

Govt. Degree College Anantnag



Seminar Details & Report

Seminar Title: World Health Day

Organizer: Debate & Seminar GDC Anantnag & GDCA Alumni Association

Date: 7th April, 2021

Venue: Conference Hall Govt. Degree College Anantnag

Number of participants: 200

Agenda

- Importance of Human Health in the era of Covid-19
- Importance of Traditional Herbs for Remedy
- Importance of Chronobiology on human health

Patron: Professor (Dr.) Manzoor Ahmad Lone, Principal Govt. Degree College Anantnag

Invited Speakers:

Dr. Rouf Hamza Boda (PhD), Lecturer Botany, Nodal Officer Kashmir Herbal Gardens
Kashmir Division, Nodal Officer Kashmir Division Ek Prithwi WWF-India

- **Documentary on Medicinal Plants & Water Resources**
- **Talk on 'Precious Medicinal Plant Resource of Kashmir Himalaya**

Dr. Zahid Malik (PhD), Lecturer Zoology, Govt. Model Higher Secondary School Doru

- **Talk on 'Importance of Chronobiology on Human Health'**

Report

Debate & Seminar Committee & Alumni Association Govt. Degree College Anantnag organized a One Day Seminar to celebrate 'World Health Day' on 7th April, 2021. The overarching aim of this Seminar was to highlight the importance of Health in the current scenario and to highlight emerging health issues of human race. The Seminar was moderated by Dr. Ummer Rashid Zargar, Assistant Professor Deptt. of Zoology and Chaired by esteemed Principal, Govt. Degree College Anantnag. In his Inaugural address, the patron of the seminar highlighted the significance of health to the students and faculty members. Dr. Manzoor Ahmad Lone impressed upon students to understand various health issues which human race is presently facing. He also stressed upon budding youth to take interest in research in order to find solution to our health problem. He finally concluded with the remark,

If Wealth is Lost, Nothing is Lost

If Health is Lost, Everything is Lost

Dr. Farooq Ahmad Malik, convener of Debate & Seminar Committee & Head Deptt. of Political Science gave scholastic thoughts on the 'World Health Day'. In his opinion, there is great disparity between health status of East & West. He impressed upon the audience that we need to ponder why we are not able to provide better health facilities in our part of world.

Dr. Rouf Hamza Boda (invited speaker) showed his recently compiled documentary on medicinal plants and water resources. Afterwards he delivered his presentation on the theme '**Precious Medicinal Plant Resource of Kashmir Himalaya**' in which speaker mentioned some of the precious plants of Kashmir Himalaya having great medicinal importance. The students were greatly impressed by the work done by the researcher on traditional herbs of Kashmir. Dr. Boda finally impressed upon the students and faculty to unravel the natural

resources of this region in order to understand their medicinal importance and also to know their conservation status.

The second speaker of the day was Dr. Zahid Malik. He highlighted the importance of Chronobiology on the Human Health. Dr. Zahid provided basic information about the Biological Clock to the students and faculty, and also highlighted the current research in this importance field. He highlighted the importance of Chronobiology in difference physiological and behavioral aspects of human life.

The invited guests were finally felicitated with certificates and achievement momento. The vote of thanks were given by Prof. (Dr.) Abass Ahmed Shah, Head Deptt. of Chemistry. He thanked all guests for their great work in their respective fields and also thanked Debate & Seminar Committee & Alumni Association for the smooth conduct of programme.

The programme was finally concluded with the remark by Dr Ummer Zargar that

‘We need to work for Building a fairer, healthier world’.



Principal



