

ABBREVIATIONS

BMD	- Bone Mineral Density
BMI	- Body Mass Index
BMR	- Basal Metabolic Rate
CHD	- Coronary Heart Disease
CVD	- Cardio Vascular Disease
DUB	- Dysfunctional Uterine Bleeding
FSH	- Follicular Stimulating Hormone
HRT	- Hormone Replacement Therapy
HT	- Hormone Therapy
HQL	- High Quality Life
IQ	- Intelligent Quotient
IUGR	- Intrauterine Growth retardation
ICDS	- Integrated Child Development Scheme
LH	- Luteinizing Hormone
NE	- Nutrition Education
NEP	- Nutrition Educational Programme
PHC	- Primary Health Centre
PID	- Pelvic inflammatory Disease
RDA	- Recommended Dietary Allowance
SES	- Socio-Economic Status
WHI	- Women's health Initiative
WHO	- World health Organization.
MRS	- Menopause Rating Scale
HDRS	- Hamilton Depressive Rating Scale
SD	- Standard Deviation
X²	- Chi Square
df	- Degrees of freedom
%	- Percentage
ICPD	- International Conference on Population Development
UNO	- United Nations Organizations.