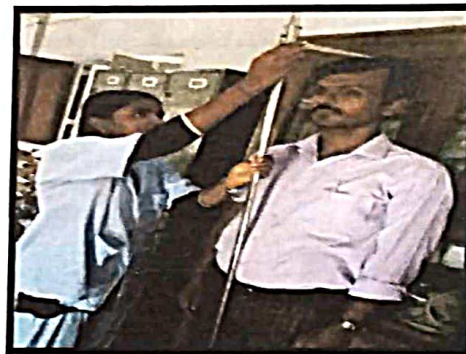


VIDYASAGAR UNIVERSITY

A Project Work On

A Comparative study on Health Status between College
Teacher and School Teacher Male(Age 30-45 yrs.)

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



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TO WHOM IT MAY CONCERN

This is to certify that Rittika Gayen (Roll:1125129; No.:170116; Regn. No.:1290089of Session:2017-2018) a student of B.Sc(H), 5th sem, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics "A comparative Study onHealth Status between College Teacher and School Teacher" for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date inherwork; I wish success in herlife.

Date: 01.10.19

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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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(Rittika Gayen)

Abstract

Lifestyle of a person affects his/her health. In the present study a survey was conducted to compare health status between College Teacher and School Teacher male (30-45 years). The survey was carried out at Bhupatinagar in Purba Medinipur, West Bengal. The data was collected for College Teacher male (n=15) and School Teacher male (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumference, Body fat (like biceps, triceps, sub-scapular by measuring skin fold thickness) were carried out. The participants were asked about their symptoms and diseases. It was found there was no significant ($p>0.05$) difference in BMI, Systolic Blood Pressure, Diastolic pressure, pulse rate, sub-scapula between College teacher and School teacher male (30-45 years). But it has notice that Waist hip ratio, Biceps, Triceps are significance ($p<0.05$) higher in College teacher as compare to School teacher (30-45 years). It was observed that more percentage of college teacher suffering from joint pain, Obesity, constipation, high blood pressure, allergy, Gas more than school teacher male. And more percentage of school teacher suffering from Knee pain, Fatigue, Headache more than college teacher.

Keyword: School teacher, College teacher, Health Status, Anthropometric Measurement, Significant Difference, Body Mass Index, Waist-Hip Ratio, Disease condition.

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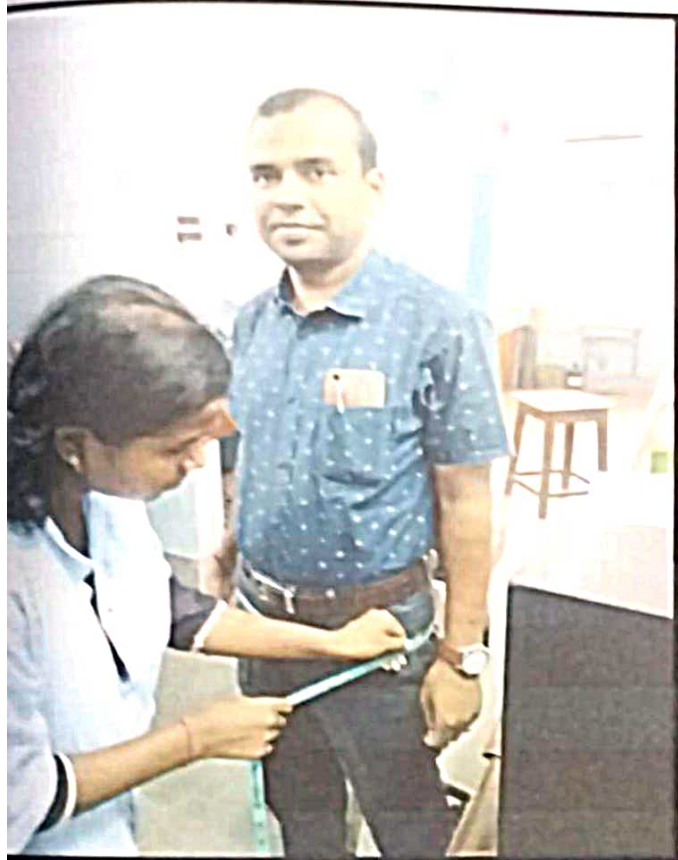


Plate 1: Different activities during survey of College Teacher male of Bhagwanpur-II Block area.

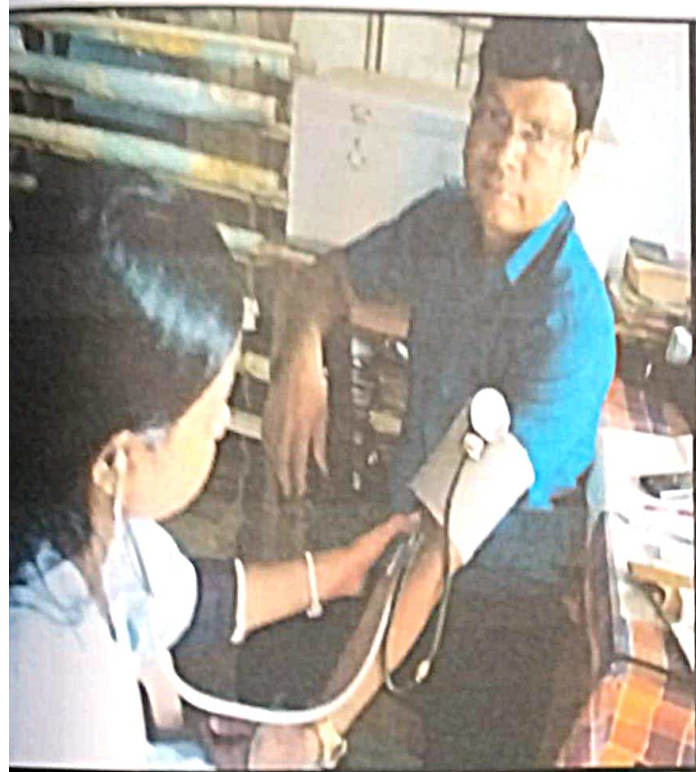
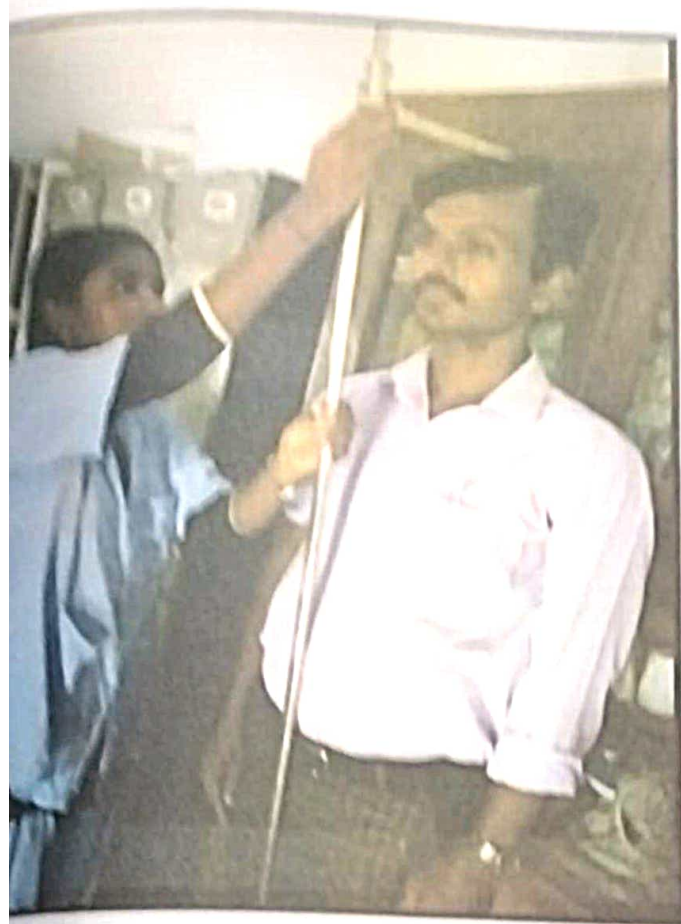


Plate 2: Different activities during survey of School Teacher male of Bhagwanpur-II Block area.