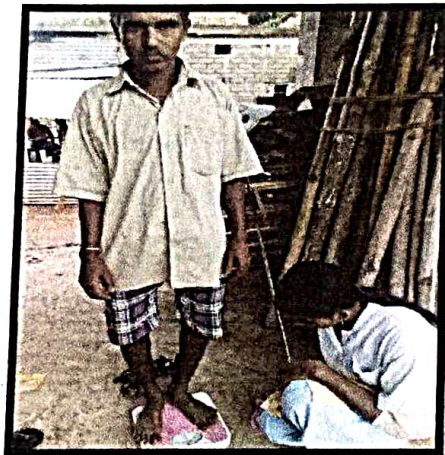


# VIDYASAGAR UNIVERSITY

**A Project Work  
On  
A Comparative study on Health Status between Manson  
man and Helper Male(Age 30-35 yrs.)**

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



**Submitted by**

**Kakali Jana**

Head  
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Mugberia Gangadhar Mahavidyalaya

Koll: 112 512 9 No.: 170108



Regn. No.: 1290097 of Session: 2017-2018

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

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Supervised by -

**Prof. Tonmoy Kumar Giri**

Guest lecturer, Dept. of Nutrition

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## Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur  
West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;  
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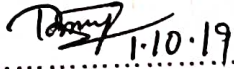
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### TO WHOM IT MAY CONCERN

This is to certify that **Kakali Jana** (Roll: ; No.:170108; Regn. No.:1290089 of **Session:2018-2020**) a student of B.Sc(H), 5<sup>th</sup> sem, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed her project work under my guidance on the topics “**A comparative Study on Health Status between Manson man and Helper**” 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: 1.10.19

  
1.10.19

(Prof. Tonmoy Kumar Giri)  
Guest lecturer  
Dept. of Nutrition  
MugberiaGangadharMahavidyalaya

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

## 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 Dr. Swapan Kumar Mishra, Principal sir, 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 my deeply indebted to Prof. Tonmoy Kumar Giri, Guest Lecturer, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.*

*I am really obliged to other all the member of teaching, other faculty members of the Dept. of Nutrition, Dr. Apurba Giri, Prof. Moumita Samanta, Prof. Keya Dash, Prof. Rikta Jana, Prof. Sucheta Sahoo, Prof. Prabir Jana, Prof. Pranati Bera, Prof. Monalisa Roy and Lab attendant Mr. Prabal Kanti Das of 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:

*...Kakali Jana*  
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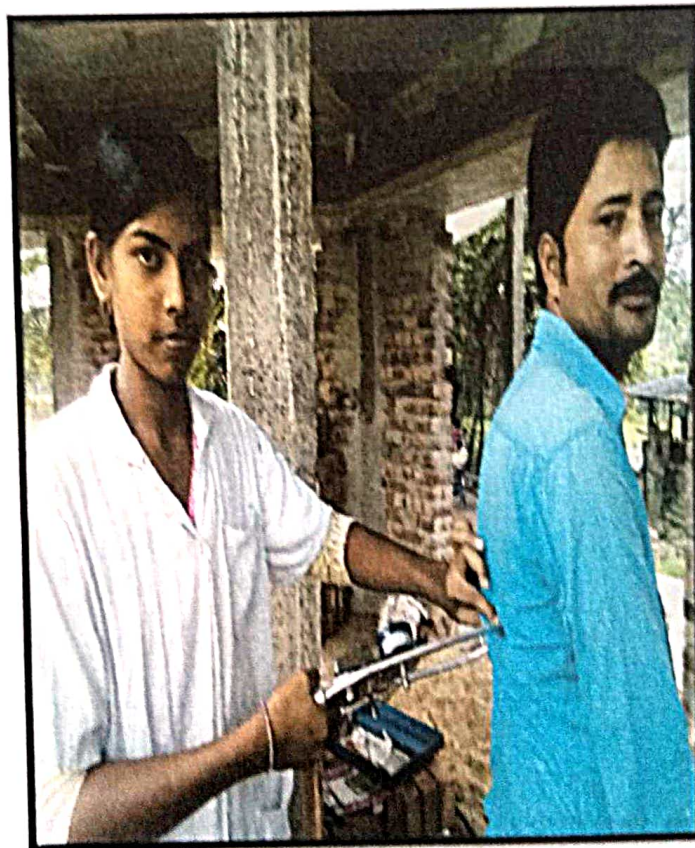
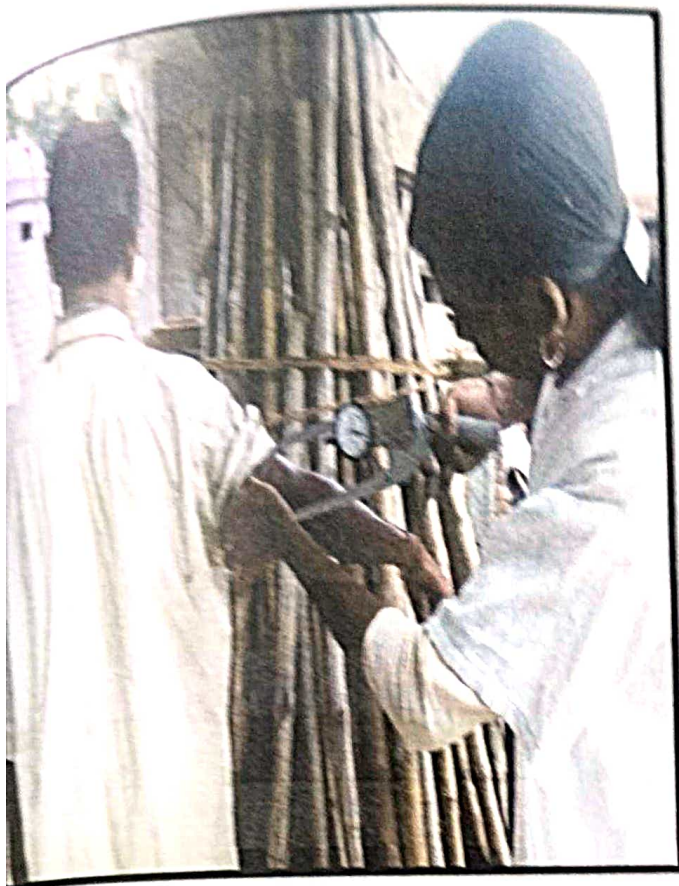
## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between Manson Man and Helper male. The survey was carried out at Ektarpur, PurbaMedinipur, West Bengal. The data was collected for Manson Man (n=15) and for Helper (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps, subscapula, superailiac by measuring skinfold thikness),BMI, were carried out. The participans were asked about their total working time and diseases. It was found that there was no significant ( $p>0.05$ ) differences in waist-hip ratio, pulse rate, systolic pressure, diastolic pressure, biceps, triceps and subscapular between Manson Man and Helper male. But it has noticed that significantly ( $p<0.05$ ) lower as compare to Manson man, whereas total working time of Helper were significantly ( $p<0.05$ ) higher as compare. It was observed that more percentage of Manson man were suffering from acidity, headache, fatigue, flatulence as compare to helper person whereas, more percentage of Helper person were suffering from gas, joint pain,skin diseases, eye problem, abdominal painas compare to Manson man

**Keywords:** Manson Man, Helper male,Health, Comparison, Body mass index, Waist-hip ratio, Disease condition

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**Plate: Different activities during survey of Manson Man and Helper male of Bhagwanpur-II Block area.**