



DOES BELIEVING IN GOD HELP
WITH DEPRESSION?



CULMINATION PROJECT: SHORT
FILM
“NO SAFE PLACE EXCEPT FAITH”



By: Sepideh Keshavarz Saleh

Casting



Taniya Noushin





MY ROLES:

- Director
- Producer
- Writer
- Storyboard Artist
- Cinematographer
- Editor
- Voice narrator



SCRIPT



INT. APARTMENT - MORNING 4:44

Another day of waking up with no desire to do anything. I lost hope, my ambition is in the trash, my motivation is gone, and what is passion.

INT. BATHROOM - MORNING

Oftentimes, I have dreams where I'm at the forest and somebody is chasing me. I really don't know who or what that is. I just know it's one of my fears that I'm running away from. Maybe it's the reality. Reality isn't stable for me. I feel like the world that I'm standing in could disappear at any second.

INT. LIVING ROOM - MORNING

I'm locked to my house as it is. I sleep around fifteen hours a day just so I'm not fuzzy. I like having a schedule to my day and activities to keep me busy. But with every job I've had I've had to quit because my mood disorder became so terrible that I've tried to kill myself in order not to go.

INT. APARTMENT - MORNING

My mind is moving too quickly. The thoughts in my head are often just sounds and emotions. I can't even talk to myself to discern why I am frozen to the spot, unable to speak or react to the environment around me. Sometimes I'm not able to control myself. I'm not being able to express my emotions and how I feel about certain things.

INT. APARTMENT - MORNING

I've been told the act of getting dressed up may "increase my motivation to do other things throughout the day. When I look at the mirror, I do not see myself anymore, this is not me

INT. BATHROOM - MORNING

I tried to give some color into my life. these things weren't just working with me, I keep on going with no point of destination.

INT. APARTMENT - MORNING

I have been diagnosed with six disorders, four of which I have had my whole life. The other two cultivated themselves out of my situation.

Mental disorders have always been stigmatized, and they will continue to be so until someone can explain what is happening. Explain that we are not to be feared. I imagine most people think of someone screaming or strapped to a bed. I do none of these things. In fact, I have a master's degree and have been praised for my intelligence many times.

EXT. CEMETERY - MORNING

Since my best friend passed away, I visit the cemetery a lot. Before this, I hardly ever went, now I'm there a few times a week. I spend a lot of time at her grave, because it helps me to think I'm still looking after her. It's very painful but I must do it for my own peace of mind.

Everywhere I turn I see how depression has left its mark on my life. It's hard not to see. I don't want to have that vision. My windshield may be cracked, but I want to see the light and beauty beyond it. I want to be given the opportunities that any other person would be given, regardless of health conditions.

INT./EXT. CAR - AFTERNOON

Like many people with ADHD, I often go to places and forget why I went there. I sit in my car and forget what I wanted to do next. This isn't just an inconvenience for me. If I can even remember where I am, I become paranoid. What was I doing? Was someone following me? Did something important happen? Where is everyone? I'm frozen to the spot, unable to retrace my steps.

I am tired of it. I don't want to explain my depression to anyone, I don't want to worry about it being held against me.

EXT. BEACH- EVENING

Going to the beach is helpful sometimes. it does something to your body, mind, and soul. you feel relaxed with the sound of waves. as you watch the endless ocean in front of you. There is a feeling of comfort and relaxation that the sea gives u and permits u to simply sit with our own self.

EXT. STREET - AFTERNOON

Shot List

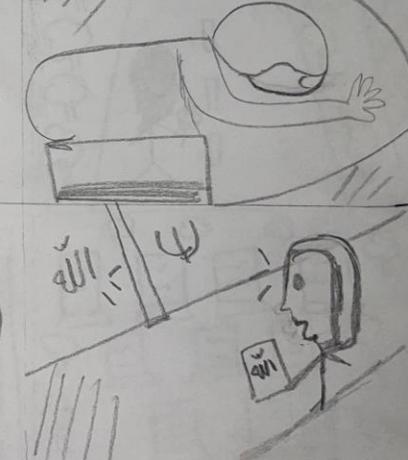
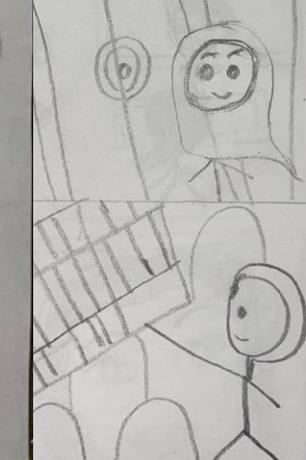
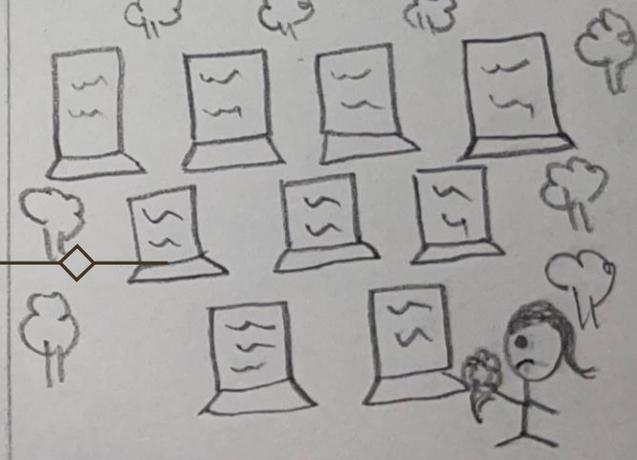
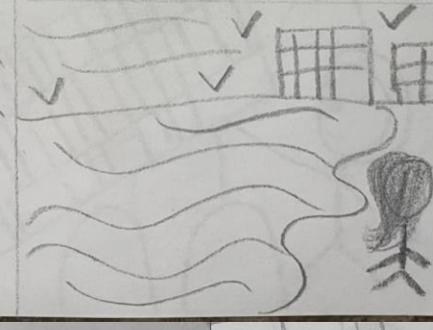
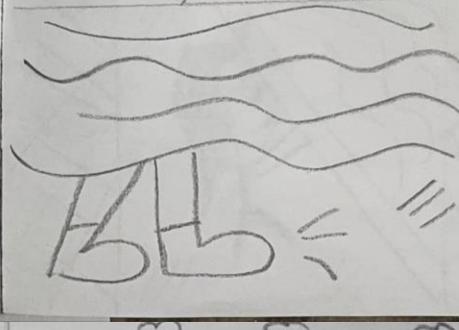
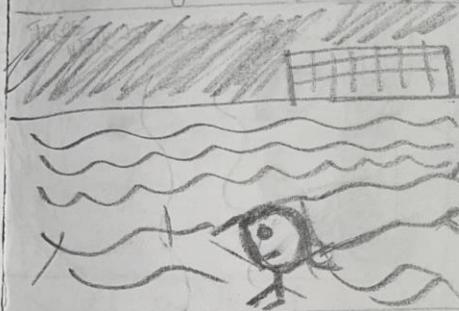
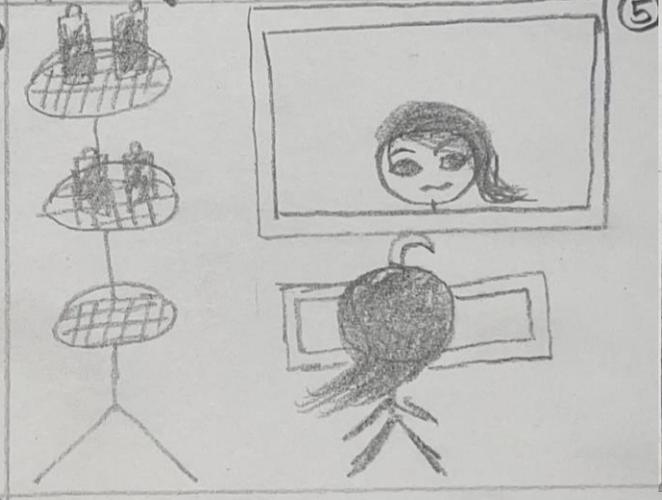
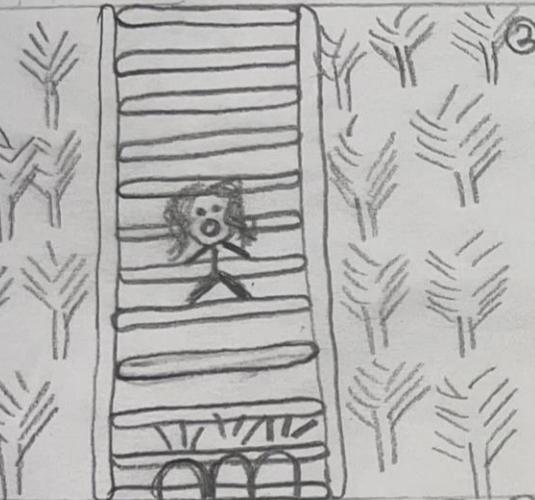
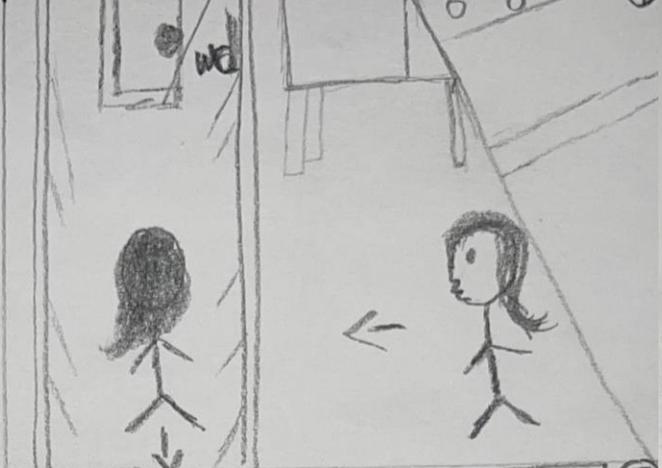


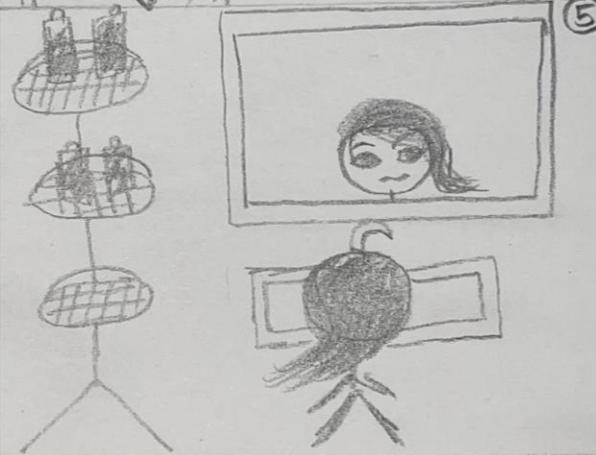
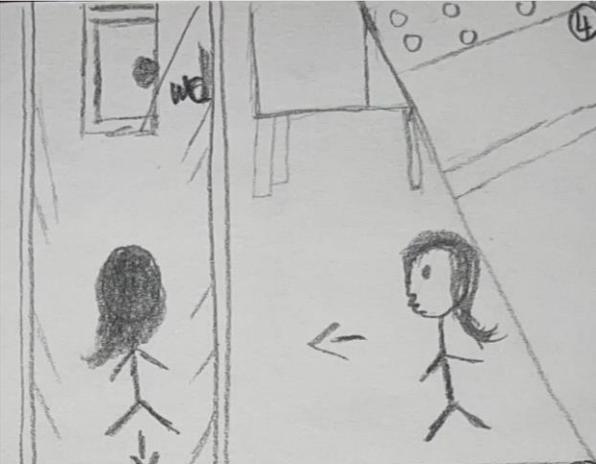
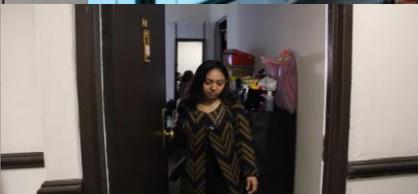
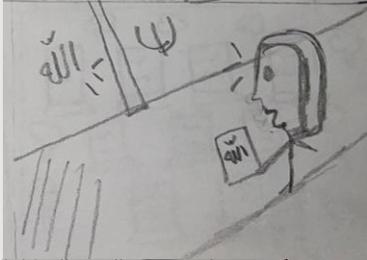
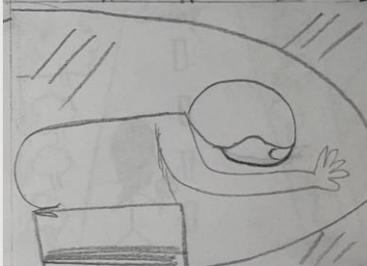
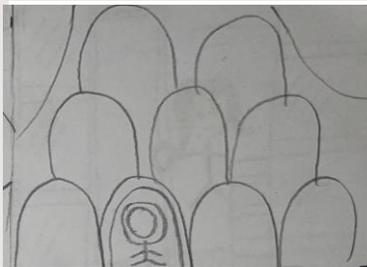
SCENE #	SHOT TYPE	MOVEMENT	LOCATION	EXT / INT	SOUND	SHOT DESCRIPTION
1 Railroad	MLS	Tracking	Forest Park, NY	EXT DAY	YES	Tracking shot of an actor running toward the railroad
2 Apartment/bedroom	MLS	Stationary	Queens, NY	INT DAY	YES	Actor waking up from a dream Goes to the bathroom
2 Apartment/Bathroom	Medium shot/ Extreme close up	Tracking to bathroom, Zoom in when looking at the mirror	Queens, NY	INT DAY	YES	Actor washes her face Looks at herself in the mirror
2 Apartment/Bedroom	Eyes bird view	Stationary	Queens, NY	INT DAY	YES	Actor Goes toward her bedroom, lays down with no motivation
2 Apartment/ Living room	Full shot/ heading to closet= head shot	Tracking	Queens, NY	INT DAY	YES	Walks toward the closet, gets ready
2 Apartment/Lobby	Long shot leaving the lobby/ Full shot	Tracking	Queens, NY	INT DAY	Music/Narration	Goes out, walks outside of the building
3 Cemetery	Long shot walking to a grave	Stationary	Forest Hills, NY	EXT DAY	Music/Narration	Next day Goes to cemetery Tears up for her friend that she lost
4 In the car	Medium shot/ close up of an actor crying	Stationary	Rego park, NY	EXT DAY	Music/Narration	Gets in the car, looks at a faceless doll that her friend gave it to her, reminds her of her friend; starts crying
5 Beach	Full shot	Tracking, Stationary	Rockaway beach, NY	EXT DAY	Music/Narration	Throws stone into the ocean, walks through the beach
6 Lake Park	Full shot	Stationary/Tracking	Flushing Park	EXT DAY	Music/Narration	Comes out from DD with a coffee, walks through path, enjoying the weather while looking at the lake
7 Islamic Center Abu Bakr Mosque369	Full shot/ Medium shot while praying	Pedestal/Tracking	Flushing, NY	EXT DAY	Music/Narration	While actor is walking, she hears the Islamic sound of azan she goes inside of the mosque, starts praying, she finds peace

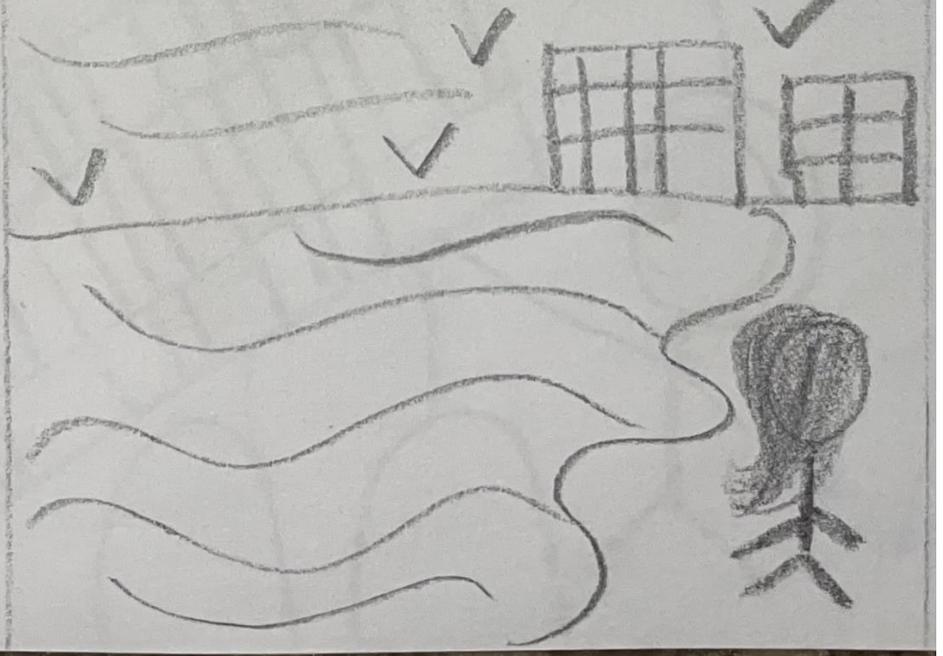
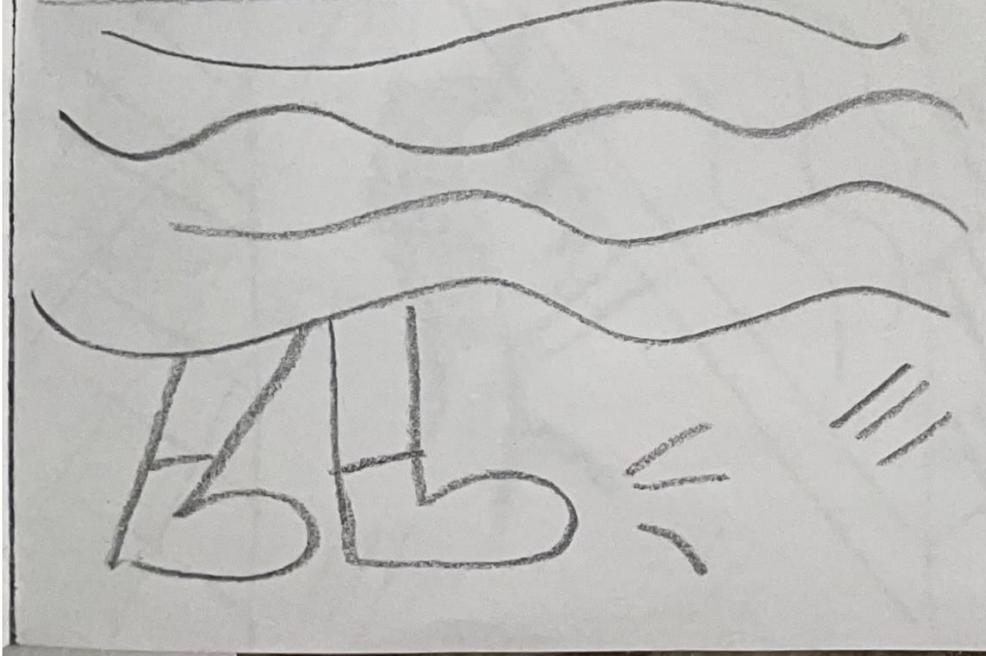
Calendar



Date	SCENE #	LOCATION	EXT / INT	SHOT DESCRIPTION
02/12/2022	1 Railroad	Forest Park, NY	EXT DAY	Tracking shot of an actor running toward the railroad
02/15/2022	2 Apartment	Queens, NY	INT DAY	Actor waking up from a dream Goes to the bathroom
02/15/2022	2 Apartment/Lobby	Queens, NY	INT DAY	Goes out, walks outside of the building
02/18/2022	3 Cemetery	Forest Hills, NY	EXT DAY	Next day Goes to cemetery Tears up for her friend that she lost
02/21/2022	4 In the car	Rego park, NY	EXT DAY	Gets in the car, looks at a faceless doll that her friend gave it to her, reminds her of her friend; starts crying
02/29/2022 Beach	Beach	Rockaway beach, NY	EXT DAY	Throws stone into the ocean, walks through the beach
03/01/2022	Lake Park	Flushing Park	EXT DAY	Comes out from DD with a coffee, walks through path, enjoying the weather while looking at the lake
03/01/2022	Islamic Center Abu Bakr Mosque	Flushing, NY	EXT/INT DAY	While actor is walking, she hears the Islamic sound of azan she goes inside of the mosque, starts praying, she finds peace









BUDGET



Deliverable	Equipment	Quantity	Estimated Cost	Actual cost
Editing software	Avid Media Composer First	1		\$0
Camera	Canon EOS REBEL T7	1		\$0
Camera (Lens)	EF-S 18-55mm f/3.5-5.6 IS II Lens	1		\$110
Lighting	Sunpak DF4000U	1		\$0
Transportation	Uber			\$200
Locations	Airbnb			\$90
Drive	7200 RPM drive	1		\$89
Total Production				\$489

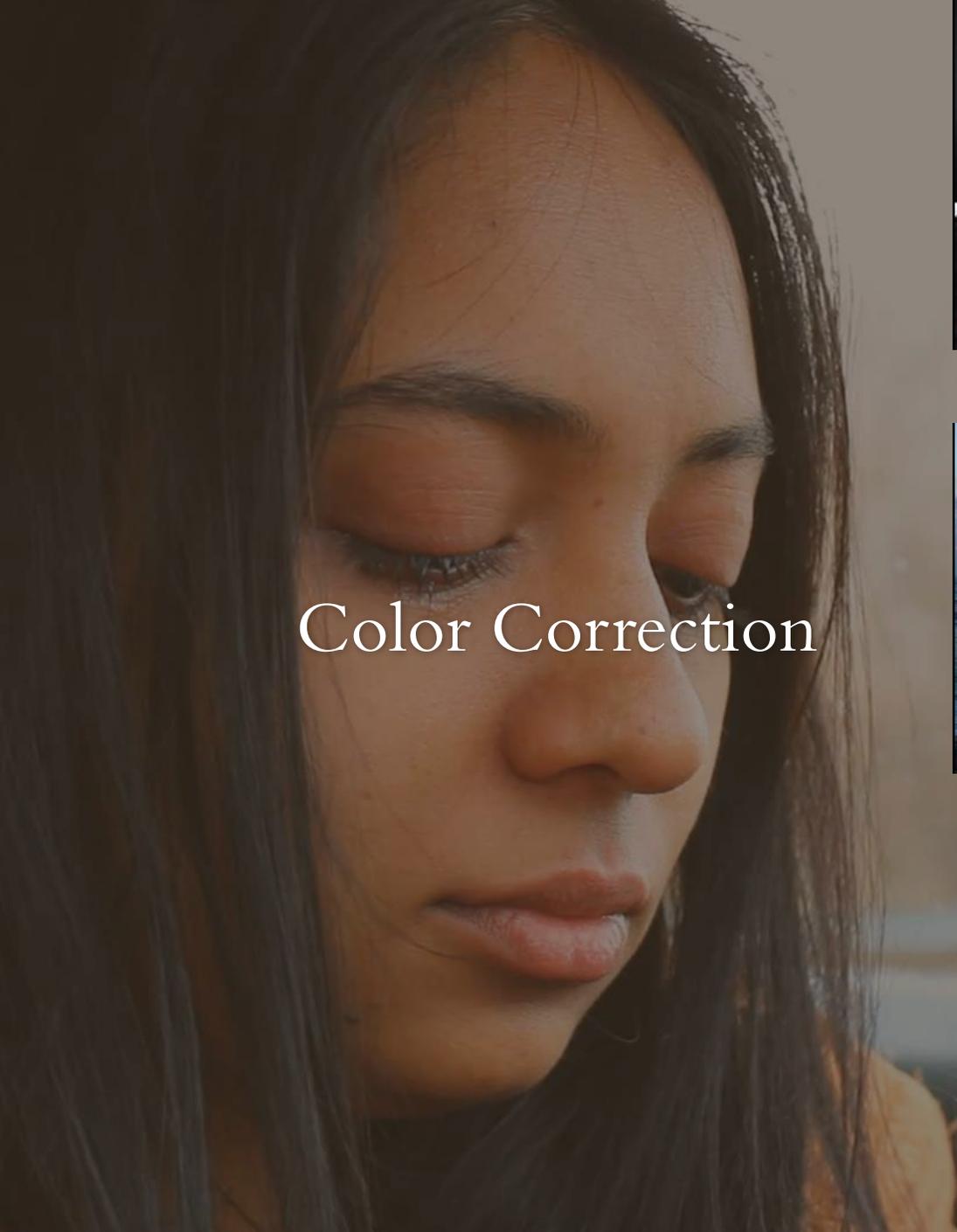
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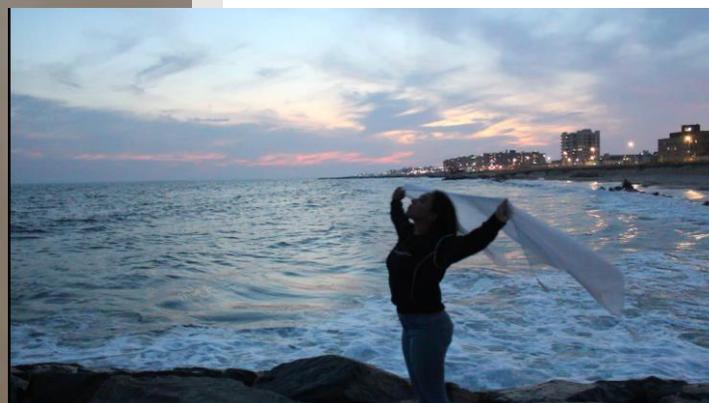
A screenshot of an audio editing software interface. The top section shows a video preview window with a woman in a car. Below it is an audio meter for the Master channel. The main area is a multi-track timeline with a time axis from 00:00 to 01:10:00. The tracks are labeled A1 through A8. Track A1 contains a complex waveform. Tracks A5 and A6 contain audio labeled 'Calmir' and 'Adhan_Call'. Tracks A7 and A8 contain audio labeled 'Sad_Cinemat' and 'Rev.Cemetery'. A white diamond cursor is positioned on track A8 at approximately 01:05:14:04.

Color Correction

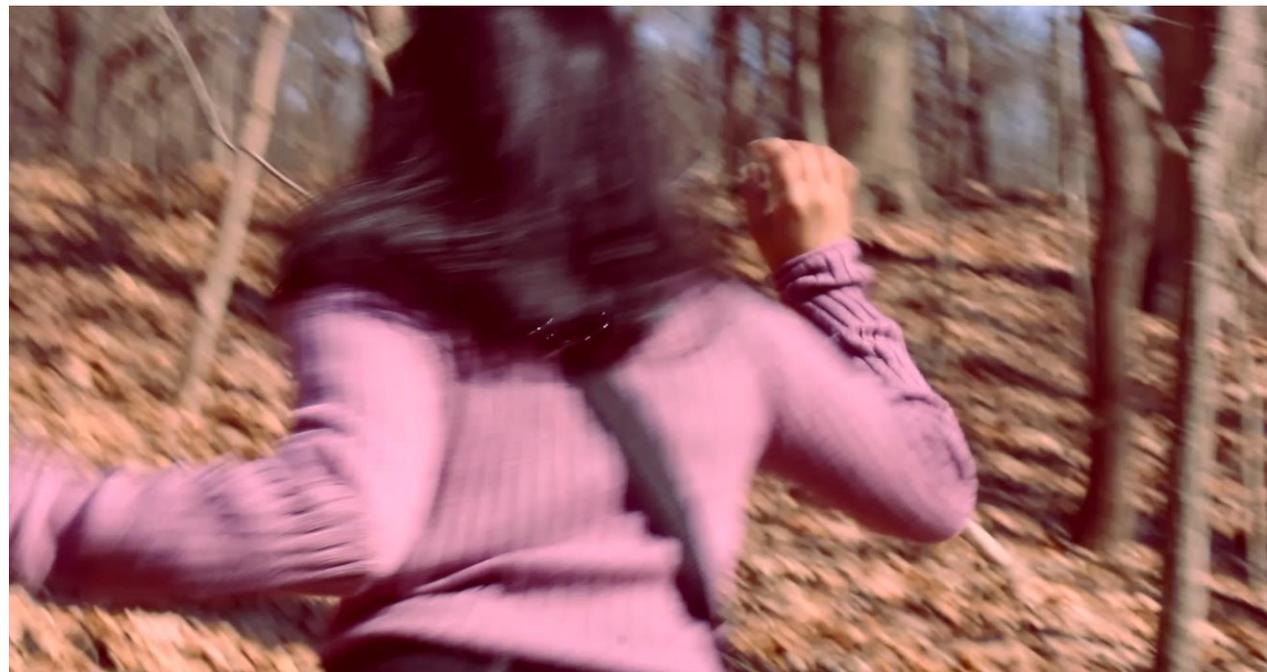




Color Correction



SOUND



OVERVIEW,
CHALLENGES



SCHEDULE



Task	Start	End	Duration
Working on proposal/ story board	1/31/2022	2/15/2022	
Video shoot 1 (Cemetery)	2/15/2022	2/15/2022	
Meeting slip 1	2/16/2022	2/16/2022	
Video shoot 2	2/18/2022	2/18/2022	
Work on e-portfolio	2/28/2022		
Video shoot 2 B (Rockaway beach)	2/29/2022	2/29/2022	
Video shoot 3 (Apartment)	3/4/2022	3/4/2022	
Video shoot 4 (Car + Supermarket)	3/7/2022	3/7/2022	
Meeting slip 2	3/8/2022	3/8/2022	
Work on editing	4/1/2022		
Practice	5/3/2022	5/8/2022	
Present video	5/9/2022	5/16/2022	

CONCLUSION



THE END

