

# VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Health Status between Owner and sales man of cloth shop(age 30-35 years)

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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EXAMINED

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### TO WHOM IT MAY CONCERN

This is to certify that **Shreyasri Roy Chowdhury** (Roll:31217129; No.: 0109; Regn. No.:1290825of Session: 2019-2020) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics “**A comparative Study on Health Status betweenOwner and Sales man of cloth shop**”for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date inherwork; I wish success in herlife.

Date: .....

*Moumita Samanta 07-10-19*

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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.

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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 owner and sales man. The survey was carried out at Madhakhali, PurbaMedinipur, West Bengal. The data was collected for owner man (n=15) and for sales man (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat (from biceps, triceps, sub scapula, Suprailiac by measuring skin fold thickness) ,hemoglobin ,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 body mass index, waist-hip ratio, pulse rate, systolic pressure, diastolic pressure and pulses rate between owner and sales man. But it has noticed that the skin fold thickness ( biceps, Suprailiac,) were significantly ( $p<0.05$ ) lower in owner as compare to sales man, whereas total working time of Muslim geriatric women were significantly ( $p<0.05$ ) higher as compare to service holder. It was observed that more percentage of owner were suffering from acidity, headache, fatigue, flatulence as compare to service holder whereas, more percentage of sales man were suffering from obesity, high blood pressure, skin diseases, eye problem, peptic ulcer diseases, hypertension ,Constipation, abdominal pain compare to Owner.

**Keywords:** Owner man, sales man, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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**Plate : Different activities owner and sales man of cloth shop of Bhagwanpur-II Block area**