



Delhi Public School, Ujjain

(Under the aegis of Delhi Public School Educational Society, New Delhi)

"Committed to Excellence"

Dance Room



Dance is one of the most powerful activities opted by people these days worldwide as it allows students to be more active, socialise within local communities and develop creative skills.

- It keeps both the body and the brain, active and vital for people of every age.
- It offers a way to improve strength and flexibility, which helps keeps muscles and joints healthy and fit body.
- It can lead to new career opportunities.
- It is a type of meditation which works on mind, body and soul.
- Besides all these, it helps to refine the body language, gestures and leads to a presentable personality.