

VIDYASAGAR UNIVERSITY

A Project Work

On

A comparative study between nutritional and health status between of smoker and non-smoker adult male

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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TO WHOM IT MAY CONCERN

This is to certify that **ArpitaBera**(Roll:1125129; No:220158; Regn. No:291039of Session: 2022-2023) a student of B.Sc5th, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics '**A Comparative study between nutritional and health status of smoker and non-smoker adult male ,Khejuri I Block Area**' for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for herperformance. Sheis energetic and up to date inherwork; I wish success in herlife.

Date: 12.03.2025

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ABSTRACT

In family needs in everyday life; housekeeping and maintaining the home; and making clothes for the family—and who is not employed outside the home. A housewife may also be called a *stay-at-home mother* or "Smoking and Non-Smoking". In the present study a survey was conducted to compare health status between smoker and non-smoker adult male. The survey was carried out at Khejuri-1 block area, Purba Medinipur, West Bengal. The data was collected for Smoker (n=15) and Non-Smoker (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. 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, triceps and smoker and non smoker person. It was observed that more percentage of Smoker was suffering from anemia, constipation, headache, memory fall and peptic ulcer as compare to non-smoker. It was found that more percentage of non smoker were hygienic is proper maintain from washing of hands after toilet compare to Smoker.

Keywords: Smoker and non-smoker person, 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 - 13
4.	Materials & Methods	14 - 22
5.	Results & Discussion	23 - 30
6.	Summary & Conclusion	31 - 32
7.	References	33 - 38

EXAMINED



Plate 1: Different activities during survey of Smoker Khejuri 1Block area

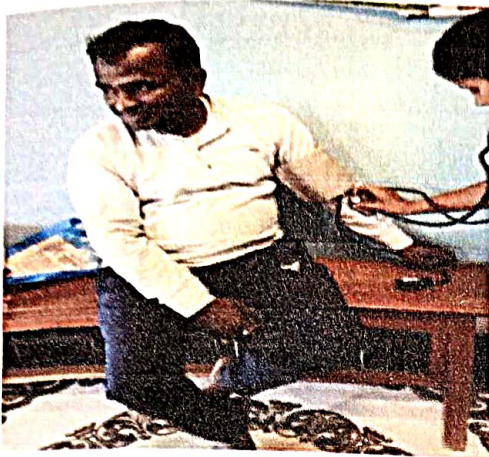


Plate 2: Different activities during survey of Non-Smoker of Khejuri -I Block area