

# HEALTH CARE PROJECT

## TEAM

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## HELP PROVIDED BY

PMSHRI KENDRIYA VIDYALAYA NO. 2 BHOPAL

**SCHOOL DOCTOR:** DR.KIRAN PAWAR MA'AM

## MAIN PROBLEMS

Main problems of health in “India” is:-

### BLOOD RELATED PROBLEMS IN INDIA

1. **Anemia:** Poor diet (low in iron-rich foods like green leafy vegetables, legumes, and fortified cereals) and heavy menstrual bleeding in women.
2. **Thalassemia:** Thalassemia can cause severe anemia, requiring regular blood transfusions, iron.
3. **Stunting (Low Height for Age):** Children under five are particularly affected, with many not reaching their full height potential due to chronic malnutrition.

### DIET PROBLEMS IN INDIA

4. **Protein-Energy Malnutrition:** A significant problem in low-income areas, where the availability of protein-foods (such as dairy, pulses, meat, etc.) is limited.
5. **High Sugar and Salt Intake:** High consumption of sugary beverages, snacks, and processed foods with excessive salt is contributing to the rise in obesity, diabetes, hypertension, and other non-communicable diseases (NCDs).
6. **Micronutrient Deficiencies:** The most common deficiencies are iron, vitamin A, iodine, and zinc, which can lead to a range of health issues like anemia, weakened immunity, and impaired cognitive development.

### FITNESS PROBLEMS IN INDIA

7. **Physical Inactivity Among Children:** As children increasingly engage in screen time (TV, mobile, video games), outdoor physical activities have significantly decreased. Many children no longer participate in sports or outdoor games regularly.
8. **Consequences of a Sedentary Lifestyle:** Increased risk of obesity, heart disease, diabetes, and other chronic conditions.

## 9. Weak muscles and joints due to lack of exercise.

# PROBLEM SOLVING OUR AGENDA IN INDIA

In diseases people dead in “India” approximately 2L. Our agenda is make up website and app name is “BLOOD FITNESS AND DIET”. That’s short form is (BFT). This is website and app free for all users.



## BLOOD DONATION :-

In this process when a people has been accident by a car blood is over flow and people parents apply in website and app (BFT) and blood is transfer to the nearest hospital to those people were accident. In this processed the website and app when people those who accident people parents or friends requested in this website and app to give blood and help her child website work in this those have register those accident people blood group is A+ and those have A+ positive blood group website and app message the those interest to helping her.



## A STEP TOWARDS FITNESS :-

In this “fitness class” we are providing a fitness class and this fitness app or website give the to person task to maintain a body and health. This is not free when person donate a blood to another person and purchase a “fitness class” for 6 months. We are providing a workout facility and will notify that its time for yours exercise time. This is useful feature for GYM beginners.

**yours exssess time. This is very usefull for Bodybilder,Gym beginner.**



## **DIET CONTROL:-**

We are providing a feature, so that the User may get a better lifestyle regarding to his/her healthy meal. A diet control menu will be present in it, so that the user can get a better guidance of their diet plan. This diet plan will make a routine for the user according to his/her choice. In this plan, there will be options given to the user to activate it for a given amount of time. Only vegetarian meal will be provided.

