

Excursion Details
Department of Physiology
Year- 2024

- 1. Topic of Survey:** *A field survey report on some cardio-respiratory and anthropometric parameters of female garment manufacturing workers in the District Industrial Centre of Darjeeling, West Bengal.*
- 2. Place/Venue:** District Industrial Centre, GTA, Darjeeling
- 3. Date & Time:** 07.05.24, 10am-5pm
- 4. Number of students participated:** 8 students (PHYA 6th Semester 2023-24 batch)
- 5. Supervised by:** Dr Alok Chattopadhyay, Dr. Samrat Saha, Smt Shibani Bhowmick (Lab Assistant)
- 6. Summary:**

A field survey was organised with female garment manufacturing workers as subjects in the District Industrial Centre, Darjeeling, West Bengal. The experimental group of workers were young with mean age of 39.5 years. Among many cardio-respiratory parameters measured, forced vital capacity (FVC) was found to be significantly lowered ($p < 0.05$) in the workers of the hilly region (experimental group) compared to workers of the plains. The significant change is a clear indication of impaired lung function, which may have occurred due to obstruction in the respiratory passage due to presence of particulate matter such as cotton dust in the ambient air. Other cardio-respiratory parameters measured including BMI, heart-rate, respiratory-rate, blood glucose, peak expiratory flow rate did not alter significantly in the experimental group when compared to subject of plain areas.

In order to avoid the situation, personal protective equipment like face mask were suggested to worn by the workers in the working hours. Other precautionary

measures like increased ventilation of ambient air in the workplace and environmental air filtration were also suggested to be implemented by DIC to improve worker's health and increase work-output and productivity.

7. Photographs:



Excursion Details
Department of Physiology
Year- 2023

- 1. Topic of Survey:** *Field survey on evaluation of some cardio-respiratory and anthropometric parameters of female tea plucking workers of tea garden at Dooars, North Bengal.*

- 2. Place/Venue:** Batabari tea-garden, Dooars, West Bengal
- 3. Date & Time:** 04.05.23, 11am-5pm
- 4. Number of students participated:** 16 students (PHYA 6th Semester 2023-24 batch)
- 5. Supervised by:** Dr Alok Chattopadhyay, Mr. Samrat Saha, and Smt Shibani Bhowmick (Lab Assistant).
- 6. Summary:**

A field survey was undertaken in the Batabari tea gardens of Dooars, North Bengal with tea plucking workers as experimental subjects. A range of cardio-respiratory parameters were measured in order to assess their health status. The tea plantation workers were taken for survey due to their hazardous working conditions compared to other occupations. Among the anthropometric parameters studied, Body Mass Index (BMI) altered significantly when compared to control subjects. Lower BMI of indicated poor nutritional status and undernourishment of tea plucker population. Among cardio-respiratory parameters measured, the respiratory rate and blood pressure did not alter significantly when compared to control subjects.

The survey pointed out undernourished status of female tea pluckers, which needed to be addressed by proper nutritional supplementation to increase productivity.

Adequate dietary supply is required to female workers engaged in occupations like plucking of tea leaves which demands continuous physical labour. In a community, where women is the most important bread-earner of family, high prevalence of undernutrition may have adverse impact on family income and work output.

7. Photographs:



Excursion Details
Department of Physiology
Year- 2022

1. Place/ Venue: **Shree Bhagawati Polymers, 1, K.D. Jalan Road, Ghusuri, Howrah- 711107**
2. Date & time: **22.05.2022, 10am to 3pm**
3. No of students participated: **14 (PHYA 6th SEM 2022 batch)**
4. Topic of survey: **Field survey on evaluation of some cardiorespiratory and anthropometric parameters on industrial workers on polymer industry of Ghusuri, Howrah.**
5. Supervised by: **Dr. Alok Chattopadhyay, Mr. Samrat Saha, Ms. Aparna Shil, Mr. Arnab Banerjee, Ms. Shibani Bhowmick (Lab. Asstt.).**
6. Photographs:



Year- 2020

1. Place/ Venue: **'Bratachari Ground', Thakurpukur, Kolkata- 700104**
2. Date & time: **22.02.2020, 10am to 3:00pm**
3. No of students participated: **13 (PHYA 3rd Year, 2020 batch)**
4. Topic of survey: **Study of cardiorespiratory-fitness of young adolescent trainee of football coaching club at 'Bratachari Ground', Thakurpukur, Kolkata- 700104.**
5. Supervised by: **Mr. Samrat Saha, Ms. Zeba Zarrin, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:



Year- 2019

1. Place/ Venue: **Coastal areas of Sundarbans, district South 24 Parganas, West Bengal**
2. Date & time: **16.02.2019, 11am to 4:00pm**
3. No of students participated: **12 (PHYA, 3rd Year 2019 batch)**
4. Topic of survey: **Cardio-respiratory, nutritional and anthropometric parameters of the inhabitants of coastal areas of Sundarbans, district South 24 Parganas, West Bengal.**
5. Supervised by: **Dr. Alok Chattopadhyay, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:



Year- 2018

1. Place/ Venue: **Banks of Hooghly river, Chandanagar, district Hooghly.**
2. Date & time: **23.02.2018, 11am to 3:30pm**
3. No of students participated: **6 (PHYA, 3rd Year, 2018 batch)**
4. Topic of survey: **Cardiorespiratory and anthropometric parameters along with nutritional status of fisherman working in the banks of Hooghly river in the district of Hooghly.**
5. Supervised by: **Mr. Debajyoti Bhattacharjee, Ms. Zeba Zarrin, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:



Year- 2017

1. Place/ Venue: **“Bratachari Ground”, Thakurpukur, Kolkata-700104**
2. Date & time: **26.02.2017, 10am to 4pm**
3. No of students participated: **09 (PHYA 3rd Year 2017 batch)**
4. Topic of survey: **A preliminary study on cardio-respiratory parameters of young adolescent trainee of cricket coaching camp at “ Bratachari Ground”, Thakurpukur, Kolkata-700104.**
5. Supervised by: **Dr. Alok Chattopadhyay, Mr. Arnab Bhattacharjee, Ms.Saba Parveen, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:



Year- 2016

1. Place/ Venue: **Sea shore of Gopalpur beach, district of Ganjam, Orissa.**
2. Date & time: **01.02.2016 to 04.02.2016, 6am to 10am**
3. No of students participated: **11 (PHYA 3rd year, 2016 batch)**
4. Topic of survey: **Field Survey on cardiorespiratory and anthropometric parameters along with nutritional status of fishermen working in coastal regions of Gopalpur, Orissa**
5. Supervised by: **Dr. Alok Chattopadhyay, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:



Year- 2015

1. Place/ Venue: **Paharpur Road, Garden Reach, A Multi-storied building under construction opposite to Tiny Tot's School, Kol-24.**
2. Date & time: **12.03.2015, 11am to 4pm.**
3. No of students participated: **08 (PHYA 3rd Year,2015 batch)**
4. Topic of survey: **Preliminary study on cardiorespiratory and anthropometric parameters along with nutritional status of unorganised building construction workers of Garden Reach- Metiabruze.**
5. Supervised by: **Dr. Alok Chattopadhyay, Ms. Shibani Bhowmick (Lab. Asstt.)**
6. Photographs:

