

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparative study on Nutritional and Health Status between Urban and Slum adolescents girls (14-15years)

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



Submitted by

Sucheta Santra

Roll: 31217129 No.:0113

Regn. No.: 1290851 of Session: 2016-2017

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Prof. Pranati Bera

Guest lecturer, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya



Head
Dept. of Nutrition

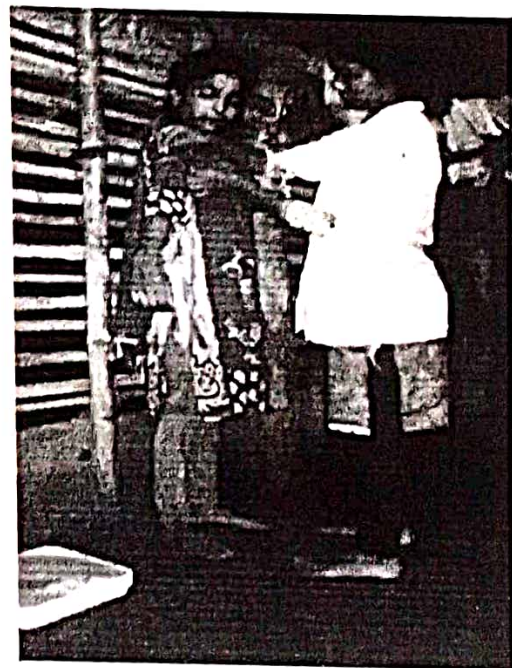
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Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur

West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;

Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Sucheta Santra (Roll:; 31217129 No.:0113;Regn. No.: 1290851 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 Urban and Slum adolescents girls(14-15years)**' for the partial fulfilment 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:



(Prof. Pranati Bera)

Guest lecturer

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

ACKNOWLEDGEMENT

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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:

Sucheta Santra
(Sucheta santra)

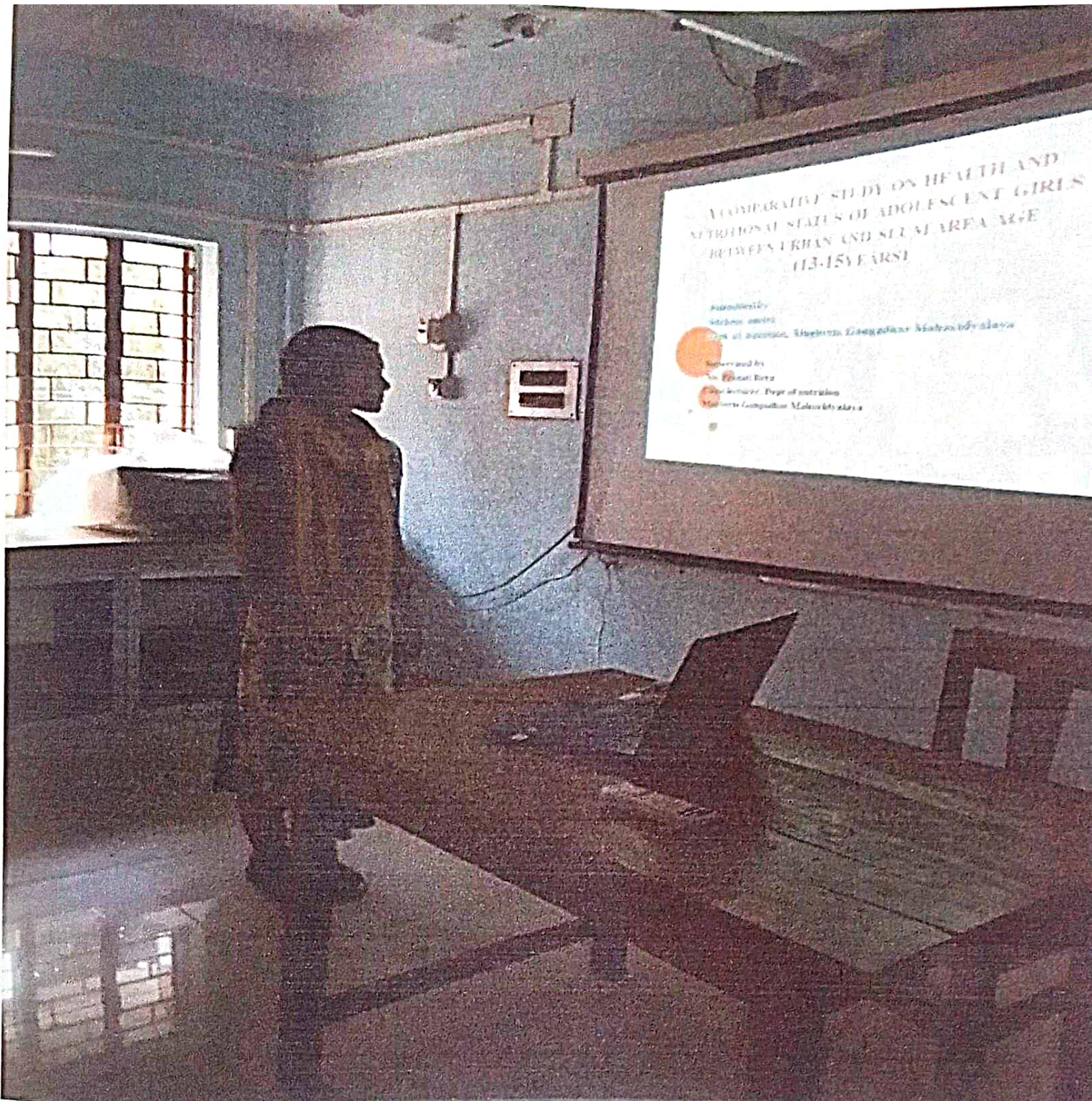
ABSTRACT

In the present study a survey was conducted to compare health and nutritional status between urban and slum adolescents girls. The survey was carried out at Contai and heria, Purba Medinipur, West Bengal. The data was collected for urban adolescents girls (n=15) and for slum adolescents girls (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps, sub scapula, superillic by measuring skin fold thickness) were carried out. The participants were asked about their symptoms and diseases. It was found that there was no significant ($p>0.05$) differences in body mass index, waist hip ratio, pulse rate, diastolic pressure, mean pressure, pulse pressure, triceps, sub scapula and suprailiac between urban and slum adolescent girls. But it has notice that MUAC, systolic pressure, biceps are significance ($p<0.05$) higher in urban adolescent girls as compare to slum adolescent girls. It was observed that more percentage of Slum adolescent girls was suffering from anemia, constipation, menstrual problem, fatigue, abdominal pain and as compare to urban adolescent girls. It was found that there was no significant difference of intake of Protein, Carbohydrate, Iron, Folic acid, but there was significance difference of intake Fat, Energy, Calcium, in urban and slum adolescent girls.

Keywords: urban adolescent girls, slum adolescent girls, nutritional and health status, nutritional status of adolescent girls.

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A COMPARATIVE STUDY ON HEALTH AND
NUTRITIONAL STATUS OF ADOLESCENT GIRLS
BETWEEN URBAN AND RURAL AREA AGE
(13-15 YEARS)

Submitted by
Sathya Anand
B.Sc. in Nutrition, Muthayya Engineering College, Chennai

Supervised by
Dr. P. Anand Kumar
Assistant Professor of Nutrition
Muthayya Engineering College, Chennai

