

ABSTRACT

Introduction: Dysmenorrhea, is a debilitating and prevalent gynecological disorder affecting millions of women worldwide. It is characterized by abdominal cramps, pelvic pain, and discomfort during menstruation. Dysmenorrhea significantly impacts women's quality of life, daily activities, and mental well-being. **Aim:** To assess the knowledge of dysmenorrhea among female students of selected department of Brain ware University, Barasat , West Bengal. To assess the knowledge of dysmenorrhea among student of selected department of Brain ware University, West Bengal. **Methods:** The chapter deals with the methodology adopted for the present study by the researcher which includes research approach, research design, research setting, population, sample and sample size, sampling technique, sampling criteria, data collection with content validity, procedure for data collection and plan for data analysis. **Result:** -The study finding illustrated the with regards to age of the participants in, majority of them 98.1% participants where in the age group of 18-25years, 1.81% participants where in the age group of 25-30 years of minority. This table show, to felt pain during menstruation highest of them 60% participants, 1.81% participants felt no pain. This table show, to majority of them 72.7% participants sometimes to interruption of daily activities, 10.9% participants less interruption of daily activities. With regards to highest 47.2% participants had family income is > 20,000 less than 14.5% participants family income had > 10,000. This table show, more than 43.6% participants had 1st year, less than 14.5% participants had 2nd year. This table show, majority of 58.1% participants had good information, minority 16.3% participants had poor information. **Conclusion:** The finding of this study was considerable for inadequate knowledge, towards dysmenorrhea among female student while women often accept menstrual cramps as an integral part of women hood, they should be seeking treatment for a better quality of life and reproductive wellness.