



Govt. College for Women Nawakadal, Srinagar

(NAAC Accredited Grade A)

AICTE Approved Institution for MBA Programme)



Report on Medical Aid Camp & Yoga Mahautsav

College Health center and NSS wing in collaboration with Health and Wellness center AYUSH under the patronage of madam principal Prof. (Dr.) Neelofar Bhat organized one day program on three activities:

1. Talk on Health benefits of millet in diet,
2. Medical Aid camp, and
3. Yoga session as a prelude to 9th International Day of Yoga.

First session started with the welcome address by Dr.Nusrat Parveen (Member Health Centre committee).She elaborated the concept and importance of Ayush system in promoting general wellness. In her address she stressed that the Ayush medicine is free from side effects and their rewards are long lasting. It assists in strengthening and boosting natural immune system.

Dr Roohi Tabassum (Incharge Medical Officer AYUSH Unit JLNM and state Yoga master trainer Department of AYUSH) deliberated on the importance of Millets in diet. She discussed in detail the nutritional value of different types of Millets like Bajra, Jawar etc. She further mentioned the recipes for different meals made from these millets so that they can be consumed in best possible way.

In the Second Session, health check up was done by the team of Doctors /specialists namely Dr. Shazia (Medical officer, SMHS), Dr. Taizen and Dr.Zilhuma medical officers AYUSH HWC. One hundred

fifty (150) Students as well as staff members of the college were checked up ~~the~~ followed by the distribution of different medicines among them.

Third session was the Yoga session, wherein both NSS volunteers, PTI and students in from the Physical Education department participated. The master trainer for the session was Dr. Ruhi Tabassum. She along with her assistants demonstrated various yoga Asanas and concluded with the Meditation session. She stressed on the Asanas related to the physical & mental health.

Programme was concluded with the vote of thanks by Dr. Tabasum Masood, Co-Convener, College Health Centre.

**Convener
Health Centre**

**Prof. (Dr) Neelofar Bhat
Principal**



