

Department of Biochemistry

Govt Degree College Kulgam

Health Audit Week-Final Report

Period of organisation
th st
“28 Sep-1 Oct-2021”

Aim and Objective: As desired by the chair of the Institute, the Department of Biochemistry in collaboration with IQAC at Govt Degree College Kulgam conducted the “Health Audit” of its whole staff to help them stay fit and fine. In this connection the department assessed 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.

Event implication:

“While raised SGOT is a read out for possible liver damage due to lipid accumulation, viral infection and/or drug intake, the high cholesterol is a risk factor for Chronic heart disease (CHD) and stroke”.

Sampling recommendation: For the above said tests (LFT and blood Cholesterol) morning samples are recommended for the better assessment. So

interested officials, as advised, donated their blood samples preferentially in the morning with relatively empty stomach.

Inaugural date: 28th sep-21

Inauguration: The “health audit week” organised by Department of Biochemistry in collaboration with IQAC was inaugurated by the worthy Principal (head/chair) of Govt Degree College



Kulgam. The inaugural ceremony was attended by Heads of various departments including convenor IQAC and student of the college. The head of institute was familiarised with the utility of various facilities available in the Department of Biochemistry. Of note, the worthy chair and convenor IQAC were the first sample donors to be subjected to above analyses.

Beneficiaries of the event:

Almost whole college staff was voluntarily subjected to above said biochemical analyses (record attached, see annexe I).

Acknowledgment: The Department of Biochemistry is grateful to the Principal

Prof (Dr) N. A. Simnani for giving a chance to the aforesaid department to serve the College fraternity. Drs Raoof and Taif (academic arrangement faculties) of the Biochemistry Department worked meticulously and tenaciously hard to make this exercise a grand success. The event would not have been possible without the support from the IQAC of the College. We cordially thank our sample donors. We are indebted to our non-teaching faculty to make this event to happen successfully. At the end we would be always happy to serve the Institute in all possible ways to take it new heights and bring laurels to it.

Principal

Convenor
IQAC

Head

Department of Biochemistry

HEAD
Department of Bio-Chemistry
Govt. Degree College Kulgam

PRINCIPAL
Govt. Degree College
Kulgam (Kmr) J&K