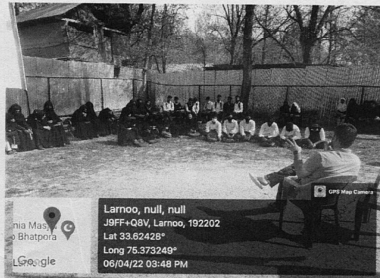
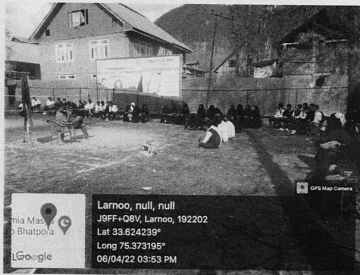




Date 06/04/2022

Report

Degree College Vailoo Larnoo, April 04, 2022: Department of Physical Education & Sports celebrated World Physical Activity Day (WPAD, 2022) by organizing a programme on theme "Move to Live"- a call for action. Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports while speaking on the occasion said that Physical activity is a topic of current discussion and undergoing a new wave of attention as an important issue for public health and well being. Regular participation in physical activity has been associated with a wide range of health benefits in population of all ages. Despite the scientific evidence of more than 60 years that physically active lifestyle has vast health benefits. Physical inactivity has taken the shape of global pandemic. An estimated 5.3 million deaths per year are attributed to physical inactivity and has also been recognized as one of the four leading risk factors of Non Communicable Diseases (NCDs). NCDs are rapidly increasing in our country and Kashmir is not an exemption. NCDs accounts for 60 per cent of all deaths in India. The major cited metabolic and behavioural risk factors of NCDs evident from the literature are overweight / obesity, raised blood pressure; blood glucose & cholesterol, physical inactivity, unhealthy diets, alcohol and tobacco use. Dr. Bhat Stressed on the student community to adopt healthy lifestyle that will go a long way in keeping the life style related diseases away. He further asserted that children and youth should maintain healthy life style because behaviours or habits established in this period are carried forward with time to adulthood.



Dr. Raof Ahmad Bhat
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Principal
 Principal
 Govt. Degree College
 Vailoo Larnoo, Kashmir