# MAR BASELIOS CHRISTIAN COLLEGE OF ENGINEERING AND TECHNOLOGY, PEERMADE

## DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING

## REPORT ON

# WORLD WALKING DAY

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Organized by the Department of Electrical and Electronics Engineering Mar Baselios Christian College of Engineering & Technology (MBCET), Kuttikkanam, Peermade. The volunteers gathered together and had an informal orientation about the importance of walking and how to incorporate it on a daily basis.

Coordinator: Thansi S, Assistant Professor

Date of Event: 06/10/2023
Venue: MBCET Campus and Surroundings
Participants: Faculty, Staff, and Students of the EEE Department

## OBJECTIVES OF THE PROGRAMME

- Promote Physical Health and Fitness
  To encourage students and faculty to adopt walking as a regular physical activity for improving cardiovascular health, mental well-being, and overall fitness.
- Create Awareness on Healthy Lifestyle Choices
  To sensitize participants to the benefits of simple lifestyle changes—like regular walking—in reducing stress, enhancing mood, and improving productivity.
- Encourage Environmental Sustainability
  To highlight walking as an eco-friendly mode of transport that helps reduce carbon footprint and supports environmental conservation efforts.
- Foster Departmental Unity and Team Spirit
  To provide an opportunity for students and faculty to bond outside the classroom setting, strengthening interpersonal relationships and teamwork.
- Observe a Global Health Initiative Locally
  To join the worldwide celebration of World Walking Day and reflect the institution's commitment to global health awareness campaigns.

## OUTCOMES OF THE PROGRAMME

- Increased Health Awareness
  Participants gained a better understanding of the physical and mental health benefits of regular walking and physical activity.

- Positive Student Engagement
  The event witnessed active participation from students and faculty, enhancing enthusiasm for future health and wellness programs.
- Strengthened Departmental Bonding
  The walk served as an informal setting for interaction, fostering stronger relationships among students and between students and faculty members.
- Environmental Consciousness
  The event helped raise awareness about eco-friendly lifestyle choices, encouraging participants to consider walking or cycling for short commutes.
- Improved Mental Well-being
  Participants reported a sense of refreshment and reduced stress after the walk, highlighting the psychological benefits of outdoor activity in nature.
- Promotion of a Healthy Campus Culture
  The event contributed to building a campus culture that values health, well-being, and sustainability.
- Motivation for Regular Physical Activity
  Many participants expressed interest in continuing walking as part of their daily routines, fulfilling a key goal of the program.

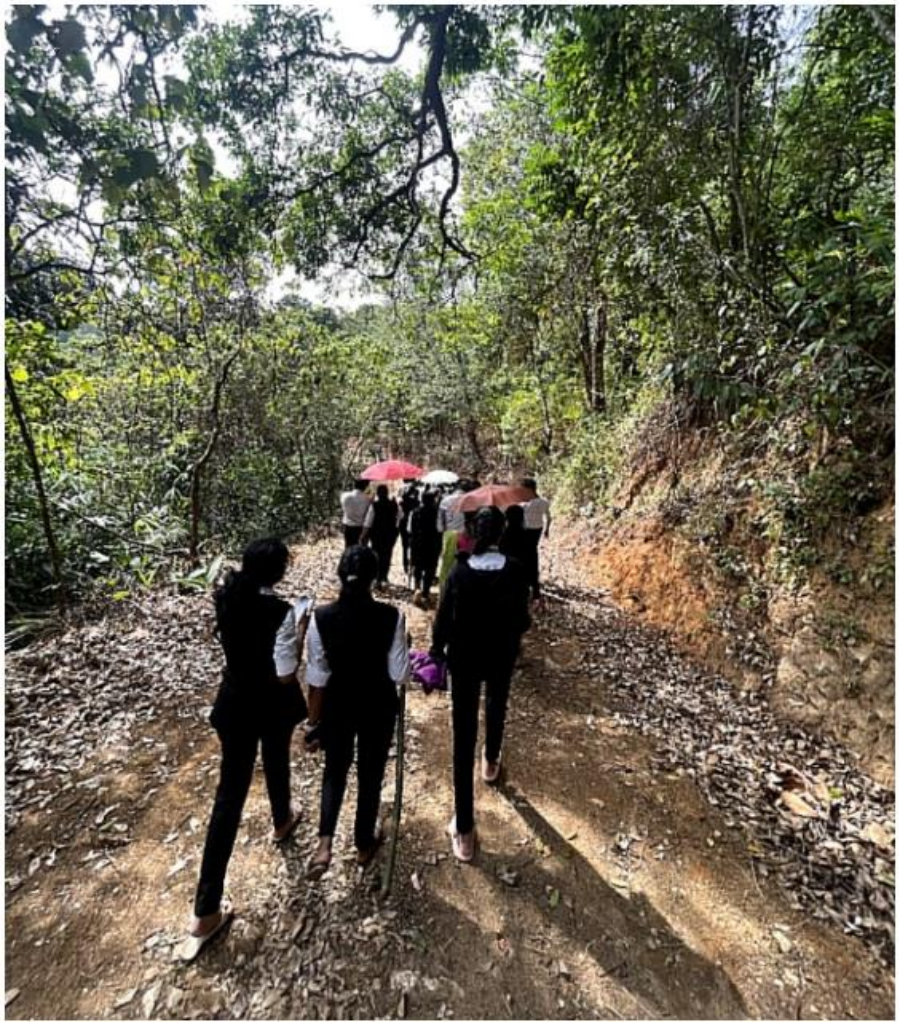
PO JUSTIFICATIONS

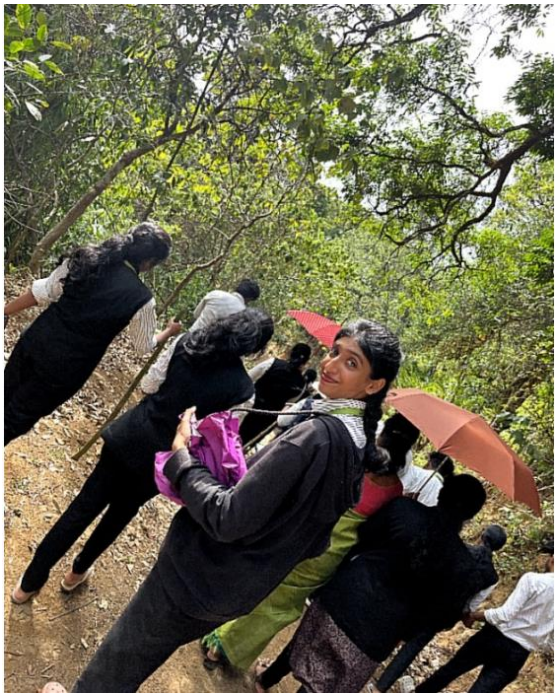
- PO6 – The Engineer and Society
  The event reflects social responsibility by promoting public health and well-being. Engineers must understand the societal impact of their actions, and this event fosters that understanding.
- PO7 – Environment and Sustainability
  By encouraging walking over vehicular transport, the event promotes sustainable practices and raises awareness about reducing environmental impact.
- PO8 – Ethics
  Organizing and participating in socially responsible activities cultivates ethical behavior, integrity, and empathy among students.
- PO9 – Individual and Team Work
  The walk required coordination, collaboration, and collective participation, thereby enhancing students' ability to work effectively in teams.
- PO10 – Communication

Preparing banners, delivering speeches, and participating in group activities helped improve both verbal and non-verbal communication skills.

- PO12 – Life-long Learning
  By understanding the importance of health and environmental awareness, students are motivated to adopt continuous personal development and wellness habits.

## PHOTOS





## CONCLUSION

The World Walking Day organized by the Department of Electrical and Electronics Engineering at Mar Baselios Christian College of Engineering & Technology, Kuttikkanam, was a resounding success in promoting health, environmental awareness, and community spirit. The event effectively aligned with several Program Outcomes (POs) such as social responsibility, teamwork, communication, ethics, and lifelong learning. By participating in this global initiative, students and faculty not only embraced the importance of physical wellness but also reflected on their role as socially responsible engineers. The department looks forward to organizing more such initiatives that contribute to holistic development and foster a culture of sustainability and well-being within the academic community.