

# MENSOUR



## Puja Uppal

Unions: ACTRA  
Height: 5'8"  
Weight: 122lbs  
Hair: Black  
Eyes: Brown  
Languages: English, Hindi, Punjabi

### FILM / TELEVISION

BROKEN WATERS/EAUX TROUBLES	PRINCIPAL	BELIEVE FILMS	
MOMMY'S LITTLE PRINCESS	ACTOR	LIFETIME	C. CRAWFORD
MURDERED AT 17	LARGE PRINCIPAL	LIFETIME	C. CRAWFORD
THE BOLD TYPE	ACTOR	FREEFORM-ABC	J. TRAVIS
SHAME	LEAD		C. KADYSCHUK
CIGARETTES HURT BABIES	ACTOR		A. MUNRO
EMES	ACTOR		M. JEWUSIAK
DEUTEROLOGY	ACTOR	NENDOS FILM	K-K. NENDOS
SPICY FUSION	LEAD		S. KRISHNA
CHANGE	LEAD	VFS	N. C. PATEL
C.L.I.T. (CERTIFIED LESBIANS IN TRAINING)	PRINCIPAL	VANCOUVER FILM SCHOOL	
SEX, LIES & VIDEOTAPE	LEAD	RON	

### THEATRE (SELECTED)

AGENT MADELEINE	LEAD	RAINY HEART PRODUCTIONS	C. MCKAY
THE CLEAN HOUSE	LEAD	THREE SISTERS THEATRE COMPANY	M. ELLIS
OFFICE HOURS	LEAD	PHOENIX PLAYERS	J-A MCCABE
A FATAL MEETING OF LES FEMME FATALES	LEAD	TOTOTOO THEATRE	J. CLEVELAND
KEEN	LEAD	SUMMERWORKS	M. TINDYEBWAL
SUBURBIA	ACTOR	FRINGE FESTIVAL	M. P. NORTHEY
SEX, LIES & VIDEOTAPE	LEAD	VFS	R. CHARTIER
THE IMPORTANCE OF BEING ERNEST	LEAD	VFS	C. MCDOWELL

### COMMERCIALS

LIST AVAILABLE UPON REQUEST

### TRAINING

ACTING 4 SHOWCASE | JOHN MUGGLETON & MARY ELLIS | THE ACTING COMPANY  
SHAKESPEARE | MARY ELLIS | THE ACTING COMPANY  
AUDITIONING | ANNE TAIT, BERNADETTE JONES, BRIAN LEVY & GINGER HOWARD FRIEDMAN  
ACTING | GILLES PLOUFFE & BRENT DONNELLY  
ON CAMERA WORKSHOP | KATHERINE BILLINGS, MICHAEL CHASE, BART ANDERSON & RON CHARTIER  
ACTING FUNDAMENTALS | CARA MCDOWELL, DOUGLAS NEWELL, BONNIE GIBSON & DEBRA THOME  
SCENE STUDY | JIM BATES, KATHERINE BILLINGS, CARA MCDOWELL & TOME SCHOLTE  
AUTO SCRIPT | BILL MARCHANT  
SINGING | ALISA KORT  
VOICE OVER | DOUGLAS NEWELL  
SPEECH & VOICE | IAN RAFFEL

### SPECIAL SKILLS

ATHLETICS | KARATE, CYCLING, RUNNING  
DANCE | BOLLYWOOD  
LANGUAGES | HINDI & PUNJABI  
ACCENTS | INDIAN & BRITISH

