

***Vidya Bhawan Balika Vidyapith***

***Lakhisarai***

***Sub. Physical education , Class .12th***

***Date. 16.09.2020***

***BASED ON NCERT***

***Special consideration***

***Menarche is the first menstrual bleeding of the young girl (9-16 yrs.)***

***Menstrual dysfunction***

***Menstrual dysfunction is a disorder or irregular menstrual cycle in women. It can also be defined as "An abnormal bleeding during the menstrual cycle".***

***Factors/related problems***

***1. Absence of menstrual periods :- This problem may be due to eating disorder, excessive exercise schedule, extreme level of stress and medications etc.***



**2. Premenstrual syndrome :-** Many girls may have symptoms such as acne, backaches, Sore breasts, headaches, constipation, depression, irritability and feeling anxious etc.

*These symptoms may be faced by female before their menstruation.*

**3. Abnormal Cramps :-** These cramps are caused by a chemical in the body that makes the muscles in the uterus contract.

**4. Heavy or prolonged period :-** It is common for a girl's menstrual period to be heavier on some days than others.

**5. Irregular menstrual period :-** The regular menstrual cycle for a female is 28 days.

*However, it may vary from 21 to 35 days.*

**6. Delay in the first menstrual period.**

**6.2 Special consideration (Menarche, Menstrual Dysfunction, Pregnancy, Menopause)**

**1. Menarche:-** "It is the first natural cycle and is a



*central event of female puberty”.*

*2. Menstrual dis-function:- Painful and irregular menstrual cycle of women to be on the rise*

*with the decreasing involvement of the women in the physical fitness and endurance sports.*

*Female athlete triad is a syndrome in which eating disorders, osteoporosis and*

*amenorrhea, eating disorders effect adversely on the body.*

*1. Osteoporosis is a skeletal disorder in which reduction in bone mass may cause fracture.*

*Causes*

*a. Insufficient calcium in diet.*

*b. Amenorrhoea*

*c. Eating disorder*

*d. Bad eating habits*

*Osteoporosis:- Low bone mass.*

*Vibhuti kondilya P&HE*