

VIDYASAGAR UNIVERSITY

A Project Work On

“ A Comparative Study on Health Status between Early Riser and Late Riser Male teachers(30-50 years), Bhupatinagar, 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

JAYANTI MAITY

Roll: No.: 1125129-210127

Regn. No.: VU211022736 of Session: 2021-2022

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Prof. Rikta Jana

Guest lecturer, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar :: Purba Medinipur
West Bengal :: India

Email: mugberia_college@rediffmail.com

NCTE Recognized & NAAC Accredited with CGPA 2.71 Institution

<http://www.mugberiangangadharmahavidyalaya.org>



This is to certify that Mr./ Miss. Jayanti Maity
Roll 1125129 Number 210127 a PG / UG student of
SEM V, Department of Nutrition has
successfully completed a dissertation / project entitled A Comparative
Study on Health status between early-riser
and late-riser male teachers (30-50 years).
for the paper CC-12 P in the year 2023-24

Date :



[Signature]
19/12/2024

Signature of HOD

Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

[Signature]

Signature of Principal
Principal

Mugberia 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 certify that Jayanti Maity (Roll: 1124129 No: 210127; Reg No: VU211022736 of 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 'Nutritional Requirement For Early riser & Late riser adult male teachers (30-50 years of age)' for 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.

Rikta Jana

(Prof. Rikta Jana)

Date:

Guest lecturer
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 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. Rikta Jana, 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. Chandan Khanra, Ms. Shnaoli Giri, Ms. Keya Dashi, Ms. Pranati Bera, Ms. Moumita Samnta 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: 20.02.24

Jayanti Maity
(Jayanti Maity)

ABSTRACT

Lifestyle of the early riser and late riser adult male affect their health. In the present study a survey was conducted to compare health status between early riser and late riser adult males in Bhagwanpur_2 block, Purba medinipur, West Bengal. The data was collected for Urban area through different measurements like Weight, Height, waist circumference, hip circumference, Chest circumference, blood pressure, were carried out. I asked those person about their various symptoms and diseases. It was found that there was significant ($p < 0.05$) differences in Height, Weight, waist circumference and hip circumference and Chest circumference, blood pressure between early riser and late riser adult male. But it has noticed that the significant ($p > 0.05$) in waist hip ratio differences between early riser and late riser adult male. It was observed that the more percentag of late riser suffering from over weight, irritable mood, drowsiness, confusion than early riser.

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-2
2.	Aims & Objective	3
3.	Review of Literature	4-13
4.	Materials & Methods	14-18
5.	Results & Discussion	19-23
6.	Summary & Conclusion	24
7.	References	25-27



Plate 1: Different activities during survey of Early riser and Late riser (20-50 year of age).



Plate 2: Different activities during survey of Early riser and Late riser (20-50 year of age).