



**Department of Physical Education & Sports**  
**Government Degree College**  
**Vailoo Larnoo Anantnag**

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**Degree College Vailoo Larnoo, 03/04/2023:** Department of Physical Education & Sports organized a symposium on **Health Well-being & Sports (Agenda for Youth)** in connection with Y20 Summit, an official consultation forum for youth to dialogue with each other. Y20 encourages youth, as future leaders to raise awareness of global issues, exchange ideas, argue, negotiate and reach consensus.

Dr. Syed Tanvir Indrabi, worthy Principal in his inaugural address stressed on the need of adopting a healthy life style for healthy living. Dr. Indrabi further stated that regular exercise and healthy eating habits shall go a long way in preventing several diseases. A growing concern worldwide is there, over the negative impact on health of young people involved in high levels of screen based sedentary time. Interventions should be brought in to reduce this risk factor said, Dr. Syed Tanvir Indrabi.

Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports in his Keynote address spoke about the association of behavioral risk factors (physical inactivity, screen based sedentary time and unhealthy eating patterns) with BMI of adolescents. Dr. Bhat further stated that the period of adolescence is considered as a vulnerable stage of life as evidence indicates that young people participate in both health-enhancing and health-compromising lifestyles. This transitional phase of life, therefore, may be an important opportunity to encourage adolescents to maintain a physically active and healthy lifestyle as behaviors / habits formed during this period are carried forward with time into the later stages of adult life, added Dr. Bhat.

A total of 12 presentations were given by students mentored by faculty members of different subjects on relevant sub-themes. Misbah Majeed, Mohammad Asif Bhat and Tabasum Yousof got the best presentation awards. The best three presentations were awarded with a medal, certificate and a cash prize by worthy Principal.

Prof. Marifat Akhter extended vote of thanks by thanking worthy principal for always encouraging the faculty members and students to conduct and participate in such kind of events. She also extended his thanks to the organizing committee and participants for taking part in this event.

*Syed Tanvir Indrabi*  
 Principal  
 Dr. Syed Tanvir Indrabi  
 Govt. Degree College  
 Vailoo Larnoo, Kashmir

*Raof Ahmad Bhat*  
 Organizing Secretary  
 Dr. Raof Ahmad Bhat



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