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A Project Work

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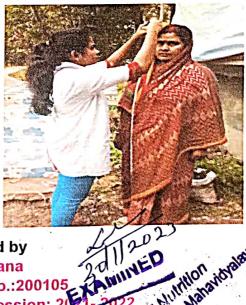
A Comparison study on Nutritional and Health Status between Menopause and Non menopause Women

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











Submitted by

Dept. of Nutrition

MugberiaGangadharMahavidyalaya Dept.

Supervised by
Prof. Rikta Jana

SACT TEACHER De

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Mugberta Gangadhar Mah Widyalaya

VDYASAGAR UNIVERSITY

A Project Work On

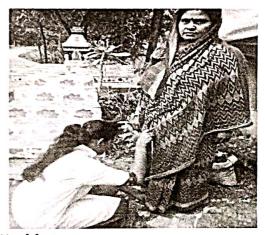
A Comparison study on Nutritional and Health Status between Menopause and Non menopause Women

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Submitted by Barsha Jana Roll:1125129 No.:200105

Regn. No.: 1290683 of Session: 2021-2022

Dept. of Nutrition

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(UGC recognized as College with Potential for Excellence;
Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that Barsha Jana (Roll:1125129; No.: 200105; Reg. No.:1290683of Session: 2020-2021) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PurbaMedinipur, has completed herproject work under my guidance on the topics 'A comparative Study on Nutritional and Health Status between Menopause and Non-menopause woman'40-50years, 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: 29/12/2022

(Prof. Rikta Jana)
SACT Teacher

Dept. of Nutrition

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<u>ACKNOWLEDGEMENT</u>

First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.

I express my deep sense of gratitude to Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilities to carry out the present investigation.

The guidance of one's teachers is of paramount importance in his/her academic life. In this regard my deeply indebted to prof. Rikta jana sact teacher Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for her valuable advice and guidance.

I am really obliged to other faculty members of the, Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mr. probir jana, Ms. Moumita samanta, Ms. Keya Dash, Mr. Tanmoy Giri, Ms. Pranati Bera for their valuable suggestion and lab attendant Mr. Prabal Das for his assistance.

Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:

(Barsha Jana)

ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to compare nutritional and health status between Menopause Non menopause women. The servey was carried out at Madan mohan pur, PurbaMedinipur, West Bengal. The data was collected for Menopause women(n=20) and for Non menopause women (n=20).Different measurements like height, weight, blood pressure, pulses rate, waist circumferences and hip circumferances, body fat(from biceps, triceps) BMI, were carried out. The participans were asked about their total working time and diseases. It was found that there was no significant (p>0.05) differences in BSA , Waist circumference , Hip circumference MUAC , Diastolic pressure Pulse rate, Biceps, Triceps between Menopause and Non menopause women. But it has noticed that the (triceps, bicep) were significantly (p<0.05) lower in shopkeepers as compare to Menopause and Non menopause women, whereas total working time of Menopause and Non menopause women were significantly (p<0.05) higher as compare to service holder. It was observed that more percentage of Menopause women were suffering from headache, fatigue, ear problems Night sweats, Anxiety, Loss of hair, Sleep problem, as compare to service holder whereas, more percentage of Non Menopause were suffering from obesity, high blood pressure and joint pain, skin diseases, eye problem and ear problems ,Night sweats, Increased urination, Memory loss, Anxiety, Loss of hair, Sleep problem, peptic ulcer diseases, anemia, hypertension, underweight, Eye discomfort and redness, thyroid, abdominal pain as compare to Non-Menopause women.

Keywords: Menopause women, Non-Menopause women, Health, Comparison, Body mass index, Waist-hip ratio, Disease, and Hygienic condition.

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plate 1: Different activities during survey of Menopause Women of Bhagwanpur-II Block area



Plate 2: Different activities during survey of Non Menopause Women of Bhagwanpur-II Block area