```c
#include <stdio.h>

#define MAX_SIZE 100

int main() {
    int arr[MAX_SIZE], n, i, pos, val, choice;

    printf("Enter the size of the array: ");
    scanf("%d", &n);

    printf("Enter %d elements of the array: \n", n);
    for (i = 0; i < n; i++) {
        scanf("%d", &arr[i]);
    }

    do {
        printf("\nArray Operations:\n");
        printf("1. Insert\n");
        printf("2. Delete\n");
        printf("3. Display\n");
        printf("4. Exit\n");
        printf("Enter your choice: ");
        scanf("%d", &choice);

        switch (choice) {
            case 1:
                printf("Enter the position where you want to insert an element: ");
                scanf("%d", &pos);
                if (pos <= 0 || pos > n + 1) {
                    printf("Invalid position! Please enter a valid position.\n");
                } else {
                    printf("Enter the value to insert: ");
                    scanf("%d", &val);
                    for (i = n - 1; i >= pos - 1; i--) {
                        arr[i + 1] = arr[i];
                    }
                    arr[pos - 1] = val;
                    n++;
                }
                break;
            case 2:
                printf("Enter the position where you want to delete an element: ");
                scanf("%d", &pos);
                if (pos <= 0 || pos > n) {
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                printf("Invalid position! Please enter a valid position.\n");
            } else {
                for (i = pos - 1; i < n - 1; i++) {
                    arr[i] = arr[i + 1];
                }
                n--;
            }
            break;
        case 3:
            printf("Array elements are: ");
            for (i = 0; i < n; i++) {
                printf("%d ", arr[i]);
            }
            printf("\n");
            break;
        case 4:
            printf("Exiting the program.\n");
            break;
        default:
            printf("Invalid choice! Please enter a valid choice.\n");
        }
    } while (choice != 4);

    return 0;
}
```