

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparative Study on Haemoglobin level, Nutritional and Health status between Rural and Urban College Girls' (19-21years), W.B. ,Purba Medinipur

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

SABITRI BERA

Roll:1125129 No.: 200116

Regn. No.:1290743of Session: 2020-2021

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, PurbaMedinipur;Pin-721425

Supervised by -

Keya Dash

SACT Teacher, Dept. of Nutrition

MugberiaGangadharMahavidyalaya

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

30/11/2023
EXAMINED

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

MugberiaGangadharMahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur
West Bengal; Pin-721425
(UGC recognized as College with Potential for Excellence;
Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Sabitri Bera (Roll:1125129; No.: 200116; Regn. No.: 1290743 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 Hemoglobin level, Nutritional and Health status between Rural and Urban College girls' (19-21years)** 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: ...23.01.23

K. Dash.

.....
(Keya Dash)
SACT Teacher
Dept. of Nutrition
MugberiaGangadharMahavidyalaya

EXAMINED

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 Principal sir, Dr. Swapan K. Misra, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilities to carry out the present investigation.

The guidance of one's teachers is of paramount importance in her academic life. In this regard my deeply indebted to miss Keya Das, SACT Teacher, Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya for her valuable advice and guidance.

I am really obliged to other faculty members of the Dept. of nutrition Dr. Apurba Giri, Ms. Moumita Samanta, Ms. Pranati Bera, Ms. Rikta Jana, Mr. Prabir Jana, Mr. Tanmoy Giri for their valuable suggestion and lab attendant Mr. Prabal Das for his assistance.

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: 23.01.23

Sabitri Bera
Sincerely

Abstract

Background: Adolescence has been defined by the World Health Organization as the period of life spanning the ages between 10 to 19 years. This is the formative period of life when the maximum amount of physical, psychological, and behavioral changes take place. This is a vulnerable period in the human life cycle for the development of nutritional anemia. Anemia has a negative effect on cognitive performance in adolescents. In developing countries it serves as a primary cause for 40% of maternal death either directly or indirectly. **Aims and objective:** The aim of the present study is to compare Hb level, nutritional, health status between urban and rural college girls (19-21 yrs). **Methods:** in this study we are using anthropometric measurements, dietary recall method and haemoglobin estimation was measured by Sahli's method. this survey was carried out at Purba Medinipur, West Bengal. The data was collected between urban n=30 and rural n=30 college girls. **Results:** It was found that there was no significant ($p > 0.05$) differences in BMI, waist hip ratio, pulse rate. But it has noticed that the pulse pressure, fat percentage, haemoglobin level were significantly different ($p < 0.05$) between urban and rural college girls. Therefore there were no significant ($p > 0.05$) differences in energy, calcium, and dietary iron intake but there were significantly different ($p < 0.05$) in carbohydrate, protein, fat intake. **Conclusion:** A low Hb level occurs when body produces fewer RBC than usual or RBC destroys faster than usual, or some disease condition, ulcer in digestive tract, or in menorrhagia. Besides iron, body needs folate and vitamin B-12 to produce enough healthy red blood cells. A diet lacking in these and other key nutrients can cause decreased red blood cell production. The study recommends the strong need of nutritional education and concern for college girls.

Keywords : Adolescence, BMI, Anemia, Nutritional status, Hb level

EXAMINED

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-4
2.	Review of Literature	5-10
3.	Aims and Objectives	11
4.	Materials & Methods	12-19
5.	Results & Discussion	21-31
6.	Summary & Conclusion	32
7.	References	33-34

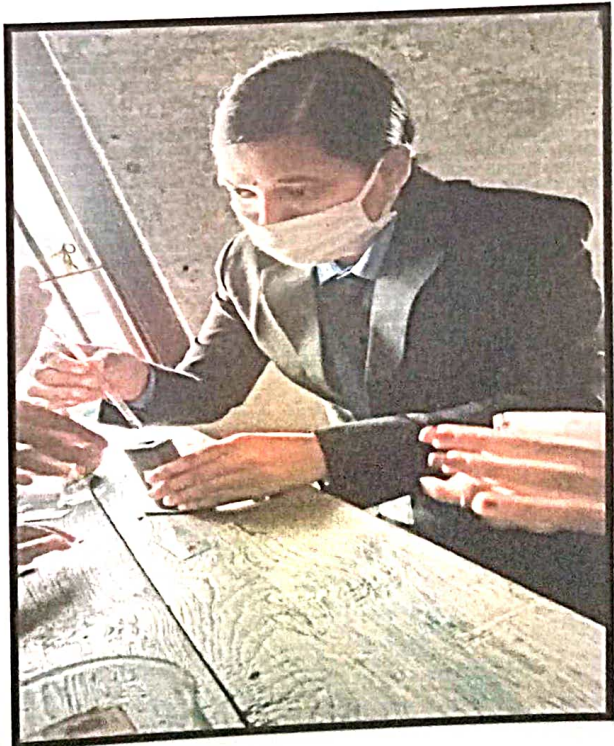
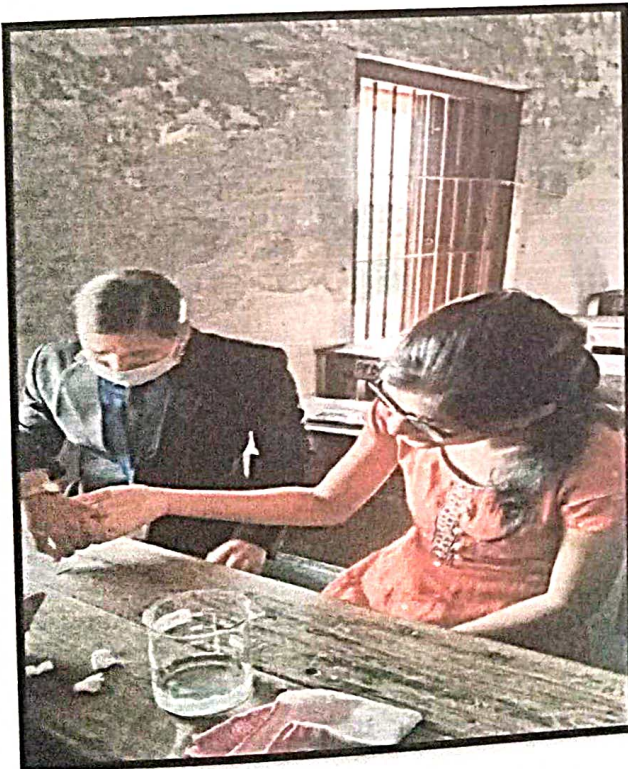
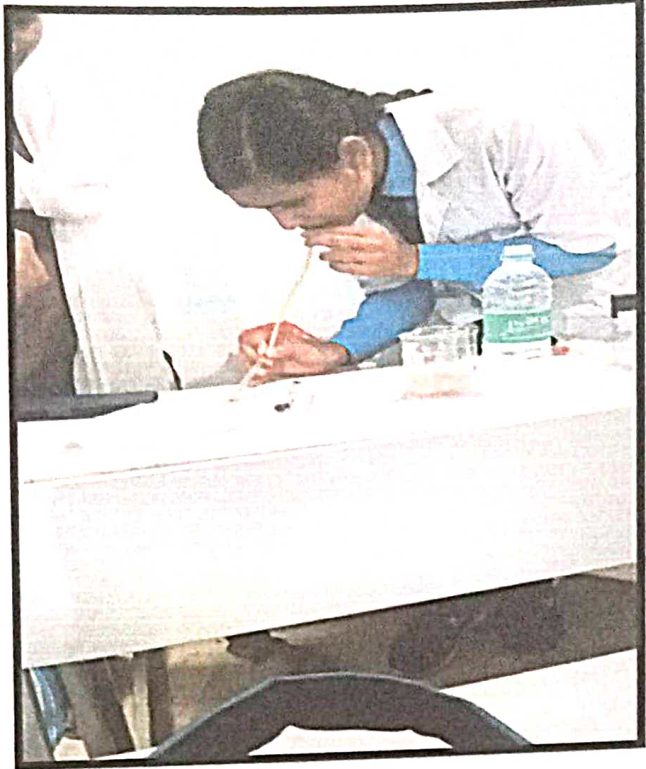


Figure : Different activities during survey of Rural college girls and Urban college girls