

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Nutritional And Health Status between Normal Women And 100 Days Worker Women (45-50 Years)

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



Submitted by

MOUSUMI MONDAL

Roll: 1125129 No:200111

Regn. No:1290714 of Session: 2020-2021

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Prof. RIKTA JANA

SACT Teacher, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya



[Signature]
30/1/2023

EXAMINED

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

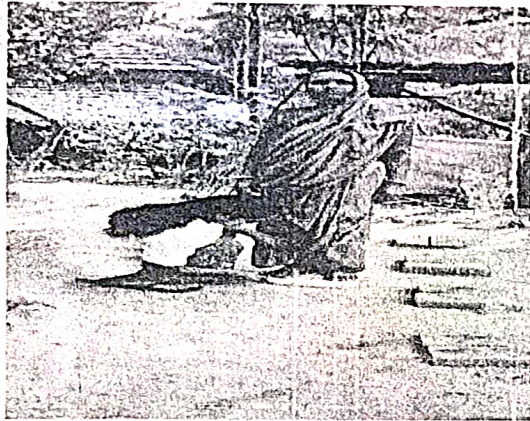
VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparative study on Nutritional And Health Status between Normal Women And 100 Days Worker Women (45-50 Years)

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



Submitted by

MOUSUMI MONDAL

Roll: 1126425 No:200111

Regn. No:1290744 of Session: 2020-2021

Dept. of Nutrition

Mugheria Gangadhar Mahavidyalaya

Bhupatinagar, Nisba Medinipur, Pin-731425

Supervised by -

Prof. RIKTA JANA

SACT Teacher, Dept. of Nutrition

Mugheria Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur

West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;

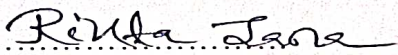
Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Mousumi Mondal (Roll:-1125129; No.: 200111; Regn.No.: 1290714 of Session: 2021-2022)** 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 Nutritional health status between Normal Women And 100 Days Worker Women (45-50 years)”** for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance .He is energetic and up to date in his work; I wish success in his life.

Date: 22/12/2022


.....
(Prof. Rikta Jana)
SACT Teacher
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

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 Rikta Jana, 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.

Mousumi Mondal.

Sincerely

Date:

ABSTRACT

Life style of a person affects her health. In the present study a survey was conducted to compare nutritional and health status between normal woman and 100 days workerwomen. The survey was carried out at Ramchak, PurbaMedinipur, West Bengal. The data was collected for Normal women(n=20) and for 100 days worker women women (n=20).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps, by measuring skinfold thikness) ,BMI, were carried out. The participans 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, diastolic pressure, MUAC and PBF between normal woman and 100 days worker women. But it has noticed that the skinfold thickness (triceps, biceps) were significantly ($p>0.05$) lower in normal woman and 100 days worker women . It was observed that more percentage of normal women were suffering from sleeping problem , anemia as compare to100 days worker women, more percentage of 100 days worker women were suffering from headache, weakness, hypertention, irregular menstruation , back pain and eye problem cough pa as compare to normalwomen.

Keywords: Normal women, 100 days worker women, Health, Comparison, Body mass index, Waist-hip ratio , Hypertention and Irregular menstruation.

Mousumi Mondal, Dept of Nutrition, Mugberia Gangadhar Mahavidyalaya

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-3
2.	Review of Literature	4-13
3.	Aims and Objectives	14
4.	Materials & Methods	15-20
5.	Results & Discussion	21-32
6.	Summary & Conclusion	33
7.	References	34-36



Figure 1 - Different activity during the survey of A comparative study between Normal women and 100 days worker women (45-50 years) at Khejuri - II block area.

EXAMINED