

OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE UDHAMPUR

Press Release

Govt. Degree College Udhampur organizes awareness lecture on ‘General Health Issues’

20-03-2018: ‘On the occasion of World Health Day, today NSS and NCC units of Govt. Degree College Udhampur organized an extension lecture on the theme ‘General health Issues’ and their mitigation’ in which Dr.Arun Mahajan ,a reknown physician of District Udhampur was the resource person. Starting with the tips for good health like vegetarian diet, fresh air, adequate exercise ,avoiding junk food and making yoga as a part of life, for staying healthy ,Dr.Mahajan, dealt in details on various life threatening diseases, erupting up from our faulty life style like Diabetes, BP, Obesity,Stress,Insomnia,Cancer etc and illustrated that how simply by changing our routine life style, we can evade these health related issues.He also emphasized on making some ‘yoga’ and ‘prayanamas’ as part of our routine exercises. He said, ‘Laughter is a divine medicine which keeps our soul health. He advised the audience to use fresh fruits, vegetables, milk, and Desi Ghee instead of packed and preserved food and stay away from health evils like alcoholism, drugs and tobacco and other intoxicants.

Dr.Vijay Raina, Dy.Superintendent District Hospital, Udhampur also spoke on the theme and said that we can reduce infections by 50% simply by washing hands before taking foods. He laid stress on playing our part in National SBM and ODF missions. Earlier the programme began with the lighting of lamp and welcome address by the Principal Prof(Dr). S.K. Magotra and wherein Prof. Magotra welcomed the resource persons and highlighted the importance of such awareness programme for the public welfare. He said that students can be the best messenger for spreading awareness among the masses on such important issues. Dr.Anita Sharm, NSS Officer of the college coordinated the proceedings of the programme and Prof.Samosh Kumar NSS officer, proposed the formal vote of thanks on the occasion.

Prominent among those present on the occasion include Dr. Udhey Bhanu Vice Principal, Prof. Romesh Kumar Atri, HoD Botany, Prof. Suresh Kr.Dogra, Prof. Kamal Kishore, Dr.Vipul Chalotra, , Dr. Vipul Chalotra, and NSS and NCC volunteers..

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