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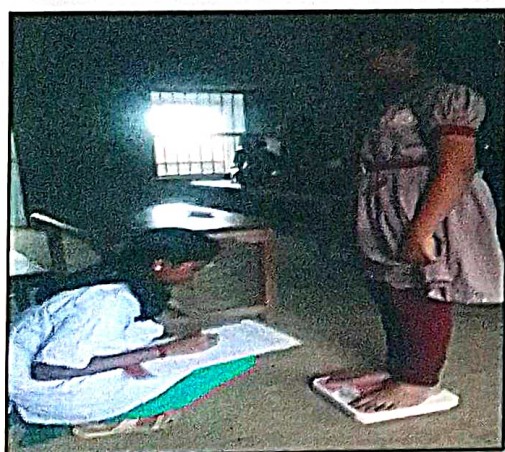


A Project Work

On

A Comparative Study on Nutritional, Dietary pattern and Health status between Rural and Urban School Going Girls (10-12 years)

This project work submitted for the partial fulfillment for the award of degree of B.Sc(Hons) from vidyasagar University



Submitted by-

Roll : 31217129

No.: 0093

Regn. No.: 1290765

Session: 2016-2017

Dept. of nutrition, Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur, PIN- 721425

Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Supervised By-

Prof. Chandan Khanra

Guest lecturer, Dept., of Nutrition

Mugberia Gangadhar Mahavidyalaya



Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

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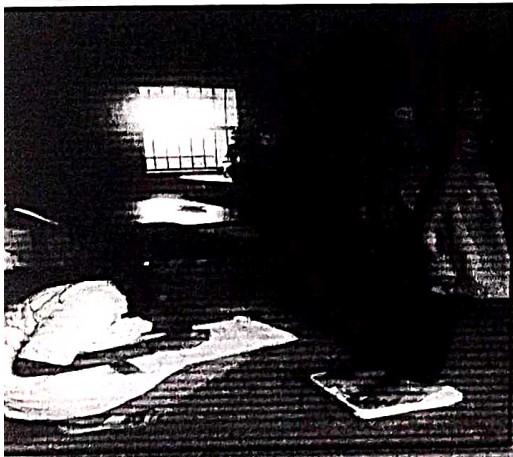


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Certificate

Mugberia Gangadhar Mahavidyalaya

PO-Bhupatinagar, Dist-Purba Medinipur

West Bengal; Pin-721425

(Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Bithika Jana** (Roll: 31217129 ; No. 0093; Regn.no 1290765 of **Session: 2016-2017**) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed his project work under my guidance on the topics '**A comparative study on Nutritional, Dietary pattern and Health status between Rural and Urban school going girl (10-12 years)** partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work, I wish success in her life.

Date: 12/1/19

Chandan Khanra

(Mr. Chandan Khanra)

Guest Lecturer

ACKNOWLEDGEMENT

First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.

I express my deep sense of gratitude to Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilities to carry out the present investigation.

The guidance of one's teachers is of paramount importance in his/her academic life. In this regard I am deeply indebted to Mr. Chandan Kisanra Guest Lecturer, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for his valuable advice and guidance.

I am really obliged to other faculty members of the Dept. of Nutrition, Dr. Apurba Giri, Ms. Moumita Samanta, Ms. Pranati Bera and Ms. Keya Dash for their valuable suggestion and lab attendant Mr. Prabal Das for his assistance.

Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:.....17.1.19.....

Bitika Jana

ABSTRACT

Life style of a person affects her health. In the present study a survey was conducted to compare Nutritional, Dietary pattern and health status between Rural and Urban school going girl(10-12years). The survey was carried out at Mugberia and Contai town area, Purba Medinipur, West Bengal. The data was collected for Rural School going girl (10-12 years) (n=15) from Mugberia and Urban school going girl (10-12 years) (n=15) from Contai town area . Different measurements like height, weight, blood pressure, waist and hip circumferences, MUAC,chest circumference were carried out. The participants were asked about their symptoms and disease. It was found that there was no significance ($p>0.05$) of Body Mass Index, pulse rate ,systolic blood pressure,diastolic blood pressure, BMR,Mean pressure,MUAC,Head circumference, Chest circumference, Protein,Fat,Energy between Rural and Urban school going girl . But it has noticed that pulse pressure,carbohydrate,calcium,iron were significantly ($p<0.05$) higher in Rural and Urban school going girl .

Keywords: Rural school going girl and Urban school going girl, Health comparison, Body Mass Index, Waist-hip ratio, Blood pressur.


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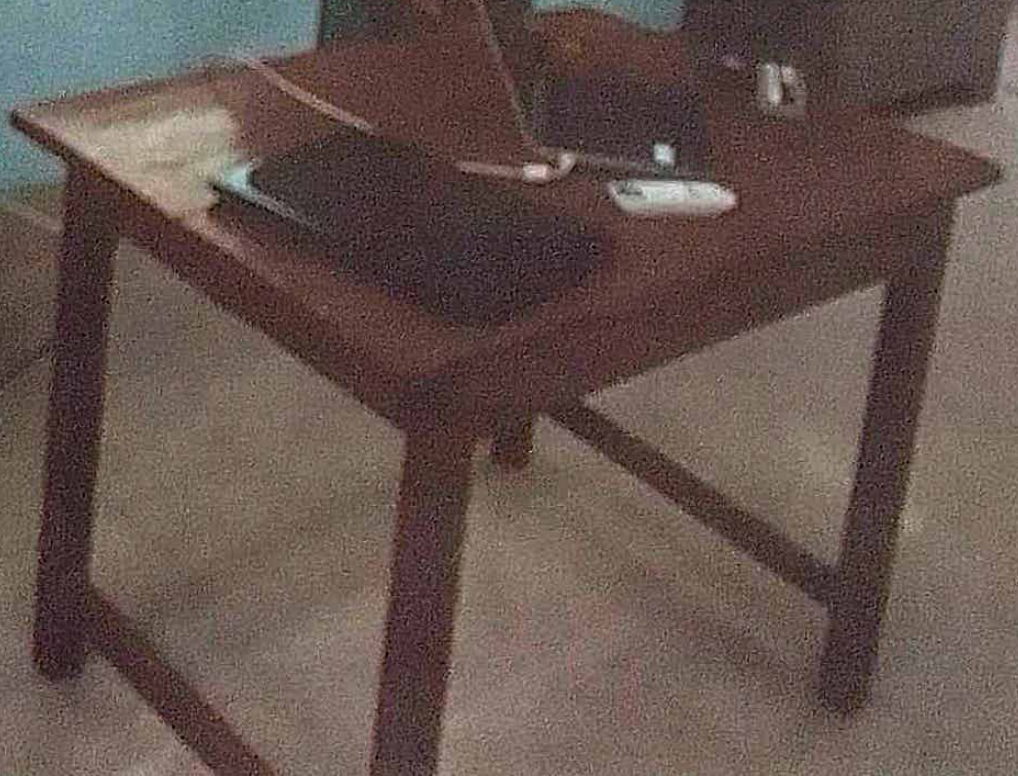
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Negara dan Status Sistem IS pada Air Force
Korea Selatan (Lanjutan 198-199 slide)**

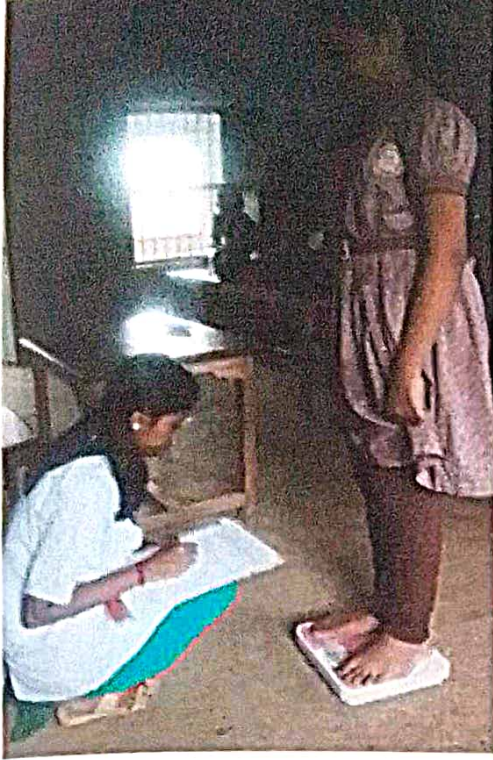
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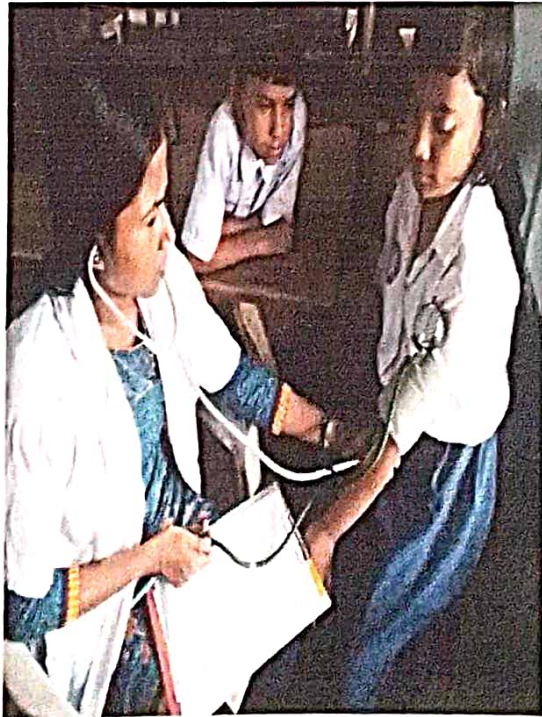


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Anthropometric measurement of Rural school going girl



Anthropometric measurement of Urban school going girl