

## EFFECT OF YOGURT ON OXYGEN CONCENTRATION IN BLOOD

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### ABSTRACT

The whole assignment was about yogurt and the effect of yogurt on oxygen concentration in blood. Yogurt maintains the body temperature and blood pressure. And affect the oxygen concentration in blood. 80% students liked yogurt. It is good source of food provide all beneficial nutrients.

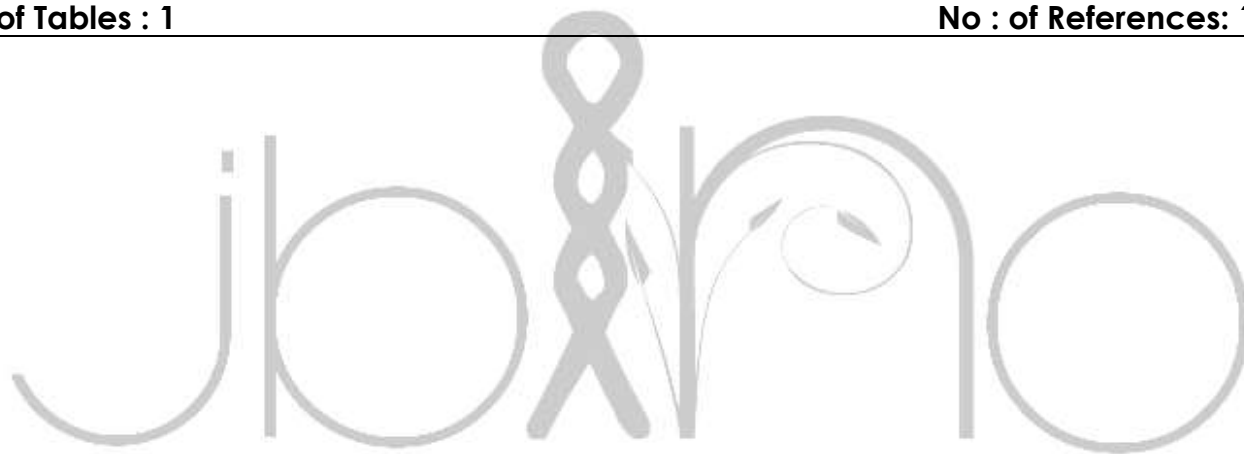
**Key words:** oxygen concentration, yogurt.

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## INTRODUCTION

The minimum oxygen absorption in blood, in the air necessary for human breathing is 20%. The human body takes the oxygen breathed in from the lungs and transports it to the other parts of the body. If the oxygen concentration in blood too low your body not work accurately. Low blood oxygen level can cause headache and other diseases. A normal blood oxygen level varies between 70 and 100 millimeters of mercury. If blood oxygen level raises the normal oxygen level then affect the human body. When oxygen not provides properly then cause serious disease like asthma.

Yogurt is a chief source of nutrients and other minerals. Yogurt effect the oxygen concentration in blood. Yogurt controls the rate of metabolism. It controls the blood pressure and provides energy. Yogurt is a healthy food, full of minerals and carbohydrates. It is a good source of food provides the calcium and phosphate to the bones.

## MATERIAL AND METHOD

Pulse oximetry is a method used to estimate the percentage of oxygen in the blood. The pulse oximetry consists of a special device that clips to the body and transfers its readings to a reading meter by wire. There were 200 students participated in this project. All students belong to the Bahauddine Zakariya University Multan, Pakistan. With the help of this tool we measure the oxygen concentration in blood. The oxygen concentration in blood observed in all students and the ratio show in table. It is a perfect diet for all age of people.

## PROJECT DESIGN

A survey was primed the effect of yogurt on oxygen concentration in blood.

## Statistical analysis

M state used in this experiment and find the p-value.

## RESULT AND DISCUSSION

There were 200 students participated in this project. Mostly students liking yogurt as a food and some students disliked it. We explain the values in this table. It was a non-significant value.

Female liking	Male liking	Female disliking	Male disliking	Male and female liking	Male and female disliking
94.23±4.60	86.58±4.02	90.95±11.12	89.26±4.20	96.26±4.57	92.14±9.45

P value 0.6, 0.2 and the other p value 0.2

The feedback form based study has been given the important result of given research.

## CONCLUSION

It was concluded that the current study maximum strength of student liking yogurt.

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