

# MENSOUR



## Puja Uppal

Unions: ACTRA  
Height: 5'8"  
Weight: 115lbs  
Hair: Black  
Eyes: Brown  
Languages: English, Hindi, Punjabi

### FILM/TELEVISION

GWEN SHAMBLIN; STARVING FOR SALVATION	PRINCIPAL	LIFETIME	JOHN L'ECUYER
CALORIE	PRINCIPAL	COMPASS PRODUCTIONS	EISHA MARJARA
A NEW DIVA'S CHRISTMAS CAROL	PRINCIPAL	BLUE ICE/GREEN DOOR	RUSTY CUNDIEFF
REINDEER GAMES HOMECOMING	PRINCIPAL	FIRESIDE PCITURES	BRIAN HERZLINGER
DON'T SELL MY BABY	PRINCIPAL	LIFETIME	ROXANNE BOISVERT
MOMMY'S LITTLE STAR	PRINCIPAL	LIFETIME	CURTIS CRAWFORD
MUM SINGH	LEAD	KARA FILMS	KARAN SINGH
TRANSPLANT	PRINCIPAL	CBC/NBC	DANIEL GROU
FATMAN	ACTOR	SABAN FILMS	ESHOM & IAN NELMS
MADISON TRILOGY #1	ACTOR		A. CARRIÈRE
FATHERHOOD	PRINCIPAL		P. WEITZ
THE DETECTIVES	PRINCIPAL	CBC	J. L'ECUYER
THE PERFECT CHEERLEADER	ACTOR	LIFETIME	A. CARRIÈRE
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	NENDOS	M.JEWUSIAK
DEUTEROLOGY	ACTOR		K-K.NENDOS
SPICY FUSION	LEAD		S.KRISHNA
CHANGE	LEAD	VFS	N.C.PATEL
C.L.I.T. (CERTIFIES LESBIANS IN TRAINING)	PRINCIPAL	VANCOUVER FILM SCHOOL	
SEX, LIES AND VIDEOTAPE	LEAD	RON	

### THEATRE (SELECTED)

CONSTELLATIONS	LEAD	UNIVERSITY OF OTTAWA	KATE SMITH
THE ANNIVERSARY	LEAD	THEATRE 4.669	KEVIN ORR
MAHABHARATA WORKSHOP	LEAD	WHY NOT THEATRE	RAVI JAIN
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 FEMMES FATALES	LEAD	TOTOTOO THEATRE	J.CLEVELAND
KEEN	LEAD	SUMMERWORKS	M.TINDYEBWAL
SUBURBIA	ACTOR	FRINGE FESTIVAL	M.P.NORTHY
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 | JIME BATES, KATHERINE BILLINGS, CARA MCDOWELL & TOME SCHOLTE  
SINGING | ALISA KORT  
VOICE OVER | DOUGLAS NEWELL  
SPEECH & VOICE | IAN RAFFEL

**SPECIAL SKILLS**

ATHLETICS: KARATE, CYCLING, RUNNING, DANCE: BOLLYWOOD, ACCENTS: INDIAN & BRITISH

