

VIDYASAGAR UNIVERSITY

A Project Work

On

Relationship between protein intake and muscularity changes-a comparative study between rural and urban boys (16-18 years of age)

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 **Saptarni Shil** (Roll: ; No. 0105) 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 '**Relationship between protein intake and muscularity changes-a comparative study between rural and urban boys (16-18 years of age)**' 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: 14/01/19

Keya Dash.

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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:.....

Saptaparni Shil
Saptaparni Shil

ABSTRACT

Adolescence is the transition period between childhood and adulthood, a window of opportunity for the improvement of nutritional status and correcting poor nutritional practices. This is about the same period puberty sets in, typically between the ages of 16 to 18 years in boys. Protein is important for growth and maintenance of muscle. Adolescents need between 45 and 60 grams of protein each day. Most teens easily meet this requirement with their intake of beef, pork, chicken, eggs, and dairy products. Protein is also available from certain vegetable sources, including tofu and other soy foods, beans, and nuts. These foods should be included in the diets of vegetarians especially. The aim of the study was to find out the protein intake and muscularity trait of adolescent boys of urban and rural areas. The data was collected for rural boys (n=15) and for urban boys (n=15). Different measurements like height, weight, pulses rate, waist circumferences and hip circumference, biceps, triceps, sub scapula, supra spinale, calf, humerus, femur, chest, MUAC, flex, BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was no significant ($p>0.05$) differences in height, weight, humerus, hip, chest, MUAC, arm relaxed, calf between rural and urban boys. But it is found that there was significant ($p<0.05$) difference in biceps, triceps, supraspinale, calf, subscapular, femur, waist between rural and urban boys.

Keywords: height, weight, humerus, hip, chest, MUAC, arm relaxed, calf, biceps, triceps, supra spinale, calf, sub scapular, femur, waist.

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Plate 1: Before conducting project work a seminar regarding plan of work was presented by the student in front of faculty members and students of Dept. of Nutrition, Mughberia Gangadhar Mahavidyalaya



Plate 2: Different activities during survey of Rural and Urban boys of Bhagwanpur-II Block and contai area