



POLES APART

Submitted to:
Dr Payal Nagpal
Mr Ankan Dhar
Ms Ruchi Kalita

CAST:

PRAGYA PRAJALITA SAIKIA AS KAYA SINGH
MAHAK KEJRIWAL AS MEERA
MEHAK SACHDEVA AS AISHA
THADOI AS JESSICA
ROTHA SAIKIA AS ANXIETY
ANISHA DUTTA AS INNER VOICE
MEGHA SALUJA AS RATIONAL MIND
PALLABI MISRA AS MANNAT KHANNA(THERAPIST)
ASHMEET KAUR AS MRS. SINGH, KAYA'S MOTHER
MUSKAN CHAUDHARY AS MR. SINGH, KAYA'S FATHER
KAJAL MATHUR AS NARRATOR

SCRIPT WRITERS: PALLABI MISRA, KAJAL MATHUR

DIRECTOR: PRAGYA PRAJALITA SAIKIA

CO-ORDINATOR: ASHMEET KAUR

The scene begins with the girl in her room, she is talking to her friend over the phone call.

Kaya: (laughing uncontrollably) stop stop stop, how can he even... (laughs again) Kaya: what did you do then?

Kaya: What?? (exclaims) you're quite clever, girl (laughs)

Kaya: Hmm (her face expression changes from happy to pale and starts staring at the wall, completely zoning out)

Kaya: Hmm (she has lost interest in the conversation and cuts the call abruptly)

Kaya slides into her sheet, closes her eyes and tries to sleep but can't. Her phone rings and chimes repeatedly but she doesn't even look, rather switches it off. She pulls out a diary from her drawer.

Kaya:Kaya Hi,(pauses) your pages are the only thing that don't judge me for who I am (sighs) and how I am.

I know that I have everything in my life, great friends, and an amazing family and I do value them but sometimes I just don't want to be around them(taking deep breaths)

I feel helpless about the fact that I hurt them this way, I don't want to. Yes, there are times when I want to go out ,have fun, attend parties but sometimes in spite of everything planned out and I just don't want to move. I just want to creep into a corner of my bed and sleep and I don't want to feel anything but at the same time. I love them but "sometimes" I don't know what happens to me.

Jaise ki aaj I tried to call Meera my best friend and wanted to tell her that yesterday..... ok bye."(closes the diary abruptly)

2nd scene

The 2nd scene starts with the protagonist sitting with her friends in the college cafeteria, laughing and talking to each other.

Friend to Kaya: Hey, girl! Why didn't you show up for the Coldplay concert. I Can't believe you missed it, we had such a great time there.

Kaya: Sorry, I was not in the mood to dress up and leave the house. I just didn't feel like it.

Another Friend: woman, are you insane? You missed out on the once in a lifetime opportunity to watch Coldplay in person. It was in your bucket list!!! I cannot believe you didn't show up because you didn't feel like it. Tu khud tickets milne ke liye pagal ho rahi thi aur sabse puch rahi thi. (in a disgust tone)

Protagonist: Ha I know but...I just don't know, I was not in the mood. Yeah, it does sound crazy that I missed it but that's who I have become. (laughing without giving much attention)

Friend: I am a little worried about you, you have been acting really different lately. One moment you are so full of life, but the next moment you go and sit alone. Babe, you do know we all are here for you, right? If there is something or someone bothering you, let us know. We'll face it together.

Kaya: Ya i know, thanks(After hearing all of this, the protagonist started wandering and she too felt that was a huge change in her behaviour that she was averting. But it finally has surfaced completely. There is no hiding away from it. The voices in her head were screaming, and she was only getting more anxious and paranoid)

Kaya's inner voice: Lagta hain tu toh pura pagal hogayi hain (kaya looks at her inner voice character)

Anxiety: Oh hai kisi ne mujhe yaad kiya (pops out from the scream with a sarcastic smile) Ahh I think she's right you have gone mad bro, your friends must be making fun of you secretly . Kaya: Tum dono ko abhi ana zaroori tha?(in a irritated tone) Waise hi ye log kya bol rahe hai mujhe kuch samajh hi nahi araha aur tum log.....

Kaya's **rational mind**: (consoling her) Chill Kaya it's not like that, your thinking too much. Breathe in breathe out....yes good girl

The other two voices were laughing at her but as soon as she started breathing they slowly disappeared from the screen.

Narrator: All she could manage to tell her friends was that she is alright. Deep down she knew she was not feeling like herself and thought of trying new methods to calm her nerves. She googled various ways to relax such as yoga, running, meditation and deep breathing but nothing seemed to work. Her final resort was to figure out herself. So, she called up a therapist and booked an appointment. She did all of this without telling her parents. She did not want to disappoint them. Lets see whether it helps her or not, What do you think?(asking the audience)

SCENE 3

Kaya is sitting on a chair waiting in the lobby as it is her first appointment with the therapist. She is constantly rubbing, clenching her fist taking deep breaths. She is trying to remain calm but is unable to, she is thinking what if something bad happens. Meanwhile the receptionist tells her to go inside

Therapist: Come Kaya,so what's up, how are you doing?(in a friendly tone)

Kaya: Hi, I am (taking a confused break) good.

Therapist: Great, so I am Mannat Khanna, your therapist , you can freely tell me everything about how you feel and what made you come here.Remember this is a safe place.

(Kaya looks into the eyes of Mannat, gathers everything and speaks)

Kaya: I get mood swings, I am not even sure if that's something for what I should come here(laughs in panic). Since I was in 8th grade this started happening, there were times I would read and read and interact and interact and laugh and be normal but then for a brief period, I'll just vanish, just sleep for days and creep into the corner of my bed for hours, I have often cried, (voice breaks but she comes back and her voice is a bit loud now) its like I know this is happening and I don't want it to happen because of course I have plans but "IT JUST DOESN'T STOP"(takes a deep breath)

Therapist:First of all Kaya I am very glad that you came up to me.So tell me do you feel anxious sometimes?

Kaya: No, no no no,yes,I mean yes it's(stammers) it's not that I am suffering from depression or something.But this all shifting of emotions so drastically is making me sick making me lose my sanity(speaks in a low voice a bit confused).

Therapist: Have you ever shared about this with anybody about how you feel?

Kaya: No, when I tell them, I didn't feel like coming to an event or to a meeting they feel it's just because I am not social or just an excuse, even I felt that this is due to tiredness but now its been years that I feel like this.

Therapist: So you've never articulated how you feel to anybody ever?

Kaya: I guess, it's my diary,my best friend(with a smile) I have written every single thing on it,I feel safe you know when I journal down my thoughts.I don't feel judged.No complains and no demands.Your getting right what I am trying to say (smiling with hesitation)

Therapist: Yes yes I am totally getting you Kaya, let's do a thing, instead of writing how you feel into your diary you write them in this journal that I give you which has different columns just fill these. By doing this will have a clarity on what we need to work on. I hope that's okay?

Kaya: (hesitantly) okay!

Narrator: Kaya took sessions for a month and today is the day she is going to get her diagnosis.

Therapist: Kaya, you're suffering from bipolar disorder. It's the disorder in which you get acute mood swings which are unbelievably random and out of control.

Kaya: (bit of shock) But I never had any trauma in my life or some accident that may cause this.

Therapist: It has nothing to do with that, it is something innate, something you're born with. It's nothing to worry about, you'll be fine, just take your prescribed medicines. When the chemicals in your brain will change abruptly, these medications will lower those changes and additionally take good diet and exercise ofc.

Kaya: (scoffs) you think it's that easy? Do you have any idea how much my family is going to be shocked about this, they're never gonna believe their only child suffers from a mental health disorder!! They don't even know I take these sessions.

Therapist: Relax Kaya calm down I totally understand it, usually clients themselves or their families can't accept this but that's normal, nothing to panic about, if you want I can take a session with your family.

Kaya: You must be kidding me, I don't want to involve my parents in this!! (crying) What will they think about me, and my friends. People will call me pagal. Will I have to get admitted to the mental hospital, what will happen to me then. What about my college, my dreams. Why is it happening to me.

Therapist: See Kaya, this is a mental health disorder that involves imbalance of brain chemicals you may feel at the top of the world for one time and existential crisis at the other!! You might even harm yourself! Your family should know. And no you won't be admitted to the hospital if you take this medicine regularly, you're just showing mild symptoms now. Please don't get panic, I am here for you, to listen and guide you through the process. It is okay to not be okay. We're here to deal this together.

Kaya looks at Mannat, she feels helpless and afraid.

4th scene:

Kaya's parents are discussing about whether or not to go in Trisha's wedding (Kaya's cousin) at the dining table

Mum: Oho ji, kyu nahi ja sakte hain sab sath mei, mai bat krungi kaya se, onna nu man hi jana hai, mana kiya tu ki hoya mai mana langi use(in punjabi accent)

Papa: Are aap samajh nahi rahe ho uska man nahi hai jane ka, mai dekh raha hu vo aaj kal thodi off si rehti hai. Uska dimaag kahi khoya sa rehta hain.

Mum: vo toh humesha se hi off rehti hai, o ji uska nature hi aisa hega, aap bas ticketen kra lo humsab jayenge ikathe..bas bat final. Ab iske dramein nahi jhelna mujhe.

Meanwhile Kaya is trying to but completely lost in her thoughts.

Papa: Kaya, beta ji kha kyu naahi rahe ho aap?Kya hua(a bit tensed) Kaya didn't hear him. Papa taps on her shoulder.

Papa: Kaya beta ki hoya? kidhar khoi hai tu?

Kaya: (looks straight into his father's eyes pauses for a moment) : Papa(her voice breaks) papa mujhe aap donose kuch bat karni hai .. I am bipolar papa (starts crying)

Her father looks at mother first who is completely shocked and can't believe her, papa makes kaya sit on the couch. He didn't seem to understand what Kaya just said but he wanted to make sure she was fine.

Papa: (considerably) beta mujhe bata toh sahi bat kya hai?

Kaya: Papa mere bohot sare questions ka answer nahi hain aur I could not find and that's why I thought of seeing a therapist and then after a session for a few weeks now she told me I have bipolar disorder.

Mum: Ye tu kya kuch bhi bole ja ri hai?? (irritated and concerned) bacche ye disorder visorder kuch nhi hota, paise ethne ke bahane hai bas, tu mere sath chalna ek baba hai, vo...

papa interrupts in between and stares at mum with anger.

Papa: beta i don't know what you're talking about par mereko bhi lagta hai ki...(pauses, both kaya and mum looks at him) tune jo bhi kiya vo bikul sahi kiya. sahi salah li aur mai tere sath hu bacche tu bilkul tension mat le, you will always have my support, kaya. Main humesha tere saath hu.

Kaya:(smiles with tears) thank you so much papa, i love you

Mum is skeptical, she only has conflicting thoughts and she is rather scared for Kaya. She still is relieved that her daughter has her father's support and guidance. Maybe he could help her and change her mind.

SCENE FREEZES

PRESENT DAY

Kaya- Hi diary aaj na main Meera ke birthday party pe gayi thi, bohot maza aaya... itne logo se mile It's been a year diary since everything happened, esa nahi ki main puri thik ho chuki hu bohot khush hu. Main aaj bhi wahi hu but now I know why and I am taking care of myself doing exercise, eating healthy, taking my medicines on time and spending time with my family and friends. All these are helping me to cope up with my stress

Meanwhile Kaya's mother calls her

Kaya's mom- Kaya beta idhar aana

Kaya- Haa maa aayi!

Kaya's diary: A year has passed since this drama blew up on Kaya's place, and well I should know, I let her confide in me from day one. She has grown a lot from then. It really is fascinating to experience this transformation and walk by her side. Well, bad things happen in life, we face the biggest challenges and sink in tragedy. But life isn't always gloomy. Acceptance, self awareness and perseverance to better ourselves is a mantra for life. So, continue to live, laugh and love; choose your own path!