

# **Government Engineering College, Sector-28, Gandhinagar**

## **Women Development cell**

### **Report of the event**

#### **A Webinar on “Dance Therapy”**

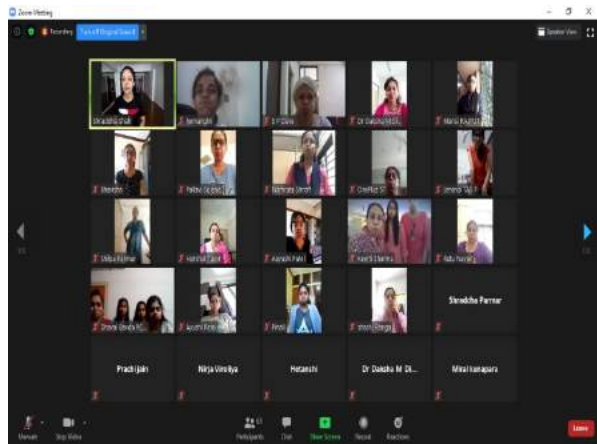
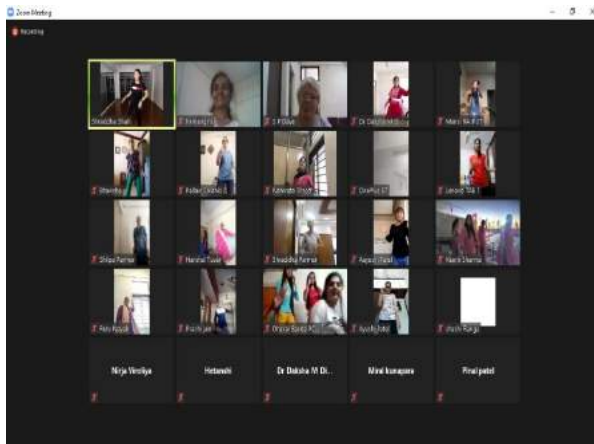
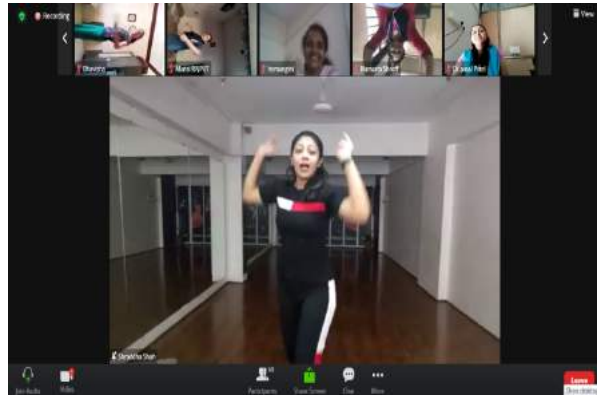
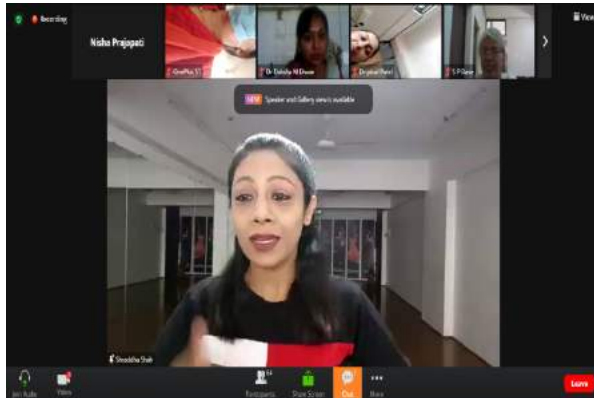
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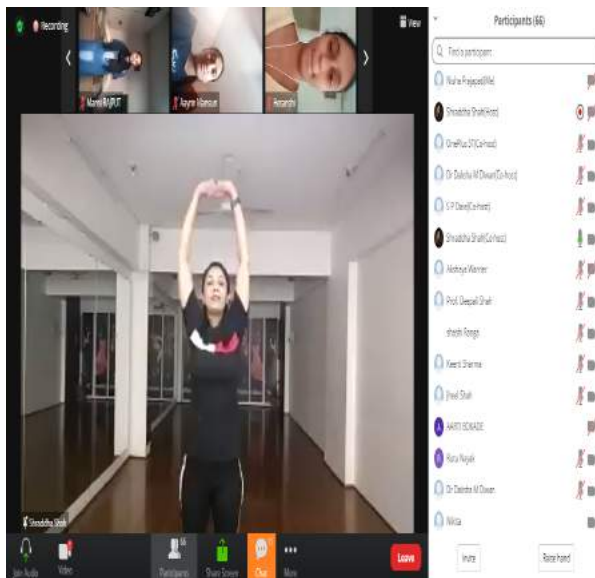
**Dance therapy** is a type of therapy that uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, disease prevention, and mood management. In addition, its physical component offers increased muscular strength, coordination, mobility, and decreased muscular tension.

For the purpose of imparting knowledge of dance therapy to the faculty and students of engineering institute, Women Development Cell, Government Engineering College, Sector-28, Gandhinagar has organized a webinar on “Dance Therapy” on Tuesday, March 2, 2021 at Zoom Platform during 1:00 pm to 2:00 pm. Mrs Sharddha Shah Raj (Zee TV Fame DID Super MOM and Choreographer) was a speaker for this session.

The session commenced with welcome speech by Dr. Sweta P. Dave (Principal-GEC, Gandhinagar) and explained the objectives and importance of the Webinar. In the session, Mrs. Shradha Shah Raj explained that dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings. She also added that Dance therapy help people to improve their body image and self-esteem. Dance therapy is a versatile form of therapy founded on the idea that motion and emotion are interconnected. The creative expression of dance therapy can bolster communication skills and inspire dynamic relationships.

## Photographs of the event:





Convener,  
Women cell, GECC

Activity Head,  
Women cell, GECC