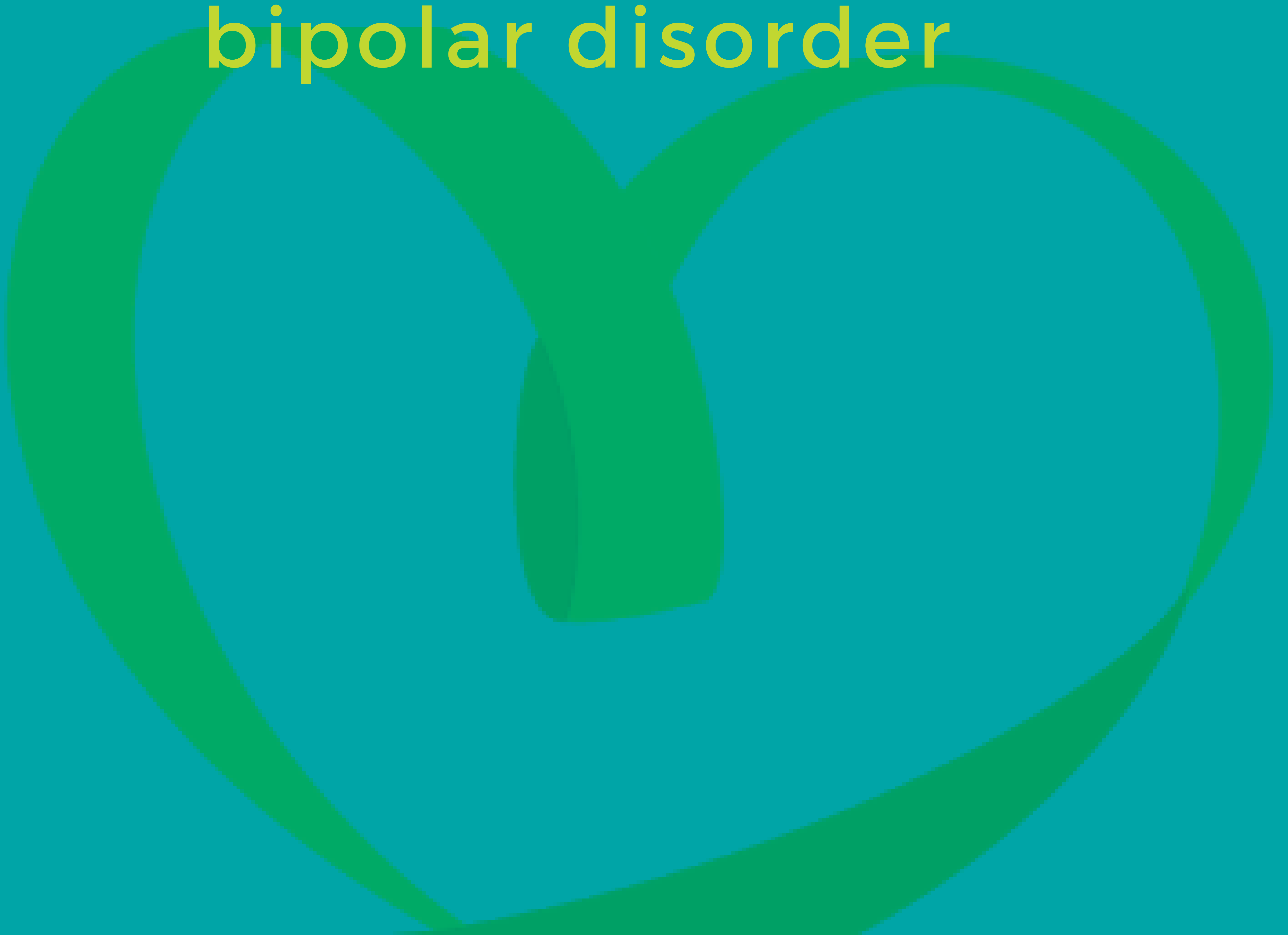


MEHAR presents a short film  
on the reality of living with  
bipolar disorder



# In the Highs and Lows - I Am Still Me



**PRODUCTION AND DIRECTION CREW:** HARPAL SINGH, REKHA VAISHNAV  
**FILM CREW:** TAMMY MARIE MCCAFFREY, NATASHA ADVANI THANGKIEW,  
ANOOP JOSEPH LOBO, MAMOONA NADEEM, HARRIS BAILEY  
**SUPPORTING ARTISTS:** SPRUHA VAISHNAV, SIERRA SMALL, FADI DALLOUL,  
MEGHA RAINA, ANJU RAJAN

