

**Synopsis Report**

*for*

**“Health and Fitness”**

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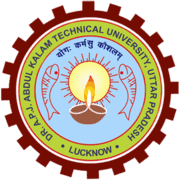
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**HARDWARE AND SOFTWARE REQUIREMENT:-**

1. Operating System: Windows 10
2. Processor : 2.40 GHz
3. RAM : 4.00 GB
4. Version : 21H1
5. System Type : 64-bit Operating System
6. Notepad

**REFERENCE:-**

1. www.healthline.com
2. www.webmed.com
3. www.fitnesswebber.com
4. www.who.com
5. www.main.mohfw.gov.in

**INTRODUCTION**

Live a Healthy Life. Learn From Experts with ***HEALTH AND FITNESS.***

**HEALTHY LIFE LEADS TO HAPPY LIFE**

Start Your Journey of Happiness and Health Today!



As we pass time through the evolution of fitness over the centuries and different facts present in our modern physical culture, questions are raised in our mind that what we have, gained?

Obviously, much good has come in our mind that development: there’s widespread awareness of the importance of regular exercise, nearly every society has a gym where people can work out, and we understand more about how the human body works and responds to physical training than we ever have before.

Yet despite the maximum of health and fitness methods, programs, and resources, the general population has never been so physically sedentary and out-of-shape.

A recent ***World Health Organization***report indicates that life expectancy in the U.S. has dropped for the first time since 1993. The health of modern people is declining, despite highly advanced medical technologies, and despite the thriving health and fitness industry. How could that be?

A large part of it is an inspiration. People are simply not as inspired to move their bodies and get healthy as they were in the past. We live in a community where the inability to operate one’s body practically and effectively is no longer an embarrassing condition.

**PROBLEM STATEMENT:**

The Indian healthcare scenario presents a spectrum of contrasting landscapes. At one end of the spectrum are the glitzy steel and glass structures delivering high tech medicare to the well-heeled, mostly urban Indian. At the other end are the ramshackle outposts in the remote reaches of the “other India” trying desperately to live up to their identity as health sub centers, waiting to be transformed to shrines of health and wellness, a story which we will wait to see unfold. With the rapid pace of change currently being witnessed, this spectrum is likely to widen further, presenting even more complexity in the future.

**AIM:**

To improve the quality of health care by removing various barriers like social, financial, geographical barriers to access health care facilities by encouraging the youth by providing them quality education, good training, and better moral values reducing the chance of the last Indian dying due to lack of medical facilities.

**OBJECTIVE:**

1. We must strive to raise awareness in those whom we work with and must encourage the younger generation to believe in the power of education for behavior change.

2. The disciplines of community medicine and public health, we must encourage discussion on the determinants of access to healthcare. We should identify and analyze possible barriers to access in the financial, geographic, social, and system-related domains, and do our best to get our students and peers thinking about the problem of access to good quality healthcare.

3. It is time for a policy on health human power to be articulated, which must outline measures to ensure that the last Indian is taken care of by a sensitive, trained, and competent healthcare worker.

4. Exposing young minds to issues of economics of healthcare will hopefully bring in a realization of the enormity of the situation and the need to address it in whatever way possible.

5. Ethics in healthcare should be a hotly discussed issue, within the profession, rather than outside it.