

# VIDYASAGAR UNIVERSITY

**A Project Work On**

## **A Comparison study on Health Status between Lacto-vegetarian and Non-vegetarian Adolescent Girls**

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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*EXAMINER*  
*2022*  
Dept. of Nutrition  
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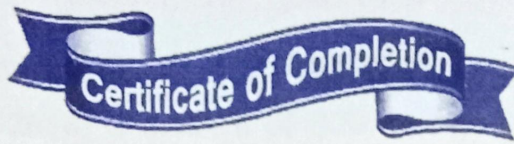
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This is to certify that Mr./<sup>✓</sup>Miss. Purnima Guchhait

Roll 1125129 Number 210133 a PG/UG student of

SEM V, Department of Nutrition has

successfully completed a dissertation/project entitled A Comparison  
Study on Health status between Lacto-Vegetarian  
and Non-vegetarian Adolescent girls (13-20 years)

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

Date :



Apurba Ghosh  
19/02/2024

Signature of HOD

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## TO WHOM IT MAY CONCERN

This is to certify that Purnima Guchhait (Roll:1125129; No.:210133; Regn. No.: VU 211022773 of Session: 2021-2022) a student of B.Sc. 5<sup>th</sup> semester, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics 'A comparison Study on Health Status between Lacto-vegetarian and Non-vegetarian Adolescent girls' 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.

Date: 20/02/24

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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:

Purnima Guchhait  
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# ABSTRACT

Food habit is very important part of life. They are classified according to the foods included in the diet. Lacto-vegetarianism includes milk with other plant based foods while excluding meat, fish, and eggs etc. where meat, fish and eggs etc foods are included in non vegetarian food habit. In the present study a survey was conducted to compare health status between lacto-vegetarian and non-vegetarian adolescent girls. The survey was carried out at Bhagwanpur-II and Contai- II and III block area, Purba Medinipur, West Bengal. The data was collected for Lacto-vegetarian adolescent girls (n=15) and for Non-vegetarian adolescent girls (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skin fold thickness) were carried out. It was found that there was no significant ( $p>0.05$ ) differences in BMI, Pulse pressure, Pulse rate, Biceps, Triceps, WHR, Systolic pressure, Diastolic pressure in between Lacto-vegetarian and Non-vegetarian adolescent girls. It was observed that more percentage of Lacto-vegetarian adolescent girls was suffering from eczema, migraine and headache problem compare to Non-vegetarians.

**Keywords** Lacto-vegetarian, Non-vegetarians, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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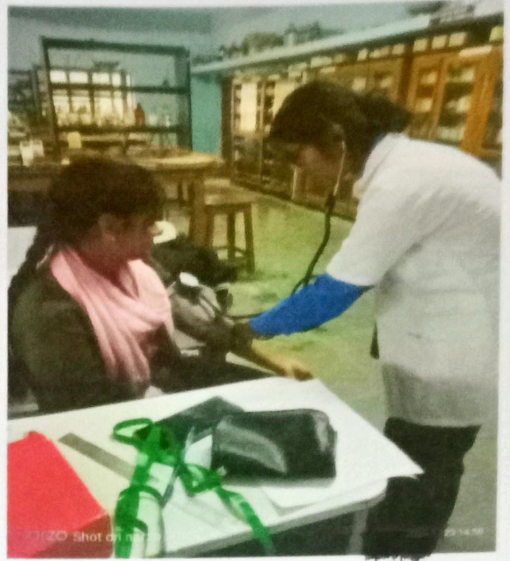


Plate 1: Different activities during survey of Lacto vegetarian and Non vegetarian girl (13-20 years of age).



Plate 2: Different activities during survey of Lacto vegetarian and Non vegetarian girl (13-20 years of age).