

# VIDYASAGAR UNIVERSITY

A Project Work  
On

## A Comparison study on Menstrual Hygiene and Health Status between Age 25-40 years women and age 17-18 years girls

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



Dept. of Nutrition  
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Certificate of Completion

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between age 25-40 y women & age 17-18 y girls

for the paper AN-12P..... in the year 2023-24

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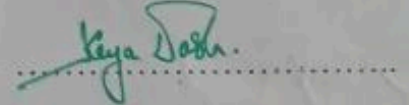
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*TO WHOM IT MAY CONCERN*

This is certify that Soma Bhanu (Roll: 1124129 No: 210140; Reg No: VU211022821 of 2021-2022) 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 'Menstrual Hygiene Age 25-40 years Women & 17-18 years Girls' 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.



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Date: 20/02/24

POCO

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EXAMINED

## **A Comparison study on Menstrual Hygiene and Health Status between Age 25-30 years women and 17-18 years girl .**

### **ABSTRACT**

Menstrual hygiene is a very important risk factor for reproductive tract infections, is a aspect of health education for adolescent girls. unhealthy menstrual practices causes fungal infection, urinary track infection (UTI),bacterial infections. use of sanitary pads made from VOCs that increase the risk for cancer in the ovaries, infertility, hormonal dysfunction, rashes, vaginal allergies etc. name of the VOCs like methylene chloride, toluene, xylene etc .the name of safe disposal of sanitary napkins are menstrual clothes, reusable pad, disposal pad ,menstual Cup ,tampon etc . so choose an appropriate sanitary method and keep itself active and healthy .In the present study in a survey was conducted to compare menstrual hygiene and health status age 25-40 years and 17-18 years. The survey was carried out at mugberia and argoal, Purba Medinipur, West Bengal. The data was collected age 25-40 years women and 17-18 year girls. The survey was found that different measurements like height, weight, waist and hip circumferences, body fat (from biceps, triceps) were carried out. The participants were asked about their hygienic condition and diseases. It was found that there was significant ( $p < 0.005$ ) differences in body mass index, HB Level , waist hip ratio ,triceps and biceps between age 25-40 years and 17-18 years. It was observed that more percentage of age 25-40 years was suffering from constipation, abdominal pain ,waist pain ,breast pain as compare to age 17-18 years.

**Keywords :** Menstrual hygiene ,HB Level , Abdominal pain, Constipation

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Plate 1: Different activities during survey of 25-40 years women of Argoal, patuspur II block



Plate 2 : different activities during survey of 17-18 years girls Bhupatinagor II block.