

ROLE PLAY ON HEALTHY LIVING HABITS

“Healthy habits are the foundation of a happy life; what you do daily shapes the quality of your tomorrow.”

The Institute of Vocational Studies organized a role play on the theme “Healthy Living Habits” on 5th August 2024 in the college. The event was celebrated by the institution to promote fitness and well-being among students.

Students from different departments participated enthusiastically and presented short role plays highlighting the importance of adopting healthy lifestyle practices. The performances depicted real-life situations such as the harmful effects of fast food, lack of exercise, excessive use of gadgets, and irregular sleep. These were followed by positive messages showing the benefits of a balanced diet, physical activity, yoga, meditation, and personal hygiene.

The role play was not only informative but also entertaining. The creativity, confidence, and teamwork of the participants were highly appreciated by the faculty members and fellow students. The event successfully conveyed that healthy living is not about temporary changes but about cultivating long-term good habits.

In conclusion, the program created awareness and motivated everyone present to prioritize health and well-being in their daily lives. It was indeed a meaningful and impactful activity.

