

# Wellness Showcase

Unleashing Creativity for Mental Well Being!

Department of Applied Psychology, GITAM University,  
Vishakhapatnam invites you to a wellness showcase this  
**October 9 in 301 GIFT Building at 3PM.**

**Individual as well as team can register in any one of the category from the following.**

- 1. Dance**
- 2. Musical Performances**
- 3. Skit**
- 4. Artistic and creative Expression (Visual arts such as painting or drawing or creative writing such as poem or short stories)**
- 5. Story telling**

**“Perform, Heal, Thrive!”**

Sing, dance, or perform to help break the stigma around mental health—every performance is a step toward healing.

Note: Content can be restricted to mental health. Registration is open and will be closed by **October 7, 5 PM.**