

Dance Workshop

A 'Dance- Movement Workshop' was organized by Maruti Suzuki Training Academy for the students of class IX on 27th of November 2017. The resource persons Ms. Gargi and Ms. Preeti taught the students ways to deal with stress. The workshop was conducted in a very interactive manner with the help of a number of activities. Students were asked to introduce themselves with the help of ribbons. Then they were asked to visualize a canvas that was stretched all over the room and throw imaginary paint all over it. While doing so, they were also expected to express various kinds of emotions. The workshop helped the students to learn different ways to de-stress. They felt relaxed and energized. The workshop proved to be very entertaining and enriching for them.

The Vice Principal, Mrs Ritu Malik, emphasized that dance is an outlet for emotional expression, stress reduction and creativity that benefits students during stressful situations by channeling their energy positively and helping them bond with peers. She thanked Mr. Mukesh Gupta, Administrator (MEET) for organizing such an interactive workshop for the students. She also requested him to organize this workshop for other classes and teachers as well.

