



Government Degree College
UTTERSoo

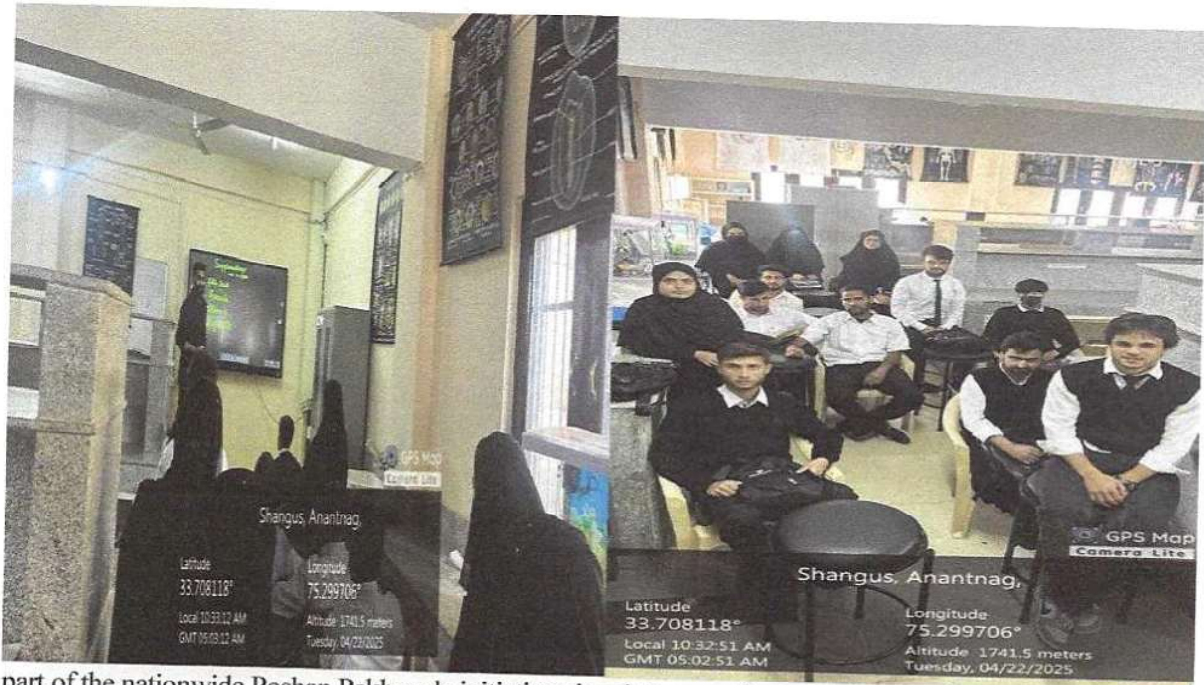
GDCUT/2025/Report/50

Office of the Principal
GOVT DEGREE COLLEGE UTTERSoo
UTTERSoo-SHANGUS ANANTNAG (J&K)- 192201
NAAC Accredited Grade "B" (CGPA 2.33)
Email:gdc.uttersoo@gmail.com, Website:WWW.gdcut



22/04/2025.

Report of lecture on Malnutrition under the banner of Poshan Pakhwada on 22nd of April 2025



As part of the nationwide Poshan Pakhwada initiative aimed at promoting nutritional awareness and well-being, the NSS Wing of Government Degree College (GDC) Uttersoo, in collaboration with the **Department of Zoology**, organized an insightful lecture on "**Malnutrition: Causes, Effects, and Preventive Strategies**" under the leadership of our worthy principal, **Prof Mushtaq Ahmad Sohil**. The event was held today on 22nd April 2025 within the college campus.

The session was graced by **Dr Wajid Ahmad, Lecturer, Department of Zoology**, who delivered a comprehensive talk highlighting the various dimensions of malnutrition, ranging from undernutrition and micronutrient deficiencies to emerging challenges of overnutrition. The speaker elaborated on the key causes of malnutrition, including socio-economic disparities, lack of awareness, poor dietary habits, and inadequate healthcare facilities.

Emphasis was laid on the long-term consequences of malnutrition, particularly its impact on physical growth, cognitive development, and overall productivity. The session also shed light on several government initiatives such as POSHAN Abhiyaan, Mid-Day Meal Scheme, and Integrated Child Development Services (ICDS), emphasizing their role in combating malnutrition at the grassroots level.

The lecture was highly engaging, with students actively participating in the discussion and posing thoughtful

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Principal
Govt Degree College
Anantnag

questions. The speaker encouraged the youth to act as ambassadors of change by spreading awareness about nutritional health in their communities.

The event concluded with a formal vote of thanks by **Mr Rouoof Habib, NSS Program Officer** expressing gratitude to the speaker and all participants for making the program a success. The initiative reflected the college's dedication to community service and its proactive role in addressing pressing health issues through education and outreach.



Organizers

Prof Rouoof Habib, NSS Program Officer

Dr. Subzar Ahmad, HoD Zoology

Prof Mushtaq Ahmad Sohil
Principal
Govt Degree College
Uthmaniyah, Anantnag