



## Press Release – For Immediate Release

To: Assignment Editor/Editor of Education and Local News Sections

1 April 2026

### **HSUHK organises therapeutic reading with dogs workshop to help students relieve exam stress**

The Hang Seng University of Hong Kong (HSUHK) held the “Paws and Pages: Read to Relax” workshop help students relieve stress as they prepared for examinations. Experts from the Hong Kong Institute of Animal Assisted Intervention and Your Wellness Partner introduced animal-assisted therapy and shared insights into canine behaviour, helping participants understand how animal companionship can support mental well-being. Professionally trained and carefully selected therapy dogs interacted with participants through companionship and gentle touch, providing comfort and helping to alleviate stress and anxiety.

The workshop was part of the “HSUHK Wellathon” series, jointly organised by the Student Affairs Office, Human Resources Office, Centre for Teaching and Learning, and the Library. The initiative aims to promote holistic well-being and strengthen care and connection within the University community.

-END-

#### **Photos:**





香港恒生大學  
THE HANG SENG UNIVERSITY  
OF HONG KONG



+852 3963 5000  
www.hsu.edu.hk

Hang Shin Link, Siu Lek Yuen, Shatin, New Territories, Hong Kong  
香港新界沙田小瀝源行善里

The Hang Seng University of Hong Kong is incorporated in Hong Kong with limited liability by guarantee  
香港恒生大學是一間於香港註冊成立之擔保有限公司



Photo 1 to 5: HSUHK holds the “Paws and Pages: Read to Relax” workshop to provide students preparing for examinations with a relaxing and enjoyable stress-relief experience.

**Photos Download:** [Link](#)

### **About The Hang Seng University of Hong Kong**

The Hang Seng University of Hong Kong (HSUHK) is a non-profit private liberal-arts-oriented university with six Schools (Business, Communication, Decision Sciences, Humanities and Social Science, Translation and Foreign Languages, and Transdisciplinary Studies), and over 7,000 full-time undergraduate and postgraduate students. With its unique “Liberal + Professional” education model, HSUHK nurtures young talent with critical thinking, innovative minds, caring attitudes, moral values and social responsibility.

Aspiring to be a leading private university in the region, HSUHK prioritises stellar undergraduate education, top-quality faculty members, award-winning green campus facilities, innovative degree programmes, a unique residential college system that combines living and learning, interactive small-class teaching, close student-teacher relationships, impactful research, and excellent student development and support services.

HSUHK has earned various international recognitions. In the AppliedHE’s ALL ASIA Private University Ranking 2026, it secured 7th place in China. HSUHK ranked 22nd in Social Sciences and Humanities and 33rd in Economics and Finance among China’s top universities in the Research.com Top Universities and Top Scientists Rankings 2025. The MSc in Global Supply Chain Management programme achieved 84th place globally in the QS International Trade Rankings 2025. Additionally, HSUHK’s School of Business obtained AACSB International accreditation in 2023, a mark of excellence held by only 6% of the world’s leading business schools. HSUHK was also ranked among the top 200 worldwide on “Quality Education” and “Decent Work and Economic Growth” in the Times Higher Education University Impact Rankings 2021.