

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative Study On Health Status between A Handicap And Normal Male

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 Asit Baran Das (Roll:1125129; No.: 190099; Regn. No.:1290843 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 A Handicap and Normal male( 25-30 years of age) ' 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.

11/02/22  
Date:.....

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*Date: 15/02/2022*

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## ABSTRACT

Life style of a person affects his health. In the present study a survey was conducted to compare nutritional and health status between A Handicap and Normal male. The survey was carried out at Madhakhali, PurbaMedinipur, West Bengal. The data was collected for A Handicap (n=10) and for Normal male (n=10). Different measurements like height, weight, blood pressure, waist circumferences and hip circumferences, body fat (from biceps, triceps, by measuring skinfold thickness) BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was no significant ( $p < 0.05$ ) differences in waist-hip ratio, pulse rate, systolic pressure, diastolic pressure, and between A Handicap and Normal male. Significant difference ( $p > 0.05$ ) in body mass index But it has noticed that the skinfold thickness (triceps, biceps, ) It was observed more objectives of Handicap male suffering from ear problem, eye problem, leg problem, hand problem, etc as compared that Normal male. **Keywords:** Handicap male, Health, Comparison, Body mass index, Waist-hip ratio, Blood pressure.

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