

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

Brochure

**HEALTH
AWARENESS
INITIATIVES**

Session 2021-22

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 de nes 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.

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.

1. Workshop on Self-defense for Girls

BFCET will organize to educate the students about self defense. The primary importance of self-defense is for women to be able to protect themselves against anything that's unacceptable in terms of social conduct. It taught students about the different tricks of self-defense. Also the actions were practically implemented to show the live demos of each defense technique. In fact, self confidence is also important for retaliating on any attack, if anybody would not be confident to implement the taught techniques, and then there is no use of being aware about that kind of self defense.

2. Aerobics, Yoga & Fitness

BFCET will organize stress relieving activities for students. For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, BFCET will organize yoga 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 proli c 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. In fact, yoga means not only doing exercise, but also getting self awareness, improving intelligence and natural ability.

3. Fit India Freedom Run 2.0

BFCET will organize activities for Fit India Freedom Run 2.0 for all students. Experts will be invited for the same. The campaign's objective is to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle.

4. Seminar on Drug Abuse

Drug Abuse is a serious public health problem that affects almost every community and family. BFCET will organize drug awareness camp for the students. In this camp all the legal aspects dealing with the problem of drug abuse and it's effect on youth will be covered. Drug Abuse is a cause of many social problems and child abuse. Drug abuse can lead to homelessness, crime, and ring from the job. The idea is to encourage them to talk about drug abuse and dispel all myths. The college will organize seminars of knowledgeable person in regarding this issue.

1	Workshop on Self-defense for Girls	10 th June, 2022	Miss Hardeep Kaur, National Karate Player
2	Aerobics, Yoga & Fitness	17 th September 2021	Mr. S.P Shukla [N.I.S COACH & REEBOK Certified fitness Trainer]
3	Fit India Freedom Run 2.0	13 th August 2021	Anurag Singh Thakur
4	Seminar on Drug Abuse	29 th September 2021	Dr. Jaswinder Singh

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.