

# VIDYASAGAR UNIVERSITY

A Project Work

On

## Nutritional and health status among school children (Boys, 11-15 years) in rural area, Mugberia, 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

**RAJARAM GIRI**

Roll: 1125129 No.: 200113

Regn. No.: 1290731 of Session: 2020-21

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

**Miss Keya Dash**

SACT Teacher, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

*Handwritten signature*  
30/11/2023  
**EXAMINED**

**Dept. of Nutrition**  
Mugberia Gangadhar Mahavidyalaya

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**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 Rajaram Giri (Roll:1125129; No.: 200113; Regn. No.: 1290731 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 ‘Nutritional and health status among school children (Boys,11-15 years) in rural area, Mugberia, Purba Medinipur’. The partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

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

Date: .....20/01/2023

  
.....  
(Prof. Keya Dash )

SACT 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 Principal sir, Dr. Swapan kr. 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 dash , 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: 10/01/2023

Rajaram Giri  
Sincerely

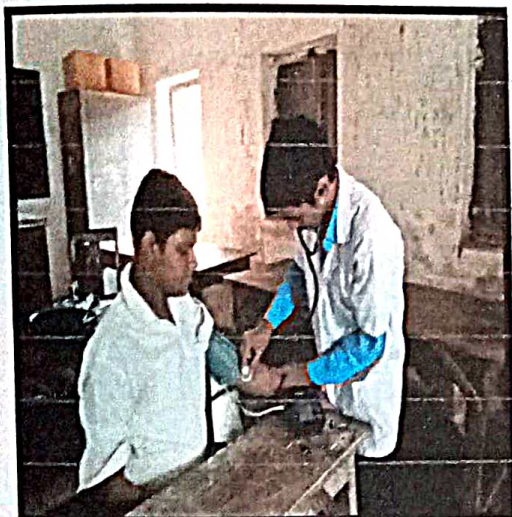
## ABSTRACT

Lifestyle of a person affects his/ her health. In a present study is survey was conducted to analysis of nutritional and health status among school children (11-15years) in rural area. The aims of the study, to observed health status and the nutritional differences with ICMR RDA of rural school children. The survey of carried out at Mugberia, Purba Medinipur, West Bengal. The data was collected for school children in rural area(n=30). Different measurements like- Weight, Height, BMI, BSA, PBF, Pulse Rate were carried out. It is found that there was no significant ( $p>0.05$ ) differences in Weight, Height and BMI of rural school children with RDA 2010 data. It is found that there was significant ( $p<0.05$ ) differences in BMR, BSA, PBF and Pulse Rate of rural school children compare with normal data. Different nutritional analysis like- Protein, Fat, Carbohydrate, Iron, Calcium were carried out. It is important to recognize childhood obesity and manage it, because if untreated, it can result in obesity in adulthood with all its attendant metabolic complications. Not maintaining healthy eating and an active lifestyle may be victimized childhood obesity.

**KEYWORDS :** childhood obesity, BMI, pulse rate, fast food consumption

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***Plate : Different activities during survey of Nutritional and health status among school children (Boys,11-15 years) in rural area, Mugberia, Purba Medinipur.***