

### ACTIVITY REPORT

<b>Name of the activity</b>	Health and Wellness Management	<b>Date</b>	1-17 March 2023
<b>Name of the Moderator</b>	Dr. Monika Gupta	<b>Time</b>	10 am to 12 pm and 1.30 to 3.30 pm
<b>Name of the Resource Person</b>	Dr. Manav Bansal, Dr. Keerti B. Pradhan, Dr. Neeraj Anand and Dr. Monika Gupta	<b>Mode</b>	Offline
<b>Nature of the activity</b>	Value Added Course	<b>Program &amp; Batch</b>	BBA (P) 2021 Batch
<b>Number of students participated</b>	124	<b>Academic Session</b>	2022-23

#### About the Activity

Chitkara Business School organized a Value Added Course (VAC) on "Health and Wellness Management" from March 1 to 17, 2023, for BBA (Professional) students of the 2021 batch. It was an incredibly insightful experience. The session emphasized the importance of prioritizing our physical and mental well-being in our personal and professional lives. However, the session highlighted that investing in our health is actually an investment in our productivity and success. These sessions are designed to help us understand what happiness is and how we can cultivate it in our daily lives. They often involve a range of activities, from mindfulness exercises and meditation. During the session, we discussed various ways to prioritize our health and wellness, such as making time for physical activity, stress management, practicing mindfulness and meditation, and adopting healthy eating habits. Resource persons spent their valuable time to share their expertise.

#### Aligned Activity Outcomes with Objectives

Activity Objectives	Activity Outcomes
1. To define the basic concepts of health and wellness.	Define the basic concepts of health and wellness.
2. To understand the dimensions of wellness and concept of stress management.	Understand the dimensions of wellness and concept of stress management.
3. To comprehend the emerging trends in marketing of health care services	Comprehend the emerging trends in marketing of health care services
4. To identify the ethical practices of health care and know the effective management of health care facilities.	Identify the ethical practices of health care and know the effective management of health care facilities.

#### GLIMPSES OF THE ACTIVITY



Resource Persons sharing valuable insights with students.”