Work planned And Methodology:-

**Sample size:** - 200 ANM working rural area of Mumbai

**Method of data collection:**- sampling purposive sampling methods will be used

**Research design:**- Quasi Experimental Design will be used to conduct the study

**Data Analysis Plan:**- Descriptive Inferential statistics will be used to analysis of data

**Utility:**- Upcoming Benefits of yoga practices in reduction of other types of pain and discomfort with dysmenorrhea

**Scope:**-

This study help to reduce the problems of dysmenorrhea after planned teaching sessions of ANM

**Instruments used for the study:**

- ✓ Base line preform
- ✓ Structured questionnaire
- ✓ Yoga therapy

**Data Collection method:**

After securing written permission from the respective authority and based on the criteria, informed consent will be taken. Purposive sampling method will be used to collect the Samples. Pre-test and post-test will be conducted by using structured questionnaire. Structured questionnaire will be used to identify the prevalence of dysmenorrhea and, yoga therapy used.

**Data Analysis plan:**

Descriptive and inferential statistics will be used to analyses the data.

**SCOPE OF STUDY**

The whole system of yoga is built on four main structures i.e exercise (asanas), breathing techniques (pranayama), meditation and relaxation postures. Asanas help to relax and tone the muscles and massage the organs, pranayamas help to regulate the bodys energy levels, meditation to calm the mind and relaxation postures to reduce and eliminate stress and anxiety