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GDC Batote organized an awareness program on Adolescent Health

Press Release Dated 14-07-2026

GDC Batote in collaboration with District Hospital Ramban organized a awareness programme particularly focussed on Non Communicable diseases among the persons of adolescent age which saw a presence of worthy Principal, faculty members and students in good numbers. The programme was organized under the patronage of the principal Dr. Arti Pandoh Gupta.

The programme commenced with introduction and welcome of esteemed guest speakers by Prof. Ajaz Ahmed Head Dept. of Economics which was followed by the talk of resource person of the day Shri Ramesh Singh AFH Counsellor male from District Hospital Ramban who deliberated upon the symptoms and causes of Non communicable diseases and discussed the preventive and precautionary measures to live a healthy life.. Moreover, he also discussed with audience pertaining to the availing of health services catered to the adolescents in the form of counselling and treatment.. He stressed on intake of balanced and nutritious diet and making games and sports an integral part of their daily life habits.

Thereafter, another esteemed guest speaker of the event Miss. Amrita Thakur AFH female Counsellor from District Hospital Ramban wherein she spoke regarding the symptoms and causes different types of anaemia and preventive and precautionary measures to deal with this problem which generally is found in females of different age groups. She stressed on incorporation of iron, vitamin and fibre rich diets and avoidance of junk, fatty and ultra processed food items.

Subsequently, a question answer and counselling session was held in which guest speakers elaborately responded the queries of the attendees and also provided separate health counselling to the students. Contact details of Health Counsellors were shared with students.

In the end , worthy Principal Madam Dr. Arti Pandoh Gupta also shared her invaluable thoughts with students where she discussed about the role of peer pressure, physical inactivity in causing many physical and mental health issues and indulgence of teenagers in substance abuse and alcoholism which further precipitate to different sort of problems . She added that healthy youth can significantly contribute in translating the dream of Viksit Bharat 2027 into reality. She exhorted the students to stay away from drug abuse, alcoholism and not bulging under peer pressure negatively as well as without any sort of hesitation counselling and cure if they are facing any sort of mental and physical health issues.

The program was elegantly moderated by Prof. Sunil Kumar Head Dept. of Dogri and Convenor Healthcare cum First Aid. The event was concluded by Dr. Kousar Muzammil, Head Department of Urdu who extended his heartfelt gratitude to the worthy principal, resource persons, organizing team , non teaching staff and students for making this event successful .

Sd/

Principal