

# VIDYASAGAR UNIVERSITY

## PROJECT WORK ON

### A Comparative study on Health status between Motor cycle and Bicycle Male (30-35 Years)

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



Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

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### TO WHOM IT MAY CONCERN

This is to certify that Ruma Mandal (Roll:1125129; No.: 200115; Reg. No.:1290740 of Session: 2020-2021) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed her project work under my guidance on the topics 'A comparative Study on Nutritional and Health Status between bicycle rider and motorcycle rider' 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: 22/12/22

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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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## LIST OF ABBREVIATION

WHO= World Health Organization

BMI=Body Mass Index

WHR=Waist Hip Ratio

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

SD=Standard Deviation

SE=Standard Error

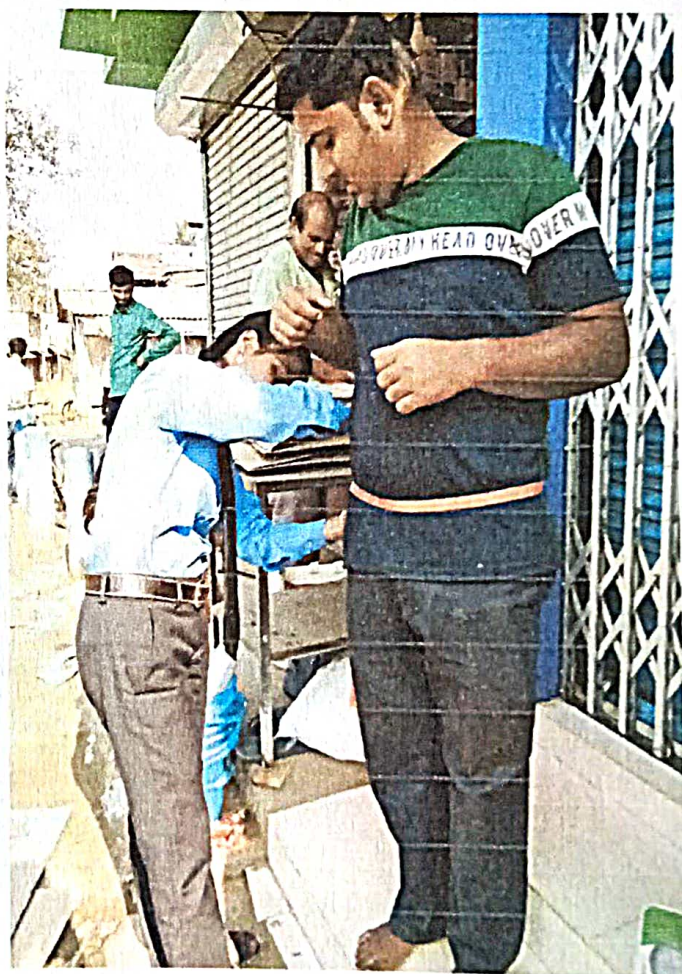
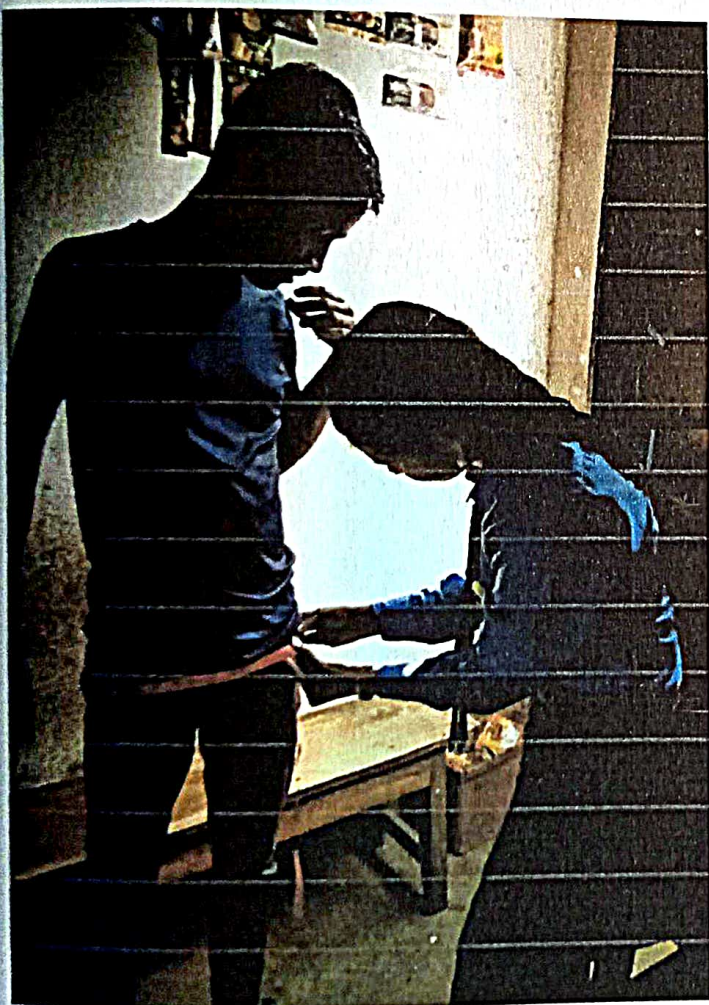
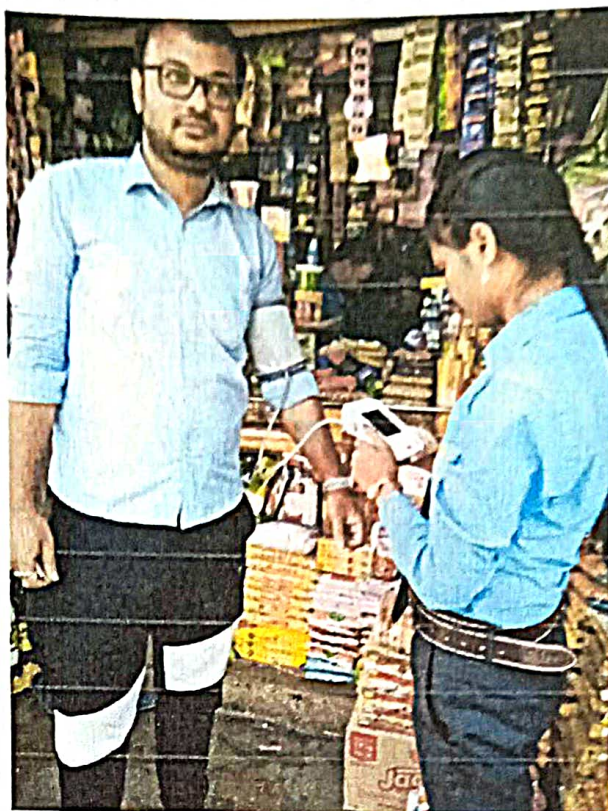
## **ABSTRACT**

Lifestyle of a person affects his/her health. In the present study a survey was conducted to compare health status between Motor cycle and Bi-cycle male (30-35 years). The survey was carried out at Bhupatinagar in Purba Medinipur, West Bengal. The data was collected for Motor cycle male (n=15) and Bi-cycle male (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumference, Body fat (like biceps, triceps, sub-scapular by measuring skin fold thickness) were carried out. The participants were asked about their symptoms and diseases. It was found there was no significant ( $p>0.05$ ) difference in Waist hip ratio, Biceps, Triceps, Systolic Blood Pressure, Diastolic pressure, pulse rate, calf muscle between Motor cycle and Bi-cycle male (30-35 years). But it has notice that BMI and Subscapular are significance ( $p<0.05$ ) higher in Motor cycle and Bi-cycle (30-35 years). It was observed that more percentage of Motor cycle suffering from joint pain, Obesity, constipation, high blood pressure, allergy, Gas more than Bicycle male. And more percentage of Bicycle suffering from Knee pain, Fatigue, Headache more than motor cycle

**Keyword:** Motor cycle, Bi-cycle, Health Status, Anthropometric Measurement, Significant Difference, Body Mass Index, Waist-Hip Ratio, Disease condition.

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**Plate : Different activities during Survey of Motor cycle and Bicycle Male of Bhagwanpur- II Block area**