

Study of Health Status of Undergraduate College Students by Calculating their Body Mass Index

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Abstract

Undergraduate college students are unconscious about their diet especially girl students, Girls prefer fast foods and junk foods, which affect the health status, Girl students at the college are suffering from various body ailments like fatigue, weakness, low immunity, low stamina, unable to perform physical activities and falling sick, girls faints during practical and found anemic which is very common thing among college students. In the present study we have calculated the body mass index of first year college students. It is calculated by weight in kilograms divided by the square of heights in meters. Body Mass Index gives the nutritional status and body health status of the students. It gives information about general body health of the students as underweight, normal weight and obese conditions of students.

Key words: Body Mass Index, Underweight, Normal weight, and Obese conditions.

Introduction

As it is said “Health is wealth”, A person with good health can do everything in life. But nowadays people are not conscious about their diet, especially a young generation reluctant to take proper diet and their main food of attraction is junk foods, fast foods, processed food which result in poor health status, weakness, fatigue.

“Nutrition” is the fuel of body must take in a proper way and proper time, which is not followed by young generation. That’s the reason why declining health was observed in undergraduate college students, they are always found sick, tired, fatigued, unable to perform physical activity, stamina does not sustain for practical work. Fainting during practical, sometimes shortness of breath also. This is the serious issue concerning health which is observed among the students. The promising age where there can be a lot of expectations, they are fighting for sustenance of life.

WHO, the World Health Organization has prescribed guidelines for showing health status as BMI i.e., body mass index, statistical measurement showing the height and weight relationship, as per height what should be weight. BMI is a attempt to quantify the amount of

tissue mass (muscle, fat and bone). The same guidelines have been used for our study, for the present investigation undergraduate college students of 18-21 years of academic year 2022 – 23 were selected.

Methodology

For the calculation of body mass index undergraduate college students were selected. The weight in kg and height in cm were measured and calculated according to the formula. In this study only we selected college girls of approximately 18-21 years. The weight of the girls was measured with the help of standard weight balance and it is recorded in kg. Height was measured in centimeters and converted to meters square. Body mass index was calculated by using the formula.

BMI = kg/m² it's a simple calculation which gives general fat deposited in body, and what kind of health status is.

The body mass index (BMI) was calculated based on the following formula:

$$BMI = \frac{Weight(Kg)}{height\ (m)^2}$$

As per Guidelines of WHO's health status was categorized as underweight, normal weight and obese conditions of students.

Who classification of weight according to BMI

If your BMI is less than 18.5, it falls within the underweight range.

If your BMI is 18.5 to <25, it falls within the healthy weight range.

If your BMI is 25.0 to <30, it falls within the overweight range.

If your BMI is 30.0 or higher, it falls within the obesity range.

The collected data and calculated BMI has shown in the Table 1. To Table 6. Total 200 students data was taken for BMI calculation. As per the guidelines suggested by WHO, students were categorized as underweight students whose BMI was found less than 18.5, Healthy weight students with the BMI in between 18.5 to 24.9, Overweight students with the 25 to 29.9, Obese students with BMI 30 to 34.9, Severely Obese students with BMI 35 to 39.9 and Morbidly obese above 40.

The result was shown in Table 7 which interprets the % of the students in respected categories as underweight, healthy weight, overweight and obese weight. The same was interpreted in Graph (Fig 1)

Table 1: Showing BMI Values Of Undergraduate College Students

Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
1	Yogeshwari Vijay Wani	155	1.55	2.4025	30	12.48699	Underweight
2	Sima Aananda Bhoi	155	1.55	2.4025	31	12.90323	Underweight
3	Prerna Nilesh Sonwane	163	1.63	2.6569	35	13.17325	Underweight
4	Shilpa Nitin Thakre	158	1.58	2.4964	35	14.02019	Underweight
5	Vandana Champalal Kharde	155	1.55	2.4025	34	14.15193	Underweight
6	Janvi Gajanan Patil	155	1.55	2.4025	34	14.15193	Underweight
7	Bhagyashri Dagadu Sonawane	155	1.55	2.4025	34	14.15193	Underweight
8	Sandhya Ramlal Baviskar	154	1.54	2.3716	34	14.33631	Underweight
9	Anjali Ramesh Barela	147	1.47	2.1609	31	14.34587	Underweight
10	Monali Anil Shinkar	150	1.5	2.25	33	14.66667	Underweight
11	Gaytri Sandip Chavhan	154	1.54	2.3716	35	14.75797	Underweight
12	Pooja Dinnesht Manyam	156	1.56	2.4336	36	14.7929	Underweight
13	Kalyani Bhagwan Manore	161	1.61	2.5921	39	15.04572	Underweight
14	Jagruti Samadhan Patil	152	1.52	2.3104	35	15.14889	Underweight
15	Anuska Prashant Chalse	156	1.56	2.4336	37	15.20381	Underweight
16	Kaarun Dinesh Sonawane	162	1.62	2.6244	40	15.24158	Underweight
17	Anjali Ramesh Chavan	164	1.64	2.6896	41	15.2439	Underweight
18	Samiksha Krushnrao Jadhav	149	1.49	2.2201	34	15.31463	Underweight
19	Nilita Chandrakant Jadhav	149	1.49	2.2201	34	15.31463	Underweight
20	Neha Dhyaneswar Patil	151	1.51	2.2801	35	15.3502	Underweight
21	Vaishnavi Bhimrao Tayde	151	1.51	2.2801	35	15.3502	Underweight
22	Bhumika Gannesh Rajput	150	1.5	2.25	35	15.55556	Underweight
23	Dipali Sanjay Sonawane	154	1.54	2.3716	37	15.60128	Underweight
24	Pratiksha Sharad Birhade	166	1.66	2.7556	43	15.60459	Underweight
25	Diyanshi Raysing Pawar	158	1.58	2.4964	39	15.6225	Underweight
26	Varsha Vikas Patil	158	1.58	2.4964	39	15.6225	Underweight
27	Yadhna Dhananjay Suryanvashi	161	1.61	2.5921	41	15.81729	Underweight
28	Shah Saleha Asad	161	1.61	2.5921	41	15.81729	Underweight
29	Sonali Pandurang Dhanagr	146	1.46	2.1316	34	15.95046	Underweight
30	Yamini Purushhotam Sonawane	148	1.48	2.1904	35	15.97882	Underweight
31	Aasha Rajendra Pitane	160	1.6	2.56	41	16.015625	Underweight
32	Dimple Sandip Tayade	158	1.58	2.4964	40	16.02307323	Underweight
33	Jayshri Ravindra Koli	158	1.58	2.4964	40	16.02307323	Underweight
34	Harshila Rajendra Sonar	158	1.58	2.4964	40	16.02307323	Underweight
35	Harshada Shiivsing Patil	163	1.63	2.6569	43	16.18427491	Underweight

Table 2: Showing BMI Values Of Undergraduate College Students

Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
36	Bhagyashri Ashok Patil	155	1.55	2.4025	39	16.23309053	Underweight
37	Bhagyashri Shashikkant Bari	155	1.55	2.4025	39	16.23309053	Underweight
38	Pooja Dhyaneshwar Baviskar	160	1.6	2.56	42	16.40625	Underweight
39	Ankita Prakash Patil	158	1.58	2.4964	41	16.42365006	Underweight
40	Sakshi Vijay Chauhari	158	1.58	2.4964	41	16.42365006	Underweight
41	Purva Shantilal Koli	148	1.48	2.1904	36	16.43535427	Underweight
42	Gital Sanjay Kedar	148	1.48	2.1904	36	16.43535427	Underweight
43	Lina Satish Chaudhari	161	1.61	2.5921	43	16.58886617	Underweight
44	Chaudhri Punam Yuvraj	145	1.45	2.1025	35	16.64684899	Underweight
45	Ashwinni Eknath Sonawane	155	1.55	2.4025	40	16.64932362	Underweight
46	Gayatri Bapurao Patil	155	1.55	2.4025	40	16.64932362	Underweight
47	Payal Gannesh Koli	147	1.47	2.1609	36	16.65972511	Underweight
48	Sakshi Kailas Sonawane	153	1.53	2.3409	39	16.66025887	Underweight
49	Dimple Vinod Mali	153	1.53	2.3409	39	16.66025887	Underweight
50	Janvi Ajay Sonawane	166	1.66	2.7556	46	16.69327914	Underweight
51	Vaishnavi Shrikant Bahavsr	164	1.64	2.6896	45	16.73111243	Underweight
52	Vijaya Pramod Deshmukh	164	1.64	2.6896	45	16.73111243	Underweight
53	Harshada Pradip Jadhav	160	1.6	2.56	43	16.796875	Underweight
54	Anshika Akhilesh Padhyay	156	1.56	2.4336	41	16.84746877	Underweight
55	Neha Barsu Patil	156	1.56	2.4336	41	16.84746877	Underweight
56	Vaishnavi Manoj Singh Pardeshi	154	1.54	2.3716	40	16.86625063	Underweight
57	Yashshri Ramesh Morankar	154	1.54	2.3716	40	16.86625063	Underweight
58	Bhagyashri Rajendra Morankar	154	1.54	2.3716	40	16.86625063	Underweight
59	Nikita Devidas Koli	154	1.54	2.3716	40	16.86625063	Underweight
60	Gayatri Dhyaneshwar Shirsth	146	1.46	2.1316	36	16.88872209	Underweight
61	Ritu Ramsing Patil	159	1.59	2.5281	43	17.00882085	Underweight
62	Komal Babasaheb Kusalkaaraar	160	1.6	2.56	44	17.1875	Underweight
63	Ritika Aananda Mahajan	158	1.58	2.4964	43	17.22480372	Underweight
64	Komal Liladhar Mali	158	1.58	2.4964	43	17.22480372	Underweight
65	Pinki Nimba Barela	156	1.56	2.4336	42	17.25838264	Underweight
66	Arshin Hjaaved Pinjari	152	1.52	2.3104	40	17.31301939	Underweight
67	Payal Sanjay Shinde	161	1.61	2.5921	45	17.36044134	Underweight
68	Dipika Nandkishor Patil	153	1.53	2.3409	41	17.51463112	Underweight
69	Pranali Santosh Surywanshi	153	1.53	2.3409	41	17.51463112	Underweight
70	Hema Shankar Bharambe	153	1.53	2.3409	41	17.51463112	Underweight

Table 3: Showing BMI Values Of Undergraduate College Students

Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
71	Manasi Dilip Chavan	162	1.62	2.6244	46	17.52781588	Underweight
72	Jagruti Prakah Nabde	160	1.6	2.56	45	17.578125	Underweight
73	Nikita Ashok Pawar	160	1.6	2.56	45	17.578125	Underweight
74	Yojana Rajendra Mahale	158	1.58	2.4964	44	17.62538055	Underweight
75	Vaishnavi Budha Bari	156	1.56	2.4336	43	17.66929652	Underweight
76	Bhagyashri Kautik Patil	154	1.54	2.3716	42	17.70956316	Underweight
77	Nilima Nitin Bhoite	152	1.52	2.3104	41	17.74584488	Underweight
78	Vaishnavi Ravindra Chaudhri	150	1.5	2.25	40	17.77777778	Underweight
79	Bhavana Dipa Bari	150	1.5	2.25	40	17.77777778	Underweight
80	Sakshi Arjun Bodase	146	1.46	2.1316	38	17.82698442	Underweight
81	Priyanka Kailas Mahajan	157	1.57	2.4649	44	17.85062274	Underweight
82	Latika Subhas Birkhade	149	1.49	2.2201	40	18.01720643	Underweight
83	Yamini Dilip Patil	158	1.58	2.4964	45	18.02595738	Underweight
84	Neha Bharat Shinde	158	1.58	2.4964	45	18.02595738	Underweight
85	Kalyani Chindhu Patil	159	1.59	2.5281	46	18.19548277	Underweight
86	Priya Devisas Patil	159	1.59	2.5281	46	18.19548277	Underweight
87	Pooja Endal Chavan	150	1.5	2.25	41	18.22222222	Underweight
88	Jayshri Ravindra Chaudhari	157	1.57	2.4649	45	18.25631871	Underweight
89	Tanuja Mangalsing Mahale	157	1.57	2.4649	45	18.25631871	Underweight
90	Ankita Shankar Bhoi	157	1.57	2.4649	45	18.25631871	Underweight
91	Komal Dilip Mahajan	155	1.55	2.4025	44	18.31425598	Underweight
92	Gayatri Santosh Patil	155	1.55	2.4025	44	18.31425598	Underweight
93	Harshada Ashok Mahajan	153	1.53	2.3409	43	18.36900337	Underweight
94	Punam Annil Sapakale	156	1.56	2.4336	45	18.49112426	Underweight
95	Rupali Rangrao Yadav	152	1.52	2.3104	43	18.61149584	Healthy Weight
96	Vaishnavi Sambhaji Patil	152	1.52	2.3104	43	18.61149584	Healthy Weight
97	Mohini Kailas Kumbhar	157	1.57	2.4649	46	18.66201469	Healthy Weight
98	Devyani Manoj Pardeshi	157	1.57	2.4649	46	18.66201469	Healthy Weight
99	Megha Bansiram Pawara	150	1.5	2.25	42	18.66666667	Healthy Weight
100	Poournima Janaji Wankhede	148	1.48	2.1904	41	18.71804237	Healthy Weight

Table 4 : Showing BMI Values Of Undergraduate College Students

Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
101	Nilima Namdeo Koli	155	1.55	2.4025	45	18.73048907	Healthy Weight
102	Saloni Tejamal Dadi	146	1.46	2.1316	40	18.76524676	Healthy Weight
103	Megha Dhyaneshwar Chaudhari	169	1.69	2.8561	54	18.90690102	Healthy Weight
104	Jagruti Anil Patil	154	1.54	2.3716	45	18.97453196	Healthy Weight
105	Chetana Pumdalik Mistri	154	1.54	2.3716	45	18.97453196	Healthy Weight
106	Pallavi Ramkrushana Varade	154	1.54	2.3716	45	18.97453196	Healthy Weight
107	Khan Aatifa Shabir	154	1.54	2.3716	45	18.97453196	Healthy Weight
108	Bhumika Devsing Mahale	152	1.52	2.3104	44	19.04432133	Healthy Weight
109	Komal Gopal Kale	152	1.52	2.3104	44	19.04432133	Healthy Weight
110	Prerna Jagannath Mali	152	1.52	2.3104	44	19.04432133	Healthy Weight
111	Sakshi Dipak Khairnar	162	1.62	2.6244	50	19.05197378	Healthy Weight
112	Payal Anil Tiwari	150	1.5	2.25	43	19.11111111	Healthy Weight
113	Madhuri Ramesh Bari	153	1.53	2.3409	45	19.22337562	Healthy Weight
114	Simaran Salim Tadavi	153	1.53	2.3409	45	19.22337562	Healthy Weight
115	Vaishali Vinod Patil	166	1.66	2.7556	53	19.23356075	Healthy Weight
116	Hemalata Ashok Patil	161	1.61	2.5921	50	19.28937927	Healthy Weight
117	Samrudhi Prakash Fuse	161	1.61	2.5921	50	19.28937927	Healthy Weight
118	Harshali Sunil Tade	154	1.54	2.3716	46	19.39618823	Healthy Weight
119	Ankita Sunil Landge	162	1.62	2.6244	51	19.43301326	Healthy Weight
120	Sunayana Anil Dandore	147	1.47	2.1609	42	19.43634597	Healthy Weight
121	Mayuri Rajendra Rathod	165	1.65	2.7225	53	19.46740129	Healthy Weight
122	Bhagyashri Ramkanth Bandole	150	1.5	2.25	44	19.55555556	Healthy Weight
123	Priyanka Pralhad Tayade	150	1.5	2.25	44	19.55555556	Healthy Weight
124	Pooja Ratan Sarkar	155	1.55	2.4025	47	19.56295525	Healthy Weight
125	Harshda Vijaysonawne	153	1.53	2.3409	46	19.65056175	Healthy Weight
126	Rohini Brijalal Chaure	154	1.54	2.3716	47	19.81784449	Healthy Weight
127	Diksha Ashok Ahire	157	1.57	2.4649	49	19.8791026	Healthy Weight
128	Vidya Somanath Khrode	158	1.58	2.4964	50	20.02884153	Healthy Weight
129	Mayuri Chintaman Patil	165	1.65	2.7225	55	20.2020202	Healthy Weight
130	Dolly Endal Sonawane	157	1.57	2.4649	50	20.28479857	Healthy Weight
131	Sandya Suresh Patil	152	1.52	2.3104	47	20.34279778	Healthy Weight
132	Dhanashri Gajanan Mahajan	150	1.5	2.25	46	20.44444444	Healthy Weight
133	Sakshi Kiran Pawara	150	1.5	2.25	46	20.44444444	Healthy Weight

Table 5 : Showing BMI Values Of Undergraduate College Students

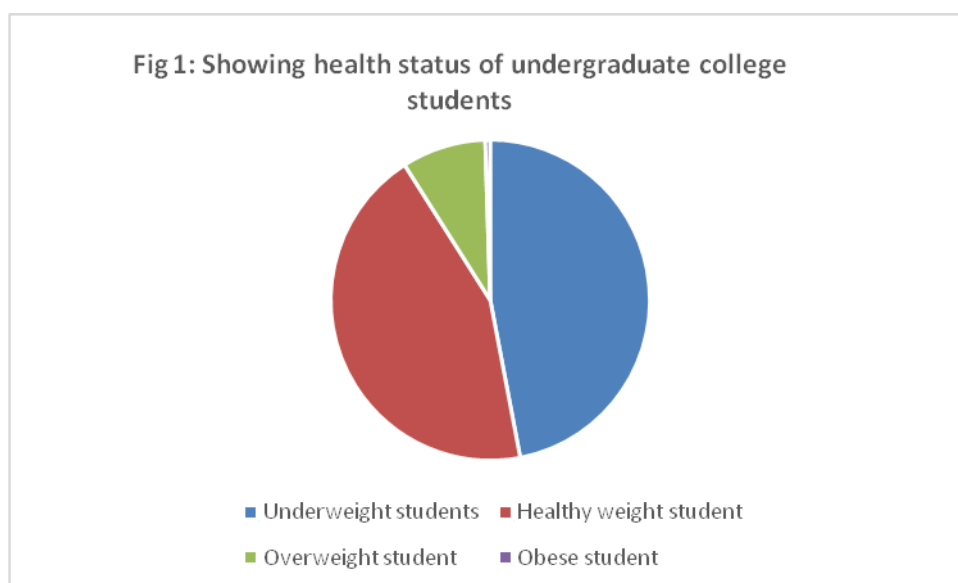
Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
134	Sakshi Dipak Vani	150	1.5	2.25	46	20.44444444	Healthy Weight
135	Lokeshawri Shekhar Patil	156	1.56	2.4336	50	20.54569362	Healthy Weight
136	Bhumika Satish Koli	156	1.56	2.4336	50	20.54569362	Healthy Weight
137	Jyashri Dhanaraj Sonwane	155	1.55	2.4025	50	20.81165453	Healthy Weight
138	Komal Bandh Patil	155	1.55	2.4025	50	20.81165453	Healthy Weight
139	Yogeshwari Kailas Sonawane	147	1.47	2.1609	45	20.82465639	Healthy Weight
140	Kshitija Popat Gaikawad	147	1.47	2.1609	45	20.82465639	Healthy Weight
141	Damini Gopal Chaudhari	162	1.62	2.6244	55	20.95717116	Healthy Weight
142	Sanika Gajanan Chudhari	162	1.62	2.6244	55	20.95717116	Healthy Weight
143	Pranjal Ashok Ghodkar	143	1.43	2.0449	43	21.02792313	Healthy Weight
144	Rohini Jagannath Nvkar	163	1.63	2.6569	56	21.07719523	Healthy Weight
145	Pooja Narmadaparsad Maldive	154	1.54	2.3716	50	21.08281329	Healthy Weight
146	Komal Ravindra Vispute	154	1.54	2.3716	50	21.08281329	Healthy Weight
147	Taniya Ratilal Baviskar	152	1.52	2.3104	49	21.20844875	Healthy Weight
148	Divyya Vijay Patil	152	1.52	2.3104	49	21.20844875	Healthy Weight
149	Vaishnavi Kiran Viispute	144	1.44	2.0736	44	21.2191358	Healthy Weight
150	Pooja Ramchndraa Thorat	145	1.45	2.1025	45	21.40309156	Healthy Weight
151	Varsha Kailas Savria	157	1.57	2.4649	53	21.50188649	Healthy Weight
152	Jayshri Sunil Bhoi	157	1.57	2.4649	53	21.50188649	Healthy Weight
153	Chaitali Sunil Bari	154	1.54	2.3716	51	21.50446956	Healthy Weight
154	Soni Subhas Nishad	146	1.46	2.1316	46	21.58003378	Healthy Weight
155	Vaishnavi Raju Khiradkar	158	1.58	2.4964	54	21.63114885	Healthy Weight
156	Unnati Avinash Cahudhari	156	1.56	2.4336	53	21.77843524	Healthy Weight
157	Aarti Ravindra Baviskar	157	1.57	2.4649	54	21.90758246	Healthy Weight
158	Harsha Sanjay Sapkale	133	1.33	1.7689	39	22.0476002	Healthy Weight
159	Ekata Sachin Mali	168	1.68	2.8224	63	22.32142857	Healthy Weight
160	Jagruti Sunil Sapkale	149	1.49	2.2201	50	22.52150804	Healthy Weight
161	Dipmala Nitin Beldar	160	1.6	2.56	58	22.65625	Healthy Weight
162	Ankita Rajesh Sonar	150	1.5	2.25	51	22.66666667	Healthy Weight
163	Rajashree Arjun Marathe	157	1.57	2.4649	56	22.7189744	Healthy Weight
164	Kmal Daulat Sonawne	154	1.54	2.3716	54	22.76943835	Healthy Weight
165	Prajakta Rajendra Rathod	158	1.58	2.4964	57	22.83287935	Healthy Weight
166	Shital Laxman Morsale	155	1.55	2.4025	55	22.89281998	Healthy Weight
167	Bhavana Rajendra Patil	156	1.56	2.4336	56	23.01117686	Healthy Weight

Table 6 : Showing BMI Values Of Undergraduate College Students

Calculation of body mass index of college students							
Academic year 2022-23							
Sr. No	Name of the Student	Height in cm	Height in meter	Height (m) square	Weight in Kg	BMI	Weight Categories
168	Ruchi Manoj Jadhav	156	1.56	2.4336	56	23.01117686	Healthy Weight
169	Shruti Purshottam Borse	167	1.67	2.7889	65	23.30668005	Healthy Weight
170	Nisha Sanjay Lonkar	160	1.6	2.56	60	23.4375	Healthy Weight
171	Shaikh Mahin Hasan	153	1.53	2.3409	55	23.49523687	Healthy Weight
172	Renuka Shailesh Neve	165	1.65	2.7225	64	23.50780533	Healthy Weight
173	Nikita Dharma Borse	157	1.57	2.4649	58	23.53036634	Healthy Weight
174	Sneha Bhagwan Sonwane	142	1.42	2.0164	48	23.80480063	Healthy Weight
175	Vaishnavi Bapu Patil	153	1.53	2.3409	56	23.922423	Healthy Weight
176	Pooja Sandip Solanke	143	1.43	2.0449	49	23.96205193	Healthy Weight
177	Alishanaz Shaikh	158	1.58	2.4964	60	24.03460984	Healthy Weight
178	Priyanka Kishor Dande	150	1.5	2.25	55	24.44444444	Healthy Weight
179	Nikita Shivram Jamodakr	143	1.43	2.0449	50	24.4510734	Healthy Weight
180	Mansi Ravindra Sapkale	151	1.51	2.2801	56	24.5603263	Healthy Weight
181	Vidya Jayprakash Suryavnashi	151	1.51	2.2801	56	24.5603263	Healthy Weight
182	Mayuri Narayan Patil	158	1.58	2.4964	62	24.8357635	Healthy Weight
183	Payal Aupadu Rathod	140	1.4	1.96	49	25	Overweight
184	Lina Jitendra Dusane	148	1.48	2.1904	55	25.10956903	Overweight
185	Minakshi Eknath Koli	153	1.53	2.3409	59	25.20398137	Overweight
186	Bagyashri Satish Koli	140	1.4	1.96	50	25.51020408	Overweight
187	Mokshda Sanjay Marathe	159	1.59	2.5281	65	25.71100827	Overweight
188	Ashivini Yuvraj Patil	146	1.46	2.1316	55	25.8022143	Overweight
189	Urmila Krishna Jakhere	161	1.61	2.5921	67	25.84776822	Overweight
190	Pratiksha Dinesh Patil	160	1.6	2.56	68	26.5625	Overweight
191	Dhanshri Balkrushna Patil	151	1.51	2.2801	61	26.75321258	Overweight
192	Devyani Sachin Shinde	158	1.58	2.4964	67	26.83864765	Overweight
193	Rupali Kailas Patil	148	1.48	2.1904	60	27.39225712	Overweight
194	Khushabu Ghanashyam Aabbodekar	154	1.54	2.3716	65	27.40765728	Overweight
195	Vaishnavi Sunil Solankhe	167	1.67	2.7889	77	27.60945176	Overweight
196	Chakuli Bhagawan Yadav	154	1.54	2.3716	67	28.25096981	Overweight
197	Priti Ssaanjay Mahale	152	1.52	2.3104	67	28.99930748	Overweight
198	Hemlata Santosh Bari	160	1.6	2.56	75	29.296875	Overweight
199	Anuska Virendra Birhaade	150	1.5	2.25	67	29.77777778	Overweight
200	Priyanka Chndrabhan Sonwane	150	1.5	2.25	69	30.66666667	Obese

Table 7: Health status interpreted from BMI values

Parameter	Number	% Number
Total Number of Students	200	
Underweight students	94	47
Healthy weight student	88	44
Overweight student	17	8.5
Obese student	01	0.5



Results and Discussion:

The collected data and calculated BMI has shown in the Table 1. To Table 6. Total 200 students' data was taken for BMI calculation

In present study it is found 94 (47%) students found underweight, 88(44%) found healthy weight students, 17(8.5%) Overweight student and 1 (0.5%) found obese students.

This is the serious problem of college girls facing various kinds of health problems. Students are reluctant to take proper diet and saying no to balanced diet.

47% students found underweight it means approximately 50% students are having poor health status, Some common reasons of becoming underweight are skipping breakfast, missing meals, bad habits of eating, prefer to eat fast food like pani puri, kachori, samosa, Kurkure, all the time chewing something, watching TV while eating.

8.5% Overweight student found, these are also facing one or more health issues, this kind of students are having a habit of continuous and time pass eating, taking high calorie diet and also eating frequently.

Only 0.5% of students noted obese.

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