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yellowbellyphoto London

Kiran Sonia Sawar

| | | | |
|---------------------|---------------|---------------------|-------|
| Height: | 5'5" (165 cm) | Eye Colour: | Brown |
| Playing Age: | 25 - 35 | Hair Colour: | Black |

BAFTA Scotland 2025 nominee for her role in SLOW HORSES (S4) opposite Kristin Scott Thomas on AppleTV (AUDIENCE AWARD).

BAFTA Scotland nominated for BEST ACTRESS in BLACK MIRROR 'Crocodile' (S4) opposite Andrea Riseborough available on Netflix.
Lead in BAFTA and RTS winner 'Murdered by my Father'.

Television

2025, Television, Karen, MAYA, Channel 4 / Two Brothers Pictures, Daisy Haggard
2023, Television, Ayesha (Lead), TRUELOVE, Channel 4 / Clerkenwell Films, Chloe Wicks / Carl Tibbetts
2023, Television, Agent Giti Rahman, SLOW HORSES (S4), AppleTV+ / SeeSaw / 60Forty, Adam Randall
2022, Television, Sami, CULPRITS, Disney + / Hulu, J Blakeson
2021, Television, Harriet Kaur (Regular), THE NEVERS, HBO, Joss Whedon / Andrew Bernstein
2021, Television, Rehanna, BACK TO LIFE (S2), BBC / Showtime, Ella Jones
2020, Television, Deena Aayari, DANNY BOY, BBC, Sam Miller
2019, Television, Naz (Recurring), THE CAPTURE, BBC/NBC Universal, Ben Chanan
2018, Television, Rebecca, I AM, Channel 4/Me + You Productions, Dominic Savage
2018, Television, Shamara, BREXIT, Channel 4/House Productions, Toby Haynes
2018, Television, Pritilata Wadedar (Lead), SNATCHES, BBC/Royal Court, Vicky Featherstone
2018, Television, Shereen (Regular), PURE, Channel 4/Drama Republic, Aneil Karia / Alicia MacDonald
2017, Television, Shazia (Lead), BLACK MIRROR - CROCODILE (S4), Netflix, John Hillcoat
2017, Television, Sita (Recurring), DEEP STATE, Fox, Matthew Parkhill / Rob Connolly
2017, Television, Ani (Regular), NEXT OF KIN, ITV / Mammoth Screen, Justin Chadwick / Jamie Childs
2017, Television, Yasmin (Lead), DIANA & I, BBC / Big Talk, Peter Cattaneo
2017, Television, Young Sathnam's Mother, THE BOY WITH THE TOPKNOT, BBC / Kudos, Lynsey Miller
2016, Television, Sister Inez (Guest Lead), GOOD KARMA HOSPITAL, ITV / Tiger Aspect, Jon Wright
2015, Television, Salma (Lead), MURDERED BY MY FATHER, BBC3, Bruce Goodison
2015, Television, Farrah Bulfati (Recurring), LEGENDS, Fox 21 / TNT, Jamie Payne / Alrick Riley

Stage

2023, Stage, Mia (Lead), BRILLIANT JERKS, Southwark Playhouse, Katie-Ann McDonough
2021, Stage, Mary (Lead), MARYLAND, Royal Court, Vicky Featherstone / Milli Bhatia
2016, Stage, Cordelia, BRIDESHEAD REVISITED, English Touring Theatre, Damian Cruden
2016, Stage, Multiple Roles, CYRANO DE BERGERAC, Southwark Playhouse, Russell Bolam
2015, Stage, Princess Jasmine (Lead), ALADDIN, Oxford Playhouse, Steve Marmion
2015, Stage, Grusha (Lead), THE CAUCASIAN CHALK CIRCLE, Unicorn Theatre, Amy Leach
2014, Stage, Ghazala (Lead), MY NAME IS..., Tamasha, Arcola Theatre/UK TOUR, Philip Osment
2012, Stage, Titania, A MIDSUMMER NIGHTS DREAM, Blenheim Palace, Robin Belfield

Film

2025, Film, Claudia, UNT. JACK RYAN FILM, Amazon MGM Studios, Andrew Bernstein
2025, Film, Shiva (Lead), END OF PLAY, BBC Films, Edem Wornoo

2024, Film, Izzy (Lead), LEAVE ME ALONE, NFTS, Shehroze Khan
2022, Film, Sal, THE MEG 2: THE TRENCH, Warner Bros., Ben Wheatley
2021, Film, Ranjit (Lead), F.O.G, BBC Films, Malinda Kaur
2020, Film, Hidayat (Lead), AZAAR, NFTS, Myriam Raja
2020, Film, Asma, MOGUL MOWGLI, Pulse Films / BBC Films, Bassam Tariq
2020, Film, Anjali, LISTEN, Bando à Parte / Pinball London, Ana Rocha
2020, Film, Linsey, KINDRED, Metrol Technology, Joe Marcantonio

Radio

2025, Radio, Marina, LOCAL HERO, BBC Radio 4, Ken Bentley
2025, Radio, Kathy, DISCRETION, BBC Radio 4 / Hat Trick, John Wakefield
2023, Radio, Taddea, THE MEDICI, BBC Radio 4, John Norton
2020, Radio, Lucy Hinds, TRACKS, BBC Radio 4, James Robinson / John Norton
2020, Radio, Amna (Lead), BETA FEMALE, BBC Radio 4, Ed Morrish
2015, Radio, Ghazala (Lead), MY NAME IS..., BBC Radio 4, Bruce Young

Credits

2024, Audio, Elizabeth Bennet (Lead), PRIDE AND PREJUDICE, AUDIBLE (UK), Lulu Raczka
2021, Workshop, Preeti, HAROLD HARRIS' HUNDRETH BIRTHDAY, Hampstead Theatre, Anna Himali Howard
2018, Workshop, Various Roles, PETER GYNT, National Theatre Studio, Jonathan Kent
2018, Workshop, Marianne, TARTUFFE, RSC, Iqbal Khan
2016, Rehearsed Reading, Cynthia, UJAMAA, National Theatre Studio, Roy Alexander Weise
2015, Rehearsed Reading, Woman 1, 2, 3, 4, KNIFE MAKER, Royal Court, Richard Twyman
2015, Workshop, Miranda (Lead), THE TEMPEST, Unicorn Theatre, Purni Morell

Languages: (* = Native/Fluent)

Urdu, Hindi, Punjabi

Music & Dance: (* = highly skilled)

Alto*, Clarinet*, Singing (general)*

Sports: (* = highly skilled)

Tennis*, Snowboarding*, Swimming*

Vehicle Licences:

Car Driving Licence

Training:

The Oxford School of Drama, Acting

Winner of Best Young Actress in film/TV at the International Achievement Recognition Awards (IARA) 2017.

Winner of Best Actress in film at the Eastern Eye Arts, Culture & Theatre Awards 2016.