

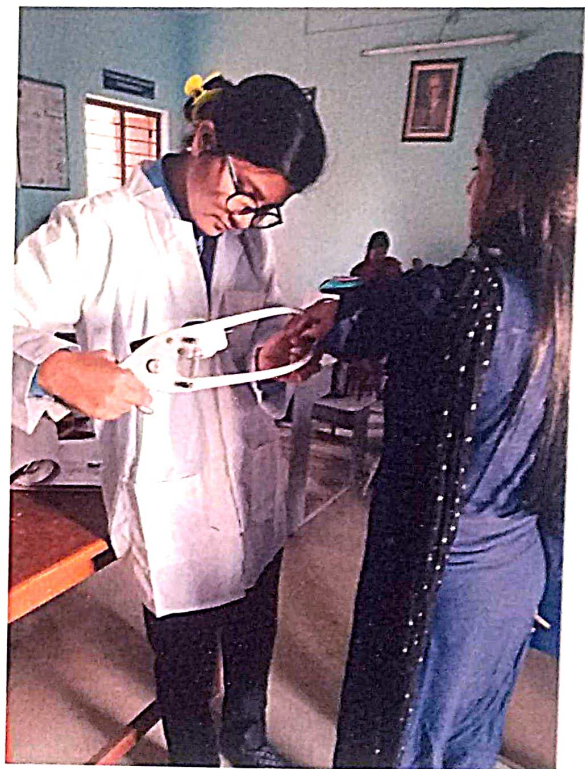
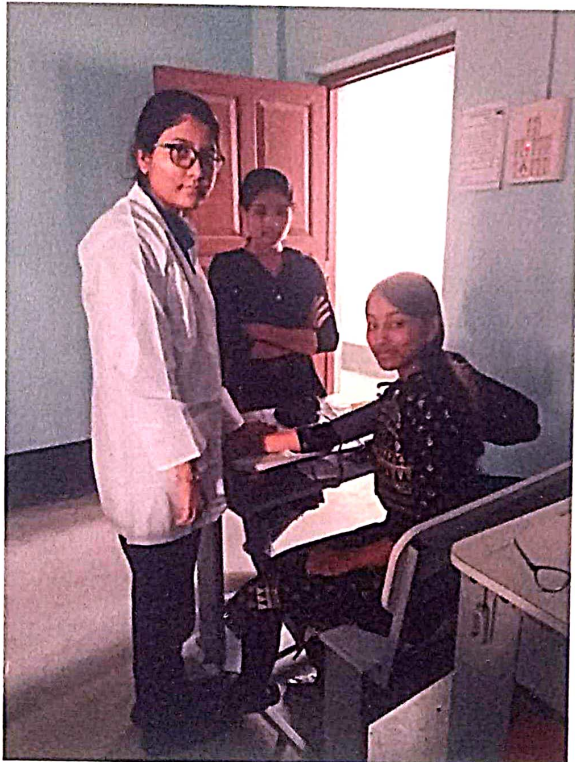
# VIDYASAGAR UNIVERSITY

A Project Work

On

Nutritional and health status among **Cows** Milk Consumption and **Cows** Milk Non-Consumption adolescent girl (16-19 years )at Bhupatinagar, Bhagwanpur II Block area

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

Dept. of Nutrition  
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25/1/2023



# Mugberia Gangadhar Mahavidyalaya

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(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 **Kabita Das (Roll:1125129; No.: 200109;Regn. No.: 1290702 of Session: (2020-2021)** 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 Cow’s Milk Consumption and Cow’s milk Non-Consumption adolescent girl (16-19 years)**’ 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.

*Tonmoy Kumar Giri*

(Prof. Tonmoy Kumar Giri)

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Date: .....

## *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.*

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*The guidance of one's teachers is of paramount importance in his/her academic life. In this regard my deeply indebted to Tonmoy Kumar Giri, SACT Teacher Dept. of Nutrition, Mugberia Gangadhar Mahavidhalaya, for his valuable advice and guidance.*

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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.*

Date: 10.01.2023

*Kabita Das*  
Sincerely

## ABSTRACT

Milk consumption is estimated at billions of liters worldwide, the majority of which is consumed as pasteurized cow's milk. Life style of a adolescent girl effects her health.

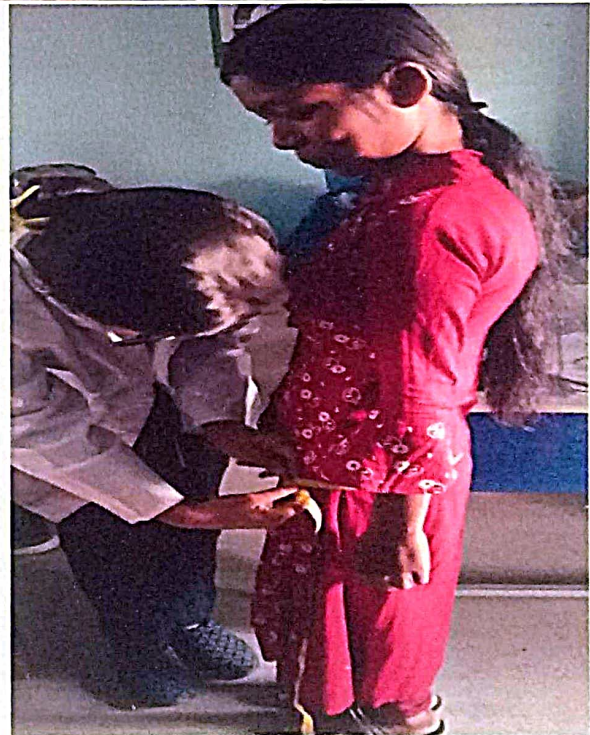
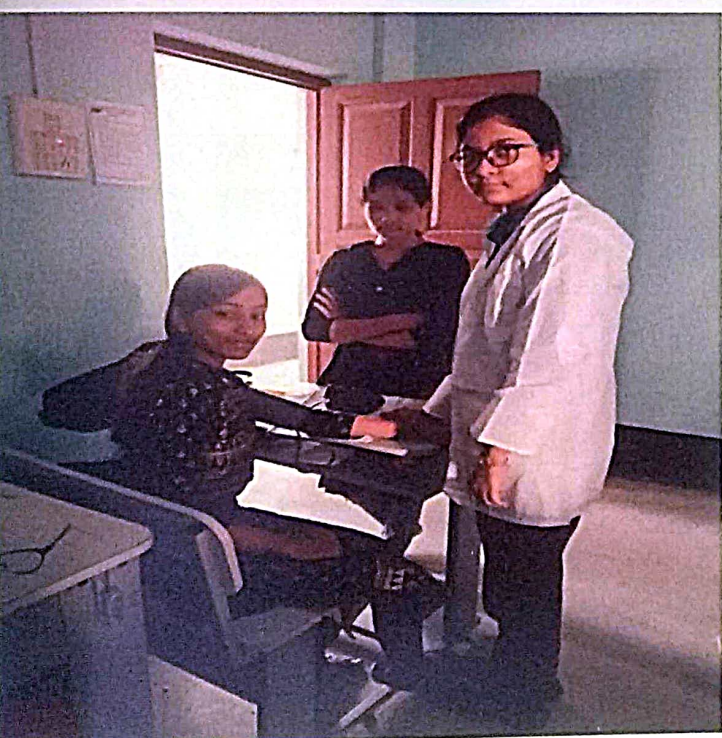
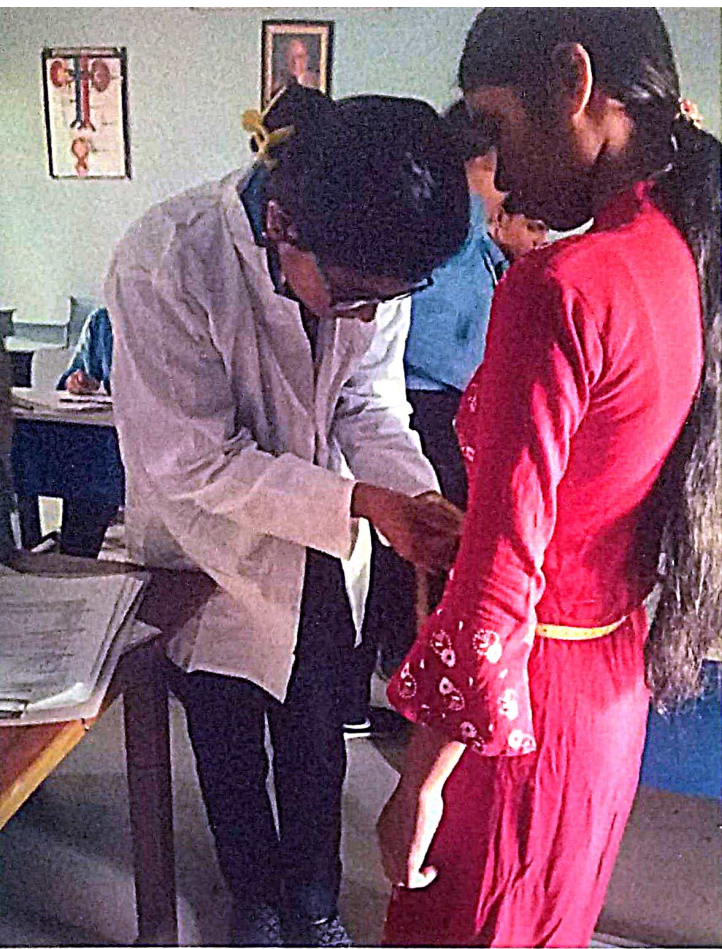
In the present study a survey was conducted to compare nutritional and health status between cow's milk consumption and cow's milk non consumption of adolescent girls (16-19 years). The survey was carried out at Bhupatinagar, Purba Medinipur, West Bengal. The data was collected for cow's milk consumption (n=20) and for cow's milk non consumption (n=20) for Mugberia Gangadhar Mahavidhalaya. Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, body fat (from biceps, triceps, by measuring skin fold thickness), BMI, were carried out. The participants were asked about their diseases. It was found that there was no significant ( $p > 0.05$ ) differences in Body Mass Index, Basal Metabolic Rate, Body Surface Area, pulse rate, Biceps and Triceps between cow's milk consumption and cow's milk non consumption of adolescent girls (16-19 years). It was found that there was significant ( $p < 0.05$ ) differences in Waist Hip Ratio and Pulse Pressure between cow's milk consumption and cow's milk non consumption of adolescent girls. It was observed that cow's milk consumption were suffering from acne, Fe deficiency anemia and It observed that cow's milk non consumptions were suffering from Osteoporosis, Cardiovascular disease, stroke, hypertension, Colorectal cancer, Metabolic Syndrome etc.

**Keywords:** Cow's milk consumption and Cow's milk non consumption, Body mass index, Body Surface Area, Basal Metabolic Rate, Waist-hip ratio and Acne, Osteoporosis Hypertension, Cardiovascular disease.

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**Plate -1: Different activities during survey of Cow's Milk Consumption and Cow's milk Non-Consumption adolescent girl (16-19 years )**

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