

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

Brochure

## **HEALTH AWARENESS INITIATIVES**

**Session 2020-21**



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 purpose 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 to focus on behavioral change or developmental approach designed to address a balance of three areas- knowledge, attitude and skills.
3. To enable individuals to translate knowledge, attitude and values into 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. Webinar on Stress Management Tips**

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, BFCET will organize webinar on stress Management Tips. It helps to maintain harmony of body and spirit. It also increases attention span, improves memory, and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness. Mostly college students have more difficulties during their academic paths. The major challenges before student are time management, balancing priorities, health conditions, social problems, relationships, sleep problems and depression.

### **2. EMOTIONAL INTELLIGENCE IS A CHALLENGE OR OPPORTUNITY FOR WOMEN EMPOWERMENT**

BFCET will organize emotional intelligence is a challenge or opportunity for women empowerment activities for students. The 5 sub-scales of emotional intelligence are self-awareness, managing emotions, motivating oneself, empathy, and social skills. The main intention of this webinar is to focus on how a woman can take emotions as her power and labeled how we can make decision clarity in different situations like in anger, temper, happiness etc. In addition, it enlightened all participants that Emotional intelligence is the key to both personal and professional success.

### **3. Polycystic ovarian disease (PCOD)**

Baba Farid College of Engineering and Technology, Bathinda organize a webinar on Polycystic ovarian disease (PCOD). Health is the normal and healthy state of the body. In this session, it is clearly advised that the sedentary lifestyle, ill-eating habits and other ill-healthy life practices should be over taken by an active lifestyle which is full of exercises, green and healthy dieting habits. In fact, little changes in our routine can bring amazing and healthy changes.

#### **4. Importance Of Human Values & Professional Ethics**

BFCET will organize a session on Importance of Human Values & Professional Ethics for the students. The idea is to encourage the students to set the aim and principles of life and work hard to achieve the goal. Positive thinking can help a person to have a harmonious life in numerous ways. It leads an individual toward confidence and helps in looking for fine things in life. It is clear that with the help of positive thinking a student can explore his own potential and their attitude encourages their peers too. Baba Farid College of Engineering and Technology, Bathinda has the vision to create ethical and effective corporate leaders.

#### **5. Webinar on Eye Care**

BFCET will organize a webinar on eye care for the students. During this session tell about your eyes are an important part of your health. Most people rely on their eyes to see and make sense of the world around them. But some eye diseases can lead to vision loss, so it is important to identify and treat eye diseases as early as possible. And just as it is important to keep your body healthy, you also need to keep your eyes healthy.

There are things you can do to help keep your eyes healthy and make sure you are seeing your best:

- Eat a healthy, balanced diet
- Maintain a healthy weight.
- Get regular exercise.
- Wear sunglasses.
- Wear protective eye wear.
- Avoid smoking.
- Know your family medical history.
- Know your other risk factors.
- If you wear contacts, take steps to prevent eye infections.

#### **6. Capacity Building and Women towards Leadership**

BFCET will organize activities on Capacity Building and Women towards Leadership. The main intention of this webinar is to focus on how a woman can take emotions as her power and label how we can make decision clarity in different situations like in anger, temper,

happiness etc. In addition, it was enlightened all participants that Most of the women go with the to-do list approach which makes them a pro at planning things out and scheduling as well. Most of the men go with the cross-the bridge-when-it-comes approach which often doesn't work in their favor. Women possess many traits that qualify them as better managers in the eyes of their co-workers and subordinates.

## **7. Role of balanced Nutrition in Women life**

BFCET will organize a seminar on role of balanced Nutrition in Women life. It helps that nutrition is essential for growth and development, health and well-being. A balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. Eating a healthy diet contributes to preventing future illness and death. It also helps ward off numerous diseases and health complications, as well as helps maintain a healthy body specially for girls and women. Good nutrition means eating a balanced diet. Poor nutrition is just the opposite, and it can lead to a myriad of health problems. It's important to learn how to eat right, which means including the right amounts of the right kinds of food. In theory, nutritious eating isn't that difficult. Therefore, eat a varied diet that includes plenty of 100 percent whole-grain products, vegetables and fruits, and reduce your intake of saturated and Tran's fats, sugars and salt.

## **8. Emerging Environmental concern- E waste**

BFCET will organize emerging environmental concern E waste. In fact, Disposal of obsolete electrical and electronic equipment's has emerged as a major challenge with environmental and health concerns. This emerging segment has also opened new business opportunities of increasing significance, given the volumes of e-waste being generated every year. Environmental protection is a practice of protecting the natural environment on the individual, organizational or governmental levels, for the benefit of both the environment and humans. Therefore, health and fitness camps will help them to understand this fact and work for keeping themselves strong.

## **9. Webinar on Zumba for life: Your way to health and fitness**

BFCET will organize webinar on the workshop on —Zumba for life: Your way to health and fitness for first year students under the Induction Program. In fact, Zumba is a powerful exercise with a 600 to 1,000-calorie burn in just an hour. You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total

body toning. People having sound health enjoy their life in all aspects physically, mentally, socially. Therefore, it is just a combination of dance and fitness and all songs and dance steps are only to burn the calories of the body Zumba only purpose of enjoy and calories burning no matter during dance you move left or right side. In fact, Concentrate on your body and leave the negative parameters and you see your body will be more relaxed in this way

#### **10. Lifestyle with Yoga as Regular Habit**

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, BFCET will organize yoga as Regular Habit camps. It helps to maintain harmony of body and spirit. It also increases attention span, improves memory, and sharpens the focus of the students. It is also prolific for stressreduction, and emotional wellness. Mostly college students have more difficulties during their academic paths. The major challenges before student are time management, balancing priorities, health conditions, social problems, relationships, sleep problems and depression. In fact, yoga means not only doing exercise, but also getting self awareness, improving intelligence and natural ability.

#### **11. ‘Leadership through happiness’ Today matters: The master plan of your life through ~Design thinking**

The webinar was unfolded by giving a brief introduction about the importance of meditation in an individual's life as your brain will start working efficiently after meditation. Emotional intelligence plays a prominent role in human life, it is very important in today's era to be mentally stable. It is necessary for an individual to be mentally strong in today's world, stress in daily life causes a direct impact on your brain. To overcome stress, meditation is the mantra as your brain will start working efficiently after meditation. This session insightful as this session was on emotional intelligence. Non-technical sessions are equally important as technical sessions. It was a very interactive session because of the friendly conversational nature of the expert.

#### **12. Webinar on "Health and Nutrition"**

BFCET is organized a one day Webinar on —Health And Nutrition " The session was organized on Microsoft Teams. "Due to a sedentary lifestyle, physical activity is a must for maintaining health & fitness. Yoga is one of the emerging trends to incorporate exercise into a routine. While grooving to its beats, you can burn calories and improve overall health, coordination, and endurance without even realizing it.

## ACTIVITY CALANDAR

1	Webinar on Stress Management Tips	10-07-2020	Dr. Tanu Preet Kaur
2	Emotional Intelligence Is A Challenge Or Opportunity For Women Empowerment	15 <sup>th</sup> July 2020	Dr Nimisha Singh, BFCET
3	Polycystic ovarian disease (PCOD)	17 July 2020	Dr. Ritu Garg (Gynaecologist)
4	Importance of Human Values & Professional Ethics	July 23, 2020	Dr. Shankar Goenka (Renowned Author, Coach, TEDx Speaker & Certified Master Trainer
5	Webinar on Eye Care	24 <sup>th</sup> July, 2020	Dr. Kashish Gupta
6	Capacity Building and Women towards Leadership	29 <sup>th</sup> July 2020	Dr. Shadma Parveen, Academic Expert, Corporate Trainer & Mentor United Arab Emirates
7	Role of balanced Nutrition in Women life	7 Aug 2020	Dr. Tanvi Gulati
8	Emerging Environmental concern- E waste	14 <sup>th</sup> Aug 2020	Er. Amanjot Singh B.Tech, M.E. (PEC, Chd)
9	Webinar on Zumba for life: Your way to health and fitness	19 <sup>th</sup> October, 2020	ZIN Aarti Maheshwari, Fit India Ambassador
10	Lifestyle with Yoga as Regular Habit	17 <sup>th</sup> November 2020	Dr. Jaswinder Singh
11	'Leadership through happiness' Today matters: The master plan of your life through ~Design thinking	18 <sup>th</sup> November, 2020	Nishant Garg, Founder Emotional Intelligence (online website)
12	Webinar on "Health And Nutrition"	25 <sup>th</sup> November, 2020	Mr. Maninder Singh Shanty, Certified Coach, Diet & Fitness Consultant.

## 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