

# “Train Wreck”

## Project Report

Submitted by

Gayathri S Menon(VB22AMS002)

Under the guidance of

**ZEBA NAZAR**

*In partial fulfilment of requirements for award of the degree  
Of Bachelor of Arts*

St. Teresa's College (Autonomous), Ernakulam



College with Potential for  
Excellence Accredited by NAAC

with ‘A++’ Grade

Affiliated to

Mahatma Gandhi University  
Kottayam-686560

April 2025

## **Declaration**

I do affirm that the project “Train Wreck” submitted in partial fulfilment of the requirement for the award of the Bachelor of Vocation Studies in Applied Media Studies has not previously formed the basis for the award of any degree, diploma, fellowship or any other similar title or recognition.

Ernakulam

Gayathri S Menon

10/4/2025

**VB22AMS001**

B.Voc Applied Media Studies

St. Teresa’s College (Autonomous)

## **Certificate**

I hereby certify that this project entitled “Train Wreck” by Gayathri S Menon is a record of bonafide work carried out by her under my supervision and guidance.

Ernakulam

**ZEBA NAZAR**

10/4/25

Department of Communicative English

St. Teresa’s College (Autonomous )

## **Acknowledgement**

I take this opportunity to offer my humble prayers and thanks to God Almighty for His mercy and blessings for the completion of this project.

I am deeply grateful to Rev. Sr. Nilima CSST, Provincial Superior and Manager, St. Teresa's College (Autonomous), Ernakulam, for her kind cooperation and I am highly indebted to Rev. Sr. Tessa, CSST, Director, St. Teresa's College (Autonomous), Ernakulam and Dr. Alphonsa Vijaya Joseph, Principal, St. Teresa's College (Autonomous), Ernakulam for their unconditional support and encouragement during my course of study in this institution.

I am extremely grateful to Allu Alfred, Head of the Department of Communicative English, St. Teresa's College (Autonomous) for the valuable suggestions and guidance provided by her in fulfilling this project.

I am extremely thankful to my supervising guide, Zeba Nazar, Department of Communicative English for her guidance and for all the teachers of the department for their valuable help rendered for the successful completion of this project.

Last but not the least, I wish to express my gratitude to my friends and family for their love and support.

Gayathri S Menon

## **TABLE OF CONTENTS**

CHAPTER 1	About
CHAPTER 2	Idea/ Concept
CHAPTER 3	Research
CHAPTER 4	Script
CHAPTER 5	About my role
CHAPTER 6	Conclusion

## ***About***

"Train Wreck" is a short psychological drama that follows Prashant, a quiet and lonely office worker stuck in a dull routine and a heavy life. Weighed down by routine and the lingering shadows of his grandmother's mental illness, he moves through crowded trains and office cubicles, barely seen. Amid all this noise, it's the simple smile of a girl on his daily train that begins to ground him—soft, steady, and unexpectedly comforting he begins to find peace in her presence. Her smile became his only light.

But when she suddenly stops showing up, something in him unravels. His mental state deteriorates, blurring reality and hallucination, her sudden absence pushes him to the edge. The line between memory and imagination begins to blur, and Prashant starts to question what's real and what isn't. Believing she was never real, he spirals into despair and takes a tragic step. In a twist, we see the girl did exist—she missed the train that day, holding a note confessing her feelings for him.

Themes: urban loneliness, mental health, missed connections, and the fragile line between hope and despair.

## ***Idea***

The concept of this story could be taken as a lesson to take one's mental health seriously. In a society where having to approach a therapist or psychologist is judged and the person is often given the tag of a "freak" people get afraid to speak out, which ends up in such brutal situations like in the story.

If the character were brave enough to seek help, he might not have suffered such consequences.

A whole lot of people still fail to understand the importance of understanding and keeping healthy mental health. This story helps portray the consequences or the result of ignoring one's mental health. We should always keep in mind that our mental health matters.

## ***Research***

The research started with talking to my uncle, a professional psychologist. Upon sharing our opinions and views on different matters we came across the topic of mental health. On delving deeper into the subject, he shared how he has handled multiple cases in which the person was too afraid of judgement and to ask for help that when they finally spoke up it was late, their mental health having a huge toll on their lives. He shared the importance of making the people around us feel safe and letting them know how it was okay to approach someone when in need of help. Multiple articles from great therapists were also a great help during my research.

# Train wreck script

## **Scene 1**

### **INT DAY ROOM**

Shot of alarm RINGING at 6:30 am ( Close up)

The camera moves to show Prashant miserably opening his eyes and sitting on the bed.

Prashant changing (slowly putting on his socks), getting ready for the office and packing his lunch

The camera shows his apartment

He walks to the door, backpack in hand

A closeup of the door as he moves towards it and turns the handle shows the chilli and lemon protection hanging on the door.

*CUT*

## **Scene 2**

### **EXT DAY Railway Station**

Shot of the train station in the morning with many people waiting for the train.

The camera is placed behind Prashant focusing on him. When the train finally comes, focus on the train.

Shot of Prashant running towards the train door.

*CUT*

## **Scene 3**

### **INT DAY Train**

Prashant walks to his seat, sliding in b/w other passengers

Alone in his compartment, he looks melancholy, staring straight outside the window till the ticket collector comes to collect his ticket

Collector: "Ticket"

He gives his ticket

After the ticket collector leaves, he proceeds to get lost in thoughts, looking out the window. The train announcement of his station startles him, pulling him out of his thoughts as he collects his belongings and moves towards the exit.

VO: "Destination: Churchgate, Next Station: Bandra"

The camera shows him getting on the platform

*CUT*

#### **Scene 4**

##### **EXT DAY Road**

Shots of Prashant walking to his office

People walking in a crowded street (People walking with their backpacks and suitcases showing that they are off to work, street vendors selling vegetables and fruits to women, cars and motorbikes going in different directions)

*CUT*

#### **Scene 5**

##### **INT DAY Office**

Prashant sits down on his desk

Camera shots of Prashant and his colleagues working, with Prashant looking more miserable than the rest of them. Even when the rest of them take occasional breaks and socialize, Prashant types away on his computer.

*CUT*

## **Scene 6**

### **INT DAY Office breakroom**

Lunch break

The camera shows the tables

Prashant moves to the quietest corner to eat his lunch in peace, a tired expression etched on his face.

A group of his coworkers join him on the table

Coworker 1: "Hey Prashant! Mind if we sit here?"

Prashant (politely smiling): "It's ok"

Coworker 2: "This is one hell of a month, the workload is hectic. I have to swallow this meal in one go if I want to finish my work on time"

Coworker 3: "I know! It's only lunchtime and I'm already tired"

Coworker 4: "It's like they're trying to reduce productivity in the office by giving us these impossible deadlines"

Coworker 1: "So true. What about you Prashant? This is a safe space. Vent away about the evil bosses who use us as underpaid labour"

Prashant (shrugging): "It's ok"

He continues eating his lunch, ignoring his coworkers who are staring at him in awkward silence.

*CUT*

## **Scene 7**

### **INT DAY Train**

Shot of the train station in the evening, more crowded than in the morning

Prashant moves past tired passengers to get to his compartment

As he settles in his seat, the ticket collector enters

Collector: "Ticket"

As he gives his ticket to the collector, she walks into the compartment

Collector: "Ticket"

(She hands over her ticket)

She sits down and adjusts her bag

After settling in her seat, she smiles at Prashant who returns it with one of his own, only that this time it wasn't just a polite smile, it was genuine. There was something about her that made him simple even without him knowing.

(In his head)

VO: Why do I smile at her? She was nothing extraordinary, with hair long pleated hair with a middle part, dull and worn out churidar and a visibly old bag but the way she smiled, the way she never seemed tired, the way she glowed even after a long day, maybe that's what makes me smile.

Prashant in the train compartment smiling at the girl (on different days)

*CUT*

## **Scene 8**

**INT NIGHT Room**

After reaching home and carelessly slams his bag onto a chair in his dimly lit apartment. He changes. The office clothes are different suggesting this happened on another day. He has dinner alone in silence as usual and falls on his bed, scrolling Facebook posts on his phone and comes across a post about the psychology behind hallucinations. The camera zooms into the post, his thumb scrolling indicating that he is reading.

Flashback scene

Mom: Prashant, please be patient with your grandmother

Young Prashant: But why, ma, why was she angry? When I went to see her last month, she was happy to see me

Mom: Prashant, please have some sympathy for her. She's losing her memory-

Young Prashant: Memory loss is not a justification for trying to throw plates at me and yell at me, calling me the devil

Mom: Prashant, PLEASE!

Present-day

Prashant's breath starts to quicken, sweatbeads forming on his head. As he read further a line stuck in his head.,

The camera zooms to the phone, the phone blurred in the background as these lines appear on the screen in a white textbox. "People with a family history of such disorders are more prone to such conditions."

He looked at the walls and couldn't see his shadows. He tries to move his hands closer to the wall and only sees the shadows when his hands are almost pressed against the wall.

He freaks out, eyes scanning the room for anything unnatural. Then, pulling the covers over his head, he decides to sleep.

*CUT*

## **Scene 9**

**INT DAY Room**

He has memories of his grandmother, being gentle at first and then throwing plates at his head the next moment.

These memories hit him at odd moments when he's putting his shoes on, walking to the station and while he's working.

At the office, he hears someone say something but can't trace who it is

He turns to his coworker

Prashant: "Did you hear that too?"

Coworker 1: "Hear what?"

Prashant (growing panicked, mutters): "Nothing"

Prashant: "I'll be right back"

He excused himself to the washroom, splashing water on his face multiple times in hopes of calming him down. He was panting

heavily when he stopped. His shirt was wet but he didn't care, instead, he looked in the mirror, wiping his face with the sleeve of his shirt and went back to work hoping to go back home soon.

Flashback shot of the girl smiling.

He remembers her smile and momentarily calms down, relaxing his shoulders and smiling.

VO: "She will help me"

*CUT*

## **Scene 10**

### **INT DAY Railway Station**

Prashant walks fast to the train station

Flashback shots of the girl smiling at him

Prashant (mutters to himself): "I need to talk to her"

He runs to his compartment looking for her

But she isn't there

The ticket collector comes

Collector: "Ticket"

Prashant: "Excuse me, di- did you see the girl who sits here?"

Passenger: "Who?"

Prashant: "Oh, umm, maybe she's in one of the other compartments"

He runs to the other compartments and asks if they've seen her

Prashant: "Excuse me, have you seen a girl wearing a churidar with long hair carrying a worn-out bag"

Montage of Passengers' response:

"No, she's probably in another compartment"

"I haven't seen her"

"A different compartment, perhaps?"

"You've already asked me and I told you, no I haven't seen her"

"My dear, she's probably in one of the other compartments"

"I haven't seen her and if you ask me again, I'm calling the collector"

The train's siren goes off

Prashant's eyes go wide

He starts crying

Prashant (while crying): "No, no, no"

Clips of the girl smiling at him no longer being there (fade)

He suddenly stops crying uncontrollably

Prashant: "I'm completely alone"

He looks out the still-open doors and flings his body out of the speeding train

Black screen

*CUT*

## **Scene 11**

### **EXT DAY Platform**

Zoom in on the girl Prashant was obsessed with on the platform

She looks disappointed

The girl asks the security: "Did train to Dahanu road leave?"

Security: "yes"

The girl places one hand on her head, looking sad because she missed the train. In her other hand was a small Cadbury dairy milk with a post-it note that said, "I don't know how to say this, but I like you...can we talk sometime?"

\*zoom to the note fluttering in the wind\*

*CUT TO BLACK*

***END***

## **About My Role**

As this script's writer, I provide an open and thoughtful perspective on mental health awareness. My research started with viewing various articles and consulting with a licensed mental health professional about the outcomes of untreated mental health conditions. After a lot of studying, I crafted a script based on various mental health issues that, if ignored, could grow and result in tragic conclusions, hoping to spread awareness.

## **Conclusion**

In conclusion, the story “Train Wreck” serves as a reminder of how untreated mental health issues, especially when combined with loneliness and unprocessed grief, can lead a person to devastating places. It highlights the importance of reaching out, opening up, and seeking help—because sometimes, the smallest gesture or missed connection can mean everything. From this script we learn never to underestimate the impact of kindness , and never wait too long to check in with someone who seems quiet—what’s invisible on the surface could be a train wreck inside. And to anyone fighting their own battles, don’t be afraid to ask for help when you need it.