



JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY
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(Established by H.P. State Legislature vide Act No. 14 of 2002)



REPORT ON FREE DANCE THERAPY SESSION – NOV 22, 2025

Team Mental Health Aspects has organized a Free Dance Therapy Session successfully on Saturday, November 22, 2025 during 6.30pm-7.30pm in the Basket Ball Court.

The event was organized to promote relaxation, stress relief, and overall well-being among students.

The session witnessed enthusiastic participation from students across all departments and all years.

Students expressed that the session helped them release stress, improve mood, and feel more active. The short yet impactful program concluded with positive feedback, encouraging the committee to plan similar wellness activities in the future.





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