

**Online Guest Lecture on**  
***“Health, Nutrition and Life style: An Islamic Perspective***  
***With special reference to current Pandemic”***

**On**

**06/05/2021**

**Organized by**

**Department of Islamic Studies**

**&**

**Psychological Counseling Cell of the College**

An Online guest lecture was held where a large number of participants from college and outside the college connected through Google meet on 06<sup>th</sup> of May 2021 organized by the department of Islamic Studies and Psychological Counseling cell of the college. The lecture was started with a brief introduction of the guest speaker Dr. Zaira Ashraf Khan, HOD Islamic Studies GDC Pulwama by Dr. Iqbal Malik. Various health issues with the alternative health cures were discussed with special reference to the Islamic Perspective. The speaker also reflected nutrition plan for maintaining health and healthy life style during the pandemic. Different diets were recommended for the healthy life. The webinar was followed by question and answer session where in very relevant questions were asked by different faculty members and were answered satisfactorily by the guest speaker. The event was concluded with a vote of thanks presented by Prof. Shah Lateef Convener IQAC of the College, thanked Worthy Principal, Guest Speaker, faculty members and students who attended the online lecture.



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