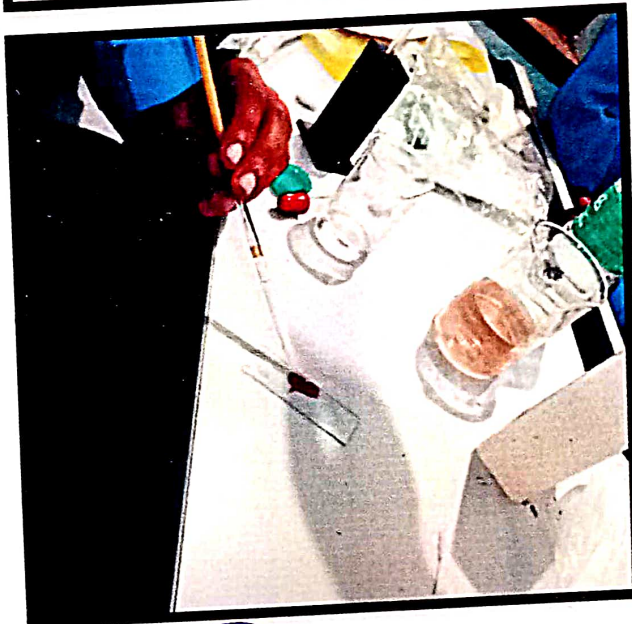


VIDYASAGAR UNIVERSITY

A Project Work
On

A Comparison study on Nutritional and Health Status between Dysmenorrhea Girls ⁽¹⁷⁻²⁰⁾ ~~15-20~~ Years and ⁽²⁰⁻²²⁾ ~~20-25~~ Years

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

Uma Dolai

Roll: No.: 1125129-2000 **Dept. of Nutrition**

Regn. No.: 1290827 of Session: 2020-21 **Mugberia Gangadhar Mahavidyalaya**

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar, Purba Medinipur; Pin-721425

Supervised by -

Prof. Moumita Samanta

SACT Teacher, Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Sum
30/12/2023
EXAMINED
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

MugberiaGangadharMahavidyalaya

Dept. of Nutrition

PO-Bhupatinagar; Dist-PurbaMedinipur

West Bengal; Pin-721425

(UGC recognized as College with Potential for Excellence;

Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Uma Dolai (Roll 1125129; No.: 200128; Regn. No.: 1290827 of Session: 2020-2021)** a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, PaschimMedinipur, has completed herproject work under my guidance on the topics '**A comparison Study on Nutritional and Health Status between Dysmenorrhea Girls 15-20 Years and 20-25 Years**'for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 22.12.2022
Date:

Moumita Samanta
.....

(Prof. Moumita Samanta)

SACT Teacher

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

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Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Date:

Uma Dolai
(Uma Dolai)

A Comparison study on Nutritional and Health Status between Dysmenorrhea Girls 15-20 Years and 20-25 Years.

ABSTRACT

Dysmenorrhoea may begin soon after the menarche, after which it often improves with age, or it may originate later in life after the onset of an underlying causative condition. Dysmenorrhoea is common, and in up to 20% of women it may be severe enough to interfere with daily activities. Dysmenorrhea affects over 50% of menstruating women and causes extensive personal and public health problems, a high degree of absenteeism and severe economic loss. In the present study a survey was conducted to compare health status between Dysmenorrhea Girls 15-20 Years and 20-25 Years. The survey was carried out at Bhagwanpur-II block area, Purba Medinipur, West Bengal. The data was collected for 15-20 Years girls (n=15) and for 20-25 Years girls (n=15). It was found that there was no significant ($p>0.05$) differences in body mass index, systolic pressure, diastolic pressure, pulse pressure, pulse rate, triceps and biceps between Dysmenorrhea Girls 15-20 Years and 20-25 Years. For dysmenorrheic women who desire oral contraception, this agent will relieve the dysmenorrhea by suppressing endometrial growth, thus resulting in a decrease in the menstrual flow as well as in menstrual fluid prostaglandins.

Keywords: Dysmenorrhoea, menarche, health problems, oral contraception, endometrial growth, Prostaglandins.

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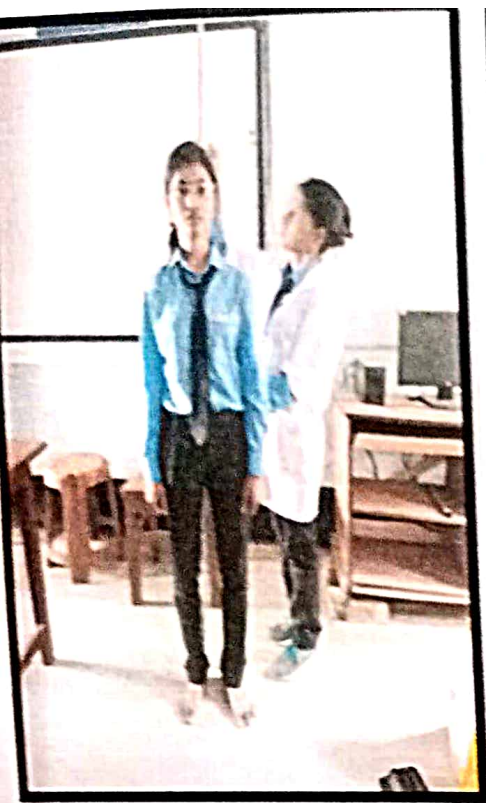


Plate 1: Different activities during survey of Dysmenorrhea Girl 15-20 Years of Bhagwanpur-II Block area.



Plate 2: Different activities during survey of Dysmenorrhea Girls 20-25 Years of Bhagwanpur-II Block

EXAMINED