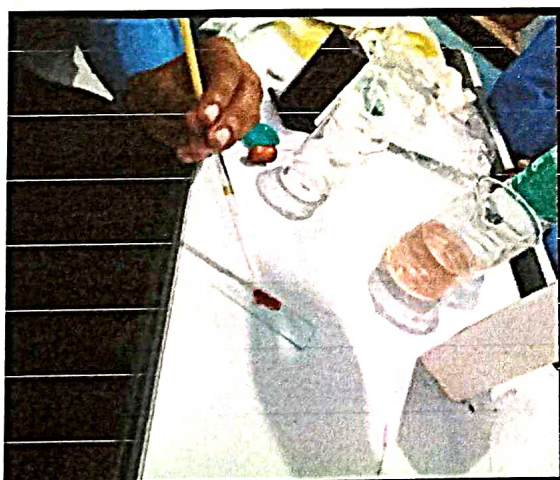


VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparison Study On Nutrition And Health Status Between Detection Of Anaemia Girls 15-20 Years and 20-25 Years In Mugberia Gangadhar Mahavidyalaya 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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West Bengal :: India

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Study on Nutrition and Health status between

detection of Anaemia girl (15-20 years and 20-25 years)

for the paper CC12-P..... in the year 2023-24

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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: 20.02.2024

Sathi Jana
(Sathi Jana)

A comparison study on nutrition and health status between detection of anaemia for nutrition and physical education department, in Mugberia Gangadhar Mahavidyalaya 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-II 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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LIST OF ABBREVIATION

WHO= World Health Organization

BMI=Body Mass Index

BSA=Body Surface Area

BMR=Basal Metabolic Rate

WHR=Waist Hip Ratio

BP= Blood Pressure

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

PR=Pulse Rate

PBF= Percentage of Body Fat

SD=Standard Deviation

SE=Standard Error

Tabular representation of result

Table 1: Anthropometric measurement of Nutrition student and Physical education student.

| Anthropometric indices | Nutrition student (Mean \pm SEM) | Physical education student (Mean \pm SEM) | t value | Significance |
|----------------------------|---------------------------------------|---|---------|-----------------|
| BMI (kg / m ²) | 18.74 \pm 0.58 | 19.13 \pm 1.38 | 1.13 | Not significant |
| Height (cm) | 1.55 \pm 0.02 | 1.55 \pm 0.01 | -0.1 | Not significant |
| Biceps (mm) | 0.83 \pm 0.09 | 1.35 \pm 0.13 | 2.75 | significant |
| Waist Hip Ratio. | 0.84 \pm 0.02 | 0.86 \pm 0.01 | 2.67 | significant |
| Triceps (mm) | 1.31 \pm 0.11 | 1.64 \pm 0.19 | 1.5 | Not significant |
| Systolic Pressure (mm-Hg) | 109.3 \pm 2.06 | 110 \pm 1.69 | 0.25 | Not significant |
| Diastolic Pressure(mm-Hg) | 70.87 \pm 2.28 | 71.53 \pm 1.84 | 0.23 | Not significant |
| Pulse Rate (beats/min). | 82.2 \pm 1.21 | 83.13 \pm 1.64 | 0.4 | Not significant |
| Haemoglobin (dl) | 10.78 \pm 0.16 | 11.1 \pm 0.21 | 1.22 | Not significant |

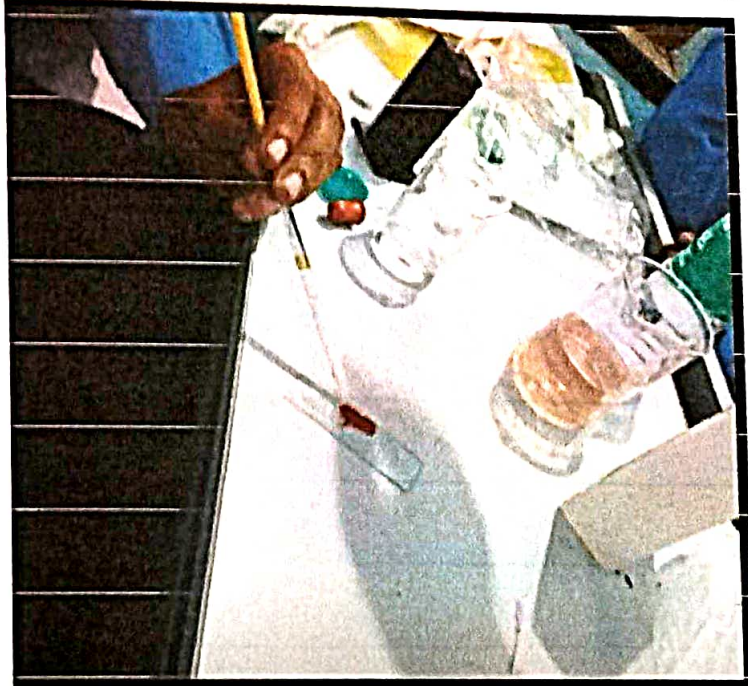


Plate : Different activities during survey work