

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Health Status between Ashakarmi and Housewife

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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TO WHOM IT MAY CONCERN

This is to certify that **Parbati ghorai** (Roll:1125129 ; No.: 190108 ; Regn. No.:1290881 of Session: 2019-2020) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Purba Medinipur, has completed her project work under my guidance on the topics '**A comparative Study on Health Status between Ashakarmi and Housewife.**' 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:

Rikta Jana

(Prof. Rikta jana)

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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.

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ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare health status between Ashakarmi and Housewife . The survey was carried out at Madhakhali, PurbaMedinipur, West Bengal. The data was collected for Ashakarmi (n=15) and for Housewife (n=15).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat(from biceps, triceps, subscapular, super iliac by measuring skinfold thickness) ,BMI, were carried out. The participants were asked about their total working time . It was found that there was no significant ($p>0.05$) differences in body mass index, waist-hip ratio, pulse rate, systolic pressure, diastolic pressure, pulses rate and mean pressure between Ashakarmi and Housewife . But it has noticed that the skinfold thickness (triceps, biceps, subscapular, suprailiac,) were significantly ($p<0.05$) lower in shopkeepers as compare to Ashakarmi Housewife , whereas total working time of Ashakarmi were significantly ($p<0.05$) higher as compare to service holder.

Keywords: Ashakarmi and Housewife , Health, Comparison, Body mass index, Waist-hip ratio,

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-2
2.	Review of Literature	3-6
3.	Aims and Objectives	7
4.	Materials & Methods	8-12
5.	Results & Discussion	13-15
6.	Summary & Conclusion	16
7.	References	17-18



Plate 2: Different activities during survey of Ashakarmi and Housewife of Bhagwanpur-II Block area