



# Office of the Principal

## Altaf Memorial Govt. Degree College Kilam

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### Programme on “Health and Diseases” under the aegis of India’s G20 Presidency

On 28<sup>th</sup> February 2023 under the ambit of G20 Presidency of India an expert talk on the theme “Health and Diseases” was conducted at AMGDC-Kilam. The Programme was organized by IQAC and Department of Zoology of the college under the patronage of the worthy Principal Prof. (Dr.) Yasmeen Majid Khan. The programme was moderated by Mr. Niyaz Ahmad Khan, Assistant professor in the department of Environmental Science. At the outset Mr. Niyaz Ahmad Khan welcomed the faculty and the students for being part of the programme and also conceptualized the theme of the program. Afterwards an expert lecture on the said subject was delivered by Prof. Ashaq Hussain Bhat, Sr. Assistant Professor and Head Department of Zoology. He elaborated the concept of health, standard of living and quality of life and how we should focus on quality of life. The speaker also deliberated on the changing nature and understanding of health and diseases. He further elaborated the different dimensions of health and wellbeing. At the end principal Prof. (Dr.) Yasmeen Majid Khan in her concluding remarks stressed on the participants to avoid use processed foods rather use more and more natural foods for the benefit of their health. She also emphasized on the participants to perform routine physical work for good health. She concluded by expressing her gratitude to the Speaker, faculty members and students for making the event successful.

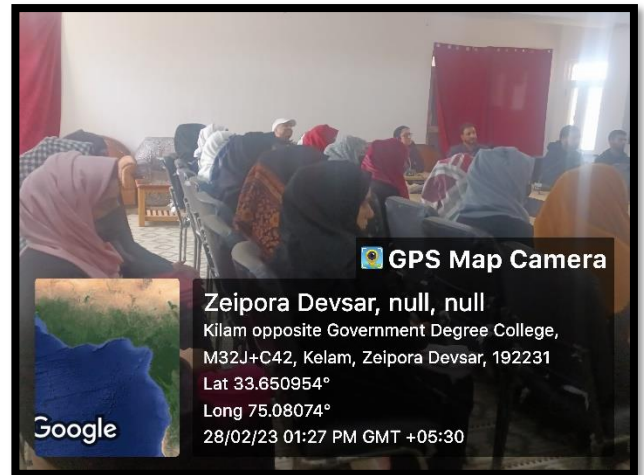
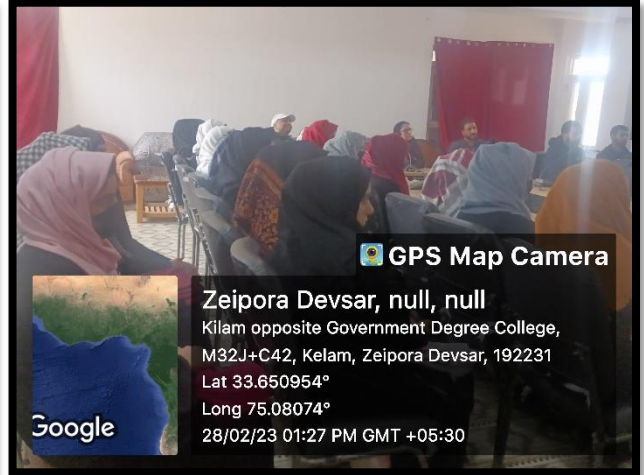




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