

VIDYASAGAR UNIVERSITY

A Project Work On

Nutritional and Health Status between rural and urban house wife (30-45 years), Purba Medinipur, West Bengal

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



Submitted by

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20/1/2023

EXAMINED

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TO WHOM IT MAY CONCERN

This is to certify that **Priyanka Samanta (Roll:1125129; No.: 200112; Regn. No.: 1290728 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 between rural and urban house wife (30-45 years), West Bengal, Purba Medinipur**. 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.

Keya Dash.

Miss Keya Dash)

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Date: *20/01/2023*

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*Vocabulary finds no appropriateness to express **EXAMINED** 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.*

Priyanka Samanta

Sincerely

Date: 24.01.2023

ABSTRACT

Background: The health of Indian women is intrinsically linked to their status in society. In other words, one of the indicators of economic modernization and social development and the role of women's participation in economic structure. As a woman moves into 30s and 40s, they are most likely pretty busy juggling work, home and family. So taking care of themselves is important.

Objectives: The aim and objectives of the present study is to compare nutritional and health status between rural and urban house wife (30-45 years), West Bengal, Purba Medinipur.

Material and methods: In the present study a survey was conducted to analysis a nutritional and health status of the house wife in rural and urban area, Purba Medinipur District, West Bengal. The data was collected for urban house wife (n=20), rural house wife (n=20). In this survey there was nutritional assessment, health status parameters were investigated .

Results: There was significant difference in carbohydrate and energy consumption. There was no difference of Energy, protein ,fat, Calcium, Iron and anthropometric assessment. Nutritional status was found to be positively related with education of respondent ,household standard of living. Special care must be taken regarding nutritional status of housewife in the rural areas.

KEYWORDS: House wife, BMI, Diet, Pulse pressure,.

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Plate 1: Different activities during survey of the House wife in rural and urban area