

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison Study on Health Status and Outcomes Among the Practicing Physical Exercise and Non-Practicing Physical Exercise of Adult Girls (20-25years)

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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Certificate of Completion

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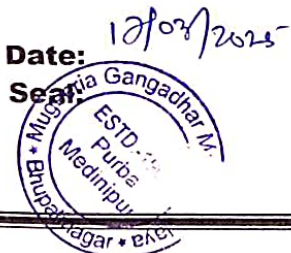
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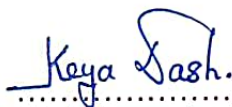
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TO WHOM IT MAY CONCERN

This is to certify that **Sayantani Bera (Roll:1125129; No.: 220175; Regn. No.: VU221291167 of Session: 2022-2023)** a student of B.Sc. Sem-V, 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 and Outcomes Among the Practicing Physical Exercise and Non-Practicing Physical Exercise of Adult Girls**' 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: 12/03/25


.....
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A Comparison study on Health Status and Outcomes between Practicing Physical Exercise and Non-Practicing Physical Exercise of Adult Girls(20-25years)

ABSTRACT

Physical Activity keeps the body healthy, strengthens muscles, and prevent diseases. In the present study a survey was conducted to compare health status and outcomes between practicing physical exercise and non-practicing physical exercise of adult girls. The survey was carried out at Bhagwanpur-II block area, Purba Medinipur, West Bengal. The data was collected for practicing physical exercise (n=15) and for non-practicing physical exercise (n=15). The survey was found that different measurements like height, weight, blood pressure, pulse rate, waist and hip circumferences, body fat (from biceps, triceps by measuring skinfold thickness) were carried out. It was found that there was no significant ($p>0.05$) differences in body mass index, body surface area, waist hip ratio, systolic pressure, diastolic pressure, pulse pressure, triceps and biceps between practicing physical exercise and non-practicing physical exercise of adult girls. But it has noticed that pulse rate are significantly ($p<0.05$) lower in non-practicing physical exercise girls as compare to practicing physical exercise girls. It was observed that more percentage of was non-practicing physical exercise girls suffering from weakness, headaches, high blood pressure, shortness of breath, stress, depression, rapid heartbeat as compare to practicing physical exercise girls.

Keywords: Physical Activity, Body mass index, Pulse rate, Waist-hip ratio, Weakness

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Plate 1: Different activity during survey of the Practicing Physical Exercise of Adult girls.



Plate 2: Different activity during survey of the Non-Practicing Physical Exercise of Adult girls