

VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparison study on Health Status between Cow's Milk
consuming and Non-consuming 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



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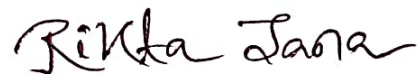
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TO WHOM IT MAY CONCERN

This is to certify that Banashree Giri (**Roll:1125129; No.:220160; Regn. No.: VU221291049 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 cow's Milk consuming and Non consuming adult women (25-35yrs)**' 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: 17/03/25



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A Comparison study on Health Status between cow's Milk Consuming and Milk Non-Consuming Adult women(25-35yrs).

ABSTRACT

Cow's milk is a significant dietary component, providing essential nutrients such as calcium, vitamin-d and protein. However consumption patterns among adult woman vary due to factor such as lactose intolerance, dietary preferences health concern and cultural influences. This study explore the nutritional differences, health impact and lifestyle choice associated with cow's milk consumption and non-consumption among adult woman. In the present study a survey was conducted to compare health status between Milk consuming and Milk Non consuming women. The survey was carried out at Bhagwanpur-II block area, Purba Medinipur, West Bengal. The data was collected for Milk consuming (n=15) and for Milk non consuming (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 body mass index, systolic pressure, diastolic pressure, pulse pressure, pulse rate, between Milk consuming and Milk non consuming adult woman. But it has noticed that waist hip ratio are significantly ($p<0.05$) lower in Milk consuming as compare to Milk non consuming adult women. It was observed that more percentage of Milk Non consuming adult women was suffering from Hypertension, Diabetes, Weakness as compare to Milk consuming adult women. It was found that more percentage of Milk non consuming adult women were hygienic is proper maintain from washing of hands after toilet and washing of cooking utensils compare to Milk consuming adult women.

Keywords: Milk consuming, Milk non consuming, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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Plate 1: Different activities during survey of cow's Milk consuming adult women(25-35 yrs) of Bhagabanpur-II Block area



Plate 2: Different activities during survey of cow's Milk non-consuming adult women (25-35 yrs) of Bhagwanpur-II Block area