



Health Audit Week

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Department of Biochemistry

Govt Degree College, Kulgam

Background: As desired by the chair of the Institute, the Department of Biochemistry in collaboration with IQAC at Govt Degree College Kulgam is conducting the “Health Audit ” of its whole staff to help them stay fit and fine. In this connection the department will be assessing two important health parameters namely, the SGOT and blood cholesterol. While the former is an important read out of one’s liver function (the master organ of our body), the later can cause atherosclerosis (when accumulated in higher amounts) leading to heart attacks and brain stroke.

Period of organisation

“28th Sep -1st Oct-21”

Sampling recommendation:

For the above said tests (LFT and blood Cholesterol) morning samples are recommended for the better assessment. So interested officials could donate their samples preferentially in the morning with relatively empty stomach.

Patron:

Prof (Dr) N. A. Simnani (Principal)

Organiser(s):

Department of Biochemistry

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IQAC