



**SHAHEED RAJGURU COLLEGE OF APPLIED
SCIENCES FOR WOMEN**

University of Delhi

Psymenia

Department of Psychology

PRESENTS

✦ ✦ ✦ **THE SWAY REMEDY** ✦ ✦ ✦

**JUST DANCE
CENTRAL**



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PSYMENTIA – THE DEPARTMENT OF PSYCHOLOGY



THE SWAY REMEDY: JUST DANCE CENTRAL

**THIS ACTIVITY IS PLANNED TO GIVE YOU A
GLIMPSE OF THE RENOWNED DANCE THERAPY.**

**DANCE THERAPY IS A CREATIVE ART
PSYCHOTHERAPY THAT UTILISES MOVEMENT AND
DANCE TO SUPPORT THE PHYSICAL, INTELLECTUAL,
AND EMOTIONAL HEALTH OF AN INDIVIDUAL.
DANCING IS THE BEST TYPE OF THERAPY ANYONE
CAN GET! TALK ABOUT FUN WITH BENEFITS!!**





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READY TO LOSE YOURSELF TO THE MELODY?

THE SWAY REMEDY : JUST DANCE CENTRAL

JUST LIKE IN THE VIRTUAL GAMES SUCH AS DANCE CENTRAL AND JUST DANCE, ALL YOU HAVE TO DO IS IMITATE THE DANCE STEPS DEPICTED IN THE CHOREOGRAPHED VIDEO WITH YOUR FAVOURITE SONGS!! JUST LIKE THE GAMES WE SEE IN THE MOVIES AND ARCADES!. PLUS, EVERYBODY LOVES THOSE ARCADE GAMES, RIGHT? SO, ARE YOU READY TO SHOWCASE YOUR DANCE MOVES AND IMITATION SKILLS?

DATE:
8/11/23

TIME:
1PM ONWARDS

VENUE:
LT-22
ACADEMIC BLOCK



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