

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparison study on Health Status between Hypotension and Normal female

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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Date: 20.02.2024

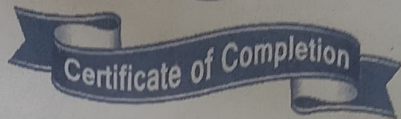
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This is to certify that Mr./Miss. Swagata Das  
Roll 1125129 Number 210150 a PG / UG student of  
SEM V, Department of Nutrition has  
successfully completed a dissertation / project entitled A Comparison  
study on Malnutrition and Health status between  
Hypotention and Normal female (18-25 years)  
for the paper CC12-P in the year 2023-24

Date :



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Date: 20.02.2024

**Mugberia Gangadhar Mahavidyalaya**

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PO-Bhupatinagar, Dist-PurbaMedinipur

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*TO WHOM IT MAY CONCERN*

This is certify that Swagata Das (Roll: 1125129 No: 210150; Reg No: VU211022 875 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 Hypotension and Normal Female 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.

*Tamoy Kumar Giri*

(Prof. Tamoy Giri)

Date: 20.02.2024

Guest lecturer

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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.

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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:

Sincerely

## ABSTRACT

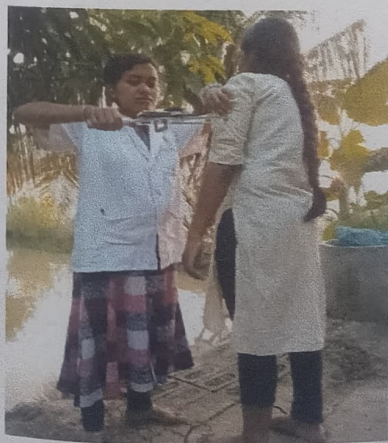
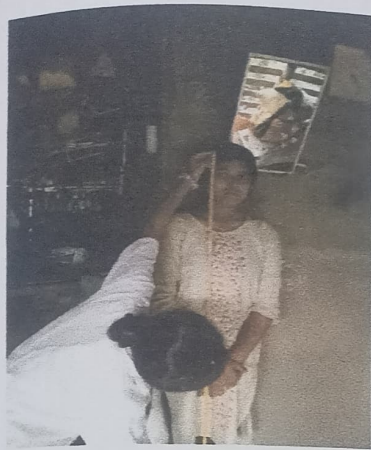
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Life style of a person affects her health. In the present study a survey was conducted to compare nutritional and health status between Low blood pressure and Normal blood pressure females. The survey was carried out at Jabda , Purba Medinipur , West Bengal. The data was collected for Low blood pressure females (n=15) and Normal blood pressure females (n=15). Different measurements like Height , Weight , Waist circumference , Hip circumference , body fat ( Biceps , Triceps , by measuring skinfold thickness ) BMI , were carried out. The participants were asked about their total working time and diseases. It was found that there was no significant ( $p < 0.05$ ) height , BSA , WHR , Diastolic pressure , pulse rate , biceps between low blood pressure and normal blood pressure females. Low blood pressure and normal blood pressure females were suffering from weakness , sleepiness , dizziness , fainting , nausea & vomiting , etc.

Keywords : Hypotension , Body Mass Index , Waist Hip Ratio , Biceps , Triceps.

# CONTENT

SL. NO.	SUBJECT	PAGE NO.
1.	Introduction	1-2
2.	Review of Literature	3 - 10
3.	Aims and Objects	11
4.	Materials & Methods	12 - 18
5.	Results & Discussion	19 - 23
6.	Summary & Conclusion	24
7.	References	25



**Fig: Difference health status between low blood pressure and normal pressure female**