

Field Work Report of Department of Physiology :- 2022-2023

Topic : *Evaluation of demographic, physical and physiological characteristics and prevalence of undernutrition among the school going children.*

Date : 12/03/2023 to 20/03/2023

Place: Gangtok and North Sikkim

No. of participants : 26

Name of Teachers: 1. Prof. Md mustakim Sk 2. Prof. Abhijit Dutta

NTS: 1. Ajoy Kr Sahoo

Name of Students :

1. Sayini Bhowmick, 2. Poulomi Mishra 3. Devdipta Roy 4. Diyasha Bhattacharya 5. Samridaha Saha 6. Ayantika Bhattacharjee 7. Arkita Ghosh 8. Bithi Mondal 9. Amanrita Mandal. 10. Debjani Das 11. Asmita Saha 12. Sony Sharma 13. Sharmilee Manna 14. Sutapa Biswas 15. Prakriti Sengupta 16. Hemadri Dhara 17. Sreyashi Charit 18. Soumaya Majumder 19. Suman Pal 20. Sandip Biswas 21. Swapneel Sen 22. Ranjit Kr Gupta 23. Akash Saha

Summary: Cardiovascular parameters of subjects residing in Gangtok (Lingding Govt. Junior high school) were measured. The data were represented as (Mean standard deviations. The systolic blood pressure was 138 ± 10.6 mm Hg. The diastolic blood pressure was 85.83 ± 11.30 , which were within normal limits. The mean pulse rate was 103.24 ± 10.62 bpm, which also within normal limits. Anthropometric parameters of these subjects were also measured including stature, eye height, shoulder height, elbow height, sitting height, shoulder - elbow length, knee height sitting, arm reach from wall. The values calculated were, 163.4 ± 6.06 cr; 152.04 ± 6.2 am, 13.673 ± 6.850 m; 106.04 ± 5.150 ~ $182-2153-6100$, $32-462-440051183$ 33.25 cm, 72.20 ± 4.38 cm respectively.

The body surface area was 172 ± 0.16 index was 24.925 ± 0.77 and the body mass index was 24.92 .

Photos :



City College
Community Health Field Work
14.03.2023 10:20
27.33174°N 88.60246°E (±2m)
Altitude: 1274m
8JJ3+M2G, Lingding Rd, Deorali Bazar, Gangtok,
Sikkim 737102



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Community Health Field Work
14.03.2023 10:20
27.33174°N 88.60246°E (±2m)
Altitude: 1274m
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City College
Community Health Field Work
14.03.2023 10:15
27.33174°N 88.60246°E (±2m)
Altitude: 1274m
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Community Health Field Work
14.03.2023 10:28
27.33174°N 88.6025°E (±2m)
Altitude: 1274m
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Relevant Part of the Syllabys:-

4. **Community and Public Health (DSE A 4TH)**

Basic idea about community, public health issues.

Malnutrition in a community, over nutrition and possible remedial measures.

Diet management of obese, diabetic, hypertensive individuals and athletes.

Iron and iodine deficiency.

Population problem – principles and methods of family planning,. Problem of infertility and Assisted Reproductive Technologies. PCM -- Marasmus, Kwashiorkor, Marasmic Kwashiorkor, endemic goiter, nutritional anemias, rickets, osteomalacia, xerophthalmia, beriberi and their social implications. Principles and social importance of

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immunization against diseases. Etiology, epidemiology and prevention -- Communicable diseases : Cholera, Malaria, Swine flu, Japanese Encephalitis, Rabies, Dengue, Hepatitis and AIDS; Non-communicable diseases – Hypertension and Obesity.

DSE A4P

1. Calculation of Body Surface Area (using nomogram), Body Mass Index and Ponderal Index from anthropometric measurements.

2. A report (hand-written) on the basis of field survey from ONE of the followings:

- a) Physiological parameters of human (at least three parameters).
- b) Anthropometric measurements on human (at least three parameters).
- c) Epidemiological studies on human.

Suggested Readings

1. Park's Textbook of Preventive and Social Medicine, K.Park, M/s. Banarasidas Bhanot, 2015.
2. Communicable Disease Control Handbook, Jeremy Hawker *et.al*, Blackwell Publishing