

# VIDYASAGAR UNIVERSITY

A Project Work  
On

A Comparative study on Nutritional and Health Status  
between Teaching Staff and None Teaching staff

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



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**TO WHOM IT MAY CONCERN**

This is to certify that **Sayani Ghorai (Roll: 1125129; No: 190115; Regn. No.:1290919 of Session: 2019-2020)** 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 Teaching Staff and Non Teaching staff**' 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: 10.02.2022

*Moumita Samanta*

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*Date: 10.02.2022*

*Sincerely  
Sayani Ghoshai .*

## **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 Teaching Staff and Non Teaching staff. The survey was carried out at Mugberia College, Madhakhali, Purba Medinipur, West Bengal. The data was collected for Teaching Staff (n=15) and for Non Teaching staff (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps, by measuring skinfold thickness) ,BMI, were carried out. It was found that there was no significant ( $p>0.05$ ) differences in systolic pressure, diastolic pressure, biceps and teiceps between Teaching Staff and Non Teaching staff. But it has noticed that BMI, Weist hip ratio and Pulse rate were significantly ( $p<0.05$ ) lower in shopkeepers as compare to Teaching staff , whereas total working time of Non teaching staff were significantly ( $p<0.05$ ) higher as compare to service holder.

**Keywords:** Teaching Staff and Non Teaching staff , Health, Comparison, Body mass index, Waist-hip ratio.

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**Plate 1: Different activities during survey of Teaching and Non Teaching Staff of Mugberia Gangadhar Mahavidyalaya of Bhagwanpur-II Block area**