

**EFFECT OF 30 MINUTES BRISK WALKING ON DEPLETION OF
BLOOD GLUCOSE LEVEL ON VARIED INGESTION**



BY

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MASTER OF PHYSICAL EDUCATION

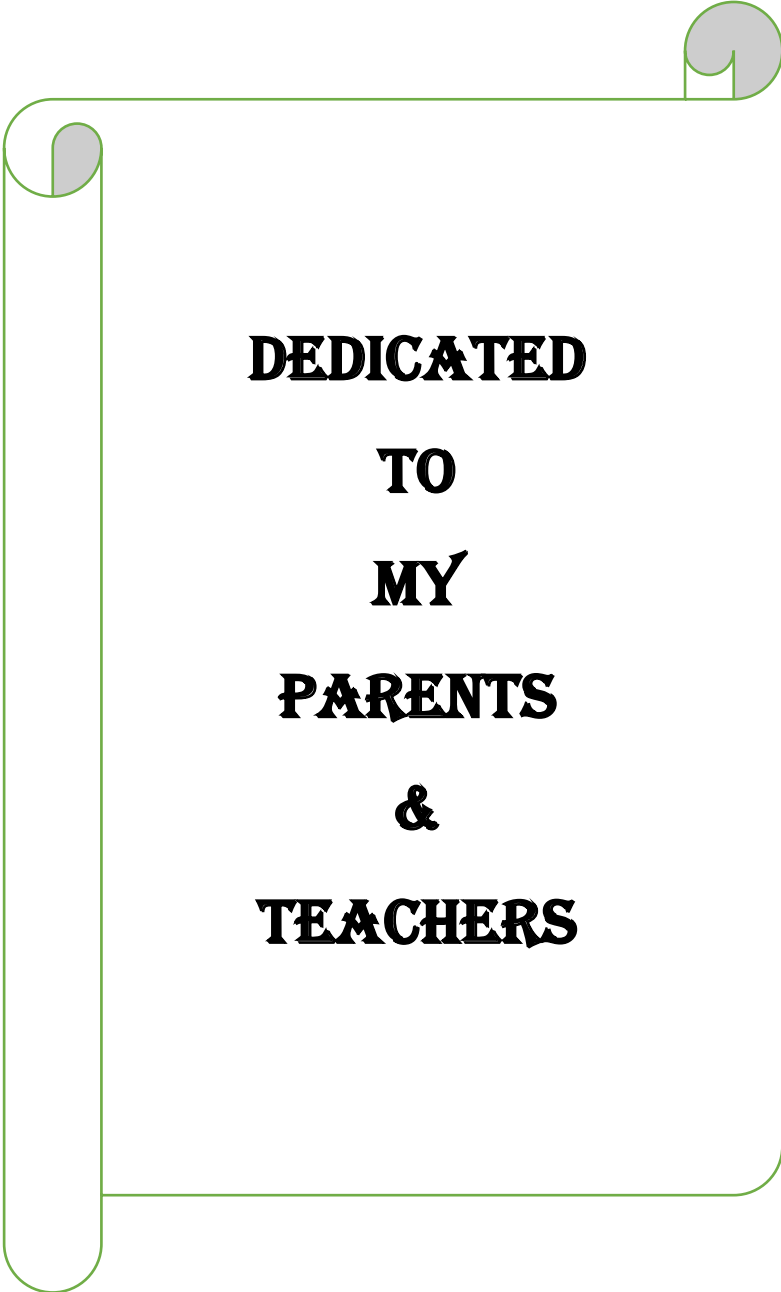
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JULY,2023



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Date: 21.07.2023

CERTIFICATE BY THE SUPERVISOR

This is to certify that Sharmistha Barman is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the season of 2021-2023. For the Master of Physical Education, semester-IV carried out her research study my supervision and guidance in partial fulfilment of the requirements for the master of Physical Education degree with her thesis entitled ***“EFFECT OF 30 MINUTES BRISK WALKING ON DEPLETION OF BLOOD GLUCOSE LEVEL ON VARIED INGESTION”***. The material and data composed from students in this study are genuine and were collected by her.

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DECLARATION

I declare that the thesis entitled ***“EFFECT OF 30 MINUTES BRISK WALKING ON DEPLETION OF BLOOD GLUCOSE LEVEL ON VARIED INGESTION”*** is my own work, conducted under the supervision of Asst. Prof. Biswajit Dhali, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal, India, which was approved by the Departmental Research Committee.

I, further declare that to the best of my knowledge, the thesis does not contain any work, which has been submitted for the award of any degree either in this university or in any other university without proper citation.

Date: 21.07.2023

Sharmistha Barman

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M.P. Ed Student

ACKNOWLEDGEMENT

The investigator acknowledges sincere gratitude to Dr. Swapan Kumar Misra, Principal of Mugberia Gangadhar Mahavidyalaya, who gave me the opportunity to undertake the study.

I express my profound respect to the Head of the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Dr. Debasish Ray who gave me necessary information regarding the Dissertation.

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My thanks and appreciations also go to B.P.Ed. students as subject of my study and my native friend who have willingly helped me through collecting data.

I would like to extend my sincere thanks to all of them.

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SUMMARY, CONCLUSIONS AND RECOMANDATIONS

5.1. SUMMARY:

Objectives of the present study were to find out the difference of blood glucose level at rest, after varied ingestion and after exercise and to compare among them. To achieve purpose of the study only 12 female subjects were selected and age 21-25 years. Variables were age, standing height, body weight and blood glucose level. 30 minutes brisk walking was selected in each trial of data collection. In this study after the collection of resting blood glucose level, subjects were ingested 250ml of water composed with 25gm, 50gm and 75gm Glucose D powder per three trials of data collection in different days respectively. The significance of statistical difference of blood glucose level between rest and post-ingestion and post-exercise was measured by applying paired sample 't' - test at 0.05 level of significance. Statistical difference between three trials of different graded ingestions and exercise on blood glucose level was measured by applying one way ANOVA with Tukey post hoc test at 0.05 level of significance respectively. Finally it may be concluded that resting blood glucose level increases after glucose D intake and decreases after 30 minutes brisk walking.

5.2. CONCLUSIONS:

On the basis of the result of the study, it may be concluded that resting blood glucose level increases after glucose D intake and decreases after 30 minutes continuous brisk walking. There was a significant difference of blood glucose level after 25gm, 50gm and 75gm glucose intake and after three exercises.

5.3. RECOMMENDATIONS:

On the basis of result and conclusion down following recommendation were made for future investigation.

- Similar study may be conducted with the Post Prandial (PP) blood glucose level.
- Similar study may also be conducted with the others types of patient.
- Same type of study may be conducted with another type of activities.
- Same type of study may be conducted after taking a specific kind of food.

Ethical Permission

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From: The Principal

Resolution of Code of conduct Committee Meeting dated 11.04.2023

Members Present

1. Dr. Swapan Kumar Misra
2. Dr. Bidhan Chandra Samanta
3. Dr. Kalipada Maity
4. Dr. Biswajit Garai
5. Dr. Prasenjit Ghosh
6. Dr. Debasis Ray
7. Irani Banerji Chatterjee
8. Taniya Neogi
9. Subha Sahoo Jana

The committee members resolved in its meeting dated 11.04.2023 (Resolution No.1) that Payel Chakraborty, Rahul Laskar, Rajesh Patra and Sharmistha Barman, students of M. P. Ed Department of Physical Education of our college can collect data from human body as part of their dissertation paper (MPCC-403) maintaining the code of conducts laid down in the college website.

Attested
21.07.2023
Principal
Mugberia Gangadhar Mahavidyalaya

Sd/- Dr. Swapan Kumar Misra
Chairman

Certificate by the Principal



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From – The Principal / Secretary

Date: 20.07.2023

CERTIFICATE BY THE PRINCIPAL

This is to certify that Sharmistha Barman, M.P.Ed. a student of Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, in the season of 2021-2023 has collected the data from our college for her M.P.Ed. dissertation paper (MPCC-403) entitled "EFFECT OF 30 MINUTES BRISK WALKING ON DEPLETION OF BLOOD GLUCOSE LEVEL ON VARIED INGESTION".

I wish her success for this Research Study.


(Dr. Swapan Kumar Misra)

Principal

Mugberia Gangadhar Mahavidyalaya


Principal
Mugberia Gangadhar Mahavidyalaya