

TUESDAY TALK_May, 2023

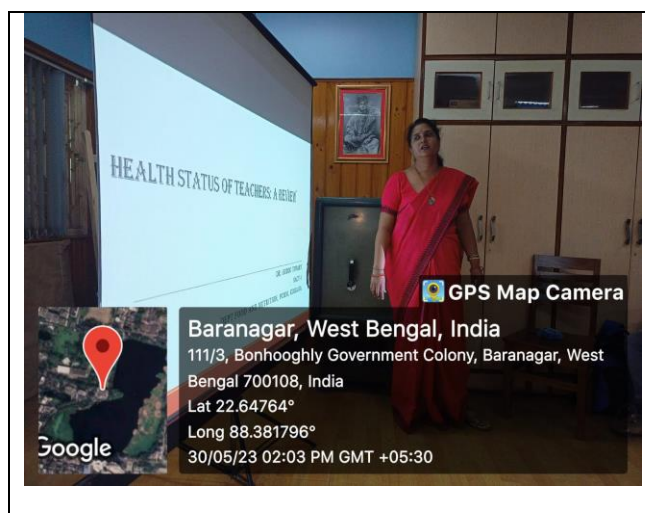
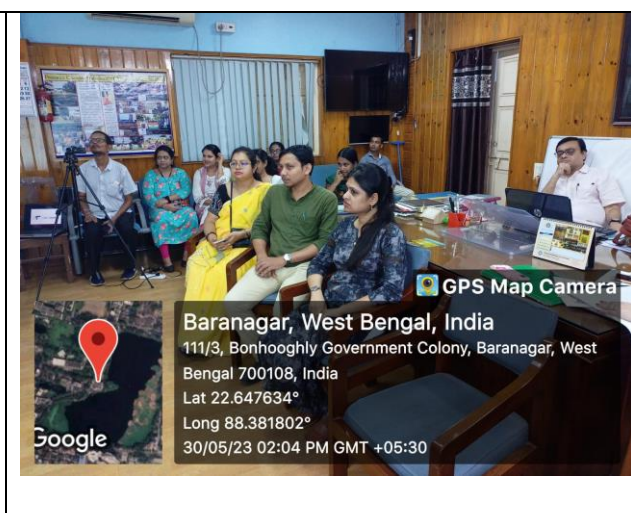
Health Status of Teachers: A Review

Presented by Dr. Guddi Tiwary, SACT – 1, Department of Food and Nutrition,

Prasanta Chandra Mahalanobis Mahavidyalaya

Abstract

Teachers are the building bones of the nation. They nurture the children from the young age till completion of their study. The work of a teacher is to promote literacy for an educated society. This leads to the upliftment of the country's future. A coin has two sides so are the profession. Teaching is a secured job but this also has adverse effect on the health. According to WHO, occupational health is an area of work in public health to promote and maintain highest degree of physical, mental and social well-being of workers in all occupations. It further states that working hours in a week 48 hours with a maximum 8 hours a day with a half an hour break. Health of workers is dependent on working environment. The health hazards which may affect teachers are chemical, biological and psychosocial. The clinical symptoms which might be seen are musco-skeletal disorders (joint pains, shoulder pain, back pain, pain in extremities) leading to diseases like arthritis, spondylosis. Life style diseases like blood pressure, diabetes mellitus and some other problems like visual problem, common cold, mental stress and vocal problem may also be seen. Mostly (70%) the teachers were either overweight or obese. About 23% of the teachers complained of high blood pressure or detected pallor or diabetes. Teachers need to take good care of themselves with regular exercise or yoga and have healthy diet at frequent interval throughout the day.

 <p>GPS Map Camera</p> <p>Baranagar, West Bengal, India 111/3, Bonhooghly Government Colony, Baranagar, West Bengal 700108, India Lat 22.64764° Long 88.381796° 30/05/23 02:03 PM GMT +05:30</p>	 <p>GPS Map Camera</p> <p>Baranagar, West Bengal, India 111/3, Bonhooghly Government Colony, Baranagar, West Bengal 700108, India Lat 22.647634° Long 88.381802° 30/05/23 02:04 PM GMT +05:30</p>
Speaker	Audience

The beauty of Mathematics- Fibonacci Numbers

Presented by Neha Ghorui (Mundhra) SACT - 1, Department of Mathematics,

Prasanta Chandra Mahalanobis Mahavidyalaya

Abstract

Fibonacci sequence is made of numbers that are sum of the previous two numbers. In other words, a series of numbers in which each number is the sum of two preceding numbers are called as Fibonacci series. Fibonacci numbers are represented as 0, 1, 1, 2, 3, 5, 8, 13, 21, 34,, and so on. The Fibonacci numbers is named after an Italian mathematician Leonardo Pisano (whose nickname was Fibonacci) who lived from 1170 to 1250. The Fibonacci sequence has connections to many branches of mathematics and its phenomena are frequently observed in nature. If we observe nature and look at the Fibonacci sequence, we see that sunflower, shells, hurricanes, galaxies represent perfect pattern. If we count the petals of flowers, it is noticed or one can notice that the number of petals is 5, 8 which are Fibonacci numbers. Different species of flowers which has this enthralling nature and follow Fibonacci numbers are lily (3), delphiniums (8), aster (21). The sunflower seed pattern contains numerous spirals. If, one counts the seed spirals consistently in clockwise or anti-clockwise, it is noticed that the number forms pairs of 34 and 55, or 55 and 89. The Fibonacci spiral is observed in hurricanes and seashells. Thus, it is noticed that nature is organized beautifully and it bounds the law of mathematics. Fibonacci sequence is a naturally occurring pattern and is found all throughout the nature.



Speaker



Audience