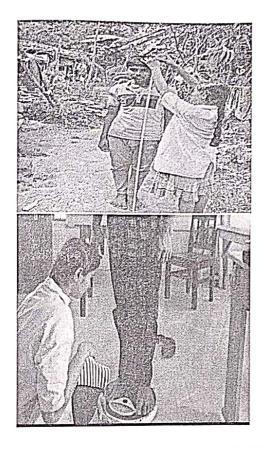
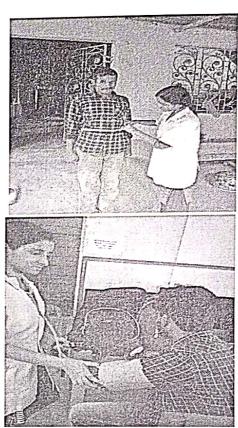
A Project Work On

A Comparison study on Health Status between Day duty and Night duty worker male (18-35yt

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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### TO WHOM IT MAY CONCERN

This is to certify that PUJA DAS (Roll: 1125129; No.: 220168; Regn. No.: VU221291122 of Session: 2022-2023) 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 Night duty and Day duty Worker' 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.

Tonmoy Kumar Guri (Mr. Tonmoy Kumar Giri)

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## A Comparison study on Health Status between Day Duty and Night Duty Workers.

### ABSTRACT

This project explores the impact of day duty and night duty work schedules on employees' health, productivity, and overall well-being. With the rise of 24/7 operations across various industries, understanding the differences between these shifts is crucial. The study examines factors such as sleep patterns, work-life balance, stress levels, efficiency, and health implications associated with both shifts. Data is collected through surveys and case studies, providing insights into how shift timing affects worker performance and satisfaction. The findings aim to help organizations optimize shift schedules for better employee well-being and productivity. The survey was carried out at Patashpur-II block area, Purba Medinipur, West Bengal. The data was collected for Day duty workers (n=15) and for Night duty workers (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, were carried out. The participants were asked about their hygienic condition and diseases. It was found that there wassignificant (p>0.05) differences in body mass index, systolic pressure, diastolic pressure between Day and Night duty workers. But it has noticed that there was no significant differences (p<0.05) in WHR, pulse rate between Day and Night duty workers. It was observed that more percentage of Night duty workers was suffering from sleep disturbance, vision problem, digestive problem, hypertension as compare to Day duty workers .It was found that more percentage of Day duty workers were hygienic is proper maintain from washing of hands after toilet and washing of cooking utensils compare to Night duty workers.

**Keywords**: Day duty workers, Night duty workers, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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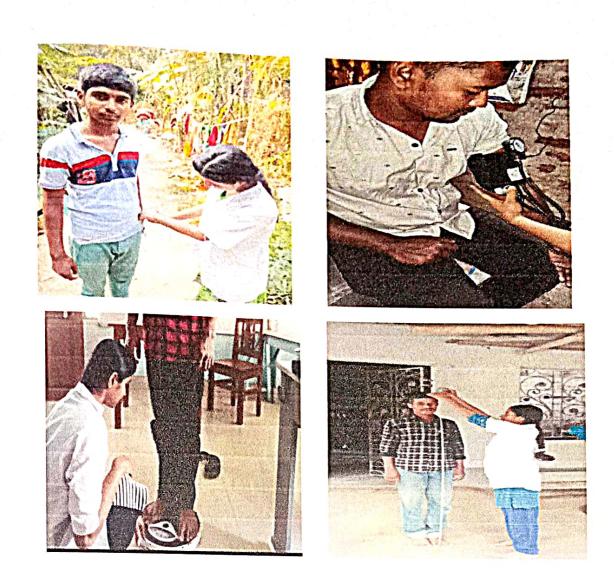


Plate 3: Different activities during survey of Day duty workers of Patashpur-II Block area



Plate 4: Different activities during survey of Night duty workers of Patashpur-II Block area