



# Team 19

Lahari Pokala, Maya Shivakumar

## Indian Classical Dance

According to the World Health Organization, approximately 1 in 4 people worldwide will experience a mental health issue at some point in their lives. Despite its prevalence, mental illness remains largely shrouded in stigma and misconceptions, leading many to suffer in silence. Through this performance, the performers shed light on this silent struggle and remind everyone that they are not alone. Amidst the darkness, there is hope. A strong support network and the power of community can serve as a beacon of light, illuminating the beauty and happiness in the smallest of things including the nature that surrounds us. Together we can pave the way for a compassionate world that fosters an open dialogue, empathy, and acceptance.

[WATCH VIDEO](#)

