

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparative study on Health Status between
NCC Girl And Normal Girl

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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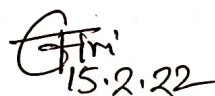
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TO WHOM IT MAY CONCERN

This is to certify that **Sukanya HUI**(Roll:1125129; No.: 190120; Regn. No.:1290950 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 between NCC and Normai girl** '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: 15.02.22


15.2.22

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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: 15.02.22

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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 NCC girls and Normal girls. The survey was carried out at Mugberia, Purba Medinipur, West Bengal. The data was collected for NCC girls (n=15) and Normal girls (n=15) of Mugberia Gangadhar Mahavidyalay. Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat (from biceps, triceps), BMI, were carried out. The participants were asked about their total exercise time. It was found that there was no significant ($p > 0.05$) differences in body mass index, waist-hip ratio, pulse rate, systolic blood pressure, diastolic blood pressure, pulses rate and mean pressure between NCC girls and Normal girls. But it has noticed that the skinfold thickness (triceps, biceps) were significantly ($p < 0.05$) lower in shopkeepers as compare to NCC girls and Normal girls. whereas total exercise time of NCC girls were significantly ($p < 0.05$) higher as compare to Normal girls. It was observed that more percentage of NCC girls were suffering from muscle cramps compare to Normal girls whereas, more percentage of Normal girls were suffering from obesity, high blood pressure and joint pain, menopausal problem, skin diseases, eye problem and ear problems headache and dehydration, Constipation, underweight, as compare to NCC girls.

Keywords: NCC girls, Normal girls, Health, Comparison, Body mass index, Waist-hip ratio, triceps and biceps.

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DIFERENT ACTIVITIES DURING SURVEY OF INCC AND NORMAL GIRL

MUGERIA COLLAGE



