

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

Health Awareness  
Initiatives

Session 2018-19



At Baba Farid College of Engineering and Technology, we continually make significant efforts to develop these skills in each of our students. With the establishment of the School of Skill Development, we have planned a wide range of events that have aided in the development of the skill ecosystem inside our Institution. One such illustration of how to define our readiness for the workplace is the School of Skill Development. By implementing life skills programmes, we've taken on the challenge of altering the traditional educational system. 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 increase self-esteem and confidence.
2. To encourage both physical and psychological well-being.
3. To encourage wisdom by emphasizing behavioral change or a developmental strategy that balances knowledge, attitude, and abilities.
4. To help people convert their knowledge, attitude, and ideals into practical skills. i.e., what to do and how to do it given the opportunity and range of options.

## 1. YOGA AND MEDITATION

BFCET will hold yoga camps to help students manage their stress and prepare them to handle probable life stress. It promotes maintaining physical and spiritual balance. Moreover, enhances their memory, and helps them focus more clearly. It is also very effective for boosting emotional health and reducing stress. Most college students have more challenges while pursuing their academic goals. The main difficulties facing students are time management, prioritising tasks, health issues, social issues, romantic issues, sleep issues, and depression. Yoga actually entails more than just physical activity; it also involves developing self-awareness and enhancing innate talent and intelligence.

## 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 workshops 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-

#### **6. HEALTH & FITNESS CAMPS**

BFCET will organize health and fitness camps to prove that a healthy mind lives in a healthy body. In fact, health is more precious for a person than money because money cannot buy good health. People having sound health enjoy their life in all aspects physically, mentally, socially, intellectually and financially. Maintaining health is not so simple and easy. Therefore, health and fitness camps will help them to understand this fact and work for keeping themselves strong.

## ACTIVITY CALANDAR

1	Yoga and mindfulness workshop	14 <sup>th</sup> August, 2018	Er. Amandeep Singh DSW
2	Workshop on Drug Dependency Awareness and Prevention	12 <sup>th</sup> September,2018	Er. Amandeep Singh DSW
3	Stress Management Workshop	21 <sup>th</sup> September, 2018	Er. Amandeep Singh DSW
4	Workshop on Health and Hygiene	28 <sup>th</sup> September, 2018	DPE Mr. Parkash Singh
5	Workshop on Self- Awareness	3 <sup>rd</sup> October, 2018	Er. Ashu Bansal
6	Workshop on Essential Skill	12 <sup>th</sup> October, 2018	Er. Amandeep Singh DSW
7	Workshop on wellness and physical fitness	26 <sup>th</sup> October, 2018	DPE Mr. Parkash Singh
8	Workshop on First Aid Awareness	18 <sup>th</sup> October, 2018	DPE Mr. Parkash 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