

# VIDYASAGAR UNIVERSITY

A Project Work

On

**A Comparative study on Health Status between Diabetes and Normal male (age 40-45 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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Regn. No. : 1290023 Of Session: 2017-2018

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**Mugberia Gangadhar Mahavidyalaya**



Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

**EXAMINED**

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

# Mugberia Gangadhar Mahavidyalaya

## Dept. of Nutrition

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(UGC recognized as College with Potential for Excellence;  
Affiliated to Vidyasagar University)

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### TO WHOM IT MAY CONCERN

This is to certify that Barnali Barik (Roll:1124129 No.170105 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 Health status between diabetic and normal male 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: 1.10.2019



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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 Principal sir, Swapan Kumar Mishra 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 Dr. Apurba Giri, Mrs. Moumita Samanta, Ms. Keya Dash and Mrs. Rikta Jana, Ms. Monalisha Roy, Mr. Tanmoy Giri, Mr. Prabir Jana, Mrs. Sucheta Sahoo ,other faculty members 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:

Sincerely

Dept. of Nutrition  
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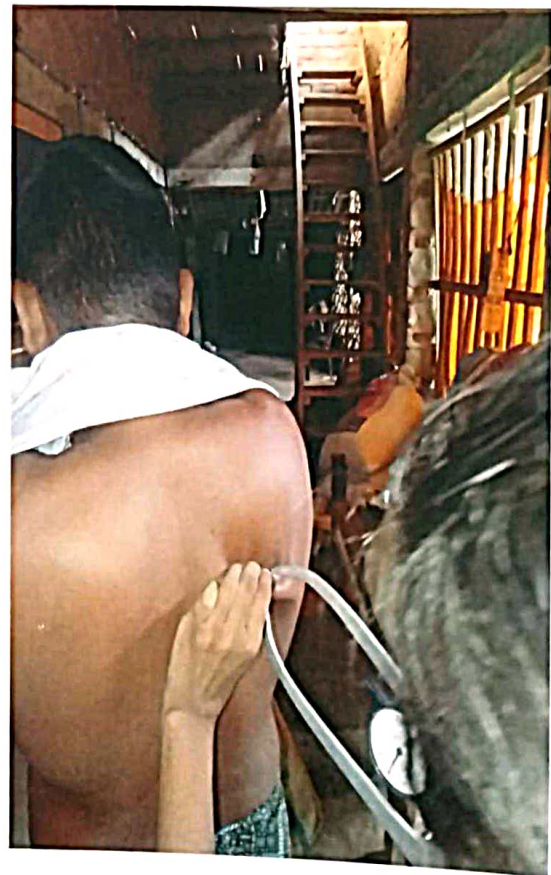
## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between diabetic and normal male . The survey was carried out at Uttar Pathar Beria , Purba Medinipur, West Bengal. The data was collected for diabetic male (n=15) and for normal male (n=15).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat(from biceps, triceps, sub scapula, Suprailiac by measuring skin fold thickness ,BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was significant ( $p<0.05$ ) differences in body mass index, waist-hip ratio, pulse rate, systolic pressure, and pulses rate between diabetic and normal man. But it has noticed that the skin fold thickness ( biceps, Suprailiac,) were significantly ( $p<0.05$ ) lower in normal man as compare to diabetic man, whereas total working time of normal mans were significantly ( $p<0.05$ ) higher as compare to diabetic male.. It was observed that more percentage of diabetic man were suffering from, obesity and fatigue as compare to normal man

**Keywords:** diabetic male , normal male ,BMI ,Waist –hip ratio ,triceps

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late 1: Different activities during survey Diabetes person and Normal person ( male )of hagwanpur-II Block area.