

Dancing improves the ability of understanding music and moving in harmony. Students are able to inculcate self-discipline and do not deviate from their focused path.

Together, music and the act of dancing can stimulate the brain and body, encouraging overall health in many different ways. Music is proven to help with memory, especially in those with Alzheimer's disease or other forms of dementia. The benefits of music education are immense and highly beneficial to students. Music positively impacts a child's academic performance, assists in developing social skills, and provides an outlet for creativity that is crucial to a child's development.

