

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Nutritional and Health Status between Hindu and Muslim Geriatric Women

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



Submitted by

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### TO WHOM IT MAY CONCERN

This is to certify that **Shreya Khanda**(Roll:31217129; No.: 0109; Regn. No.:1290825 of Session: 2016-2017) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '**A comparative Study on Nutritional and Health Status between Hindu and Muslim geriatric women**' for the 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: 22.01.2019

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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: 22.01.2019

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## ABSTRACT

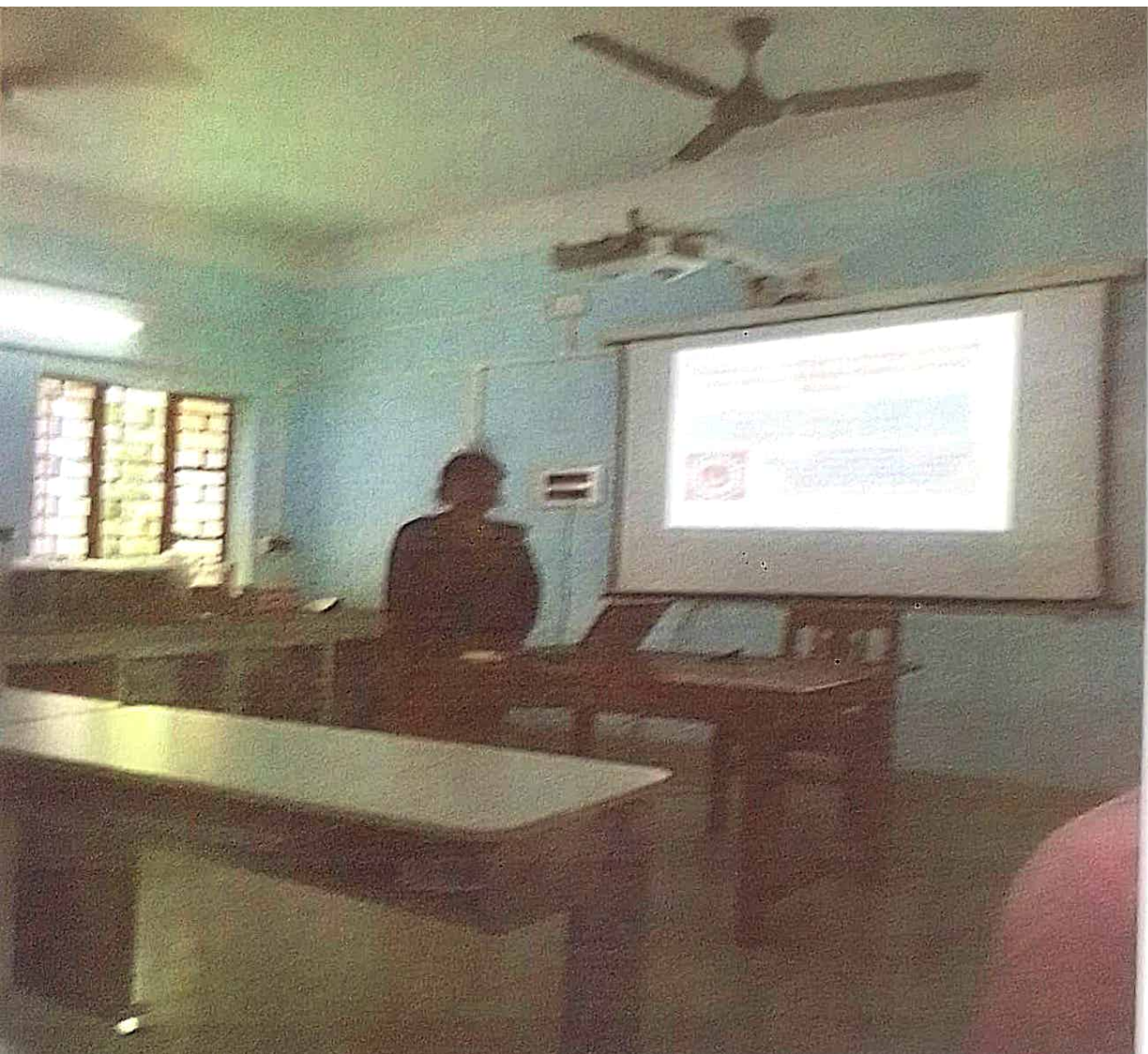
Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between Hindu and Muslim geriatric women. The survey was carried out at Madhakhali, PurbaMedinipur, West Bengal. The data was collected for Hindu geriatric women(n=15) and for Muslim geriatric women (n=15).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat(from biceps, triceps, subscapula, superailiac by measuring skinfold thickness) ,hemoglobin ,BMI, were carried out. The participans were asked about their total working time and diseases. It was found that there was no significant ( $p>0.05$ ) differences in body mass index, waist-hip ratio, pulse rate, systolic pressure, diastolic pressure, pulses rate and mean pressure between Hindu and Muslim geriatric women. But it has noticed that the skinfold thickness (triceps, biceps, subscapular, suprailiac, ) were significantly ( $p<0.05$ ) lower in shopkeepers as compare to Hindu geriatric women , whereas total working time of Muslim geriatric women were significantly ( $p<0.05$ ) higher as compare to service holder. It was observed that more percentage of Hindu geriatric women were suffering from acidity, headache, fatigue, flatulence as compare to service holder whereas, more percentage of Hindu geriatric were suffering from obesity, high blood pressure and joint pain, menopausal problem , skin diseases, eye problem and ear problems , peptic ulcer diseases, anemia, hypertension ,Constipation, underweight, Eye discomfort and redness, dental carries, thyroid, tuberculosis, abdominal pain , cough pa as compare to Muslim geriatric women.

**Keywords:** Hindu geriatric women, Muslim geriatric women, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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# CONTENT

<b>SL.NO.</b>	<b>SUBJECT</b>	<b>PAGE NO.</b>
1.	Introduction	1-2
2.	Review of Literature	3-13
3.	Aims and Objectives	14
4.	Materials & Methods	15-25
5.	Results & Discussion	26-31
6.	Summary & Conclusion	35-36
7.	References	37-41





**Research activities during survey of Hindu and Muslim geriatric women of**

