

GOVERNMENT DEGREE COLLEGE, GOOL -182144



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As part of Month-long last activity related to “Nasha Mukt Jammu and Kashmir Abhiyan” Govt. Degree College Gool organized a lecture on the topic “Healthy Lifestyle” Dr. Tariq Medical Officer CHC Gool was the resource person who apprised the students about the Healthy Lifestyle. The learned doctor advised the students to stay away from the junk foods and spare sufficient time for physical exercise. He further said that regular exercise is the only key that keeps one fit and healthy. Large number of students attended the lecture with deep interest and patience. The lecture was organized under the supervision of Prof. Shah-E-Jahan Ganai (Incharge Principal of the College). Prof. Mushtaq Ahmed Bhat (HOD Pol.Science), Dr. Zaffar Hayat (HOD Arabic), Prof. Jatinder Lal (HOD Education), Prof Gopal Singh (HOD Dogri), Prof. Mohd Younus Saleem (AP English) Dr. Mohammed Khaliq (AA Lecturer Geography) Dr. Asif (AA Lecturer in Sociology) were also present on the occasion.

