

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Health Status between Meditation and Non Meditation practicing Female

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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Certificate of Completion

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TO WHOM IT MAY CONCERN

This is to certify that **Ashrita Mali** (Roll: 1125129; No.: 220159; Regn. No.: VU221291043 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 Meditation and Non-Meditation practicing 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.

Date: 10.03.2025

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A Comparison study on Health Status between Meditation and Non Meditation Practicing Female.

ABSTRACT

This project examines the differences between meditation-practicing and non-meditation-practicing females in terms of mental health, stress management, concentration, and overall well-being. Meditation has been widely recognized for its benefits in reducing stress, anxiety, and improving cognitive function, but its impact varies among individuals. This study compares emotional stability, focus, and resilience between the two groups through surveys and observational analysis. The findings aim to highlight the role of meditation in enhancing psychological and physiological health, providing insights for promoting mindfulness practices among women. The survey was carried out at Bhagwanpur II block area, Purba Medinipur, West Bengal. The data was collected for Meditation practicing females(n=15) and for Non-Meditation practicing females(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 pulse rate between Meditation and Non Meditation practicing females. But it has noticed that there were no significant differences ($p<0.05$) in BMI, WHR, systolic pressure and diastolic pressure between Meditation and Non-Meditation practicing females. It was observed that more percentage of Non Meditation practicing females was suffering from constipation, hypertension, breathing issue, heart problem, sleep disturbance, mood disorder as compare to Meditation practicing females. It was found that more percentage of Meditation practicing females were hygienic is proper maintain from washing of hands after toilet and washing of cooking utensils compare to Non Meditation practicing females.

Keywords: Meditation practicing females, Non-Meditation practicing females, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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Plate 4: Different activities during survey of Non Meditation practicing females of Bhagwanpur-II Block area

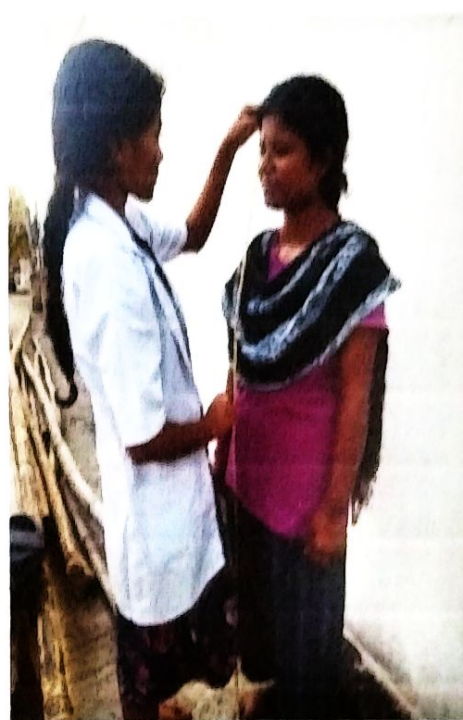


Plate 3: Different activities during survey of Meditation practicing females of Bhagwanpur-II Block area