



Representation: AC Actors

info@acactors.net

07376050710

www.acactors.net

Playing Age: 45–60 |

Height: 163cm |

Languages: English, Hindi, Urdu

Work Rights: UK, Singapore, India

Spotlight: <https://app.spotlight.com/0456-8940-5883> |

Showreel: https://youtu.be/PB_4pAMKPbl

IMDB:

<https://www.imdb.com/name/nm9901346/>

NAMITA LAL

A c t o r

Feature Films (Selected)

Inn Galiyon Mein (In these Lanes) | Lead | Dir. Avinash Das | India Cinemas (2025)

Oxygen | Lead | Dir. Shoib Shah | Zee 5 (2024)

Before Life After Death | Lead | Dir. Anshul Tiwari | Prime UK/USA, Netflix Asia (2023)

Country of Blind | Lead | Dir. Rahhat Kazmi | US Cinema Release (2023)

Lihaaf (The Quilt) | Supporting | Dir. Rahhat Kazmi | Jio Cinema (2022)

Television & Web

Made in Heaven | Recurring | Amazon Prime

The Trial | Recurring | Disney Hotstar

Highway Love | Guest | BBC/Amazon Prime

Stage (Selected)

Lihaaf | Rabbo | Dir. Neelu Dogra | Dastak, Singapore

The Vagina Monologues | The Woman Who Loved to Make Vaginas Happy | Dir. Sangeeta Nambiar | Singapore

Mindless Whispers | CEO | Dir. Gauri Gupta | Singapore/UK

Training

Identity School of Acting, London - Ongoing

Method Acting – Jeff Goldberg Studios, Mumbai - 2021

Screen Work – Lillete Dubey, Singapore - 2022

Theatre Workshops – Manoj Bajpayee, Ashok Purang (India, Singapore)

Skills

Singing: Indian semi-classical (Trained)

Dance: Free Style

Sports: Swimming, Golf

Other: Yoga