

TINY FILM SHACK

a TINY FILM SHACK production.

YALO
STUDIOS



CHANGING ROOM

a film by RUCHIR KULKARNI

SRIJAY DESHPANDE, SAYALEE PHATAK, RUTVIJ KULKARNI

director of photography ATHARVA GOKHALE original score SARANG KULKARNI

production design SIDDHI UPADHYE art director SANIKA RELEKAR 1st AD SAURAV MAHIND

sound designer YASH LONKAR costumes KASHMIRA sound post production YALO STUDIOS

produced by CHINMAY KANITKAR, RUCHIR KULKARNI

writer, director, editor RUCHIR KULKARNI



FILM SPECIFICATIONS

Project Type Short, Student.

Genres Drama

Runtime 10 Minutes 49 Seconds

Country of Origin India

Country of Filming India

Language Marathi

Shooting Format Digital

Aspect Ratio 2.0

Film Color Color

Film School NEW YORK FILM ACADEMY





SYNOPSIS



In a society where body image is scrutinized from an early age, Changing Room follows 12-year-old Pratik, an introverted overweight boy. In the seemingly mundane setting of a clothing store, casual remarks and unspoken judgments unravel the silent struggles of a child grappling with self-worth.





DIRECTOR'S BIOGRAPHY

Ruchir Kulkarni is an Indian filmmaker based in Los Angeles. A former engineer turned filmmaker, he worked across narrative, documentary, and commercial projects in both India and the U.S. before pursuing his MFA in Filmmaking.

His films often explore identity, self-perception, and human relationships. Ruchir has directed multiple short films, including *The Washroom* and *Bait*, and has contributed to acclaimed projects like the Academy Award-qualifying documentary *Murmurs of the Jungle* & the Award-winning feature documentary *Pink Belt*.

For his creative prowess and potential, Ruchir was recognised & awarded as one of the 75 Creative Minds of Tomorrow at the 52nd International Film Festival of India (IFFI) by the Indian Ministry of Information and Broadcasting.





DIRECTOR'S STATEMENT

In India, where cultural norms place an outsized importance on appearance, societal expectations around body image can be oppressive, especially for young people. Children are often conditioned to believe that their value is tied to how they look, and any deviation from the ideal—whether too fat, too thin, too short, or too tall—is met with criticism. And what makes it even more painful is that these aggressions often come from those closest to us—our own families. The remarks are normalised, frequently masked as "concern" for well-being or appearance, or dismissed as "harmless teasing" that should be taken sportingly. But, internally they perpetuate a cycle of insecurity, self-doubt, and emotional scars.

Changing Room is a deeply personal exploration of self-acceptance, mirroring my own journey with body image and self-esteem set against the emotionally rich backdrop of Indian society. This story follows Pratik, a 12 year old overweight young boy whose experiences with societal labels and isolation reflect my own struggles.



The CREW

WRITER, DIRECTOR, EDITOR
Ruchir Kulkarni.

PRODUCERS
Chinmay Kanitkar, Ruchir Kulkarni.

CINEMATOGRAPHER
Atharva Gokhale.

PRODUCTION DESIGNER
Siddhi Upadhye.

ART DIRECTOR
Sanika Relekar.

SOUND MIXER/DESIGNER
Yash Lonkar.

1ST AD
Saurav Mahind.

KEY CAST
Srijay Deshpande, Sayalee Phatak, Rutvij Kulkarni.

SUPPORTING CAST
Sagar Dahale, Ira Paranjpe.

1st AC/ FOCUS PULLER
Vedanti Rathod.

COSTUME DESIGNER
Kashmira.

MAKE-UP ARTISTS
Mohini Dharne, Priyanka Dave.

BOOM OPERATOR
Arnav Joshi.

2ND AD / SCRIPT SUPERVISOR
Ruturaj Nerurkar.

EXECUTIVE PRODUCER
Shilpa Shrikrishna Kulkarni.

ADDITIONAL SCREENPLAY
Austin Okazaki.

3RD AD
Nimish Kanitkar.

PRODUCTION ASSISTANT
Shambhavi Borkar.

POST SOUND
Yalo Studios, Pune.

ORIGINAL SCORE
Sarang Kulkarni.



FAQS

Why Changing Room?

Changing rooms have always intrigued me because of their tight, claustrophobic nature. These spaces are where we are left truly alone with ourselves, forced to face who we are in the most unfiltered way. It's a weird truth-showing room—where, for a few moments, there's no one else but you and your reflection, where you confront your image, your imperfections, and your insecurities. It's the only place where we are forced to face our own judgment before we attempt to hide those flaws with new clothes, often clothes we don't even like, but we try them on anyway because it's how society expects us to look.

Who is Pratik? What's his problem?

A 12 years old boy who is overweight, insecure, and burdened by the constant pressure to fit into a world that seems designed to make him feel inadequate.

The name "Pratik" (प्रतिक) in Marathi, as well as in other Indian languages, translates to "symbol," "emblem," or "representation". It signifies something that stands for or represents an idea, object, or quality. In a broader sense, "Pratik" can also imply "reflection" or "manifestation."

As an introverted person, you often get quite comfortable living inside your own head. You begin to project everything happening around you onto yourself, almost as if the entire world is conspiring against you. I wanted to explore this feeling through Pratik in Changing Room. His perception of the world is skewed by his insecurities, and he internalizes everything, which heightens his sense of isolation.

Is the Mannequin a character in itself?

For me, the mannequin in Changing Room is not just a prop for production design, but a reflection of ourselves. When we see a naked mannequin, it's always perfectly carved, almost like a Greek god, with clothes that fit it flawlessly. Sometimes, it can feel as though the mannequin is teasing us, silently saying, 'You won't look or carry these clothes as well as I do.' But on the flip side, the mannequin is also a hollow figure. It embodies both the things it can do, like being the idealized version of perfection, and the things it cannot do, like having no autonomy over its appearance. In the context of Pratik's journey, the mannequin represents both the external ideal he feels pressured to live up to and the internal realization that these ideals are hollow.

Did you shoot in an actual Changing Room?

Yes! And it was difficult to squeeze four people in a room that small. Yes four, you read that right. We had to specially design lighting rigs that would fit into the room, along with the camera on tripod, along with DP, director and actors.

What do you want to say?

Body image and identity are universal struggles, especially in today's society where external validation is amplified by social media and cultural pressures. Through Pratik's story, I wanted to highlight how these pressures affect our sense of self and how important it is to find peace within, regardless of societal standards..



CHANGING ROOM

DIRECTOR: RUCHIR KULKARNI

DOP: ATHARVA GOKHALE

SCENE NO.	SHOT NO.	TAKE NO.
6	A	1
9	4	1

BTS



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Trailer for Download

PDF Press Kit for Download

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