

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Health Status between Day duty and Night duty worker male

(18-35yrs)

This project work is submitted for the partial fulfillment for the award of
degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

Puja Das

Roll: 1125129 No: 220168

Regn. No.: VU221291122 of Session: 2022-2023

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Mr. Tonmoy Kumar Giri

SACT teacher, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

EXAMINE



Mugberia Gangadhar Mahavidyalaya

Bhupatinagar : Purba Medinipur : West Bengal : 721425

Email: mugberia_college@rediffmail.com

Website: <https://www.mugberiangangadharmahavidyalaya.ac.in>

Affiliated to Vidyasagar University; Recognized by NCTE; College with Potential for Excellence (CPE) ; Awarded with DBT Star College Strengthening Scheme and Reaccredited by NAAC(4th Cycle) with 'A' Grade college with CGPA 3.12

Certificate of Completion

This is to certify that Mr. /Miss. Puja Das
.....of UG/PG student under CBCS/CCFUP-NEP,
.....Semester 5th Roll 1125129 Number 220168
Reg. No. VU22121122 Year 2022 - 2023
Department of Nutrition
has successfully completed a dissertation / project entitled A Comparison
Study on health status between Day and Night duty worker
for the course B.Sc subject Nutrition
paper CC-12P in the year/session 2024 - 2025
He /She has submitted the dissertation / project on 18/03/2025

Date: 13/03/25
Seal:



Tannoy Kumar Giri
Opukur Giri
Signature of Supervisor / HOD

Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Boonam
Signature of Principal

Principal
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar; Dist-Purba Medinipur
West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;
Affiliated to Vidyasagar University)

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. 5th 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.

Date: 13.03.2025

Tonmoy Kumar Giri
(Mr. Tonmoy Kumar Giri)

SACT

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

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 was significant ($p > 0.05$) 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.

CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-2
2.	Aims & Objective	3
3.	Review of Literature	4-7
4.	Materials & Methods	8-16
5.	Results & Discussion	17-21
6.	Summary & Conclusion	22-23
7.	References	24-26



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