

# VIDYASAGAR UNIVERSITY

A Project Work

On

**A Comparative study on Nutritional and Health Status  
between adolescent girl going to collage/school with bicycle  
and walking (17-19 Years)**

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



Submitted by

**SUDIPA JANA**

Roll: 1125129

No.: 200124

Regn. No. 1250793 of Session:2020-2021

Dept. of Nutrition,

MugberiaGangadharMahavidyalaya

Bhupatinagar, PurbaMedinipur, Pin-721425

Supervised by –

**Prof. RIKTA JANA**

SACT Teacher , Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya  
Dept. of Nutrition  
Head



30/1/2021  
**EXAMINED**

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya



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# MugberiaGangadharMahavidyalaya

## Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur

West Bengal; Pin-721425

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

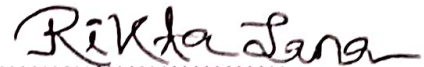
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### TO WHOM IT MAY CONCERN

This is to certify that **Sudipa Jana**(Roll:1125129; No.: 200124; Reg. No.:1290793 of **Session: 2020-2021**) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed her project work under my guidance on the topics '**A comparative Study on Nutritional and Health Status between Adolescent girl going to school/college with bicycle and walking**' 17-19years 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: .....



(Prof. Rikta Jana)

SACT Teacher

Dept. of Nutrition

MugberiaGangadharMahavidyalaya

## 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 Misra, Principal, 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 prof. Rikta Jana, teacher Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.*

*I am really obliged to other faculty members of the, Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mr. Probir Jana, Ms. Moumita Samanta, Ms. Keya Dash, Mr. Tanmoy Giri, Ms. Pranati Bera for their valuable suggestion and lab attendant Mr. Prabal Das for his assistance.*

*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: 30.01.2023

Sudipa Jana  
(Sudipa Jana)



## **ABSTRACT**

Walking is one of the main gaits of locomotion. Walking is typically slower than running and others gaits. If you live close to the school you should encourage adolescent boys to walk to school to keep them fit and healthy. Cycling is free of pollution and healthy for the user. The cycle is probably the most sustainable transport means yet invented. If you live distance to the school you should encourage adolescent girls to bicycle to school to keep them fit and healthy. In the present study a survey was conducted to compare health status between adolescent girls going to school\college with bicycle and walking 17-19 years. The survey was carried out from Mugberia, Purba medinipur, West Bengal. The data was collected for walking in adolescent girl (n=20) form 1st year student of Mugberia Gangadhar Mahavidhalaya. It was found that there was no significance ( $p > 0.05$ ) of BMI, BMR, WHR, Systolic blood pressure, Diastolic blood pressure, triceps, fat, iron. And there was significant ( $p < 0.05$ ) of biceps, pulse rate, protein, carbohydrate, energy, calcium between walking and bicycle adolescent girl. It was observed of disease and symptoms bicycle and walking in adolescent girl suffering acidity and weakness.

**KEYWORD :** Health status, Waist hip ratio, Body Mass Index, Basal Metabolic Rate.

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**Plate 1: Different activities during survey of Collage Student bicycle girl of Bhagwanpur-II Block area**



**Plate 2: Different activities during survey of School Student Walking Girl of Patashpur-II Block area**