

VIDYASAGAR UNIVERSITY

A Project Work On

“ A Comparative Study on Health Status between Mason and Shopkeeper (20-50 years of age) Radhapur, 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

Sathi Roy

Roll: No.: 1125129-210136

Regn. No.: VU211022805 of Session: 2021-2022

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-751025

Supervised by -

Prof. Rikta Jana

Guest lecturer, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

EXAMINED
20/2/24

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. Sathi Roy
Roll 1125129 Number 210136 a PG / UG student of
SEM V, Department of Nutrition has
successfully completed a dissertation / project entitled A Comparative
Study on Health Status between Heavy
Worker mason man and Shopkeeper (20-50 y)
for the paper CC-12P in the year 2023-24

Date :



Apurba Chandra
Signature of HOD
Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Sankar
Signature of Principal
Principal
Mugberia Gangadhar Mahavidyalaya

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Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar, Dist-PurbaMedinipur

West Bengal; Pin-721425

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TO WHOM IT MAY CONCERN

This is certify that Sathi Roy (Roll: 1125129 No: 210136; Reg No: VU211022805 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 Mason & Shop keeper 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)

Guest lecturer

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Date: 19.02.2024

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Vocabulary finds no appropriate words to express my heartfelt love and thanks from the very core of my classmates and juniors for their constant encouragement and help throughout the study.

Date:

Sathi Roy
Sincerely

ABSTRACT

This study investigates the contrasting occupational characteristics, physical demands, and associated hazards between heavy worker masons and normal workers. Through a comprehensive review of literature and field observations, the research highlights the distinct challenges faced by both categories of workers in the construction industry. It examines factors such as workload intensity, ergonomic stressors, injury prevalence, and long-term health implications. Findings reveal that heavy worker masons endure higher levels of physical strain due to tasks involving heavy lifting, prolonged standing, and exposure to hazardous materials, leading to increased risks of musculoskeletal disorders and occupational injuries. Conversely, normal workers, while still exposed to occupational hazards, experience comparatively lower physical demands and injury rates. The study underscores the importance of tailored intervention strategies and workplace ergonomics to mitigate health risks and enhance overall well-being for both heavy worker masons and normal workers in the construction sector.

EXAMINED

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Plate 1: Different activities during survey of Mason and Shopkeeper (20-50 years of age).



Plate 1: Different activities during survey of Mason and Shopkeeper (20-50 years of age).