

# VEDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between B.P.Ed & Normal Girls

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 **Sudipta Das**(Roll-1125129 No.- 190118; Regn. No.:1290948 of Session: 2019-2020) 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 B.PED and Normal Girls**'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: .....

*[Handwritten signature]*

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Date: 15.2.22

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## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare health status between B.PED & Normal Girl. The survey was carried out at Mugberia, PurbaMedinipur, West Bengal. The data was collected for B.PED Girl(n=10) and for Normal Girl (n=10). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat(from biceps, triceps by measuring skinfold thickness),BMI, were carried out. The participants were asked about their health status. It was found that there was no significant ( $p>0.05$ ) differences in body mass index, waist-hip ratio, Biceps, Triceps between B.PED & Normal Girl. But it has noticed that the Systolic & Diastolic Blood Pressure were significantly ( $p<0.05$ ) lower in Normal Girl , whereas total working time B.PED Girl were significantly ( $p<0.05$ ) higher as compare to Normal Girl.

**Keywords:** B.P.Ed., Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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**Plate 1: Different activities during survey of B.D.Ed. & Nursing College, Durgam Cheruvu, Hyderabad.**



**Plate 1: Different activities during survey of B.P.Ed & Normal Girl of Bhagwanpur-II Block area.**