

# VIDYASAGAR UNIVERSITY

A Project Work  
On

## A Comparative study on Nutritional and Health Status between Bicycle and Walking Adolescence Girl's

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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**EXAMINED**

# Mugberia Gangadhar Mahavidyalaya

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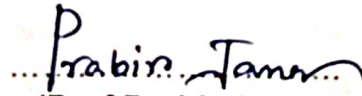
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### TO WHOM IT MAY CONCERN

This is to certify that Pratima Das (Roll:1122129; No.:170111; Regn. No.:1290076 of Session: 2017-2018) 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 Bicycle and Walking Adolescence Girls' 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.

  
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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:**

*Pratima Das*

.....  
**(Pratima Das)**

## ABSTRACT

Walking is one of the main gaits of locomotion, walking is typically slower than running other gaits. Cycling is free of pollution and health for the user. The cycle is probably the most sustainable transport means yet invented. In the present study a survey was conducted to compare health status between walking and cycling adolescent girls. The survey was carried out Haripur, Purba Medinipur, West Bengal. The data was collected for walking in adolescents girls (n=15) from class viii and ix student and cycling in adolescents girls (n=15) from vii and ix student of Haripur High School. It was found that there no significance BMI, WHR, systolic pressure, diastolic pressure, pulse pressure, biceps, triceps, pulse rate, subscapula, superiliac, calf muscle between walking and cycling adolescents girls. It was observed that more percentage of disease and symptoms bicycling and walking adolescents girls suffering gas, acid and allergy

**Keywords:** Bicycling adolescence girls, Walking adolescence girls, health, disease, body mass index.

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## 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

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**Plate 1 : Different activities during survey of Bicycle and Walking Adolescence Girl's**