



Government Degree College
Vailoo Larnoo Anantnag

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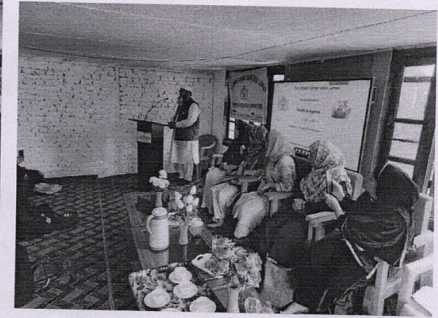
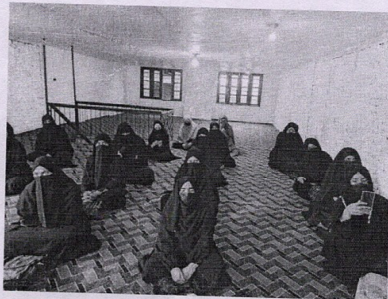


REPORT

Date: 05-06-2023

Under the able, well-founded and unparalleled Leadership of Worthy Principal Dr. Syed Tanvir Indrabi, Seminars and Debates Committee along with NSS and Red Ribbon Club of Govt Degree College Vailoo Larnoo in Collaboration with Health Department/PHC Larnoo today on 5th of June 2023 organized an awareness programme for female students on a theme and subject "Health and Hygiene", of Paramount significance. The anchor of the programme was Prof Marifat Akhter who made initial introductory remarks about subject in hand. She went ahead inviting worthy college Principal to warmly welcome the Guest speaker Dr. Kainat and other employees from the Health Department. The Worthy Chair graciously spoke about the crucial importance of the issue in contemporary era and the dire need to sensitize cum educate girls about the basic pre-requisites that they need to follow and observe while craving for a sound and sustainable healthy and hygienic life.

The proceedings of the said programme were then taken over by the Chief Speaker of the session Dr. Kainat who talked about certain essential techniques and regular exercises that females should follow and adopt as part of their priorities. She also said that the girls shall undergo for normal medical checkups and screening for early detection of health related issues. Her talk was followed by brief Speech delivered by two female faculty members namely Dr. Shehla Hafiz and Dr. Seerat Batool. Dr. Shehla spoke about PCOS, their primary causes, diagnosis, treatment and preventions thereof. She was simply grandiloquent in her articulation and content delivery. Moreover, Dr. Seerat shed some equally important light on the subject in reference from Islamic Point of view. Her brief speech was highly informative for the students and for faculty as well. The programme ended with question answer session wherein several students raised myriad number of related queries which were cogently responded by all the Learned Speakers present around. Dr. Aasiya Gull, on behalf of college expressed gratitude and appreciation to all for making the programme successful. She thanked everyone pleasantly.



Convener
Seminars and Debates Committee

Principal
Govt Degree College
Vailoo Larnoo, Kashmir