

# **BABA FARID COLLEGE OF ENGINEERING & TECHNOLOGY**

**Brochure**

# **HEALTH AWARENESS INITIATIVES**

**Session 2019-20**



Life Skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. In practice, many skills are used simultaneously. It is the coordination between different life skills that leads to powerful behavioral outcomes. For this purposes college focuses on promoting these skills. Life skills are also essential to help maintain a healthy body and mind. Many of these are on the World Health Organization's list, viz resilience, self-control and self awareness. Skills such as ' how we recognize, manage and cope with emotions' are also to be learnt.

At Baba Farid College of Engineering and Technology we are constantly taking considerable steps to groom our students with these skills. Since the inception of the School of Skill Development, we have been organizing numerous activities that have helped us in building the skill ecosystem in our Institute. School of Skill development is one such example that defines our readiness towards the world of work. We've taken the challenge of transforming the conventional system of education by introducing life skills programs. Today we can proudly say that this unique initiative of setting up of School of Skill Development has now started showing results.

## ObjECTIVES

1. To promote psychological as well as physical well-being.
2. To promote wisdom focuses on behavioural change or developmental approaches designed to address a balance of three areas- knowledge, attitude and skills.
3. To enable individuals to translate knowledge, attitude and values in to actual abilities. i.e.what to do and how to do it, given the scope and opportunity to do so.
4. To improve self confidence and self-esteem.

## ModULes

### **1. Seminar on Mental Health and Advancement in Dentistry**

For keeping anxiety & depression at bay and to enable the students to tolerate the anxiety & depression associated with life, BFCET will organize Seminar on Mental Health and Advancement in Dentistry camps. It helps to maintain the harmony of body and spirit.

### **2. Awareness talk on Sexual Harassment-**

To raise awareness among students about the issue of sexual harassment and to educate them about its causes, effects, and preventive measures and create a safe and secure environment for women by promoting a zero-tolerance policy towards sexual harassment in educational institutions and workplaces. Also, it highlights the need for counseling centers to guide and support victims of sexual harassment. The ultimate goal was to empower women by providing them with equal opportunities and resources to build their own identities and contribute to the growth of society.

### **3. Awareness talk on Sexual Harassment-**

To educate and raise awareness among the participants about the causes and different forms of sexual harassment and the importance of taking effective measures to prevent and control this social evil, which is a gross violation of women's fundamental rights also to promote gender equality and respect for the rights of women, and to encourage participants to take action to protect themselves and others from potential harm.

## ACTIVITYCALANDAR

1	<b>Seminar on Mental Health and Advancement in Dentistry</b>	25 <sup>th</sup> September, 2019	Dr Nitu Singh (MD Psychiatrist)
2	<b>Awareness talk on Sexual Harassment</b>	23 October, 2019	Er Harleen Kaur
3	<b>Awareness talk on Sexual Harassment</b>	6th November, 2019	Dr. Nimisha Singh

## OUTCOME

The key outcome is as follows:

- The students will get awareness about the process of goal setting and achievement.
- They would be able to identify their physical and mental strengths and competencies
- Students will develop a habit of making themselves physically and mentally fit.
- They will live stress free personal and professional life