

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

**Brochure**

## **Health Awareness Initiatives**

**Session 2017-18**



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 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. YOGA AND MEDITATION

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 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. In fact, yoga means not only doing exercise, but also getting self awareness, improving intelligence and natural ability.

### 2. STRESS MANAGEMENT

Students feel stress at some point during their college years. There are a few common causes of stress in college students, including everything from academic responsibilities and social pressures to financial troubles and family-related issues. Stress can even begin before a student enters college and is likely to continue into the “real world” after graduation. If you ask the students, in college or outside, are likely to say that they experience stress daily. However, just because someone experience stress, that doesn't mean he/she can't succeed. In fact, one can still be successful by managing stress. To reach this level of success, it is important that one participates in stress relieving activities. BFCET will organize stress relieving activities for students.

### 3. HEALTH AND HYGIENE

Health is the normal and healthy state of the body Hygiene refers to good practices especially cleanliness that prevent diseases and lead to good health, proper disposal of wastewater and drinking water supply. It refers to all the activities that are done to improve and maintain good health. BFCET will organize activities for Health and hygiene awareness for all students. Experts will be invited for the same.

#### **4. DRUG AWARENESS CAMP**

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 its 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 firing 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.

#### **5. SELF AWARENESS ACTIVITIES**

Self-awareness activities include our strengths and weaknesses, thoughts and beliefs, emotions, and sources of motivation. Self-awareness helps to understand oneself. Many people assume that self-awareness comes easily and naturally, but this sense of heightened awareness is actually hard to achieve. With practice, however, one can learn to increase one's self-knowledge and find new ways to interpret thoughts, actions, feelings, and conversations with other people. Achieving self-awareness gives one the opportunity to make positive changes in behavior and self-confidence.

BFCET will organize some Activities for Self Awareness for Students like-

- Self-Awareness Activities
- Written Exercises
- Self-Awareness Tests You Can Take By Yourself
- Self-Awareness Activities – Thought Process Exercises
- Self-Awareness Activities – Physical Exercises

#### **6. FIRST AID SKILL ACTIVITY**

BFCET will organize activities which will teach them how to provide first-aid at the time of need. The institute will provide training to the students on various topics like:-

- Bandage Relay (small, in or out)
- First Aid Baseball (small, in or out)
- First Aid Carry Relay (wide, in or out)
- First Aid Scenarios (small, in or out)
- Ice Accident (wide, in or out)
- Stretcher Relay (wide, in or out)

## ACTIVITY CALANDAR

| Sr. No. | Activity name                                  | Activity Date                    | Activity Coordinator   |
|---------|--|----------------------------------|------------------------|
| 1       | Workshop on Yoga and Meditation                | 13 <sup>th</sup> September, 2017 | DPE Mr. Parkash Singh  |
| 2       | Seminar on Drug Abuse Awareness and Prevention | 20 <sup>th</sup> September, 2017 | Er. Amandeep Singh DSW |
| 3       | Seminar on Stress Management                   | 29 <sup>th</sup> September, 2017 | Er. Amandeep Singh DSW |
| 4       | Workshop on First Aid Awareness                | 6 <sup>th</sup> October, 2017    | DPE Mr. Parkash Singh  |
| 5       | Seminar on Self awareness                      | 5 <sup>th</sup> October, 2017    | Er. Amandeep Singh DSW |
| 6       | Seminar on Health and Hygiene                  | 13 <sup>th</sup> October, 2017   | Er. Jyoti Bansal DAA   |

## 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