DOCUMENTATION OF FIELD WORK/ EXCURSION

Department of Physiology

ACADEMIC SESSION: 2016-2017

SL.	DATE	SEMESTER	PAPER	ΤΟΡΙϹ	PLACE	GUIDED BY
1.	10-15 [™]	3 RD YEAR	PAPER-	A Field Study report on the	MIRIK,	DR. M. DEBNATH
	MARCH,	PHYSIOLOGY	VIII	Effect of Acute High-Altitude	WEST BENGAL	SUBHOBROTO BAG
	2017	HONS		Exposure on Cardio-		
				Respiratory Parameters and		
				Physical Fitness of Lowlander		
				College Students.		
3.	1 ST WEEK	3 RD YEAR	PAPER-	Diet survey on family	URBAN	SUBHOBROTO BAG
	OF JAN,	PHYSIOLOGY	VIII	(ICMR method)	HOWRAH	
	2017	HONS				
4.	2 ND WEEK	3 RD YEAR	PAPER	Community Diet Survey	RURAL &	SUBHOBROTO BAG
	OF DEC,	PHYSIOLOGY	IV-B	(ICMR method)	URBAN	
	2016	GENERAL			HOWRAH	

ACTIVITY REPORT

A combined field survey organized for Honours students in Physiology as per CU curriculum.

Date / Year	10-15 th March, 2016						
Place	Mirik and Kurseong, Darjeeling District, West Bengal, India						
Student	Students of 3 rd and 2 nd yr. Physiology Honours participated.						
participants	They carried our two separate project works which were submitted in 2016 & 2017 respectively.						
Field work undertaken/ Title	1. Project work-1: A Field survey on the Prevalence of Obesity among different Age-groups and Occupations within Gorkha community in Mirik, West Bengal. The study was conducted on male and female Gorkha individuals aged 20-60 years engaged in different occupational activities like Driving, football playing, shop keeping and brokering. Etc.						
	Anthropometric variables like body weight, body height, waist circumference, hip circumference, head circumference was measured directly among the participants. Physiological variables like Systolic and diastolic blood pressure, pulse rate, body temperature values were also recorded. A pre-designed schedule cum questionnaire was used for recording general information of the participants.						
	 Project work-2: A Field Study report on the Effect of Acute High-Altitude Exposure on Cardio- Respiratory Parameters and Physical Fitness of Lowlander College Students. 						
	Female College going students aged 20 years who are previously not exposed to high altitude (lowlanders) were subjects under study. Anthropometric variables like body weight, body height was measured directly among the participants. Physiological variables like Systolic and diastolic blood pressure, pulse rate, respiratory rate, breath holding time were also recorded. Physical fitness was measured using modified Harvard's Step test.						

Outcome	1.	Project work-1 outcome : The study on Gorkha personnel age 20-60 years in Mirik showed that BMI and central obesity was highest among brokers followed by drivers. The central deposition of fat was found which might be due to sedentary life style, consumption of unhealthy food and stress associated with the job. Central deposition of body fat was lowest among football players in Mirik. Systolic blood pressure was highest among brokers that might be due obesity induced narrowing of arteries and mental stress.
	2.	Project work-2 outcome: study with lowlander female college students clearly shows that there was an acute response in cardiovascular and respiratory system on exposure to high altitude. The exposure developed tachycardia, rise in systolic blood pressure and hyperventilation among subjects. The physical performance was also affected in hills which may be due lower partial pressure of oxygen in hills. It is said that exercise with large muscle groups at altitude is ended with exhaustion, muscle fatigue and sub-maximal cardiac output. It is hypothesized that CNS limits motor drive. The effect that altitude has on performance depends on the type of sport that is being played.

Photographs from Field Visits (2016):



Participant team in Kurseong



Measuring anthropometric parameters



Students measuring BP in field



Data collection in Mirik



Students in HMI, Darjeeling



Team in Mirik