

Dance Therapy Workshop for Teachers

A 'Progressive Dance Therapy Workshop' was organized for the teachers of DPS DLF City on 16 December 2017. The workshop was organized by MSIL and it aimed at channelizing the positive energy of an individual through a number of activities. The resource persons Ms. Gargi and Ms. Sanjum taught the teachers ways to deal with stress. The workshop was conducted in a very interactive manner with the help of a number of activities. Teachers introduced themselves in a fun-filled way, expressing their feelings and swaying to the music.

They were then divided into pairs. One partner from each pair was then asked to enact his/her daily routine while the other partner observed carefully. The exercise was repeated with the second partner enacting and the first observing. It helped the teachers to recall their day to day events and to realize the importance of small but significant moments that made their day special. Lastly, teachers were asked to visualize a balloon and imagine doing things to it such as painting it, waving it, stepping into it and then finally releasing it. The workshop ended with a feedback session by the teachers.

Mrs. Ritu Malik, Vice Principal, thanked the resource persons for urging the teachers to come out of their stressful, mundane routine and keep aside quality time to revive and energize themselves. She added that the workshop was interesting and the activities conducted were very motivating. She requested the resource persons to organize this workshop for the teachers at DPS Maruti Kunj too.
