

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Grocery Shopper male and Farmer male (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

**Riya Bhattacharya**

Roll: 1125129; No.: 200114

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

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Dept. of Nutrition

**MugberiaGangadharMahavidyalaya**

**Bhupatinagar, PurbaMedinipur;Pin-721425**



Supervised by -

**Prof. Pranati Bera**

SACT Teacher, Dept. of Nutrition

**MugberiaGangadharMahavidyalaya**

*Devi*  
30/1/2023

**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)

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### TO WHOM IT MAY CONCERN

This is to certify that **Riya Bhattacharya**(Roll:1125129; No.: 200114; Reg. No.:1290739 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 Grocery shopper and Farmer**'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

Dept. of Nutrition

MugberiaGangadharMahavidyalaya

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Riya Bhattacharya  
(Riya Bhattacharya)

## **ABSTRACT**

In the present study a survey was conducted to compare nutritional and health status between Grocery shopper male and farmer male. The survey was carried out at Bhupatinagar and Kshetrapal PurbaMedinipur, West Bengal. The data was collected for Grocery shopper (n=15) and for Farmer (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferences, biceps, triceps, BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was no significant ( $p>0.05$ ) differences in body mass index, waist-hip ratio, pulse rate, systolic pressure, diastolic pressure, pulses rate and mean pressure between Grocery shopper male and farmer male. But it has noticed that the BMR, biceps were significant ( $p<0.05$ ). It was observed that more percentage of Grocery shopper were suffering from Diabetes, Obesity, Blood Sugar, Hands and leg pain as compare to Farmer. whereas, more percentage of Farmer were suffering from Asthma, Skin disease as compare to Hypertension patient. Both are equally suffering from Acidity.

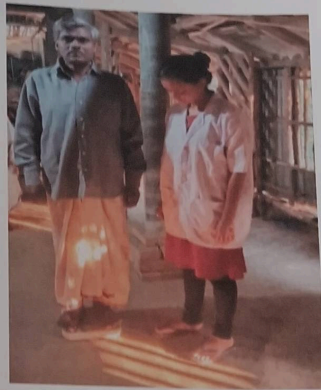
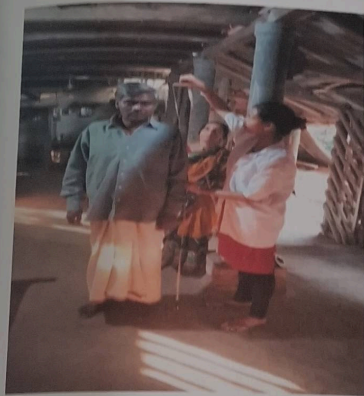
**Keywords:** Grocery shopper, Health, Comparison, Body mass index, Waist-hip ratio, Disease, Blood pressure

# CONTENT

<b>SL.NO.</b>	<b>SUBJECT</b>	<b>PAGE NO.</b>
<b>1.</b>	<b>Introduction</b>	1 - 2
<b>2.</b>	<b>Aims &amp; Objective</b>	3
<b>3.</b>	<b>Review of Literature</b>	4 - 7
<b>4.</b>	<b>Materials &amp; Methods</b>	8 - 12
<b>5.</b>	<b>Results &amp; Discussion</b>	16 - 22
<b>6.</b>	<b>Summary &amp; Conclusion</b>	23 - 24
<b>7.</b>	<b>References</b>	25 - 28



**Plate 1: Different activities during survey of Farmer and Grocery Shopper male of Kshetrapal and Bhupatinagar-II Block area**



**Plate 1: Different activities during survey of Farmer and Grocery Shopper male of Kshetrapal and Bhupatinagar-II Block area**