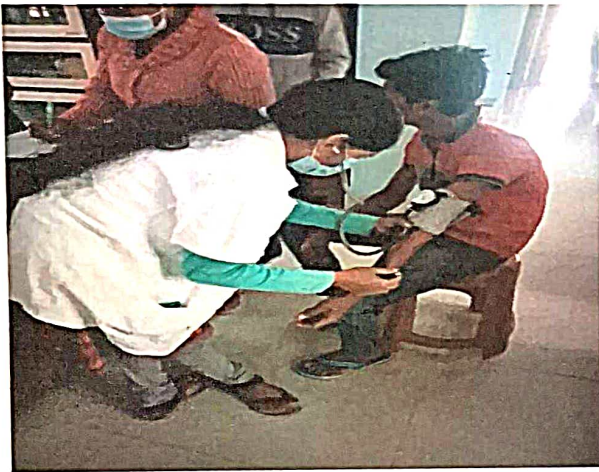


# VIDYASAGAR UNIVERSITY

A project work on

A Comparative Study on Health Status between Anemic Male and Normal Male (18-22 Yrs)

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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B.Sc(H) 5<sup>TH</sup> SEMESTER CBCS EXAMINATION 2021-22

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### TO WHOM IT MAY CONCERN

This is to certify that Sangita Majhi(Roll:1125129; No.:190114; Regn. No.:1290911 of Session: 2019-20) 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 Health Status between Anemic Male and Normal Male(age 18-22) '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: 09.02.2022

*Rikta Jana*

.....  
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Date: 15.02.2022

Sangita Majhi  
(Sangita Majhi)

## ABSTRACT

Life style of a person affects his / her health. In the present study a survey was conducted to compare health status between anemic male and normal male. The survey was carried out at Mugberia, Purba Medinipur, West Bengal. The data was collected for Anemic male (n=15) and for Normal male (n=15). Different measurements like weight, height, blood pressure, pulse rate, waist circumference, hip circumference, body fat from biceps, triceps, BMI, were carried out and measuring the hemoglobin level. It was found that there was not significant ( $p < 0.05$ ) in BMI, pulse rate, systolic pressure, diastolic pressure, biceps, triceps and waist hip ratio between Normal and Anemic male. But it has noticed that the BSA, weight and hemoglobin were present significant ( $p > 0.05$ ).



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Plate 1: Different activities during survey of Normal and Anemic male of Bhagwanpur-II Block area.



Plate 2: Different activities during survey of Normal and Anemic male of Bhagwanpur-II Block area.

Sangita Majhi, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya