

# **EDUCATIONAL EXCURSION OF THE DEPARTMENT OF PHYSIOLOGY**

## **Educational Tour at Jai Chandi Pahar**

Department of Physiology, Bankura Christian College has organized an education tour at Jai Chandi Pahar dated 26<sup>th</sup> January 2024. In this education tour 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> Semester students were participated.

Place of Visit: Jai Chandi Pahar, Purulia.

Date: 26/01/2024

Number of students participated: 42

Number of teacher participated: 04

Number of Non-teaching staff participated: 02



**Report:**

From the students of the physiology department has surveyed the local population regarding their socio-economic status, health status as well as nutritional status. They have measured height, weight, blood pressure, heart rate, respiratory rate; MUAC and different skin fold thickness parameters to assess body fat percentage. They also screened for different diseases as well the pattern of obesity. Local population has voluntarily participated.

From the survey they have observed that the majority of the population were belongs to low socioeconomic background and most of them depends on low nutritive value food. Some of them were suffering from anemia and malnutrition.

**Recommendation:**

According to the survey report, our students recommended the lost cost easily available high nutritive foods like mushroom, googly, Kulekhara vegetable and small fishes.