



SPORTS

In the field of sports people do not acknowledge women's sport to be at par with men's sport. Even in the first modern olympics in 1896, Athens there were no participation from women. But there has been development and women empowerment in sports. In 2012 London Olympics, 10,960 sportsperson from 205 countries participated out of which 4,682 women. Today we know many sportswomen who performed well in sports like Saina Nehwal, Mary Kom, Jwala Gutta, Geeta Phogat, Heena Sidhu, Ankita Das etc.

Reasons Of Less Participation



MENARCHE :- First bleeding a young girl has approximately at the age of 8-16 years.

MENSTRUAL DYSFUNCTION :- Irregularity in a women's menstrual cycle.

SPECIAL TRIAD

Osteoporosis
(decreased bone mineral density)

causes:-

- Insufficient calcium
- Amenorrhoea
- Eating disorders

Eating Disorders

Anorexia Nervosa

(they constantly think that they are obese even if they are not)

Bulimia Nervosa

(they eat a lot and vomit do not gain weight)

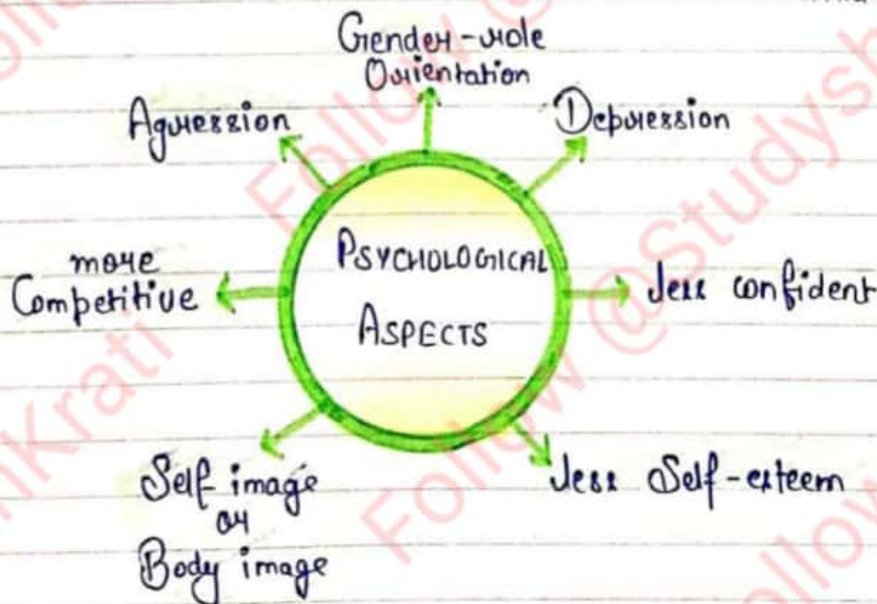
Amenorrhoea

Primary
(delayed menarche)

Secondary
(stops at certain time)

causes:-

- Hormonal changes
- Intensive Exercise
- Intake of less calories



SOCIOLOGICAL
ASPECTS

Family

School

Culture

Attitudes and Prejudices of Society.