

Report

Comprehensive Health and Genomics: Diagnostic-cum-Awareness Program

Organized by

Department of Clinical Biochemistry, University of Kashmir

In Collaboration with

University Health Centre and Meem Path Laboratory, J&K

11th June 2026

The Department of Clinical Biochemistry, University of Kashmir, in collaboration with the University Health Centre and Meem Path Laboratory, J&K, successfully organized a one-day “**Comprehensive Health and Genomics: Diagnostic-cum-Awareness Program**” on 11th June 2026. The programme was designed to promote health awareness, preventive healthcare, modern diagnostics, and genomic medicine through a combination of free diagnostic testing, expert lectures, quiz competition, and specialist consultation sessions with schedule as under:

Free diagnostic testing session:

The programme commenced at **7:30 AM** with free diagnostic testing at the Diagnostic Centre, Department of Clinical Biochemistry. The activity was jointly supported by Meem Path Laboratory and the University Health Centre, University of Kashmir.

Prior online registration was conducted for the diagnostic testing component, and a total of **125 participants registered** for availing the facility. Sample collection was carried out by technicians from Meem Path Laboratory, the Diagnostic Centre of Clinical Biochemistry, and the University Health Centre.

The beneficiaries included university teaching and non-teaching staff, proctorial and security personnel, class-IV employees, watch and ward staff, residential employees, students, and research scholars. A remarkable response was witnessed, with a large number of participants arriving for testing. Despite the heavy rush, all necessary arrangements and facilities were efficiently provided to ensure smooth sample collection. The activity continued as scheduled and concluded at **9:45 AM**.

Inaugural session

The inaugural session commenced at **10:00 AM**. The programme was graced by **Prof. Naseer Iqbal, Registrar, University of Kashmir**, as the Chief Patron, and **Prof. Fayaz Ahmad, Dean, School of Biological Sciences**, as Patron of the event. The dais was also shared by **Dr. Inara Abeer, Director Meem Path Laboratory**, and **Dr. Tanveer Ali Dar, Head, Department of Clinical Biochemistry**.

Although the Honourable Vice Chancellor, **Prof. Nilofer Khan**, was unable to attend due to unavoidable official engagements, she conveyed her best wishes and congratulated the organizers for conducting this important initiative.

The inaugural session was moderated by **Ms. Beenish**, Research Scholar, Department of Clinical Biochemistry. The proceedings began with a welcome address by **Dr. Tanveer Ali Dar**, Head of the Department, followed by opening remarks from **Dr. Inara Abeer**. Special remarks were delivered by **Prof. Fayaz Ahmad**, Dean, School of Biological Sciences, highlighting the importance of preventive healthcare and emerging biomedical sciences. The session concluded with an inspiring special address by **Prof. Naseer Iqbal**, Registrar, University of Kashmir, who appreciated the organizers for integrating health awareness, diagnostics, and community outreach. The inaugural session concluded with a formal vote of thanks presented by **Prof. Fouzia Rashid**, Department of Clinical Biochemistry.

Expert Lecture session

Following a short break, the scientific session commenced under the coordination of **Ms. Beenish** and **Dr. Inara Abeer**.

The first expert lecture was delivered online by **Dr. Mahua Das Gupta (Kapoor)** on the scheduled topic related to genomic medicine and advanced diagnostics. Chaired by **Dr. Inara Abeer**, the lecture emphasized the growing importance of **Next-Generation Sequencing (NGS)** and its transformative role in modern healthcare and precision medicine.

The second lecture was delivered by **Dr. Inara Abeer** on the topic “**Why Testing?**” with **Dr. Khalid Nazir**, Director, University Health Centre, serving as Chairperson of the session. The lecture highlighted the significance of timely and appropriate diagnostic testing in preventive and personalized healthcare. The session generated active participation and was followed by an engaging question-and-answer interaction.

The third lecture was delivered by renowned endocrinologist **Dr. Khurshid Ahmad Bhat** on “**ABC of Diabetes.**” The lecture provided valuable insights into diabetes prevention, diagnosis, management, and lifestyle modification. The presentation was highly informative and inspired considerable interaction from participants during the subsequent question-and-answer session.

To reinforce the learning outcomes of the scientific sessions, a **quiz competition** based on the lectures was organized. Participants enthusiastically took part in the competition, and **three prizes** were awarded to the winners.

Consultation session

Following the lecture sessions, lunch was served to all participants, invited speakers, and consulting doctors.

The post-lunch consultation session was conducted as scheduled, with specialist doctors from different disciplines providing expert guidance and consultation to registered participants. Nearly **50 individuals registered** for the consultation session and benefited from personalized medical advice and counselling.

The consultations continued until **6:00 PM**, allowing participants to discuss their health concerns directly with specialists. In a commendable gesture, some of the consulting doctors also provided free medicines to deserving participants, further enhancing the impact of the programme.

GLIMPSES OF THE EVENT



Conclusion

The event entitled, “**Comprehensive Health and Genomics: Diagnostic-cum-Awareness Program**” witnessed enthusiastic participation from the University community and the general public and successfully achieved its objectives of promoting preventive healthcare, awareness about diagnostic testing, and understanding of emerging advances in genomic medicine.

The overall programme concluded with a vote of thanks by **Dr. Tanveer Ali Dar**, Head, Department of Clinical Biochemistry, who expressed gratitude to **Dr. Inara Abeer**, Meem Path Laboratory, the team of consulting doctors, the University Health Centre, faculty members, scholars, volunteers, and all participants for their valuable contributions in making the programme a grand success.

The Department of Clinical Biochemistry remains committed to organizing similar outreach and awareness initiatives that integrate scientific knowledge, healthcare services, and community engagement for the benefit of society.