

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Teaching and Non-teaching staff (Male, Age 30-45 years)

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 **Bandana Routh (Roll:1125129; No.170104;; Regn. No.:1290025 of Session:2019-2020)** 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 Health Status between Teaching and Non teaching staff**' 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: .....

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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:

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## ABSTRACT

Life style of a person affects his /her health. In present study a survey was conducted to compare health status on between Teaching and Non teaching staff (male age 30 to 45 years) . the survey was conducted at Mugberia Gangadhar Mahavidyalaya , Purba Medinipur , West Bengal .The data as collected for teaching staff of Mugberia Gangadhar Mahavidyalaya (n=15) and for non teaching staff of Mugberia Gangadhar Mahavidyalaya (n=15) . The aims of this study to find out the anthropometric alteration of teaching staff and non teaching staff and to compare health status between teaching staff and non teaching staff In this survey was found that different measurements like height ,weight, blood pressure ,pulse rate , waist circumference , hip circumference and biceps , triceps , sub scapula etc . Beside's he participants were asked about his various disease which he suffering at present such as diabetes, skin disease, eye problem, constipation, different gastrointestinal problems. It was found tat thee was not significant ( $P>0.05$ ) difference BMI, waist hip ratio ,pulse rate, systolic blood pressure ,diastolic blood pressure among the teaching and nonteaching staff . But it was noticed that there was significant difference ( $P<0.05$ ) biceps , triceps ,sub scapula among the teaching and non teaching staff .It was observed that more percentage of non teaching staff suffering from constipation , hypertension , gastrointestinal problem , skin disease ear problem , eye problem .

**eywords:** Teaching staff, Non teaching staff, Health status, Aims, Comparison, Significant,

## LIST OF TABLES

<b>TABLE HEADING</b>	<b>PAGE NO.</b>
Classification of adult BMI according to WHO	14
Percentage of Teaching and Non teaching staff suffering in different diseases and symptoms	20
Tabular representation of Anthropometric measurement of Teaching and Non teaching staff	13

## LIST OF FIGURES

NO. OF FIGURES	NAME OF FIGURES	PAGE NO
1	Comparison on Body Mass Index ( $\text{kg/m}^2$ ) between teaching and non teaching staff	18
2	Comparison of WHR between teaching and non teaching staff	18
3	Comparison of Systolic Blood Pressure (mm-Hg) between teaching and non teaching staff	18
4	Comparison of Diastolic Blood Pressure (mm-Hg) between teaching and non teaching staff	18
5	Comparison of between Pulse rate (beats/min) Hindu and Muslim geriatric women	19
6	Comparison of between Biceps (mm) teaching and non teaching staff	19
7	Comparison of between Triceps (mm) teaching and non teaching staff	19
8	Comparison of between Sub scapula (mm) teaching and non teaching staff	19



## LIST OF ABBREVIATION

WHO= World Health Organization

BMI=Body Mass Index

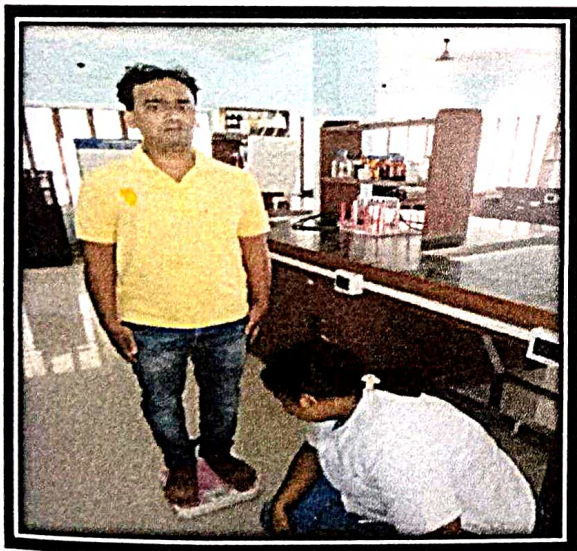
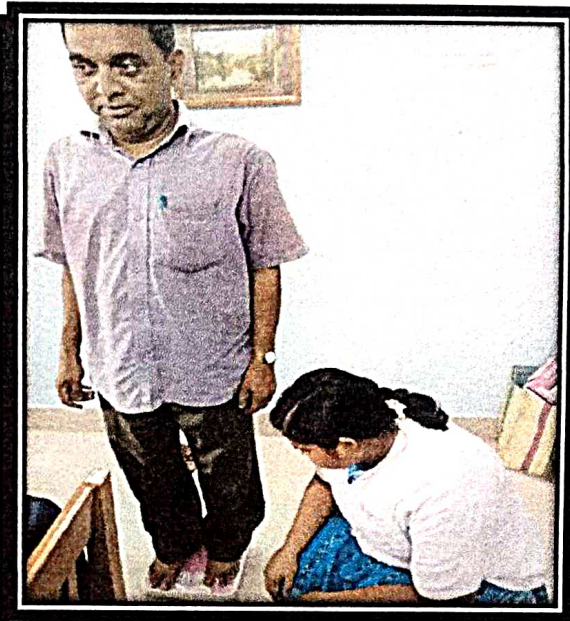
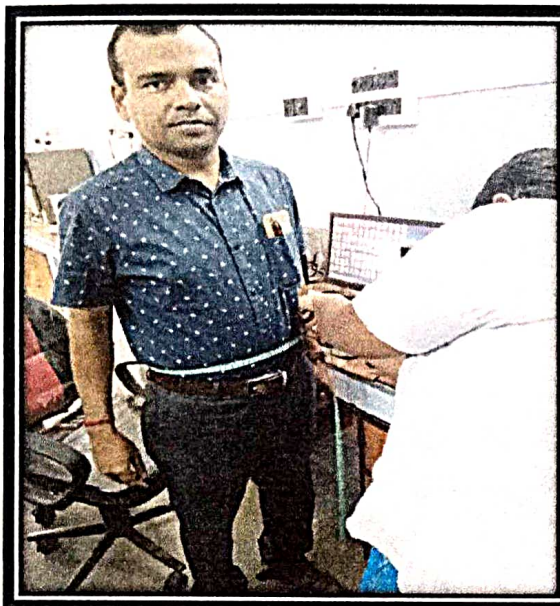
WHR=Waist Hip Ratio

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

SD=Standard Deviation

SE=Standard Error



**Different activities during survey of Teaching and Non teaching staff of Mugberia Gangadhar Mahavidyalaya.**