PCOS is a common reproductive disorder.
Aim:- To study effects of impact of lifestyles on incidence of PCOS in age group 15 to 19 years.
Method:- A study on 80 girls was done questionaries was done in 1 to 1 interview. All went through this questionaries.Response of study targeted population was analysed.
Conclusion:- Life style modification is no.1 method to treat PCOS.