

Event Details	
Event Name	Soft Skills
Topic	Wellwaves : Role Play
Date	2024 -04 -11 to 2024 -04 -11
Mode	Offline
Venue	Fleming Block , LH 11
Organizer Name	Dr. Monika Gupta , Department of SCM & General Management
Resource Person	Dr. Monika Gupta  Associate Professor ,
No. of Participants	36
SDG No	SDG 3: Good Health and Well-being , SDG 4: Quality Education , SDG 17: Partnership for the Goals

### Objective :

1. Increase Health Literacy : The roleplay will focus on a specific health topic like nutrition , stress management , sleep hygiene .
2. To improve participants ' understanding and ability to make informed decisions about their well-being .
3. Participants will practice clear communication about their health concerns , needs , and goals . This could involve scenarios like talking to a doctor , discussing healthy habits with friends , or setting boundaries .

### Description :

The event titled : "Wellwaves : Role Play," held on 11th April 2024 , at 10:00 a.m. at Fleming Block for Aviation Management 2023 batch , has been organised by SCM & General Management , Chitkara Business School , Chitkara University . Faculty Coordinator was Dr. Monika Gupta (Associate professor , CBS and mentor of BBA- AVM 2023 Batch) . Jury Member was Dr. Nayhel Sharma . It was an interactive and engaging activity where students assumed different roles related to health , such as doctors , nutritionists , fitness trainers , and patients . Through this simulation , students had the opportunity to explore various aspects of health promotion , disease prevention , and lifestyle choices in a practical and hands-on manner . They practiced communication skills , problem -solving , and empathy while addressing different health scenarios and challenges . The role play fostered a deeper understanding of the importance of holistic health and encouraged collaborative learning among peers . Whole class was divided amongst groups and they demonstrated their skills in form of role plays to spread awareness , knowledge , and learning . The health and wellness role play in class provided students with a dynamic platform to delve into real-life health scenarios , enabling them to apply theoretical knowledge in a practical context . Students immersed themselves in diverse roles , such as healthcare providers and individuals seeking health guidance , allowing them to experience different perspectives .

### Outcomes :

1. Increased Knowledge : Participants will gain a deeper understanding of the chosen health topic and its impact on overall well-being .

- 2. Improved Communication : Participants will feel more comfortable expressing their health needs and advocating for themselves .
- 3. Enhanced Problem -Solving Skills: Participants will be equipped with strategies to overcome obstacles and maintain healthy habits .



Students performing their Act. 11.04.2024



Dr. Neeraj Anand honouring the Winners of Role Play Act. 11.04.2024



Students interaction in Role Play. 11.04.2024



Capturing Expression during Act. 11.04.2024