



International Dance Day

Event: International Dance Day

Date: 28 April 2023

Classes Involved: III-VIII

Dancing is universal — woven into virtually every society all over the world. Dancing is exhilarating and impressive. It brings us together whether we are on the dance floor or watching someone else dancing.

International Dance Day is observed on April 29 each year. It spreads the message to celebrate dance, revel in the universality of this art form, cross all political, cultural and ethnic barriers, and bring people together with a common language - *Dance*.

The theme of World Dance Day 2023 is "**From boosting confidence to improving flexibility, here's why everybody should dance.**"

Dance is not just a form of art, but it is also highly beneficial for a person's overall health. The students of Classes III-VIII enjoyed the effective fitness exercise that does not require heavy lifting or painful stretches on International Dance Day.

The activity started with a mesmerizing performance in which the students showcased their dancing skills. Dance performances were based on the theme- **Millets hamare Mitra** and **Vasudeva Kutumbakam** followed by the information shared on the benefits of dance and its types. The students presented different dance forms and were appreciated and encouraged by the enthusiastic audience. The confidence of the students was boosted up by awards. It was indeed a learning experience for the students.

