

## Government Degree College Baramulla, Jammu and Kashmir

NAAC Accredited Grade “A” and College with Potential for Excellence (CPE)

### GDC Baramulla hosts Special Lecture on Non-Communicable Diseases

The National Service Scheme (NSS) of Government Degree College (GDC), Baramulla hosted a special lecture on “**Prevention and Control of Non-Communicable Diseases (NCDs)**” as a part of Azadi Ka Amrit Mahotsav (AKAM) to mark 75 years of India’s independence (India@75).

Prof. (Dr.) Mushtaq Ahmad Lone, Principal of the college was the chief guest on the occasion who welcomed the guest speaker and attendees of the lecture. Prof. Lone, in his inaugural address highlighted the need of creating awareness about the NCDs among the youth for happy, healthy, and prosperous social setup. He



stressed the attendees, specifically, the youth, to be the ambassadors of change for the larger good of fellow brethren. The lecture witnessed a satisfactory attendance of approximately 100 participants including students, staff, and other dignitaries.

Dr. Zahid Ali Khan, Assistant professor, Department of Medicine, Government Medical College (GMC), Baramulla was the keynote speaker who presented a detailed account of the most prominent NCDs. He elucidated the NCDs, also known as chronic diseases, to the participants to the best of their satisfaction. Dr. Khan articulated that NCDs tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioural factors. Besides, he also discussed the main types of NCDs, such as cardiovascular diseases, cancers, chronic respiratory diseases (e.g., chronic obstructive pulmonary disease and asthma), diabetes and psychiatric illnesses. He alluded to some recent research findings on prevalence of NCDs, their causative and risk factors (such as modifiable, non-modifiable, and metabolic factors), and vulnerability, based on age, gender, ethnicity, and heredity. The socioeconomic impact of NCDs was also came under discussion during the session. Dr. Khan

asserted that an important way to control NCDs is to focus on reducing the risk factors associated with these diseases.

The aforementioned lecture was held on December 04, 2021 in New Conference Hall of the college. Dr. Syed Masarat Geelani, Program Officer, NSS (Unit-III) maneuvered the proceedings of the session and Dr. Kaiser Ahmad Dar, Program Officer, NSS (Unit-II) proposed a vote of thanks to reason out the session.



The programme was a part of the celebrations of the ‘Azadi Ka Amrit Mahotsav (AKAM)’ to mark India’s 75 years of independence (India@75). The purpose of organizing this programme was to create awareness and educate students about the prevention and control of major NCDs.