



April 2021 – Director Alessandra Pedrotti Catoni of Makarampa Films, has won a prestigious Honorable Mention Humanitarian Award from *The IndieFEST Film Awards*. The award was given for Alessandra’s exciting feature documentary **Upper Story – On the road to well-being**, which focuses on the amazing collaboration between Western Neuroscience and Tibetan Buddhism and on the groundbreaking discoveries on human mind’s this partnership reached. **Upper Story – On the road to well-being** features H.H. The 14<sup>th</sup> Dalai Lama in his unconventional role as a scientist and world leading scientists as Richard Davidson, Tania Singer, Susan Bauer-Wu, Matthieu Ricard. The film was shot in 7 different locations between India, United States and Africa and has exceptional animations and original score.

*“I’m really glad to receive this award. I hope in the future the vast majority of the people in the world will be able to train themselves to tackle negative emotions which provoke much of the problems in our lives.” Alessandra Pedrotti Catoni- Director/Producer*

The goal of the Humanitarian Award is to honor filmmakers who are bringing awareness to issues of Ecological, Political, Social Justice, Health and Wellness, Animals, Wildlife, Conservation and Spiritual importance combined with excellence in filmmaking craft. The winners are hand picked by the judges and staff from hundreds of entries throughout the year.

In winning a Humanitarian award from *IndieFEST*, Makarampa Films joins the ranks of other high-profile winners of this important award such as Oscar-winner Jeff Bridges for *Living in the Future’s Past*, Oscar-nominee Liam Neeson for *Love Thy Nature* documentary, Peabody Award winner Leon Lee for *Human Harvest*, Julia Louis-Dreyfus for *Generosity of Eye* and many more.

Rick Prickett, who chairs *The IndieFEST Film Awards*, had this to say about the Humanitarian winners, “It takes great talent to tackle the world’s most pressing issues with film and do a great job. It takes an even greater heart. *The IndieFEST* helps set the standard for Humanitarian filmmaking worldwide. The goal of *IndieFEST* is to help winners achieve the recognition they deserve for the incredible job that they do.”

For more information visit Makarampa Films’s website [www.makarampa.com](http://www.makarampa.com) and on Facebook and Instagram [upperstoryfilm](https://www.instagram.com/upperstoryfilm)