

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparison Study on Nutrition and Health Status
between detection of anaemia for Nutrition and Physical
Education Department(College of MGM), At Bhagwanpur
II Block area

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



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**A Comparison Study On Nutrition And Health Status Between
Detection Of Anaemia For Nutrition And Physical Education
Department(College of MGM), At Bhagwanpur –II Block Area**

ABSTRACT

A physical education student is involved in different types of physical, aerobic and non aerobic exercise but a nutrition student is not involved in such types of activities. In the present study a survey was conducted to compare health status between physical education and nutrition student. The survey was carried out at Bhawanpur-11 block area Purba Medinipur, West Bengal. The data was collected for physical education student (n=15) and nutrition student(n=15). A physical education student is always involved in different type of physical exercise. The survey was found that different measurements like Height, Weight, Pulse rate, Pulse pressure, Waist and hip circumferences, Haemoglobin, Body fat(from biceps, triceps by measuring skinfold thickness) were carried out. The participants were asked about their symptoms and diseases. It was found that there was no significant($p>0.05$) differences in body mass index systolic pressure, diastolic pressure, pulse rate, triceps between physical education and nutrition students. But it has noticed that biceps and waist hip ratio are significantly($p<0.05$) lower in nutrition students as compare to physical education student and haemoglobin is significantly($p<0.05$) lower in physical students as compare to nutrition department students. It was observed that more percentage of physical education students was suffering from anaemia, menstruation problem, constipation as compare to nutrition department students.

Keywords: Physical Education student, nutrition department student, Health, comparison, Body mass index, Waist-hip ratio, Disease.

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Plate : Different activities during survey of between Nutrition & Physical education anemic students of Bhagwanpur –II Block area.