

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Health Status between NCC girl and Normal college girl (age 17-19 years)

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



Submitted by

Snigdha Das

Roll: ~~1125129~~ 1125129 No - 170121

Dept. of Nutrition 1990114 of Session: 2017-2018
Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition
MugberiaGangadharMahavidyalaya

Bhupatinagar, PurbaMedinipur; Pin-721425

Supervised by -

Prof. Moumita Samanta

Guest lecturer, Dept. of Nutrition

MugberiaGangadharMahavidyalaya



EXAMINED

Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

MugberiaGangadharMahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar; Dist.-PurbaMedinipur
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 Snigdha Das (Roll No. ~~1230114~~ ~~1230114~~ ~~1230114~~ -
Session: 2017-2018) a student of B.Sc.5th sem, Dept. of Nutrition, under Vidyasagar
University, PaschimMedinipur, has completed herproject work under my guidance on
the topics 'A comparative Study on Health Status between NCC girl and Normal
college girl '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:

Moumita Samanta 01.10.19

(Prof. Moumita Samanta)

Guest lecturer

Dept. of Nutrition

MugberiaGangadharMahavidyalaya

Mp. J. Das
21.10.19

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

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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:

Snigdha Das
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(snigdha das)

ABSTRACT

In the present study a survey was conducted to compare health status between NCC girls and normal collage girls (17-19 years). The aim of this study is to assess the health status of NCC and normal collage girls using anthropometric measurements. The survey was carried out at Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal. The data was collected for NCC girls (n=15) and for Normal collage girls(n=15). The survey was found that different measurement like height, weight, blood pressure, pulse rate, waist and hip circumference, calf muscle, body fat from (biceps, triceps, subscapular by measuring skin fold thickness). Were carried out the participants were asked about their symptoms and disease. It was found there was no significance difference($P>0.05$) in subscapular, WHR, diastolic pressure, systolic pressure, calf muscle, Triceps between NCC and normal collage girl. But it has notice that biceps, BMI, significance ($P<0.05$) higher in NCC girls as compare normal collage girls. It was observed that more percentage of NCC girls are suffering from nausea, headache, allergy, more than normal collage girls. But normal collage girls are more suffering from gas, knee pain than NCC girls.

Key Word: NCC, Non NCC, WHR, Calf muscle, Health status.

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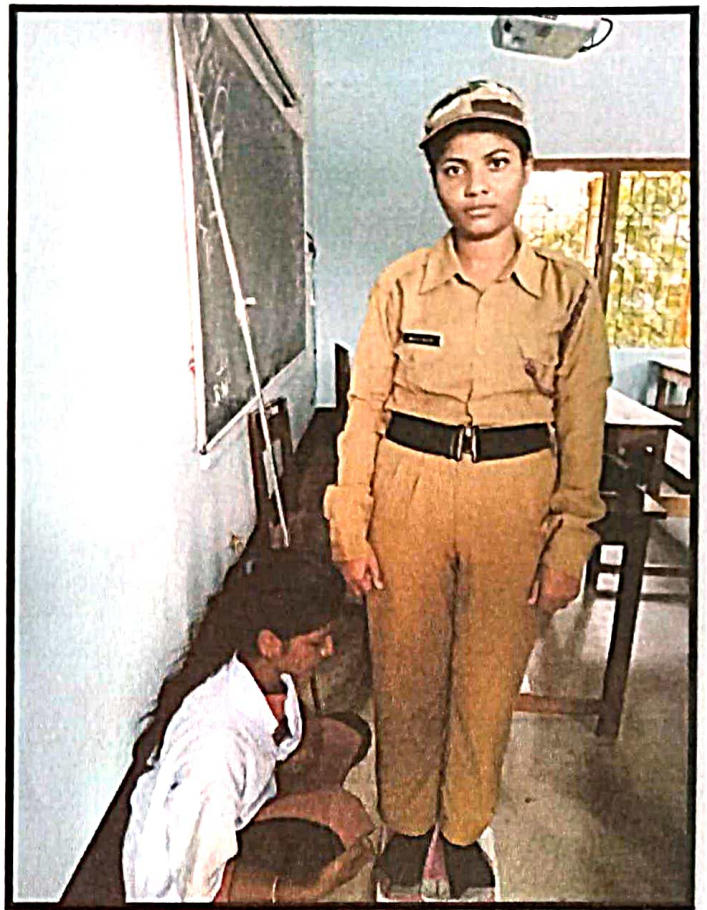


Fig: Different activities during survey Ncc girl



Fig: Different activities during survey normal collage girl