

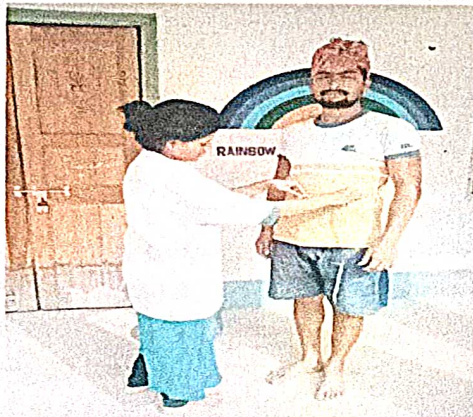
# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Lacto-vegetarian and Non-vegetarian man

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



Submitted by

Saheli Jana

Roll: 1125129; No.: 200117

Regn. No.:1290744 of session: ( 2020-2021)

Dept. of Nutrition

MugberiaGangadharMahavidyalaya

Shupatinagar, PurbaMedinipur;Pin-721425

Supervised by -

Prof. Pranati Bera

SACT Teacher, Dept. of Nutrition

MugberiaGangadharMahavidyalaya

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

*[Signature]*  
29/11/2023  
**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 **SAHELI JANA**(Roll:1125129; No.: 200117; Regn. No.: 1290744 of Session: (2020-2021)a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics ‘**A comparison Study on Nutritional and Health Status between Lacto vegetarian and Non vegetarian Man(30-40Years)**’ 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 in herwork; I wish success in herlife.

Date: 22.12.2022

*Pranati Bera*

**(Prof.Pranati Bera)**

SAACT Teacher

Dept. of Nutrition

MugberiaGangadharMahavidyalaya



## 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, guest lecturer Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.*

*I am really obliged to other faculty members of the, Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mr. Prabir Jana, Ms. Rikta Jana, Ms. Moumita Samanta, Mr. Tanmoy Giri, Ms. Keya Das 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.*

*22.12.2022*  
Date:

*Saheli Jana*  
(Saheli Jana)



## ABSTRACT

Life style of a person affects his health. In the present study a survey was conducted to compare nutritional and health status between Lacto vegetarian and Non vegetarian man. The survey was carried out at Bahadurpur, Mdhabpur, Shyamchak and Gumkia, PurbaMedinipur, West Bengal. The data was collected for Lacto vegetarian man (n=15) and for Non vegetarian man (n=15). Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps, by measuring skinfold 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, pulse rate, Biceps and Triceps between Lacto vegetarian and Non vegetarian man. It has noticed that there was significant ( $p<0.05$ ) differences in Body Surface Area, Waist Hip Ratio and Pulse Pressure between Lacto vegetarian and Non vegetarian man. It was observed that more percentage of Lacto vegetarian man were suffering from headache, Skin diseases, Obesity and Constipation as compare to Non vegetarian man whereas, more percentage of Non vegetarian man were suffering from Insomnia, high blood pressure, Acidity, eye problem and Type 2 diabetes as compare to Lacto vegetarian man.

**Keywords:** Lacto vegetarian man, Non vegetarian man, Health, Comparison, Body mass index, body mass index, Basal Metabolic Rate, Waist-hip ratio and Disease.



# CONTENT

<b>SL.NO.</b>	<b>SUBJECT</b>	<b>PAGE NO.</b>
<b>1.</b>	<b>Introduction</b>	1-2
<b>2.</b>	<b>Review of Literature</b>	3-6
<b>3.</b>	<b>Aims and Objectives</b>	7
<b>4.</b>	<b>Materials &amp; Methods</b>	8-12
<b>5.</b>	<b>Results &amp; Discussion</b>	13-23
<b>6.</b>	<b>Summary &amp; Conclusion</b>	24
<b>7.</b>	<b>References</b>	25-29





Different activities during survey of Lacto vegetarian and Non vegetarian men of Bhagwanpur-II Block area.

EXAMINED