

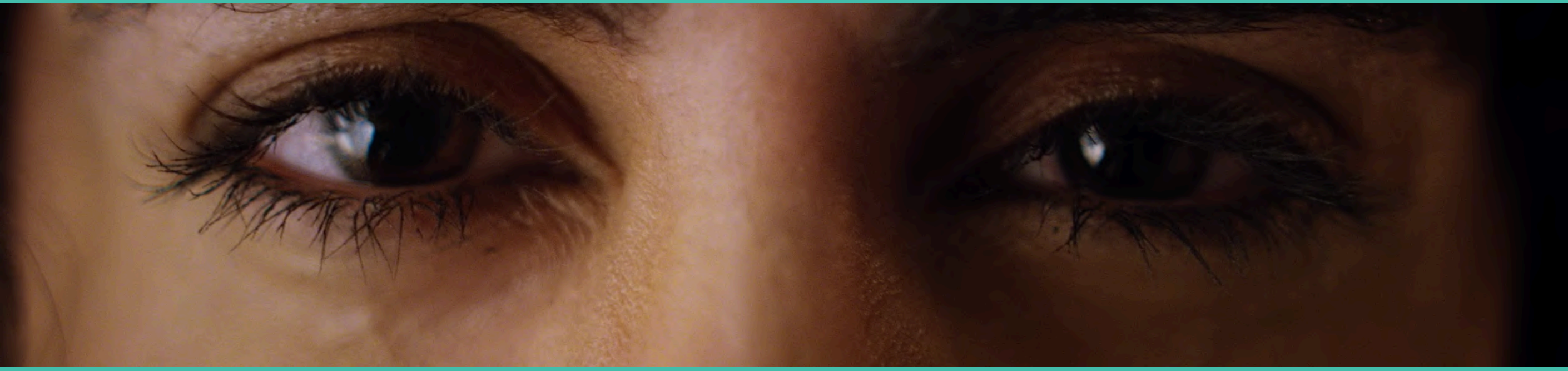
Electronic Press Kit



Squat & Stool

She's got one shot to make a great first impression, if only she could go.

Squat N Stool - A Comedy, Short Film



When a nervous young woman visits her boyfriend's parents for the first time, she faces her biggest challenge yet—surviving a weekend without her beloved squat stool.



Running Time	10:30
Country of Production	Canada
Date Of Completion	July 2025
Shooting Format	RED Komodo, 16:9
Production Company	RAMAR Productions
Shooting Formats	DCP and ProRes Available
Sound	Dolby Digital 5.1 Theatrical
Language	English



SYNOPSIS

When Ria visits her boyfriend's parents for the first time, she's determined to make a great impression—but there's one problem. She's left behind her squat stool. As the days pass and desperation grows, her increasingly absurd attempts to find a substitute lead to near-disasters, awkward encounters, and mounting suspicion from Ben's father, William. Just when all hope (and dignity) seems lost, an unexpected hero emerges with the perfect solution—proving that sometimes, the strongest bonds are formed in the most unexpected places.

"Squat & Stool" is a quirky comedy about love, first impressions, and the universal struggle for proper posture.



DIRECTOR'S VISION STATEMENT

Growing up in India, squatting was second nature—a natural, effective way to relieve oneself. But after moving to Canada, I adapted to Western toilets, and with that came an unexpected struggle: persistent constipation. Instead of addressing it holistically, I found myself resorting to increasingly absurd makeshift solutions to replicate the squatting posture on a standard commode.

Squat & Stool is deeply personal, born from these very experiences. This film blends humor with a universal yet rarely discussed struggle, exploring how something as simple as a bathroom routine can feel like an identity crisis in a new cultural landscape. Through exaggerated physical comedy, awkward social encounters, and an underlying sense of longing for a more natural way, I aim to create a lighthearted yet relatable reflection on adaptation, dignity, and the unexpected bonds that form over shared struggles—even in the most private of moments.



THEME

Squat & Stool is a comedy rooted in something deeply human: the silent, often-ignored rituals of the body. It shines a light—gently and hilariously—on how modern convenience and cultural discomfort have distanced us from our most natural instincts, like the simple act of squatting.

At its heart, the film is about what happens when we suppress basic needs in order to “fit in,” especially across cultures. In a world where politeness often overrides physical truth, *Squat & Stool* invites us to laugh, reflect, and reconsider how far we’ve moved—literally and metaphorically—from our natural selves.



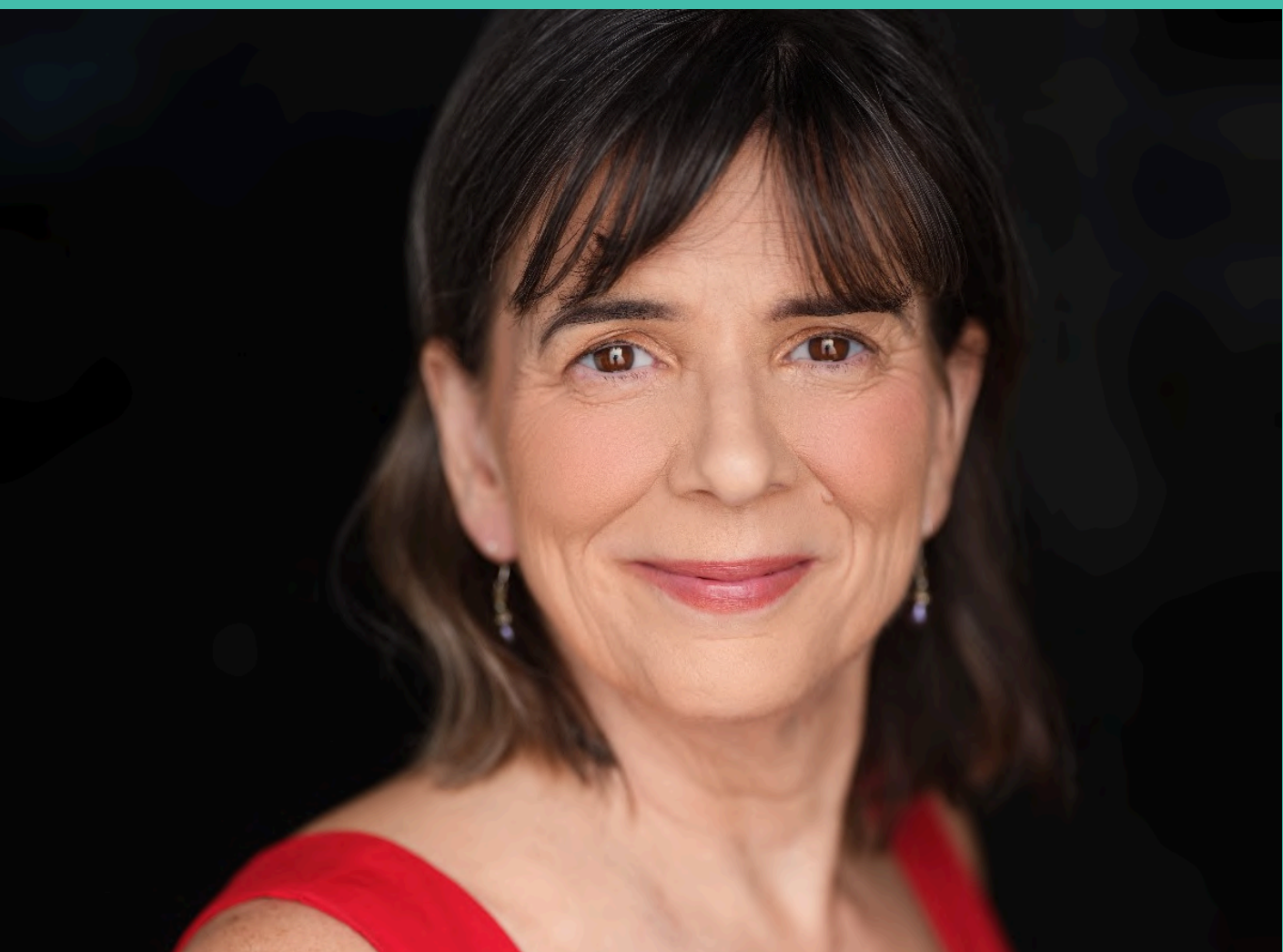
STARS

Squat & Stool features a dynamic ensemble cast that brings charm, comedic precision, and heart to the story's quirky world. Leading the film is **Ritisha Jhamb**, a Vancouver-based actor and producer known for her bold performances and sharp comedic instincts. With a background in creating absurdist, stereotype-defying narratives—especially centering women in comedy—Ritisha's portrayal of Ria is both hilarious and deeply relatable. Her previous producing credits include shorts featured in local Vancouver festivals, including the Mighty Asian Moviemaking Marathon (MAMM).

Dave Gibson plays William with subtle depth and quiet charisma. A late bloomer in the world of acting, Dave began his screen career at 65 after relocating from Scotland to the West Coast in 1968. He's since appeared in commercials, short films, and music videos, and has trained extensively with top coaches across Vancouver. Dave's presence in the film lends it wisdom, warmth, and a wry edge that perfectly balances the story's tone.

Brandon Caul, an emerging actor from Victoria, BC, brings charm and heart to the role of Ben. His easygoing screen presence and natural chemistry with Jhamb offer a grounded, lovable counterpoint to the film's chaotic core.

Rounding out the cast is **Lori Shock Ross** as Margaret, whose long-standing passion for acting has seen her in indie films, commercials, and even a vertical soap opera. Her comic timing and maternal warmth round out a cast that elevates *Squat & Stool* into a heartfelt and hilarious portrait of gut feelings—both literal and emotional.





WRITER, DIRECTOR AND PRODUCER

Ram Rajagopalan is a Vancouver-based filmmaker and founder of RAMAR Productions Ltd., a boutique production company dedicated to bold, socially resonant storytelling. In the past two years, he has independently produced several short films with budgets ranging from CAD 4K to 40K. Thematically wide-ranging, these projects explore subjects such as childhood trauma, passive racism, teenage suicide prevention, and cultural hybridity.

An award-winning filmmaker who transitioned into cinema in 2023 after a two-decade career in tech, where he led large-scale product and software teams at Amazon—heading the Alexa organization in Toronto—and BlackBerry. Driven by a lifelong passion for storytelling, he brings to filmmaking the same leadership skills that once built global tech teams, now applied to assembling high-caliber creative collaborators.

As a producer, Ram has worked with notable talents including director Vivek Elangovan (*Alia*), cinematographer Mikah Sharkey, and production designer Shivangi Singh; TIFF and CFC alum Connor Gaston (*Bagman*); and Hiromu Yamawaki (*Sandai*), with stunts by John Wick 4's Naoki Tasaki. His directorial debut *Mannequin* (2024, horror) won **Best Emerging Director** at Bleeding Tree International and **Best Horror Short** at ConCarolinas, screened at over ten festivals worldwide including the **Canadian Screen Award-qualifying** Silver Wave Film Festival, and was a semi-finalist at the **BAFTA- and Oscar®-qualifying** Flickers' Rhode Island International Film Festival. Ram's other projects (*Sandai*, *Oh My Cow*) have also been recognized in the Top 40 at major competitions like Crazy8s and Run N Gun.

A 2023 graduate of Vancouver Film School, with additional training in screenwriting and performance at Toronto Metropolitan University and The Second City, Ram gained hands-on experience across multiple production roles—including 1st AD, Script Supervisor, and DOP—before stepping into the director's chair.

Rooted in Indian street theatre and lived experience, Ram's work champions BIPOC voices, Tamil-Canadian narratives, and intergenerational stories told with authenticity, cultural nuance, and heart.





PRODUCTION DESIGNER

Hendrika Hermkens is a production designer with over five years of experience and a multidisciplinary background in film, 3D art, and design. A graduate of Vancouver Film School's Film Production program, they bring a strong grasp of visual language and narrative cohesion to every project. Their work as a photorealistic 3D artist on major titles like *Call of Duty: Modern Warfare 2* and *Warzone 2.0* (Beenox/Activision) informs a design approach that blends cinematic aesthetics with technical precision. Now focused on production design for film, they are dedicated to creating immersive, story-driven visual environments that enhance emotional impact and push creative boundaries.

CINEMATOGRAPHER

Tegan Dobrich began her career in the art department on a number of feature film projects in Edmonton, Alberta, before moving to Vancouver to pursue formal training at Vancouver Film School with a focus on production design and cinematography. In 2023, she stepped behind the camera as a cinematographer with her debut short *Spiral*, and has since lensed *Bubblegum Ice Cream* and *Meat*, which screened at the Whistler Film Festival, AltFF, and Spooky Horror Film Festival, earning special mentions and nominations. Tegan's visual style blends surrealism with emotional intrigue, always searching for depth within the frame. *Squat & Stool* marks her first foray into comedy, where she brings her keen eye to crafting an environment that reflects Ria's internal world—one the audience can laugh with, but also deeply empathize with.

EDITOR

Olivia McCormac's love of storytelling began with a childhood obsession with Scooby-Doo and has since grown into a passion for all things weird, wonderful, dark, and a little romantic. That passion has followed her through every phase of her life, culminating in a growing body of work as a film editor. Her recent projects include *Ketchup* (2023), a heartfelt tribute to the fandom spaces she grew up in, which premiered at the Whistler Film Festival, and *Seasons* (2024), a nuanced exploration of the complex mother-daughter bond. Her work has been screened across North America, and she's always looking forward to where the next story will take her.



COMPOSER

Pablo Khan is a multifaceted music composer and musician with a lifelong passion for creating captivating soundscapes. Beginning his musical journey at the tender age of 6 with piano lessons, he soon expanded his instrumental repertoire to include drums, guitar, and bass. With extensive training in music performance, composition, audio recording, and studio production, Pablo's expertise spans a wide range of genres, from progressive and ambient rock to contemporary jazz.

INDIC INSPIRED COMPOSITIONS

Pablo's works on short films like *Mannequin* and *Xypnios* has been praised for its emotional nuance and sonic storytelling. With *Squat & Stool*, he faced the unique creative challenge of blending Indic-inspired musical motifs into the context of a contemporary Western household. Drawing inspiration from traditional Indian percussion such as tabla and ghatam, Pablo layered these elements with melodic structures rooted in sitar and acoustic guitar. He also incorporated santoor and piano textures to build a soundscape that is at once playful and empathetic. The result is a score that moves seamlessly between humor and heart—elevating the film's tone while honoring its cultural undercurrents.





THE TEAM

Ria
Ben
William
Margret
Cherry

Ritisha Jhamb
Brandon Caul
Dave Gibson
Lori Schock
Goose

DOP/Camera Operator: Tegan Dobrich
1st Assistant Camera: Madhav Nandivdekar
2nd Assistant Camera: Karthik Sharma
Key Grip: Vijayan Srinivasan
Gaffer: Suhail Puri
G&E: Adel Filip

PD/Costumes/Still
Photographer: Hendrika Hermkens
Art Director: Zoie Wickens
Set Decorator: Earl Gordola
HMU: Kitty Yin

Writer/Director
1st AD/Script Supervisor
Line Producer
Co-Producer
Co-Producer

Boom Operator:
Sound Mixer/ Sound
Design:
Data Mgmt
Tech/Assistant Editor:
Colourist:
Editor:
Composer:
Graphics:

Ramgopal Rajagopalan
Linzie Weiss
Amen Bhatta
Amir Arab
Hooman Nematolahi
Daniel Imola
Mario Belmonte Valencia
Mathieu Fallon
Rohan Singhal
Olivia McCormick
Pablo Ivaan Khan
Hendrika Hermkens

MARKETING

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Filmfreeway: <https://filmfreeway.com/SquatNStool>



CDHF

Canadian Digestive Health Foundation is Canada's trusted resource on digestive health. Committed to providing useful, up-to-date information and research to help Canadians better manage digestive conditions and live healthier lives.

Press - "CDHF has partnered with RAMAR Productions Ltd. on the educational short film *Squat & Stool*, aimed at raising awareness about gut health and the benefits of proper posture for bowel movements."

The Canadian Association of Gastroenterology is CDHF's association. Over 1100 members including gastroenterologists, surgeons, pediatricians, basic scientists and nurses comprise the Association. The CAG provides professional gastroenterological education and funding opportunities for gastrointestinal health and disease research, and more recently, has advocated for improved timeliness and quality of digestive health care for Canadians.

Charitable Registration Number: 889968269RR0001

S#!T HAPPENS

**A STRAINED POOP TODAY COULD MEAN
GUT HEALTH ISSUES TOMORROW.**

**SITTING = STRAINING.
SQUATTING = HAPPIER COLONS.**



SQUAT. STOOL. SMILE :)



RAMAЯ
PRODUCTIONS
PRESENTS

STARRING

RITISHA JHAMB DAVE GIBSON BRANDON CAUL LORI SCHOCK ROSS GOOSE



Squat & Stool

She's got one shot to make a great first impression...
if only she could go.

WRITTEN, PRODUCED & DIRECTED BY RAM RAJAGOPALAN ASSISTANT DIRECTOR LINZIE WEISS DIRECTOR OF PHOTOGRAPHY TEGAN DOBRICH

PRODUCTION DESIGNER HENDRIKA HERMKENS EDITOR OLIVIA MCCORMAC MUSIC PABLO KHAN

