



# Office of the Principal Altaf Memorial Govt. Degree College Kilam



Cell: 9419040661 Email: [principalgdckilam@gmail.com](mailto:principalgdckilam@gmail.com) Website: [www.amgdckilam.edu.in](http://www.amgdckilam.edu.in)

**Activity under the banner; *India's G20 Presidency and AKAM***

**Dated: 08, April 2023**

## **Celebration of World Health Day**

On the eve of World Health Day, Debates and Seminars Committee, Department of Environmental Science and Department of Zoology in collaboration with the NSS Unit AM GDC Kilam organized a special lecture on “Life Style Disorders” today on April 08, 2023. The programme formally proceeded with a short speech delivered by **Mr. Mujeeb Hussain Gattoo** (Convener Debate/Seminar Committee) in which he conceptualized the theme of the programme as well as deliberated upon the history of celebrating World Health Day. **Prof (Dr.) Yasmeen Majid Khan**, Principal of the college delivered a detailed lecture on the **Life Style Disorders**. At the outset she made it a point that life style diseases are caused partly by unhealthy behaviors and partly by other factors. She elaborated upon the causes, preventive measures and treatment of many life style disorders like cardio-vascular diseases, cancer, diabetes etc. She also highlighted the importance of yoga, meditation and other exercises in prevention of Life Style disorders and advised the students to save themselves from the menace of drug abuse and unhealthy dietary habits. The programme was moderated by **Mr. Niyaz Ahmad Khan**, Head department of Environmental Sciences. The programme concluded with a formal vote of thanks by **Prof. Ashaq Hussain Bhat** (Convenor, IQAC and HOD zoology department).



# Office of the Principal Altaf Memorial Govt. Degree College Kilam



Cell: 9419040661 Email: [principalgdckilam@gmail.com](mailto:principalgdckilam@gmail.com) Website: [www.amgdckilam.edu.in](http://www.amgdckilam.edu.in)



Sd/-  
Convener Debates and Seminar Committee

Copy to:

- 1) IQAC
- 2) Office file