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Office of the Principal

GOVT. DEGREE COLLEGE SOPORE

NAAC Accredited: Grade B

Phone No: 01954222262



Report

Subject:- “Standard of life and diseases ”in connection with India’s G20 Presidency

Today On 22nd of February 2023 under the ambit of G20 Presidency of India Expert talk on the theme “Standard of life and diseases” was conducted at Govt. Degree College Sopore. The Programme was organized by NSS units of the college under the patronage of the worthy Principal Prof (Dr) Salma Ahad. The programme was moderated by Prof. Suhail Abdullah Malik, Assistant professor in the department of Environmental Science. At the outset Prof. Suhail Abdullah malik welcomed the faculty and students for being part of the programme and also spoke about the importance of good mental health and how we should work towards having healthy life index. Afterwards an expert lecture on the said subject was delivered by Dr. Sajad Ahmad Bhat, Assistant Professor Department of Psychology. The resource spoke of difference between the standard of life and disease. He elaborated upon the concept of standard of living and quality of life and how we should focus on quality of life more than materialistic needs. The speaker also deliberated on the changing nature and understanding of diseases. He spoke of how in the recent years particularly post pandemic the perception of people has changed towards the nature of psychological problems. The speaker spoke of various psychological issues faced by the students like anxiety, stress and depression and how to effectively deal with these psychological problems. The speaker also explained how we can approach psychological problems in more efficient way through psychotherapies. The programme was attended by large number of students and concluded successfully by vote of thanks given by Dr. Aabida Kounsar in which he expressed his gratitude towards the college principal for providing all the necessary support required for the programme and also expressed his gratitude toward faculty members and students for making the event successful.

GOVERNMENT DEGREE COLLEGE SOPORE
LECTURE ON
“ STANDARD OF LIFE AND DISEASES ”

 ORGANISED BY NSS 
ON
22ND OF FEBRUARY 2023, 11:30AM

PATRON **RESOURCE PERSON**
PROF (DR) SALMA AHAD **DR SAJAD AHMAD BHAT**

GPS Map Camera

Sopore, null, null
Sopore Degree College, road Sopore, 7FM6+GX8, Sopore,
193201
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