

REPORT

One-day Extension activity program

**“Metabolic Screening and Lifestyle Management: Diagnostics,
Counselling and Social Upliftment”**

Organized by

Department of Clinical Biochemistry,
University of Kashmir, Srinagar

In collaboration with

NSS, University of Kashmir, J&K

The Department of Clinical Biochemistry, University of Kashmir, Srinagar, in collaboration with the National Service Scheme (NSS), University of Kashmir, jointly organized a one-day extension activity program titled **“Metabolic Screening & Lifestyle Management: Diagnostics, Counselling and Social Upliftment”** on 16th December, 2025 at Faqir Gujri, under the theme *“Towards Better Health & Community Well-being”*.

The program reflected the strong collaborative synergy between the Department of Clinical Biochemistry and NSS, wherein faculty members, technical staff, research scholars and postgraduate students of Clinical Biochemistry worked closely with NSS coordinators and student volunteers. While the Department of Clinical Biochemistry provided scientific expertise, diagnostic services, and professional counselling, NSS played an equally vital role in community outreach, participant mobilization, on-site coordination, and awareness generation, ensuring effective implementation and wider community participation.

The extension activity offered free metabolic screening, including blood sugar testing, complete blood count (CBC), lipid profile, liver function tests (LFT), and kidney function tests (KFT). This was complemented by free medical consultation by doctors, lifestyle counselling focusing on diet, exercise, and healthy living, and free distribution of hygiene kits to the beneficiaries. The initiative witnessed enthusiastic participation from the local population and was widely appreciated for its meaningful social and health impact.

Through this joint initiative, the Department of Clinical Biochemistry and NSS, University of Kashmir, reaffirmed their shared commitment to preventive healthcare, student volunteerism, and social responsibility by translating academic knowledge into impactful community service and promoting sustainable health awareness at the grassroots level.

GLIMPSES OF THE EVENT



