

# VIDYASAGAR UNIVERSITY

A Project Work  
On

## A Comparison study on Health Status between Early Dinner and Late Dinner Intake Adult Women (25-35yrs)

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



Submitted by

Jharna Kamila

Roll: 1125129 No.: 220162

Regn. No.: Vu221291069 of Session: 2022-2023

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Ms. Rikta Jana

SACT, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya





# Mugberia Gangadhar Mahavidyalaya

Bhupatinagar : Purba Medinipur : West Bengal : 721425

Email: mugberia\_college@rediffmail.com

Website: <https://www.mugberlagangadharimahavidyalaya.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(4<sup>th</sup> Cycle) with 'A' Grade college with CGPA 3.12

## Certificate of Completion

This is to certify that Mr. /Miss. Jharna Kamila  
.....of UG/PG student under CBCS/CCFUP-NEP,  
.....Semester 5<sup>th</sup> Roll 1125129 Number 220-162  
Reg. No. VU221291069 Year 2022-2023  
Department of Nutrition  
has successfully completed a dissertation / project entitled A Comparison  
study on Health status between Early Dinner and Late Dinner  
Intake Adult Women (25-35 yrs)  
for the course B.Sc subject Nutrition  
paper CC- 12 P in the year/session 2024-2025  
He /She has submitted the dissertation / project on 18.03.2025

Rikta Jara

Apurba Giri

Signature of Supervisor / HOD

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

Sonm

Signature of Principal

Principal  
Mugberia Gangadhar Mahavidyalaya

Date:  
Seal:



# 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 Jharna Kamila (Roll:1125129; No.: 220162 ; Regn. No.: VU 221291069 of Session: 2022-2023) 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 '**A comparison Study on Health Status between Early Dinner and Late Dinner intake adult women (25-35 years)**' 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: 17.03.2025

.....

*Rikta Jana*

.....  
(Ms. Rikta Jana)

SACT

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

## **A Comparison study on Health Status between Early dinner and Late Dinner Intake adult women (25-35 years)**

### **ABSTRACT**

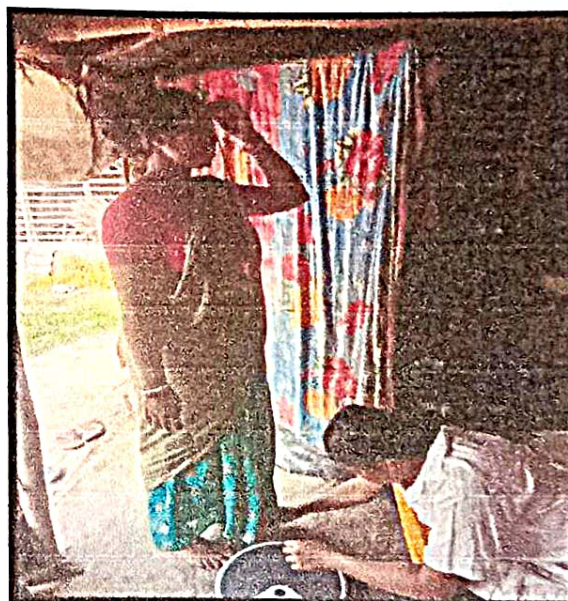
This study investigates the impact of Early dinner versus Late dinner on the health and metabolic outcomes of adult woman. The timing of meals has gained attention in recent years due to its potential influence on circadian rhythms digestion and overall health. In the present study a survey was conducted to compare health status between Early Dinner and Late Dinner Woman. The survey was carried out at Chandipur block area, Purba Medinipur, West Bengal. The data was collected for Early Dinner (n=15) and for Late Dinner (n=15). A housewife is a woman whose occupation is running or managing her family's home caring for her children; buying, cooking, and storing food for the family. 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 no significant ( $p>0.05$ ) differences in BMI, Pulse rate WHR, Systolic pressure, Diastolic pressure Early Dinner and Late Dinner Woman. But it has noticed that waist hip ratio are significantly ( $p<0.05$ ) lower in early dinner as compare to late dinner. It was observed that more percentage of early dinner was suffering from anemia, constipation, rashes, and peptic ulcer as compare to late dinner. It was found that more percentage of late dinner were hygienic is proper maintain from washing of hands after toilet and washing of cooking utensils compare to Early dinner.

**Keywords:** Early dinner , Late Dinner , Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.



# CONTENT

SL.NO.	SUBJECT	PAGE NO.
1.	Introduction	1-4
2.	Aims & Objective	5
3.	Review of Literature	6-12
4.	Materials & Methods	13-23
5.	Results & Discussion	24-27
6.	Summary & Conclusion	28-29
7.	References	30-32



**Plate 3: Different activities during survey of Early dinner adult woman of Chandipur Block area**





**Plate 4: Different activities during survey of Late dinner adult woman of Chandipur Block area**