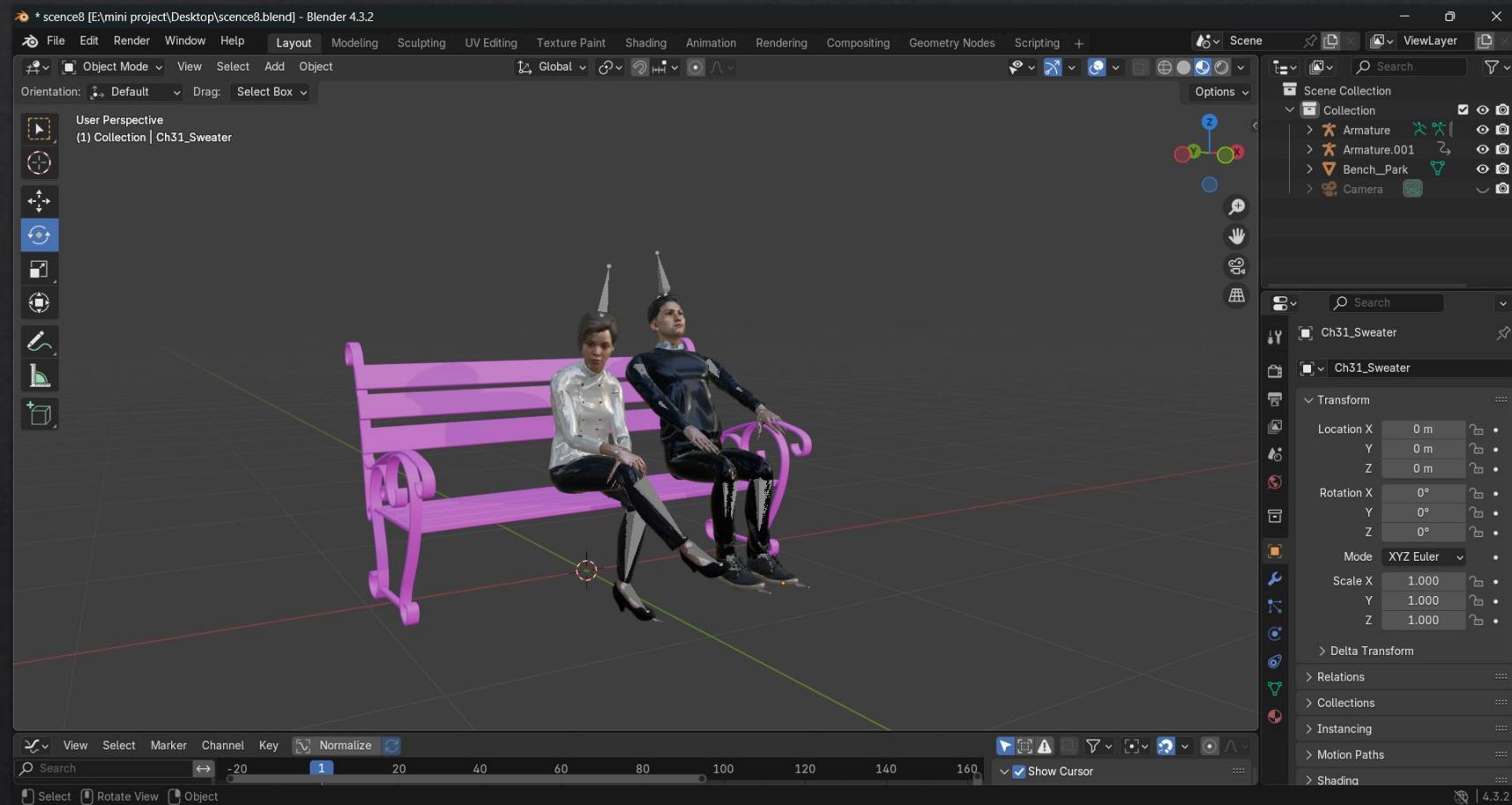


# PROGRESS(50%)





# PROGRESS(50%)





# PROGRESS(50%)

\* scence8 [E:\mini project\Desktop\scence8.blend] - Blender 4.3.2

File Edit Render Window Help Layout Modeling UV Editing Shading Animation Rendering Compositing Geometry Nodes Scripting + Scene ViewLayer

Orientation: Default Drag: Select Box

User Perspective  
(1) Collection | Ch31\_Sweater

Scene Collection  
Collection  
Armature  
Armature.001  
Bench\_Park  
Camera

Ch31\_Sweater

Ch31\_Sweater

Transform

Location X	0 m
Y	0 m
Z	0 m
Rotation X	0°
Y	0°
Z	0°
Mode	XYZ Euler
Scale X	1.000
Y	1.000
Z	1.000

View Select Marker Channel Key Normalize

Search -20 1 20 40 60 80 100 120 140 160 Show Cursor

Select Rotate View Object



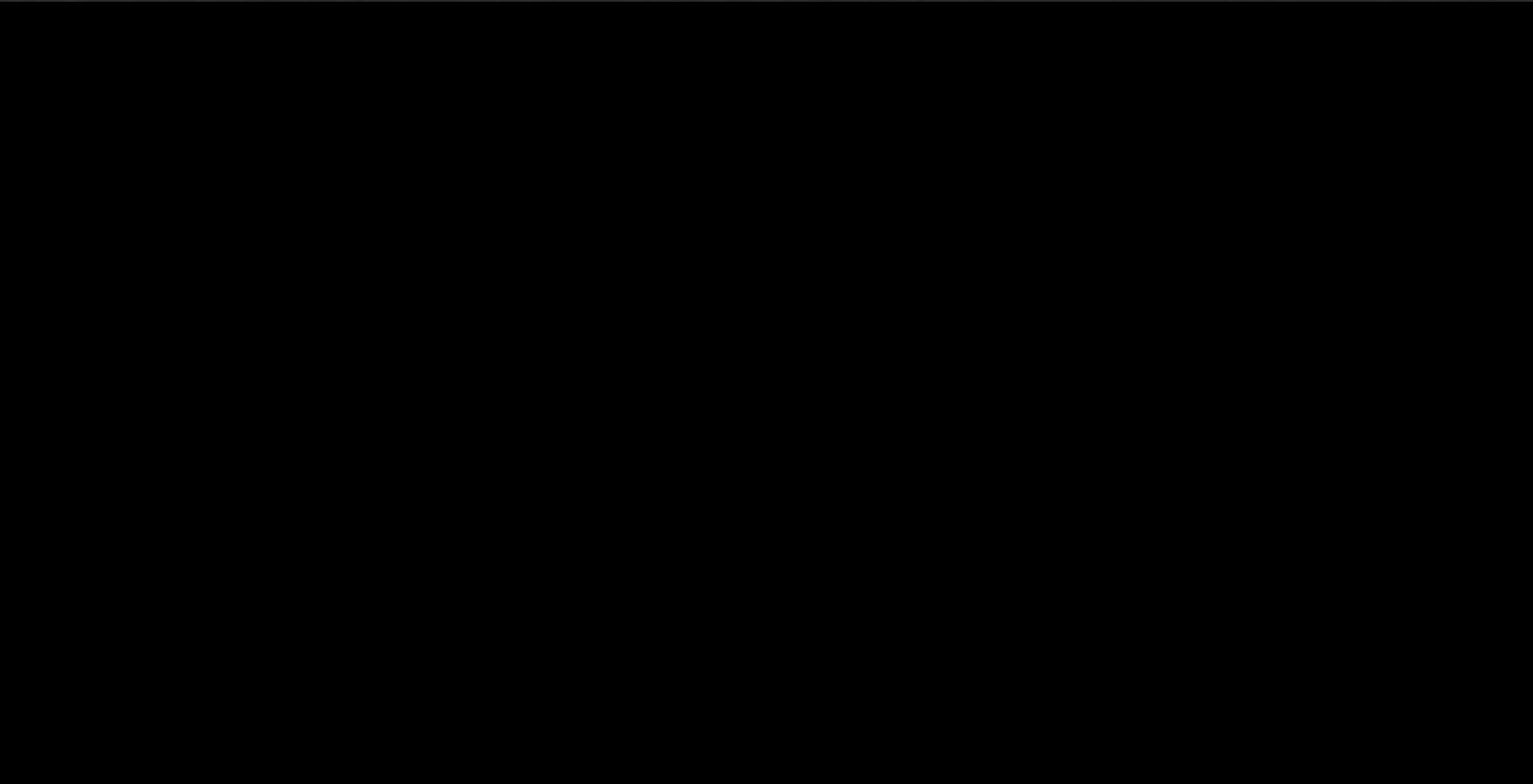


# PROGRESS(50%)





# PROGRESS(50%)





# PROGRESS(75%)





# PROGRESS(75%)





# PROGRESS(75%)

\* climax 3 [E:\mini project\climax 3.blend] - Blender 4.3.2

File Edit Render Window Help Layout Modeling Sculpting UV Editing Texture Paint Shading Animation Rendering Compositing Geometry Nodes Scripting Video Editing + Scene ViewLayer

Orientation: Default Drag: Select Box

User Perspective (104) Armature : mixamorig9.LeftForeArm

Playback Keying View Marker

104 Start 1 End 250

Create Pose Asset

- Create Pose Asset
- Copy Pose as Asset
- Convert Legacy Pose Library

Search

Scene Collection

Collection

- Armature
- Bench\_Park
- BezierCurve
- Camera
- Circle.002
- Circle.003
- Circle.004
- Circle.005

Sampling

Viewport

- Noise Threshold  0.1000
- Max Samples 50
- Min Samples 0

Denoise

Render

- Noise Threshold  0.0100
- Max Samples 50
- Min Samples 0
- Time Limit 0 s

Denoiser OptiX

Passes Albedo and Normal

Resize Options

Search

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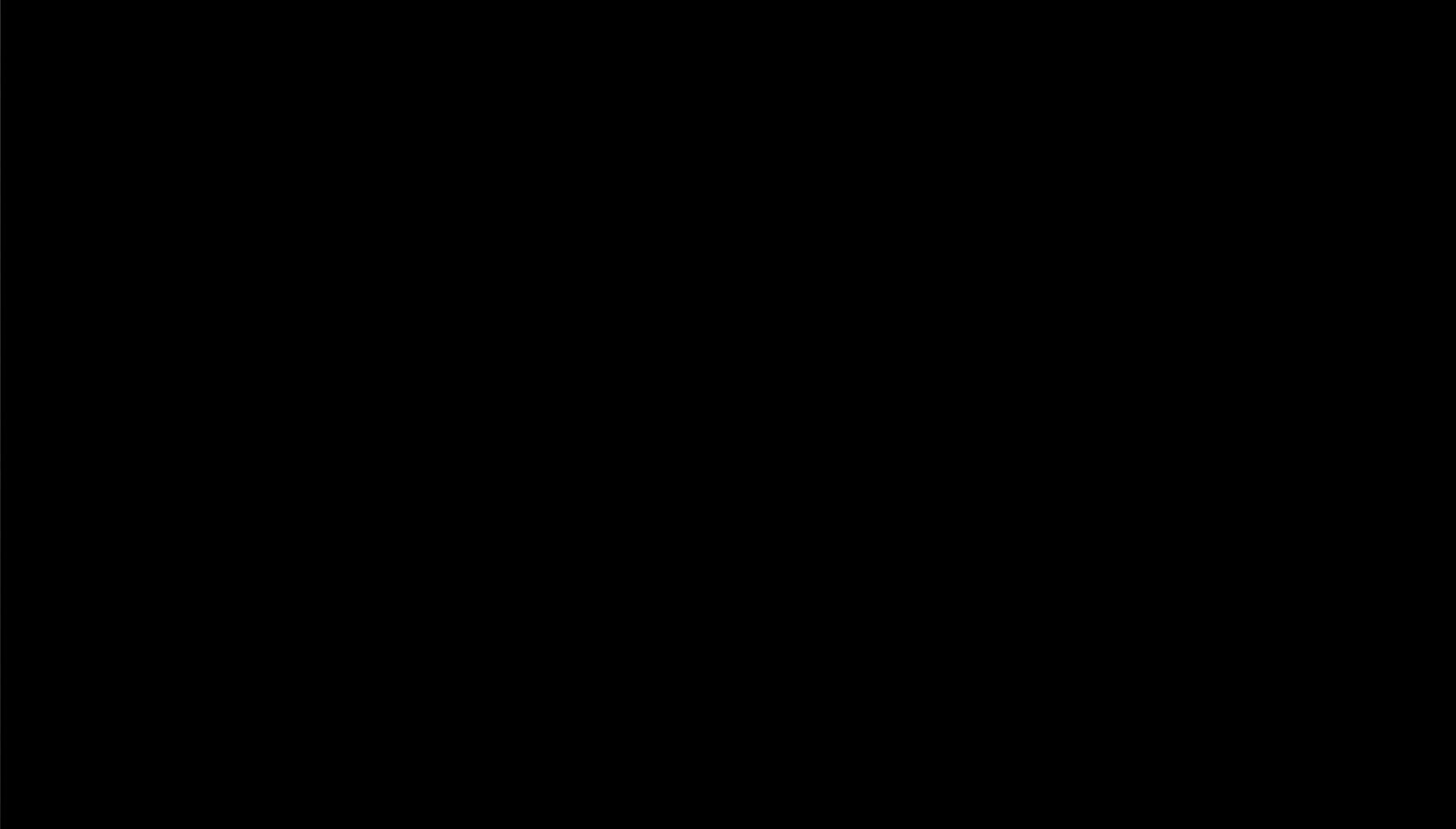


# PROGRESS(75%)





# OUTPUT(100%)



THANK YOU