

VIDYASAGAR UNIVERSITY

A Project Work On

A Comparison study on Health Status between Normal Delivery & C-section Delivery Women(25-35yrs)

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



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Certificate of Completion

This is to certify that Mr. /Miss. Priyanka Mahapatra
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for the course B.Sc subject Nutrition
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He /She has submitted the dissertation / project on

Rinta Jara
Apurva Gori

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Sonoo

Signature of Principal
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TO WHOM IT MAY CONCERN

This is to certify that **Priyanka Mahapatra (Roll:1125129-; No.: 220167; Regn. No.: VU221291120 of Session:2022-2023)** 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 comparison Study on Health Status between Normal Delivery and C-section delivery Women(25-35 yrs)**' 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:

17/03/25

Rikta Jana

.....
(Prof.Rikta Jana)

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A Comparison study on Health Status between Normal & C-section Delivery Women(25-35Yrs)

ABSTRACT

Childbirth is a significant event that can occur through either normal vaginal delivery (NVD) or cesarean section (C-section). NVD is the natural method of childbirth, involving labor and spontaneous delivery through the birth canal. It is associated with quicker recovery, lower risks of complications, and early mother-infant bonding. Additionally, vaginal delivery promotes better respiratory adaptation in newborns and reduces the risk of surgical infections and anesthesia-related complications.

Conversely, a C-section is a surgical procedure performed when vaginal delivery poses risks to the mother or baby. Indications include fetal distress, abnormal positioning, placenta previa, and maternal health conditions such as hypertension or diabetes. While C-sections can be life-saving, they involve longer recovery times, increased risk of infections, excessive bleeding, and complications in future pregnancies.

The choice between NVD and C-section depends on maternal and fetal health, medical indications, and personal preferences. While C-sections have become more common due to medical advancements and elective procedures, they should be performed when necessary to avoid unnecessary complications. Proper antenatal care, education, and counseling can help mothers make informed decisions regarding the mode of delivery.

Keywords: Normal vaginal delivery, cesarean section, childbirth, maternal health, fetal distress, recovery, surgical risks, labor, antenatal care, delivery complications.

References

Chapter - 1

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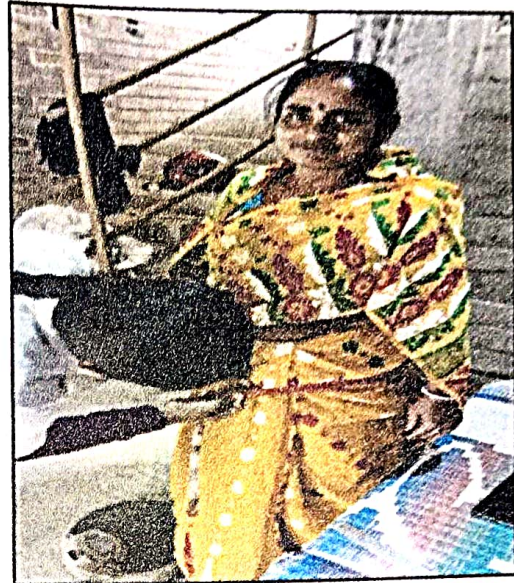


Plate 1: Different activities during survey of normal and c-section housewives.

Results and Discussion

EXAMINED