

## ABBREVIATIONS

<b>BMD</b>	-	Bone Mineral Density
<b>BMI</b>	-	Body Mass Index
<b>BMR</b>	-	Basal Metabolic Rate
<b>CHD</b>	-	Coronary Heart Disease
<b>CVD</b>	-	Cardio Vascular Disease
<b>DUB</b>	-	Dysfunctional Uterine Bleeding
<b>FSH</b>	-	Follicular Stimulating Hormone
<b>HRT</b>	-	Hormone Replacement Therapy
<b>HT</b>	-	Hormone Therapy
<b>HQL</b>	-	High Quality Life
<b>IQ</b>	-	Intelligent Quotient
<b>IUGR</b>	-	Intrauterine Growth retardation
<b>ICDS</b>	-	Integrated Child Development Scheme
<b>LH</b>	-	Luteinizing Hormone
<b>NE</b>	-	Nutrition Education
<b>NEP</b>	-	Nutrition Educational Programme
<b>PHC</b>	-	Primary Health Centre
<b>PID</b>	-	Pelvic inflammatory Disease
<b>RDA</b>	-	Recommended Dietary Allowance
<b>SES</b>	-	Socio-Economic Status
<b>WHI</b>	-	Women's health Initiative
<b>WHO</b>	-	World health Organization.
<b>MRS</b>	-	Menopause Rating Scale
<b>HDRS</b>	-	Hamilton Depressive Rating Scale
<b>SD</b>	-	Standard Deviation
<b>X<sup>2</sup></b>	-	Chi Square
<b>df</b>	-	Degrees of freedom
<b>%</b>	-	Percentage
<b>ICPD</b>	-	International Conference on Population Development
<b>UNO</b>	-	United Nations Organizations.