

DOCUMENTATION OF FIELD WORK/ EXCURSION

Department of Physiology

ACADEMIC SESSION: 2021-22

SL.	DATE	SEMESTER	PAPER	TOPIC	PLACE	GUIDED BY
1.	22-24 TH FEB, 22	6 TH SEM PHY. HONS.	DSEB3 P	Project on Assessment of individual difference in human circadian rhythm (chronotype) in human population.	RAMRAJATALA, HOWRAH	DR. M. DEBNATH
2.	25-28 TH FEB, 22	6 TH SEM PHY. HONS.	DSEA4 P	Project on Comparative analysis of Somatotypes among male and female College students.	SERAMPORE, HOOGLY	DR. M DEBNATH SHILPA DUTTA
3.	7-13 TH MARCH	4 TH SEM PHY. HONS.	CC10 P	Diet survey on Family (ICMR method)	RURAL & URBAN HOWRAH	SHILPA DITTA
4.	14-20 TH MARCH	6 TH SEM PHY. GEN.	DSEB2 P	Community Diet Survey (ICMR method)	RURAL & URBAN HOWRAH	ANANYA ADHIKARY

ACTIVITY REPORT

PROJECT-1 (DSEB3 P)

TITLE OF THE PROJECT: ASSESSMENT OF INDIVIDUAL DIFFERENCE IN HUMAN CIRCADIAN RHYTHM (CHRONOTYPE) IN HUMAN POPULATION BY QUESTIONNAIRE METHOD AMONG SCHHOLCHILDREN AND COLLEGE STUDENTS

DATE: 22-24 TH FEB, 2022	
DURATION: THREE DAYS	
PLACE: KEDARNATH SCHOOL AND DRKLBC COLLEGE, RAMRAJATALA, HOWRAH.	
PARTICIPANTS: STUDENTS OF 6 TH SEM PHYSIOLOGY HONOURS (7)	
OBJECTIVE:	The project was carried out to assess the individual difference in human circadian rhythm (chronotype) in human population. Standard Questionnaire (MEQ and CCTQ) were used to collect data on morningness and eveningness in study sample of college student and school going children.
OUTCOME:	The study revealed the percentage of various chronotype in human population in Howrah. It was found that nearly 58.9% of the study sample displayed an intermediate chronotype, while the frequency of morning and evening chronotype were less in terms of overall prevalence among adults. self-reported peak performance time was found to be morning to late morning hours for college goers. For children, majority are either morning (40%) or intermediate type. Eveningness is rare in our study sample.

List of students participated:

Sl. No.	Name of student participants (Sem 6 Physiology Honours)
1.	PIYALI DUTTA
2.	MEGHA SAMANTA
3.	SNIGDHA BHATTACHARYA
4.	SOUMIK GHOSH
5.	TRISHA DEY
6.	MANTU SHAW
7.	MD JOSEF

ACTIVITY REPORT

PROJECT-2 (DSEA4 P)

TITLE OF THE PROJECT: A COMPARATIVE ANALYSIS OF SOMATOTYPES AMONG MALE AND FEMALE COLLEGE STUDENTS

DATE: 25-28 TH FEB, 2022	
DURATION: 4 DAYS	
PLACE: SERAMPORE, HOOGLY & RAMRAJATALA, HOWRAH.	
PARTICIPANTS: STUDENTS OF 6 TH SEM PHYSIOLOGY HONOURS (7)	
OBJECTIVE:	The project was carried out to analyse the somatotypes in male and female college going students. Young male and female college students from Howrah and Serampore, Hoogly participated in this field study. Anthropometric variables like stature, body mass, hand span, hand grip strength, arm garth, calf garth, bi-epicondylar breadth of the humerus, bi-epicondylar breadth of the femur were measured directly among the participants.
OUTCOME:	The study shows that most of the college students in urban areas of Howrah were 'mesomorphic endomorph.' Endomorphy was observed in 60% male, followed by 30% Mesomorph and 10 % Ectomorph. On the other hand, 70 % of the female students were Endomorphic, 20 % Mesomorphic and rest were 10% Ectomorphic. Most of the study subjects exhibited very low muscularity.

List of students participated:

Sl. No.	Name of student participants (Sem 6 Physiology Honours)
1.	PIYALI DUTTA
2.	MEGHA SAMANTA
3.	SNIGDHA BHATTACHARYA
4.	SOUMIK GHOSH
5.	TRISHA DEY
6.	MANTU SHAW
7.	MD JOSEF

ACTIVITY REPORT

PROJECT-3 (CC10 P)/DIET SURVEY

TITLE OF THE PROJECT: DIET SURVEY ON FAMILY (ICMR GUIDELINE)

DATE: 7-13 TH MARCH, 2022	
DURATION: 7 DAYS	
PLACE: RURAL & URBAN HOWRAH	
PARTICIPANTS: STUDENTS OF 4 TH SEM PHYSIOLOGY HONOURS (5)	
OBJECTIVE:	An ICMR-guided Diet survey (Individual survey on family) was carried out across rural and urban Howrah. Major aim was to determine and evaluate the nutritional status of the family. Student participants collected data on various parameters related to calorie requirement and calorie intake from members of a family for seven consecutive days. Anthropometric data was recorded and standard questionnaire used for recording daily food consumption.
OUTCOME:	Diet surveys on various families reflected the nutritional status of the family members. For example, observations made on the carbohydrate, fat, protein intake of a family and whether they were meeting the RDI as per ICMR standard. Vitamin and mineral consumptions were evaluated similarly. Student participants also recommended the necessary modifications in diet for every single family studied.

List of students participated:

Sl. No.	Name of student participants (Sem 4 Physiology Honours)
1.	SUMAIYA MULLICK
2.	PARTHOJYOTI MUKHERJEE
3.	TIYASHA MULLICK
4.	ARPAN KHAN
5.	ANGANA MONDAL

ACTIVITY REPORT

PROJECT-4 (DSE B2 P)/COMMUNITY DIET SURVEY

TITLE OF THE PROJECT: DIET SURVEY ON FAMILY (ICMR GUIDELINE)

DATE: 14-20 th MARCH, 2022	
DURATION: 7 DAYS	
PLACE: RURAL & URBAN HOWRAH	
PARTICIPANTS: STUDENTS OF 6 TH SEM PHYSIOLOGY GENERAL (17)	
OBJECTIVE:	An ICMR-guided community diet survey (family wise) was carried out across 17 families in rural and urban Howrah. Major aim of the survey was to evaluate the nutritional status of families in a community. Student participants collected data on food consumption for seven consecutive days using standard questionnaire. they also collected anthropometric data during survey.
OUTCOME:	Diet surveys compared calorie requirement of a family with the actual consumptions. For example, observations made on the carbohydrate, fat, protein intake of a family and whether they were meeting the RDI as per ICMR standard. Vitamin and mineral consumptions were evaluated similarly. Student participants also recommended the necessary modifications in diet after assessing the nutritional status for every single family surveyed.

List of student participated:

Sl. No.	Name of student participants (Sem 4 Physiology Honours)
1.	RIYA DAS
2.	DEBOLINA PRAMANICK
3.	SK KHADIJA SULTANA
4.	PIJA CHOWDHURY
5.	ISITA GHOSH
6.	SUPRITI PAUL
7.	ARPITA NATH
8.	ANWESHA LAHA
9.	MOUMITA NANDI
10.	NILANJANA KARAR
11.	CHANDAN PARAL
12.	SURAJ PHARIKAL
13.	SUBHADIP MANNA
14.	SUMAN KOLEY
15.	SWAGATA KHANRA
16.	SUPRIYO GHARA
17.	SUDIPTA CHANDA

SAMPLE PHOTOGRAPHS OF FIELD/PROJECT WORK/PHYSIOLOGY/ (2021-2022)



THE TEAM



MEASURING WITH SKIN FOLD CALLIPERS



MEASURING HAND GRIP WITH HG DYNAMOMETER



MEASURING BODY HEIGHT WITH ANTHROPOMETER



MEASURING CALF-CIRCUMFERENCE



MEASURING BI-EPICONDYLAR BREADTH OF HUMERUS

RELEVANT DOCUMENTS

PROJECT WORK/PHYSIOLOGY/ (2021-2022)

TITLE PAGE OF PROJECT-1 (DSE B3)

UNIVERSITY OF CALCUTTA

A PROJECT REPORT ON

**"ASSESSMENT OF
INDIVIDUAL DIFFERENCE
IN HUMAN CIRCADIAN
RHYTHM (CHRONOTYPE)
IN HUMAN POPULATION
BY QUESTIONNAIRE
METHOD AMONG SCHOOL
CHILDREN AND COLLEGE
STUDENTS"**

**B.sc. SEMESTER-VI EXAM-2022
SUBJECT-PHYSIOLOGY(Honours)
PAPER-DSEB3(Practical)
ROLL NUMBER-193413-11-0014
REGISTRATION
NUMBER-413-1211-0292-19**

CERTIFICATE OF COMPLETION

CERTIFICATE FROM GUIDE

This is to certify that Roll no. 193413-11-0014 Registration no. 413-1211-0292-19 has participated in the Project work on 'Assessment of Individual Difference in Human circadian rhythms (chronotype) in Human population by Questionnaire method among School children and College students.' held duringth March-21st March, 2022 under the supervision of Teachers of Department of Physiology. He/ she has successfully completed the field work and submitted the report on time.

DATE: 09/06/22

SIGNATURE
Head
Department of Physiology
Dr. Kanchal Bhattacharya College
Ranajitpally, Howrah-711004

EXAMINER
PART III / P
CENTRE / DEPT. / PRAC. EXAM.
SIGNATURE
DATE

PROJECT-1/DSEB3

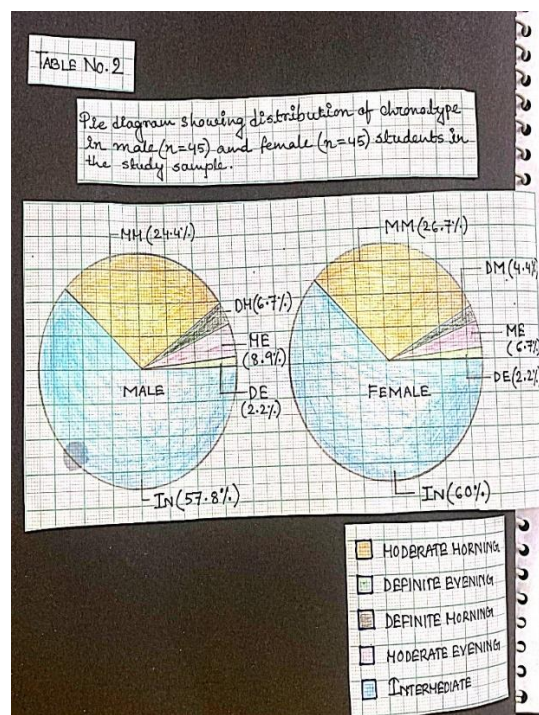
II

◆ TABLE : 4 AGE WISE VARIATION OF CHRONOTYPE SCORE (n=90) ◆

AGE GROUP	DEFINITE EVENING N (%)	MODERATE EVENING N (%)	INTERMEDIATE N (%)	MODERATE MORNING N (%)	DEFINITE MORNING N (%)	TOTAL
18-20	1 (2.2%)	1 (2.2%)	29 (63%)	13 (28.3%)	2 (4.4%)	46
21-23	1 (2.4%)	6 (14.3%)	22 (52.8%)	10 (23.8%)	3 (7.14%)	42
24-26	0 (0%)	0 (0%)	2 (100%)	0 (0%)	0 (0%)	02

Table-4 : the table represents age wise variation of Chronotypes in study sample. As can be seen from the above table that the Intermediate type is the most common chronotype among all age groups of college students. It also can be observed that frequency of morning chronotype is higher than evening chronotypes across all age groups in our study sample. For example, in age group of 21-23, the percentage of morning chronotypes was approximately 50% when compared to the evening chronotype which was only 16%.

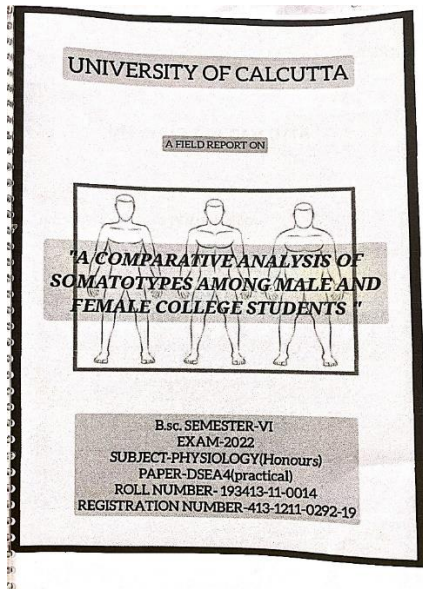
PROJECT-1/DSEB3



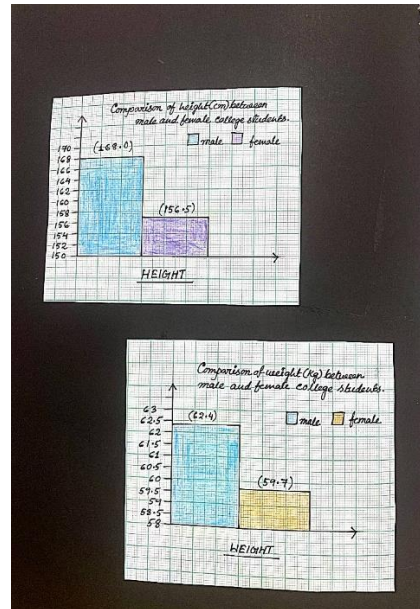
RELEVANT DOCUMENTS

PROJECT WORK/PHYSIOLOGY/ (2021-2022)

TITLE PAGE OF PROJECT-2/ DSEA4



PROJECT-2/ DSEA4



PROJECT -2/DSEA4

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TABLE NO. 4 : t- tests for comparison of somatotype parameters between male and female college students (n=20).

SL. NO	PARAMETERS	MEAN \pm SD		t- value	SIGNIFICANCE
		MALE	FEMALE		
1.	ENDOMORPHY	5.16 \pm 0.157	6.08 \pm 0.393	0.892	NS
2.	MESOMORPHY	3.02 \pm 0.997	2.12 \pm 2.891	0.711	NS
3.	ECTOMORPHY	2.56 \pm 1.221	2.01 \pm 2.730	0.608	NS

CERTIFICATE OF COMPLETION

CERTIFICATE FROM GUIDE

This is to certify that Roll no. 193413-11-0014 Registration no. 413-1211-0292-19 has participated in the Field Survey entitled 'A comparative analysis of somatotypes among Male and Female College Students in Howrah District, West Bengal' during 22nd February-28th February, 2022 under the supervision of Teachers of Department of Physiology. He/ she has successfully completed the field work and submitted the report on time.

DATE: 09/06/22

EXAMINED
G. U. PART I/II/III
PHYSIOLOGY PRACT. EXAM.
CENTRE CODE: 193413
SIGNATURE: [Signature]
DATE: 16/06/22

RELEVANT DOCUMENTS

PROJECT WORK/PHYSIOLOGY/ (2021-2022)

TITLE PAGE/ PROJECT-3/DIET SURVEY/CC10 P

CONTENT PAGE/DIET SURVEY

UNIVERSITY OF CALCUTTA
B.SC. 4TH SEMESTER EXAMINATION, 2022

DIET SURVEY REPORT OF A FAMILY
(AS PER ICMR SPECIFICATION)

COURSE-B.SC HONOURS

SUBJECT- PHYSIOLOGY HONOURS (PHYA)

PAPER- CC-10P

ROLL NO- 203413-21-0002
REG NO-412-1111-0270-20
ACADEMIC SESSION: 2021-2022

Topics	Page no.
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7.Table No.2→variation of Profession	7
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11.Adult Consumption Unit (ACU)	10
12.Physical Activity Level (PAL)	11
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14.Total Energy Expenditure (TEE)	11
15.What is Diet survey	13
16.Purpose of Diet survey	13
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18.Duration of Survey	14
19. Working schedule	15
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21. Determination of Individual Energy Requirement (ICMR Specification)	17
22.Requirements of the Family	24

DIET SURVEY COMPLETION CERTIFICATE (SEM4 PHYSIOLOGY HONOURS; CC10P)/ 2021-2022

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Departmental E-mail : physiologykbc2020@gmail.com

DEPARTMENT OF PHYSIOLOGY
DR. KANAILAL BHATTACHARYA COLLEGE
(Affiliated to the University of Calcutta)
Re-Accredited with 'B' Grade by NAAC
15, KONA ROAD, RAMRAJATALA,
P.O. - SANTRAGACHI, HOWRAH - 711104

Ref. No. Date: 10/06/22

Certificate of Completion

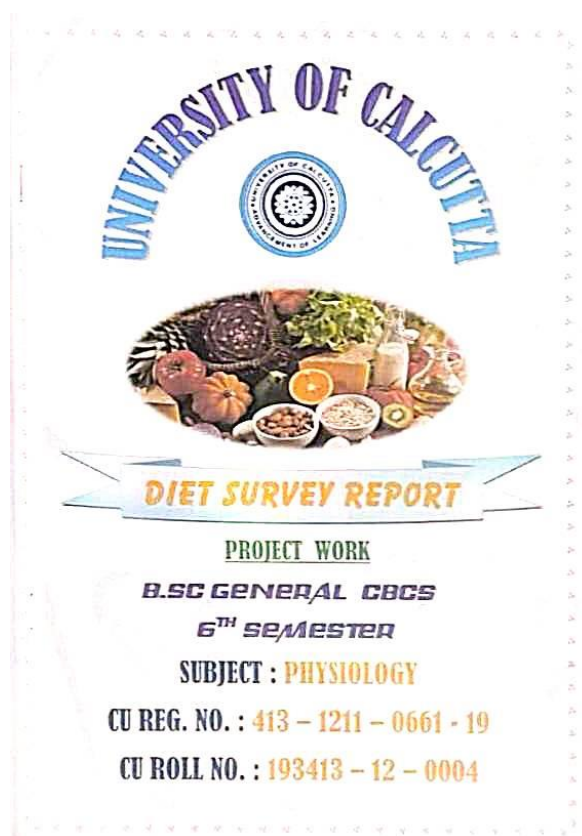
This is to certify that following students have successfully completed their B.Sc. Semester - IV Project Work (Diet Survey) in Physiology Honours as per CU curricular requirement for the academic session 2021-2022.

Sl. No.	Name	College Enrolment No.
1.	SUMAIYA MULLICK	20204131403
2.	PARTHOJYOTI MUKHERJEE	20204130029
3.	TIYASHA MULLICK	20204132343
4.	ARPAN KHAN	20204133194
5.	ANGANA MONDAL	20204131506

[Signature]
10/06/22
HOD, Department of Physiology
Head
Department of Physiology
Dr. Kanailal Bhattacharyya College
Ramrajatala, Howrah-711104

RELEVANT DOCUMENTS

PROJECT WORK-4/DSE B2/COMMUNITY DIET SURVEY/ (2021-2022)



PROJECT COMPLETION CERTIFICATE (COMMUNITY DIET SURVEY)/SEM6 PHYSIOLOGY GENERAL/DSE B2P

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DEPARTMENT OF PHYSIOLOGY
DR. KANAILAL BHATTACHARYA COLLEGE
(Affiliated to the University of Calcutta)
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P.O. - SANTRAGACHI, HOWRAH - 711104

Ref. No. Date 10/06/22

Certificate of Completion

This is to certify that following students have successfully completed their B.Sc. Semester-VI Project work (Community Diet Survey) in Physiology General Course as per CU curriculum for the academic session 2021-2022.

Sl. No.	Name	College Enrolment No.
1.	SUDIPTA CHANDA	20194132416
2.	DEBOLINA PRAMANICK	20194133035
3.	SK KHADIJA SULTANA	20194133425
4.	PUJA CHOWDHURY	20194130720
5.	ISITA GHOSH	20194133645
6.	SUPRITI PAUL	20194132884
7.	ARPITA NATH	20194130581
8.	ANWESHA LAHA	20194132869
9.	MOUMITA NANDI	20194132483
10.	NILANJANA KARAR	20194130576
11.	CHANDAN PARAL	20194133046
12.	SURAJ PHARIKAL	20194133573
13.	SUBHADIP MANNA	20194132371
14.	SUMAN KOLEY	20194131415
15.	SWAGATA KHANRA	20194133005
16.	SUPRIYO GHARA	20194133007

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