

18-02-2014: An AIDS Awareness Programme was organized by the Red Ribbon Club of Govt. Degree College Udhampur in which Prof. S.S Bhalwal was the chief guest whereas Dr. Deepak Kumar, Medical Superintendent Distt. Hospital Udhampur & Dr. Som Singh, Disstt. Health Officer Udhampur were the resource persons. In his address the Chief Guest while highlighting the importance of disseminating awareness on such health related issues, he said, “ The modern life style , no doubt, brings comfort & charm but poses certain health related threats which can prove fatal also. The youth needs to be consistently counseled regarding the health hazards caused by the carelessness insinuated by the modern outlook to life.”

In his talk Dr. Deepak Kumar highlighted some major aspects of AIDS like its causes & prophylaxis and its socio-cultural issues as well.

Dr. Som Singh spoke on non-communicable diseases like Obesity, hypertension, diabetes etc. and urged the youth to balance their dietary habits and grow a habit of daily physical exercise to keep themselves physically and mentally fit.

The Program was coordinated by Dr. Bashir Ahmed Dar & Prof. Suresh K. Dogra Nodal Officers of the Club. Ms. Amrita Katoch proposed the formal vote of thanks.