

# VIDYASAGAR UNIVERSITY

## A Project Work

### On

A Comparative study on Health Status between  
symptomatic Menstruation and  
Non symptomatic Menstruation Girls (18 -21 years of age )

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



submitted by –

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(UGC recognized as College with Potential for Excellence;  
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### TO WHOM IT MAY CONCERN

This is to certify that Annapurna Maji (Roll:1125129; No.: 190094; Regn. No:1290830 of Session: 2019-20) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics '*A Comparative study on Health Status between symptomatic Menstruation and Non symptomatic Menstruation Girls (18-21 years of age)*' 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: 01/02/2022.

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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:

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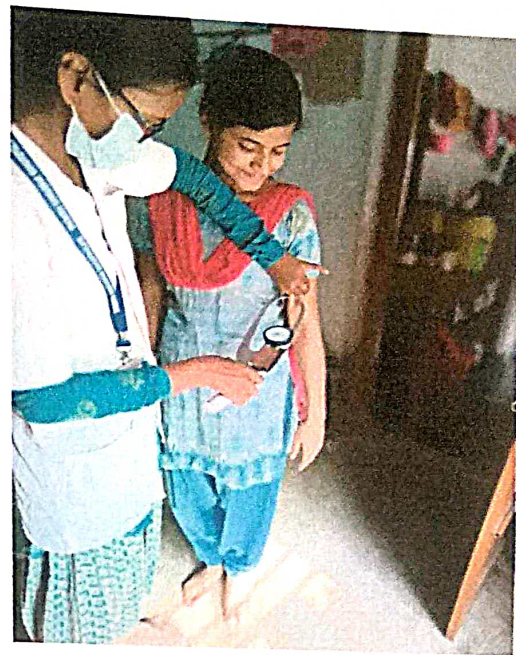
## ABSTRACT

Life style of a person affects her health. In the present study a survey was conducted to compare nutritional and health status between symptomatic Menstruation and Non symptomatic Menstruation Girls . The survey was carried out at Madhakhali, Purba Medinipur, West Bengal. The data was collected for symptomatic Menstruation girls (n=10) and for non symptomatic Menstruation Girls (n=10). Different measurements like height, weight, waist circumferences and hip circumferances, body fat (from biceps, triceps, by measuring skinfold thickness) BMI, were carried out. The participants were asked about their total working time and diseases. It was found that there was no significant ( $p < 0.05$ ) differences in body mass index, waist-hip ratio, and mean pressure between symptomatic Menstruation girls . But it has noticed that the skinfold thickness (triceps, biceps) ( $p < 0.05$ ) were not significantly. It was observed that more percentage of symptomatic Menstruation were suffering from, headache, leg pain ,belly pain, waist pain as compare to symptomatic Menstruation and non symptomatic Menstruation girls

**Keywords:** symptomatic Menstruation, Body mass index, Waist-hip ratio, Biceps, Triceps

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**Plate 1 : Different Activities during survey of Symptomatic Menstruation In Girls of Bhagwanpur II Block area**



**Plate 2 : Different Activities during survey of non Symptomatic Menstruation Girls Of Bhawbanpur II Block area**