

# VIDYASAGAR UNIVERSITY

A Project Work

C-12

On

## A Comparative study on Health Status between Hypertension patient and Normal man(30-40 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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Regn. No.:1290672 of session: ( 2020-2021)

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20/11/2023  
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(UGC recognized as College with Potential for Excellence;  
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### TO WHOM IT MAY CONCERN

This is to certify that **Aparna Rajak**(Roll:1125129; No.: 200104; Reg. No.:1290672 of Session: 2020-2021) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed herproject work under my guidance on the topics '**A comparative Study on Nutritional and Health Status between Hypertension male patient and normal man**'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: 22.12.2022

*Pranati... Bera...*

**(Prof. Pranati Bera)**

SACT Teacher

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## 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.*

*I express my deep sense of gratitude to Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilities to carry out the present investigation.*

*The guidance of one's teachers is of paramount importance in his/her academic life. In this regard I am deeply indebted to Prof. Pranati Bera, SACT Teacher Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.*

*I am really obliged to all the members of the teaching, other faculty members for their valuable suggestion.*

*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:

*Aparna Rajak*  
**(Aparna Rajak)**

## ABSTRACT

In the present study a survey was conducted to compare nutritional and health status between Normal people and Hypertension patient . The survey was carried out at Madhakhali, PurbaMedinipur, West Bengal. The data was collected for Normal man(n=15) and for Hypertension patient (n=15).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, biceps, triceps ,BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was significant ( $p<0.05$ ) differences in body mass index, BSA, waist-hip ratio, pulse rate, Triceps, Biceps. Also there was significant ( $p<0.05$ ) differences in there diet, include Protein, Fat, Carbohydrate, Energy, Calcium and Iron between Hypertension and normal man. But it has noticed that the BMR was no significant difference ( $p>0.05$ ) in Hypertension patient compare to Normal person. It was observed that more percentage of Hypertension patient were suffering from headache, shortness of breath, Insomnia, Irregular heartbeat and Irritable mood as compare to Normal man. whereas, more percentage of Normal man were suffering from acidity, eye problem and blood sugar as compare to Hypertension patient.

**Keywords:** Hypertension patient, Health, Comparison, Body mass index, Waist-hip ratio, Disease, Blood pressure

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**Plate 1: Different activities during survey of Normal person of Bhagwanpur-II Block area**



**Plate 1: Different activities during survey of Hypertension patient of Bhagwanpur-II Block area.**