

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparative study on Health Status between Hindu and Muslim house-wife (age 35-40 years)

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



Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Submitted by
Susmita Kamila

Roll: 1125129 No.:170124

Regn. No.: 1290148 of Session: 2017-2018

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya
Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Prof. Keya Dash

Guest lecturer, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

EXAMINED



Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar, Dist-Purba Medinipur
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 **Susmita Kamila** (Roll: *1125/29*; No.:170124; Regn. No.:1290148 of Session: 2017-2018) a student of B.Sc, 5th sem., Dept. of Nutrition, under Vidyasagar University, Purba Medinipur, has completed her project work under my guidance on the topics '**A comparative Study on Health Status between Hindu and Muslim house-wife(35-40 years age)**' 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: *1.10.19* .

Keya Dash.

(Prof. Keya Dash)

Guest lecturer

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

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 Mishra, Principal sir, 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 Assistant Prof. Sucheta Sahoo, Guest Lecturer, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.

I am really obliged to other all the member of teaching, other faculty members of the Dept. of Nutrition, Dr. Apurba Giri, Prof. Moumita Samanta, Prof. Keya Dash, Prof. Rikta Jana, Prof. Sucheta Sahoo, Prof. Prabir Jana, Prof. Tonmoy Kumar Giri, Prof. Monalisa Roy and Lab attendant Mr. Prabal Kanti Das of their valuable suggestion.

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: 1.10.19

Susmita Kamila
.....
(Susmita Kamila)

ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare health status between Hindu and Muslim house-wife. The survey was carried out at Itabaria, Purba Medinipur, West Bengal. The data was collected for Hindu house-wife(n=15) and for Muslim house-wife(n=15). Different measurements like height, weight, blood pressure, pulse rate, waist circumferences and hip circumferences, body fat (from biceps, triceps, subscapula, supraspinale by measuring skinfold thickness), 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 waist-hip ratio, calf circumference, pulse rate, systolic pressure, pulse pressure, triceps, biceps, subscapula and supraspinale between Hindu and Muslim house-wife. But it has noticed that the skinfold thickness (triceps, biceps, subscapular, suprailiac) were significantly ($p<0.05$) lower in shopkeepers as compare to Hindu house-wife, whereas total working time of Muslim house-wife were significantly ($p<0.05$) higher as compare to service holder. It was observed that more percentage of Hindu house-wife were suffering from acidity, headache, stress, as compare to service holder whereas, more percentage of Hindu house-wife were suffering from heart disease, asthma and joint pain, depression, stress, headache, hair loss as compare to Muslim house-wife.

Keywords: Hindu house-wife, Muslim house-wife, Health status Comparison, Body mass index, Waist-hip ratio, Diseases, Symptoms.

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-4
2.	Review of Literature	5-7
3.	Aims and Objectives	8
4.	Materials & Methods	9-16
5.	Results & Discussion	17-21
6.	Summary & Conclusion	22-23
7.	References	24-26

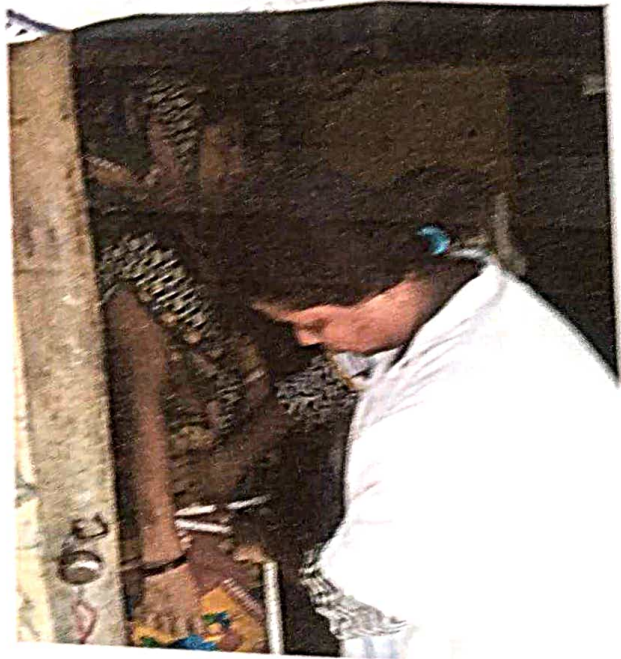


Plate 4: Different activities Muslim house-wife of Bhagwanpur-II Block area

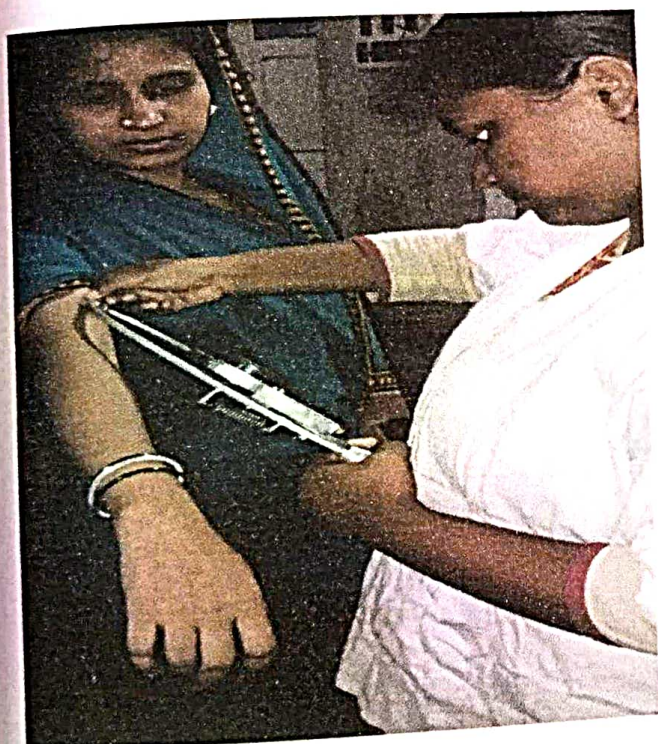


Plate 2: Different activities during survey of Hindu and Muslim house-wife of Bhagwanpur-II Block area