

***DEVI AHILYA VISHWA VIDYALAYA,
INDORE***

SCHOOL OF PHYSICAL EDUCATION

***University Grants Commission
Special Assistance Programme
DRS-I***



RESEARCH PROJECT REPORT

***“A Project on Health Related Parameters of
Students and Faculty of Devi Ahilya
Vishwavidyalaya, Indore”
(2016-21)***

Submitted by

**Coordinator
UGC SAP DRS-I**

**Deputy Coordinator
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Title of Project:

A Project on Health Related Parameters of Students and Faculty of Devi Ahilya Vishwavidyalaya, Indore

Introduction:

The UGC special assistance programme (SAP) is intended through constant efforts to raise the quality of teaching / research in different disciplines/subjects carefully selected on the basis of their work, academic achievements and viable potential for further development. The essence and primary aim of this scheme is combination of teaching and research, to encourage group research efforts in pursuit of excellence.

Under the banner of SAP DRS-I and vide circular of UGC 14-24/2016(CPP III) dated 10.11.2016, School of Physical Education initiated the health status survey of University students and teachers.

Health being the single most important issue hence special consideration on health has to be taken in priority of the educational institutions.

A survey in this regard is being started with the objectives of assessing the health related parameters and to achieve the optimum health for students through training after the assessment of the parameters.

Objectives:

1. To identify the health status of university students in BMI, FAT PERCENTAGE, VISCERAL FAT and LUNG CAPACITY parameters.
2. To provide remedial measures to ensure optimum health through the specific training programme.

Methodology:

The University has thirty two University Teaching Departments imparting education in frontline areas of Physical Education, Computers, IT, Engineering, Life Sciences, Social Sciences, Education and Management etc.

Data for different parameters of health is being collected from the students and faculty of these departments in the university campus using standardized tools for the purpose and the total data of 4158 male and female was collected.

Tools for Data Collection

Standardized tools and equipments is being used for the data collection-

Body Composition Machine

- For data collection of Body Mass Index, Body Fat Percentage, Body Age, Visceral Fat, Resting Metabolism Rate etc.

Stadio-meter

- For data collection of Body Mass Index etc.

Digital Spiro-meter

- For data collection to measure pulmonary function (different respiratory volumes: FVC, TV, IRV, RV, Live Graph etc.)

Findings

The findings with regard to the data collected till March 2019 have been presented in two sections-

1. Body Mass Index – Number and Percentage of Male and Female.
2. Body Fat Percentage - Number and Percentage of Male and Female.

BODY MASS INDEX (BMI)

Body Mass Index Classification

Body Mass Index Value		Classification
Male	Female	
Less than 18.5		Under Weight
18.5 to 24.9		Normal
25 to 29.9		Over Weight
30 & Above		Obese

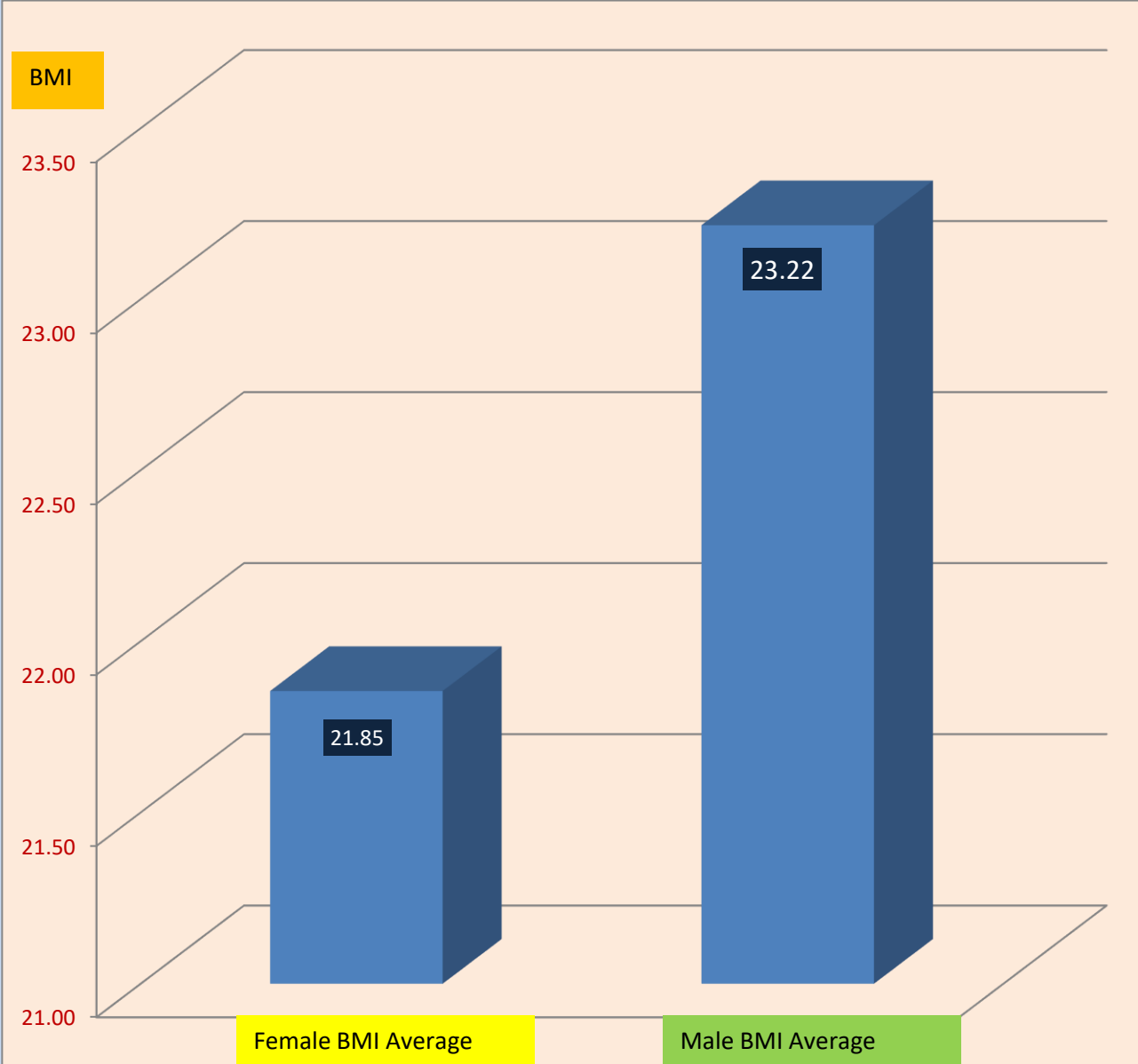
TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE – 975

UNIVERSITY MALE AND FEMALE BMI AVERAGE

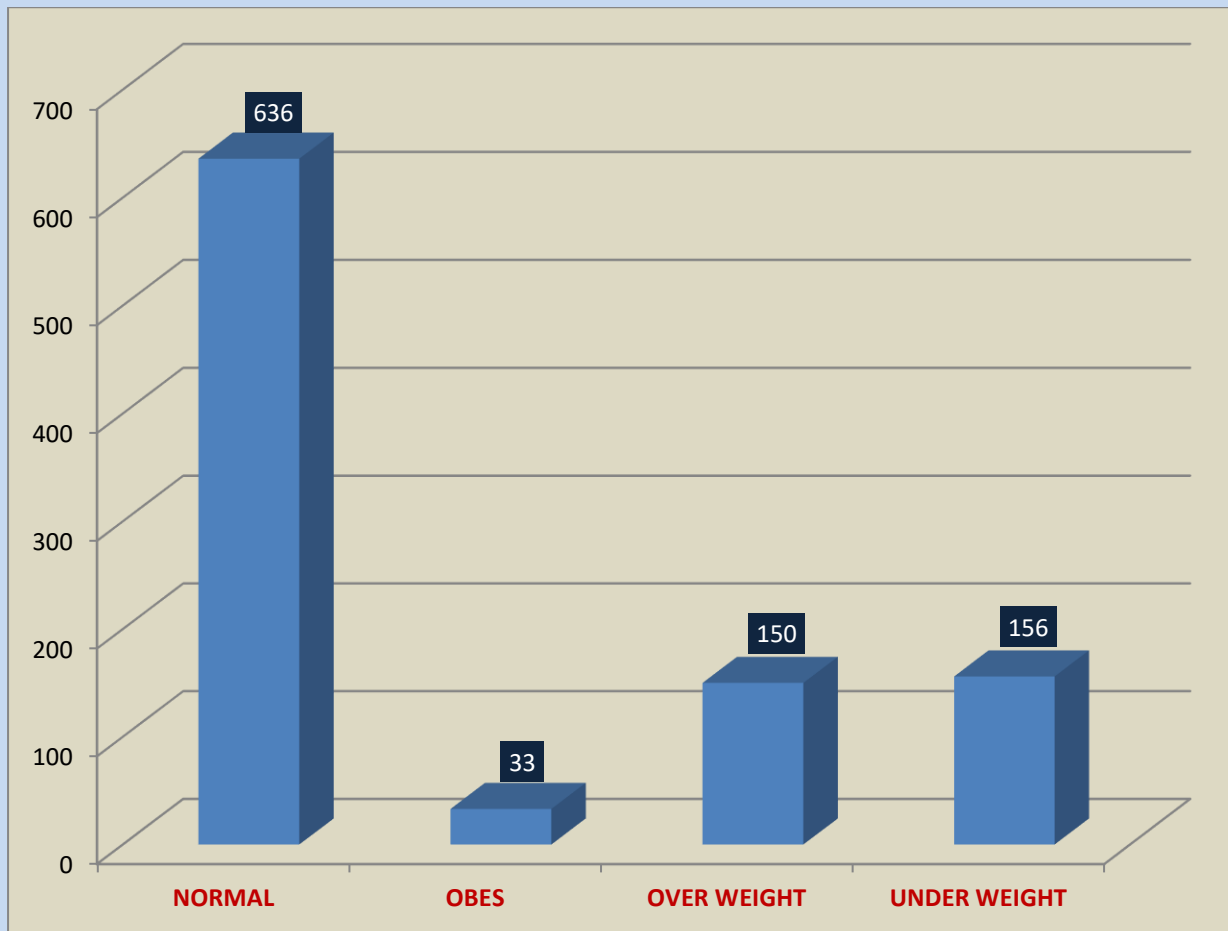
TOTAL NO. OF DATA COLLECTED - 4158
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UNIVERSITY FEMALE BMI STATUS

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

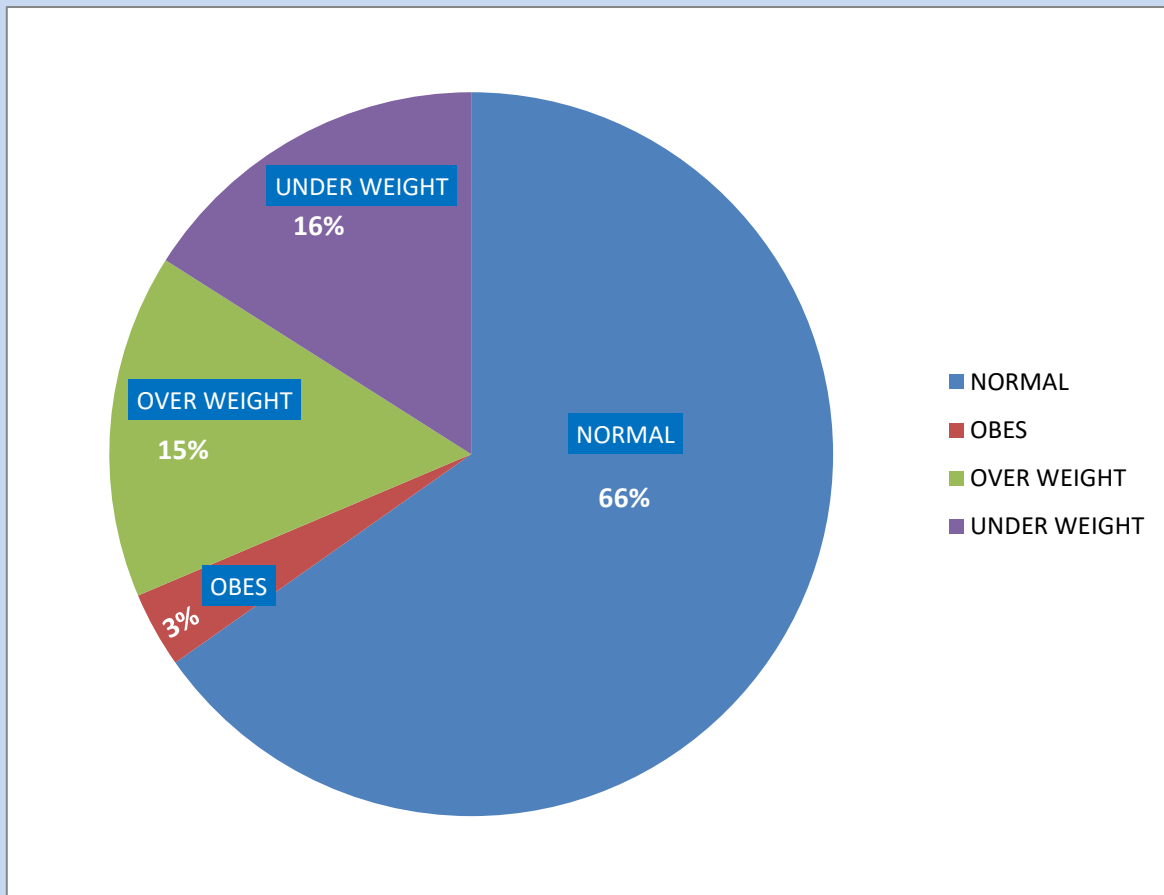
Status of Health according to BMI value	No. of Female
NORMAL	636
OBES	33
OVER WEIGHT	150
UNDER WEIGHT	156



UNIVERSITY FEMALE BMI STATUS PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	636	66%
OBES	33	3%
OVER WEIGHT	150	15%
UNDER WEIGHT	156	16%



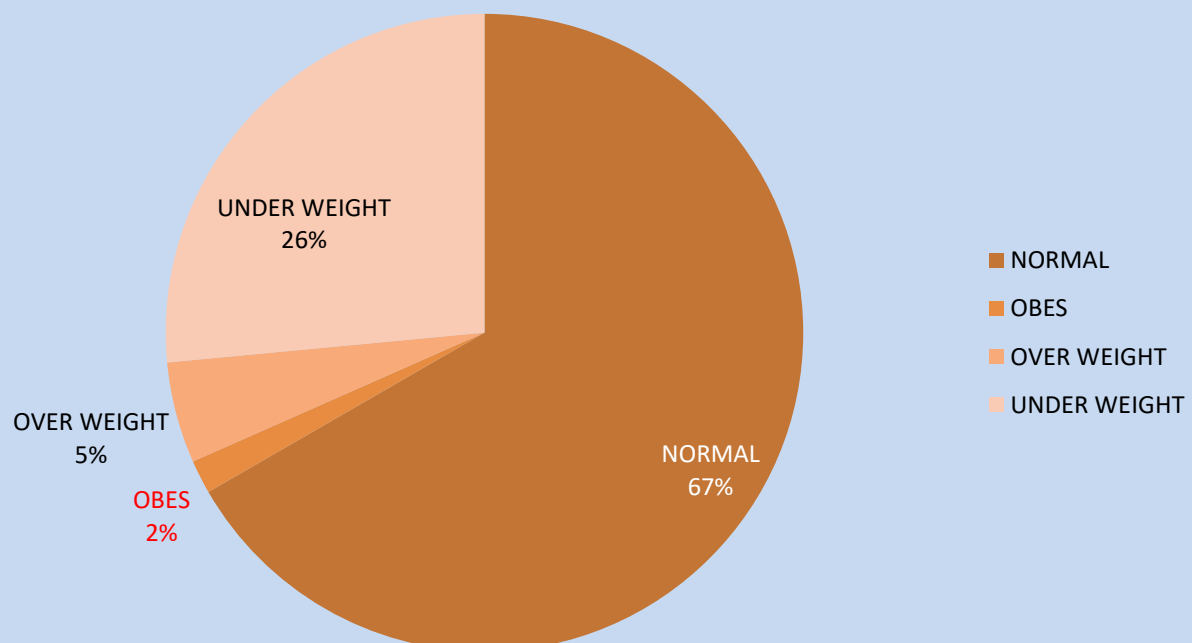
UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 16 to 20 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 16-20 YEARS
351

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	234	67%
OBES	6	2%
OVER WEIGHT	18	5%
UNDER WEIGHT	93	26%

No. of Female (Age Group 16-20 Years) - 351



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

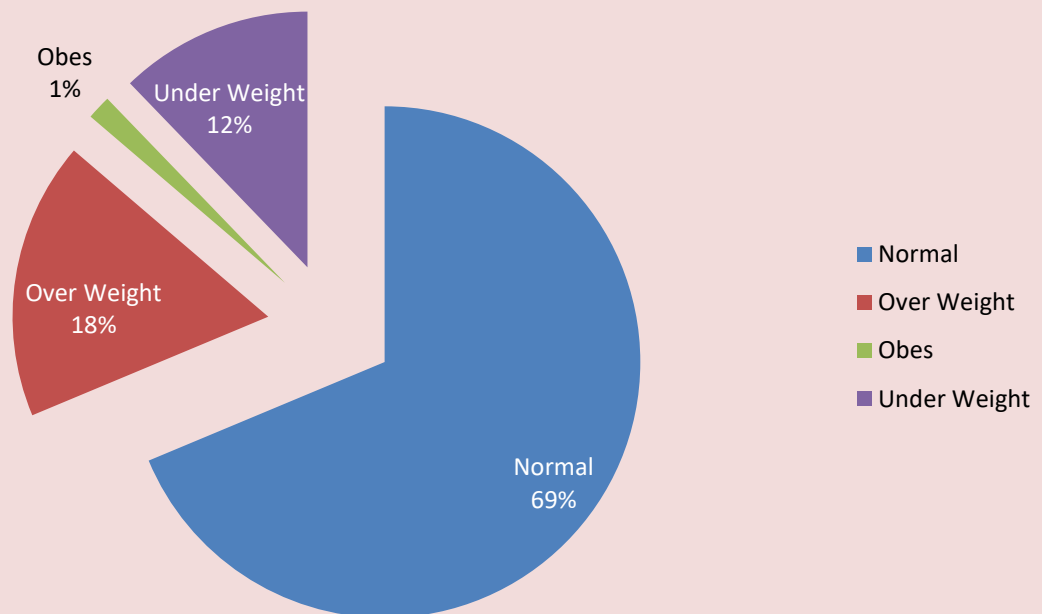
Age Group – 21 to 25 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 21-25 YEARS

393

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	270	69%
OBES	6	2%
OVER WEIGHT	69	17%
UNDER WEIGHT	93	12%

No. of Female (Age Group 21-25 Years) - 393



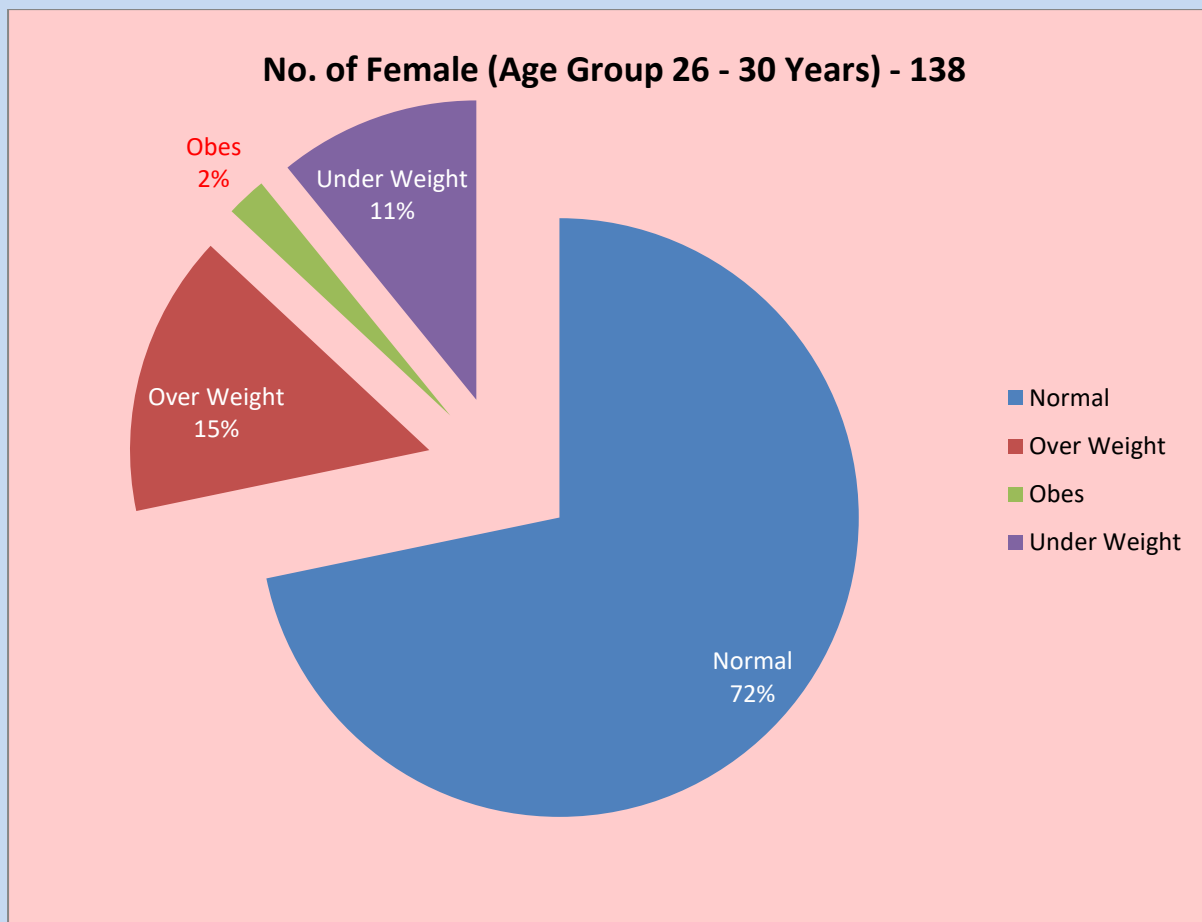
UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 26 to 30 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 26-30 YEARS

138

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	99	72%
OBES	3	2%
OVER WEIGHT	21	15%
UNDER WEIGHT	15	11%



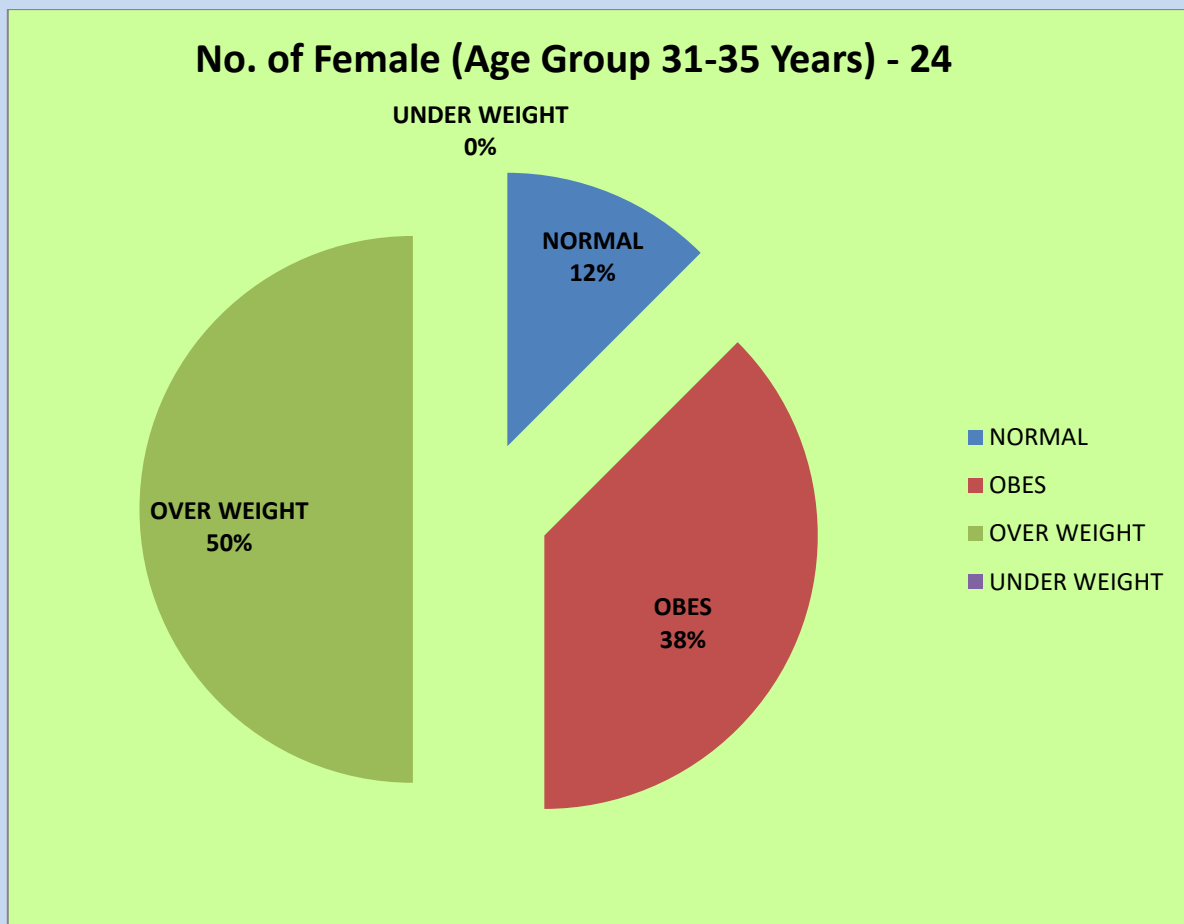
UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 31 to 35 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 31-35 YEARS

24

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	3	12%
OBES	9	38%
OVER WEIGHT	12	50%
UNDER WEIGHT	0	0%



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

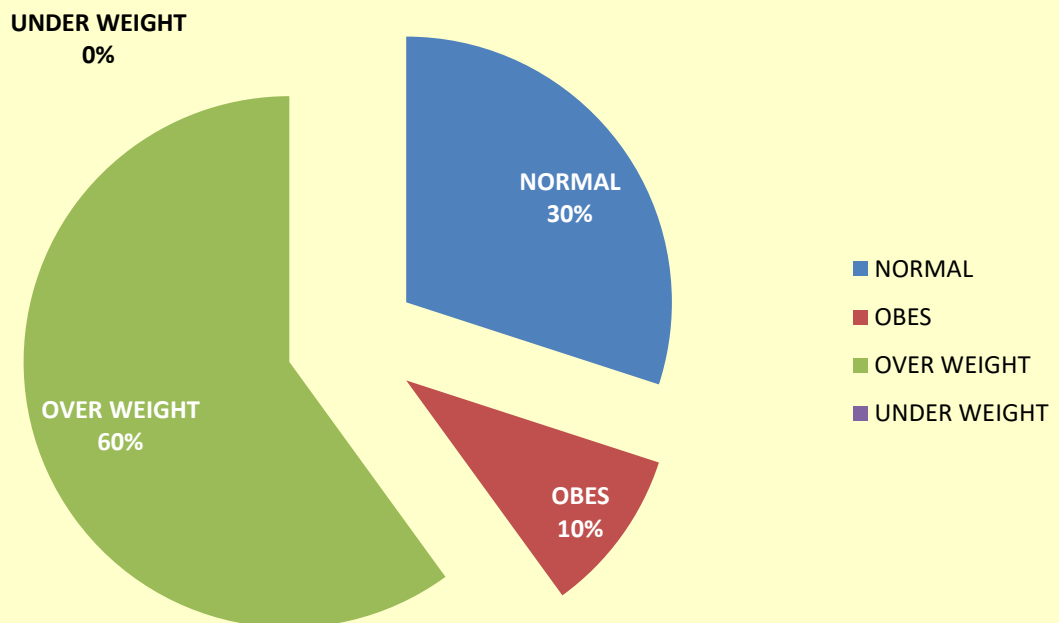
Age Group – 36 to 40 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 36-40 YEARS

30

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	9	30%
OBES	3	10%
OVER WEIGHT	18	60%
UNDER WEIGHT	0	0%

No. of Female (Age Group 36-40 Years) - 30



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

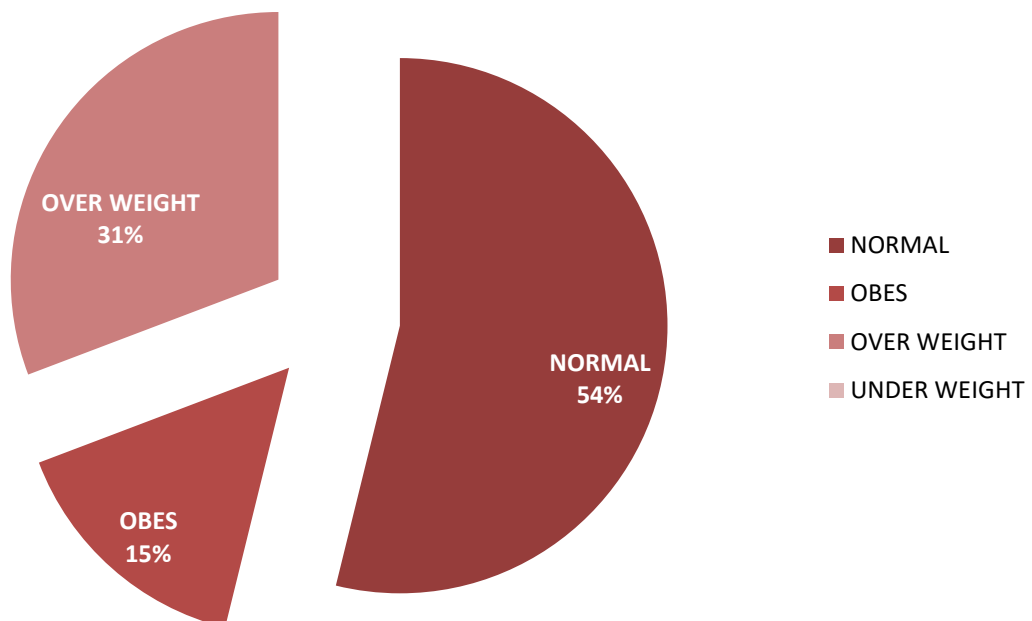
Age Group – 40+ Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 36-40 YEARS
39

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	21	54%
OBES	6	15%
OVER WEIGHT	12	31%
UNDER WEIGHT	0	0%

No. of Female (Age Group 40+ Years) - 39

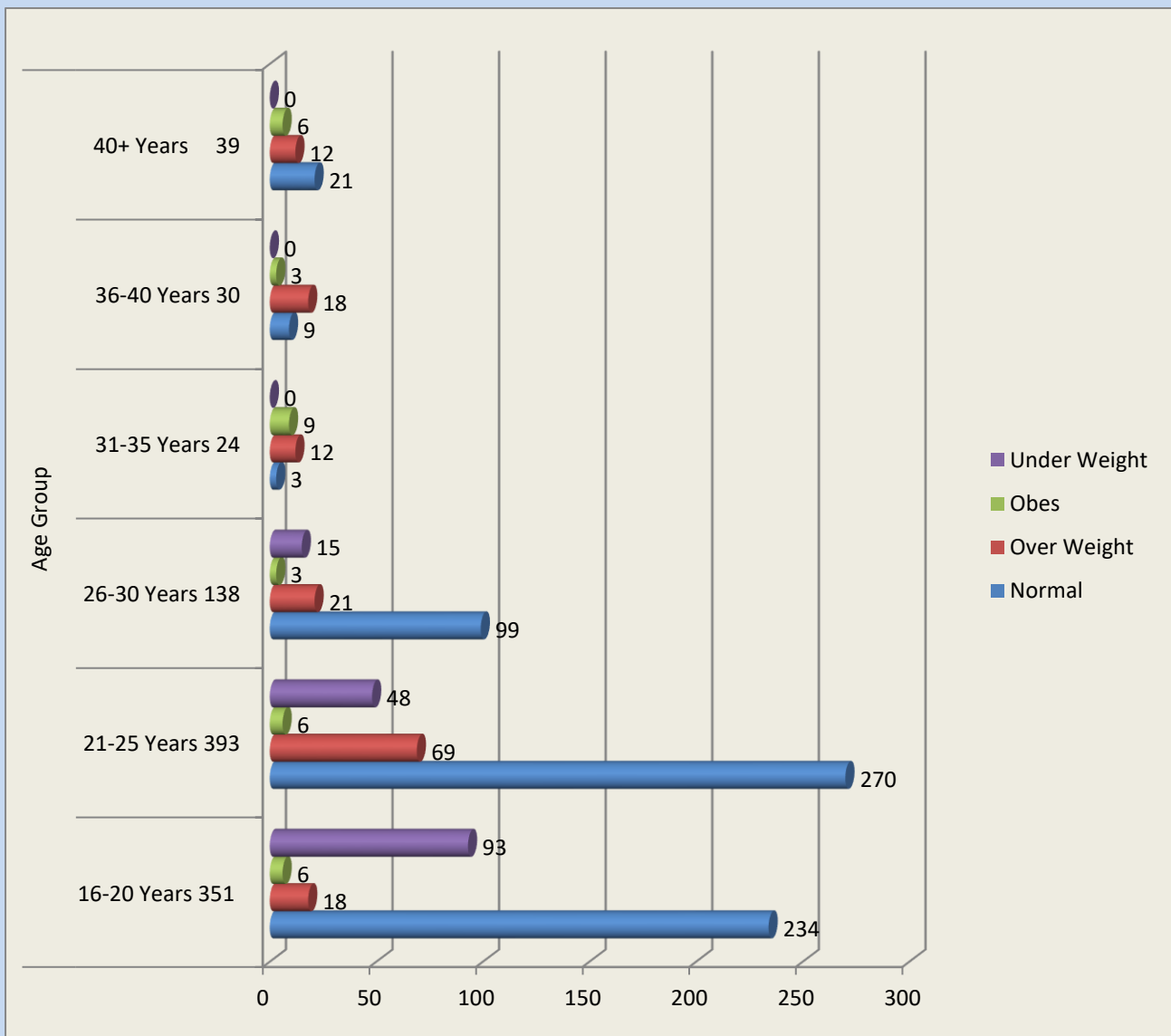
UNDER WEIGHT
0%



OVERALL UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

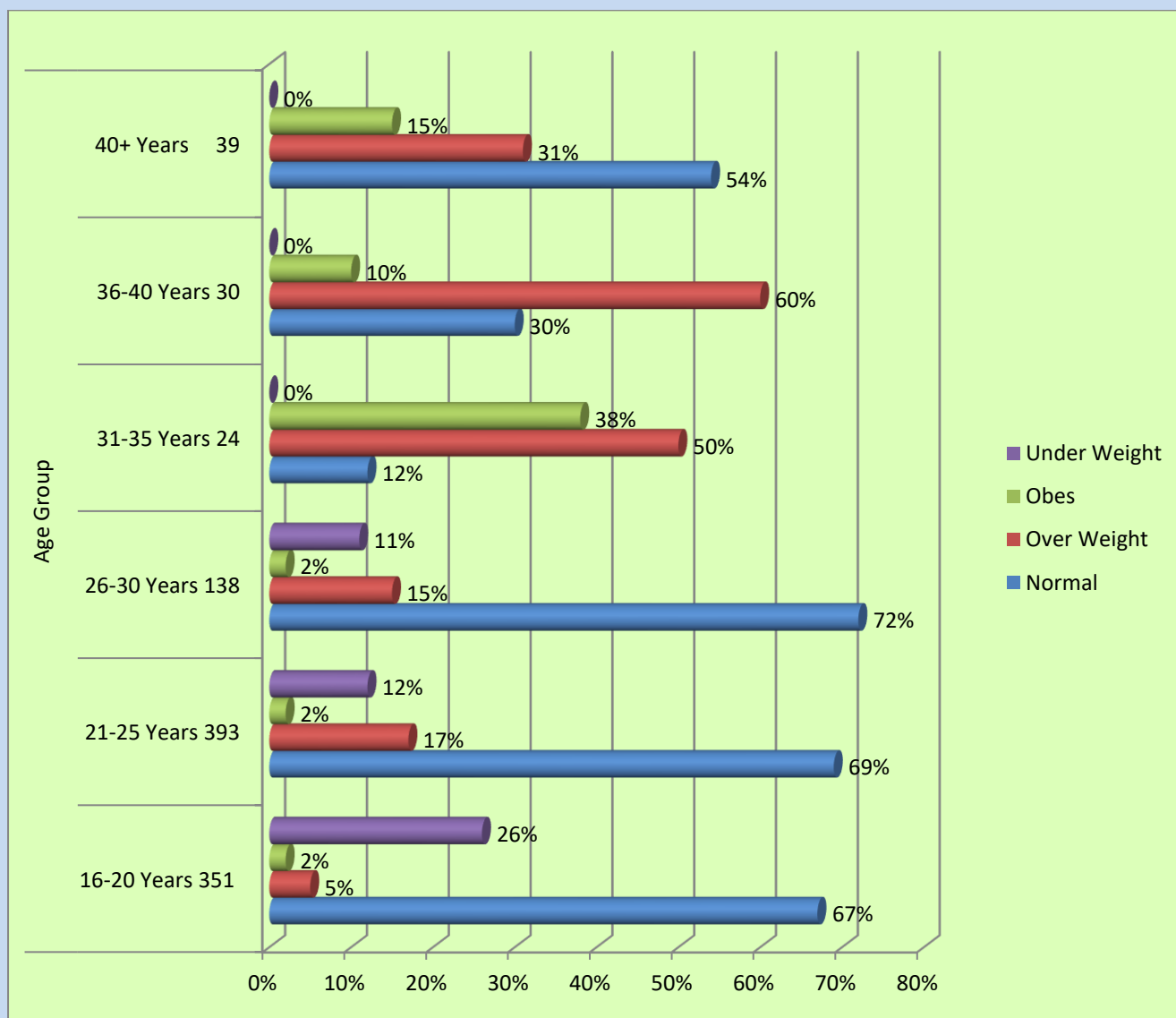
		Normal	Over Weight	Obese	Under Weight
		Age Group			
	16-20 Years 351	234	18	6	93
	21-25 Years 393	270	69	6	48
	26-30 Years 138	99	21	3	15
	31-35 Years 24	3	12	9	0
	36-40 Years 30	9	18	3	0
	40+ Years 39	21	12	6	0



OVERALL UNIVERSITY FEMALE BMI PERCENTAGE ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

Age Group		Normal	Over Weight	Obese	Under Weight
Age Group	16-20 Years 351	67%	5%	2%	26%
	21-25 Years 393	69%	17%	2%	12%
	26-30 Years 138	72%	15%	2%	11%
	31-35 Years 24	12%	50%	38%	0%
	36-40 Years 30	30%	60%	10%	0%
	40+ Years 39	54%	31%	15%	0%

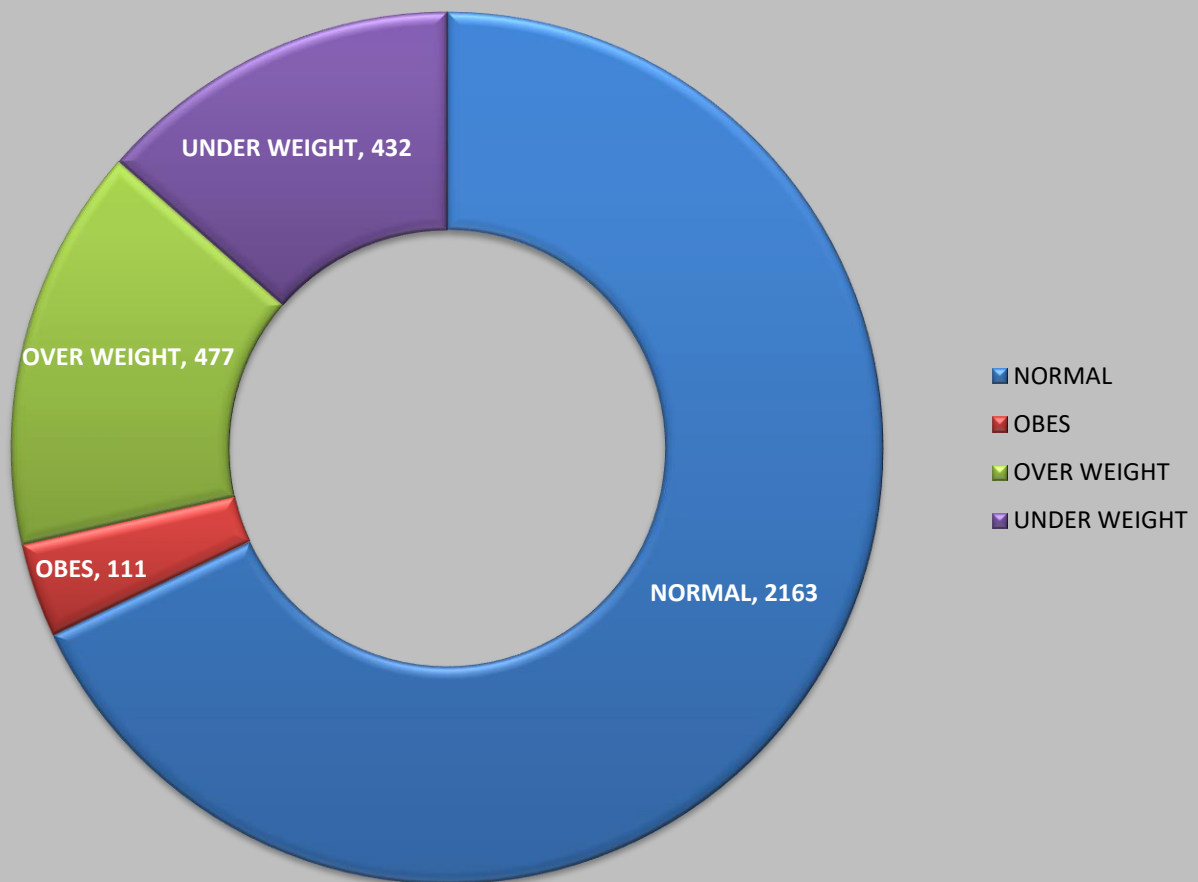


UNIVERSITY MALE BMI STATUS

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to BMI value	No. of Male
NORMAL	2163
OBES	111
OVER WEIGHT	477
UNDER WEIGHT	432

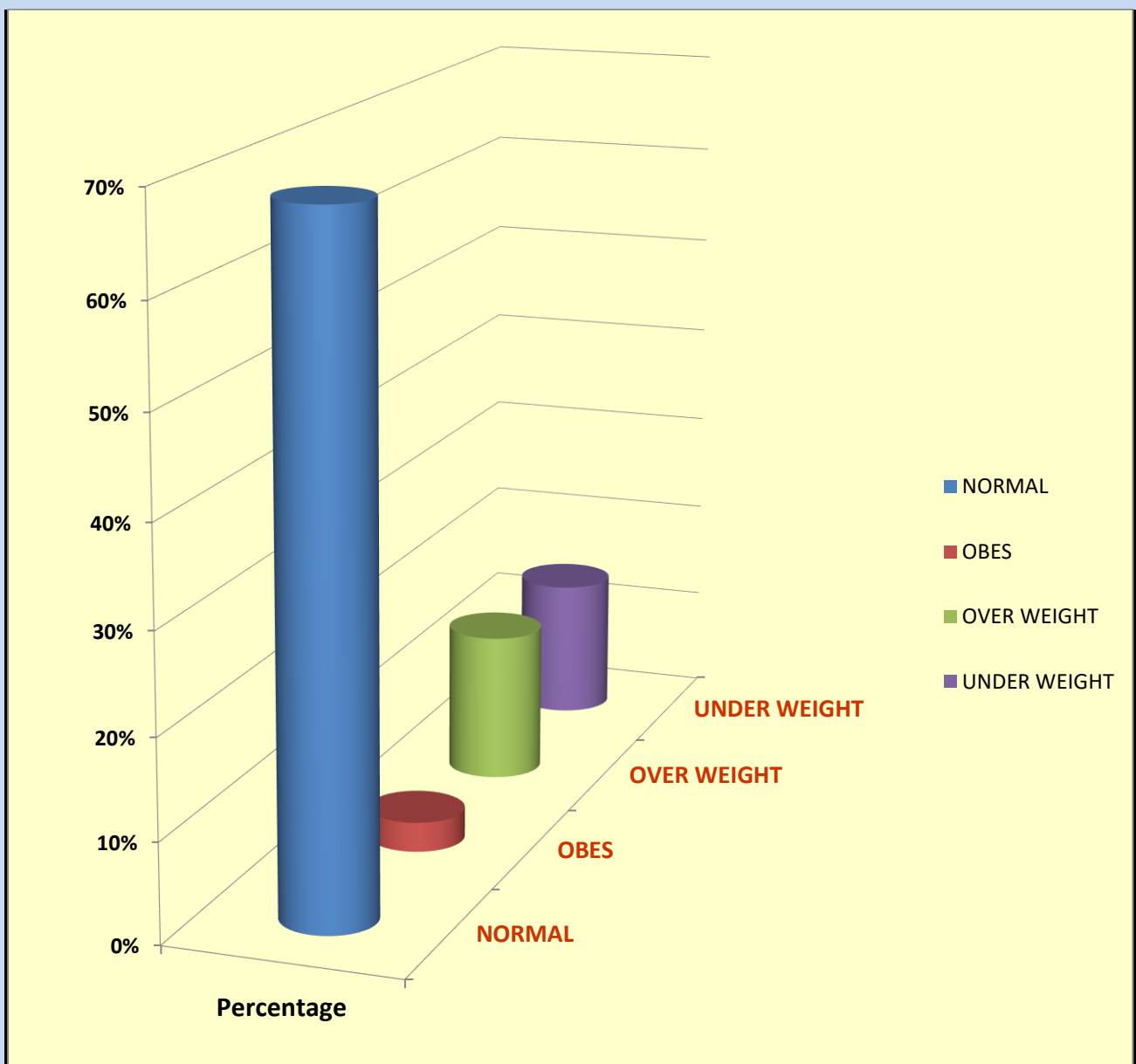
Total No. of Male - 3183



UNIVERSITY MALE BMI STATUS PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	2163	68%
OBES	111	3%
OVER WEIGHT	477	15%
UNDER WEIGHT	432	14%



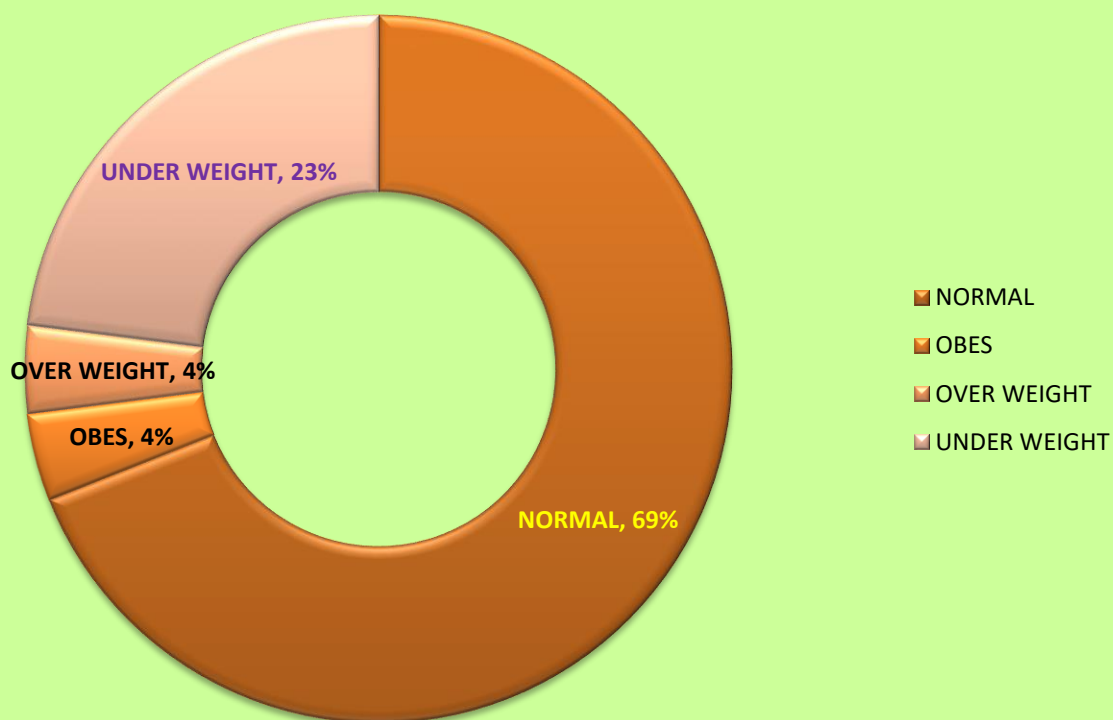
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 16 to 20 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 16-20 YEARS
945

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	654	69%
OBES	42	4%
OVER WEIGHT	36	4%
UNDER WEIGHT	213	23%

Total No. of Male (Age Group 16-20 Years) - 945



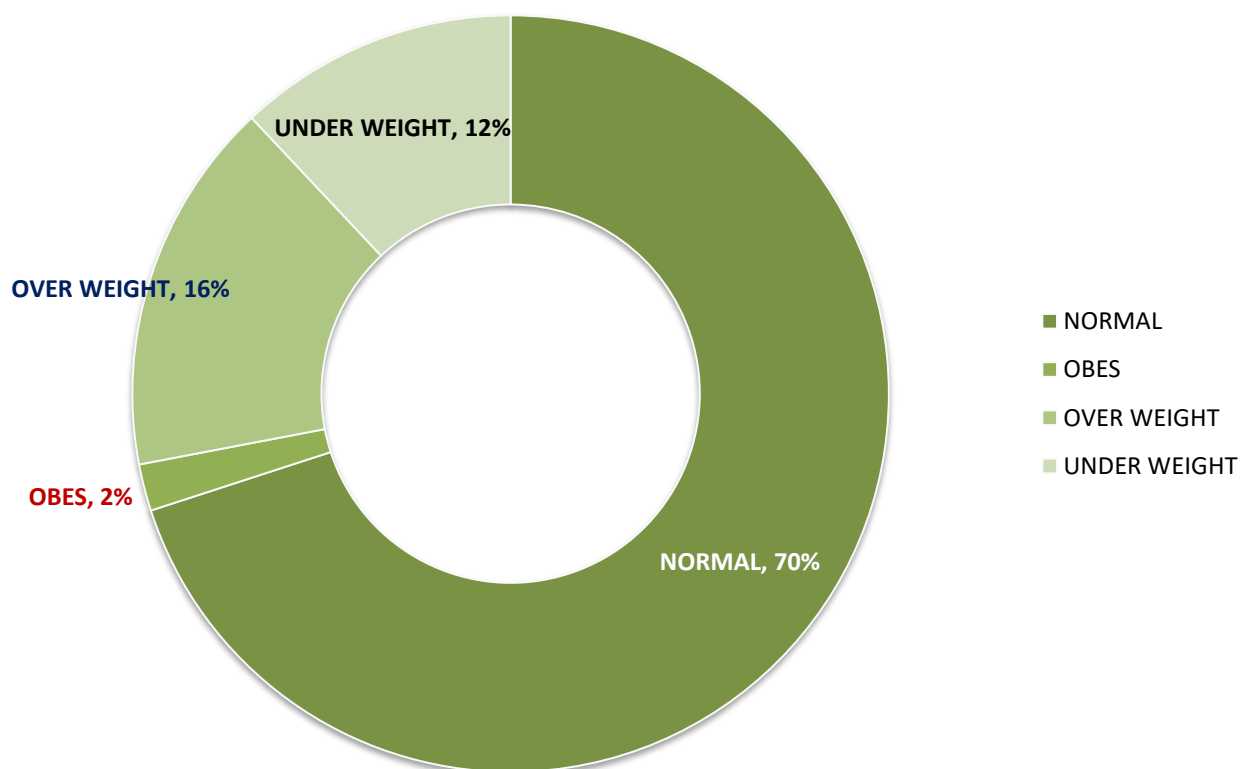
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 21 to 25 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 21-25 YEARS
1538

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	1077	70%
OBES	27	2%
OVER WEIGHT	248	16%
UNDER WEIGHT	186	12%

Total No. of Male (Age Group 21-25 Years) - 1538



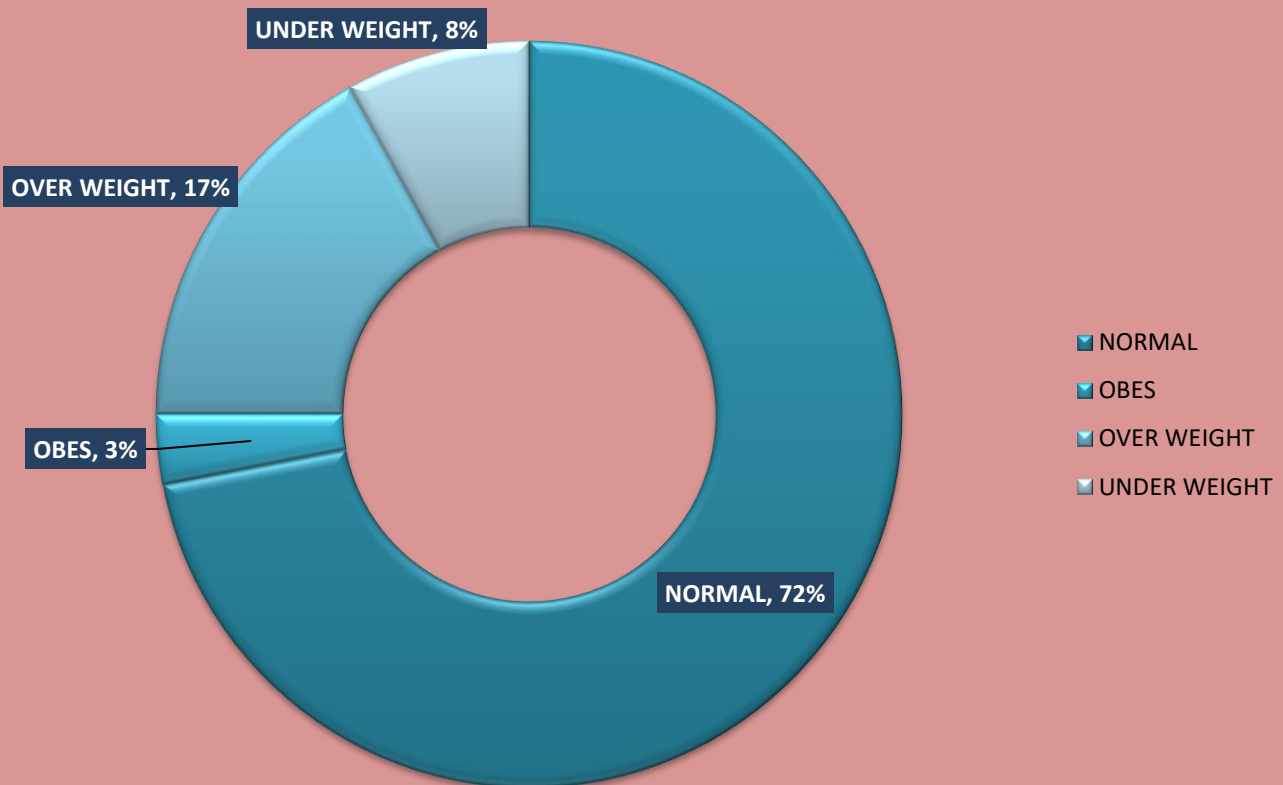
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 26 to 30 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 26-30 YEARS
420

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	303	72%
OBES	12	3%
OVER WEIGHT	72	17%
UNDER WEIGHT	33	8%

Total No. of Male (Age Group 26-30 Years) - 420



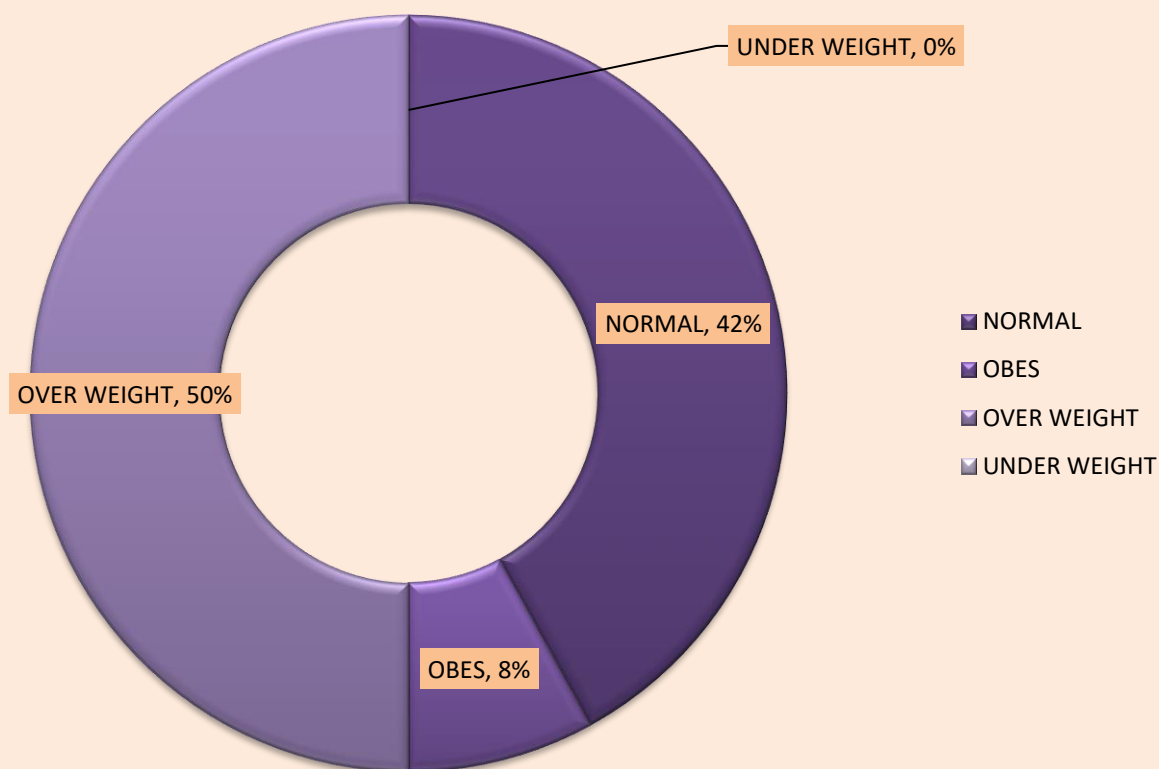
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 31 to 35 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 31-35 YEARS
72

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	30	42%
OBES	6	8%
OVER WEIGHT	36	50%
UNDER WEIGHT	0	0%

Total No. of Male (Age Group 31-35 Years) - 72



UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

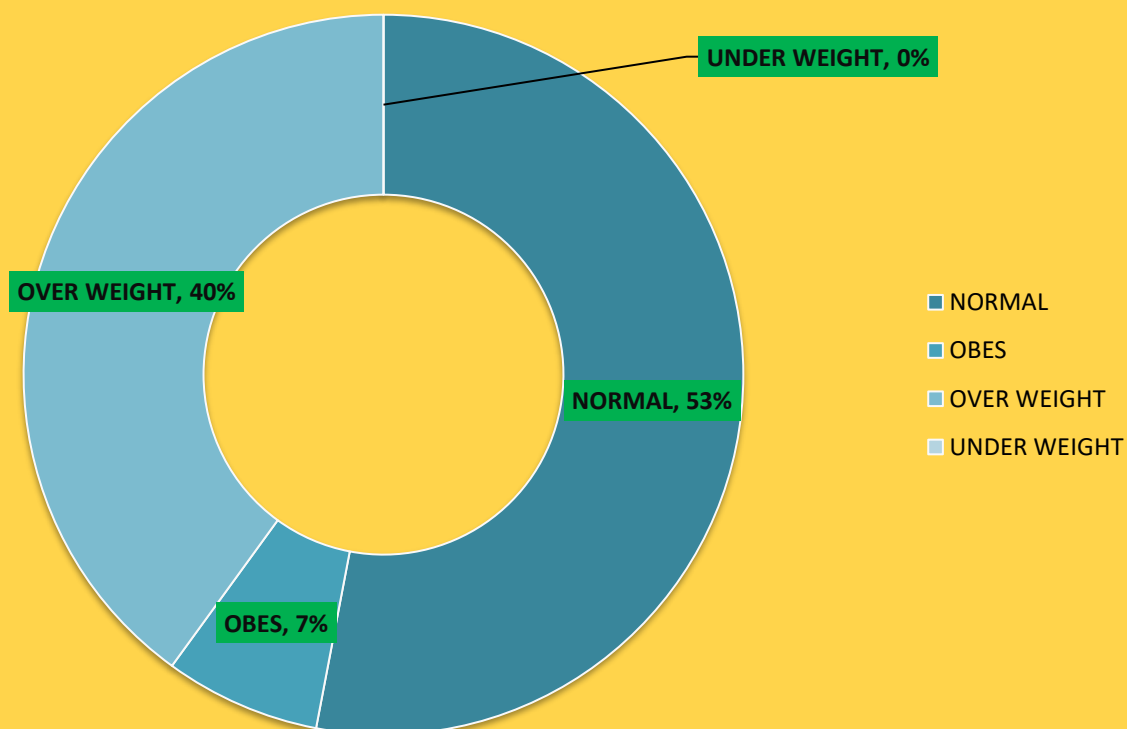
Age Group – 36 to 40 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 36-40 YEARS

45

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	24	53%
OBES	3	7%
OVER WEIGHT	18	40%
UNDER WEIGHT	0	0%

Total No. of Male (Age Group 36 to 40 Years) - 45



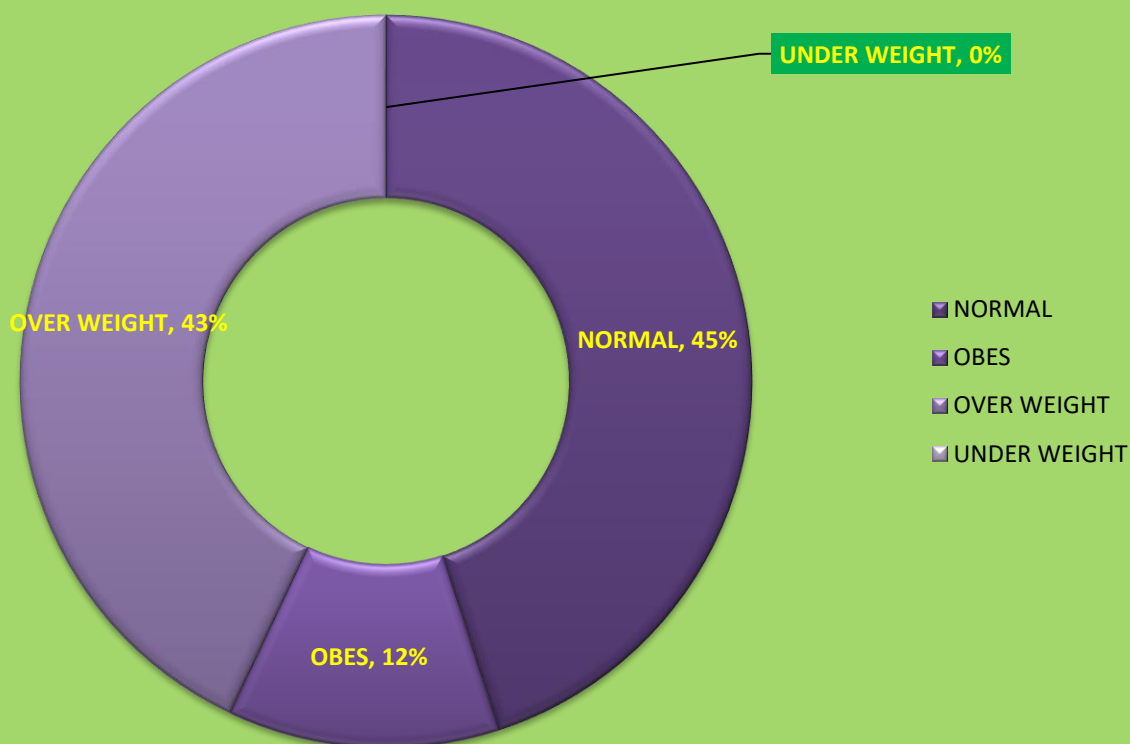
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 40+ Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 40+ YEARS
175

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	78	45%
OBES	21	12%
OVER WEIGHT	76	43%
UNDER WEIGHT	0	0%

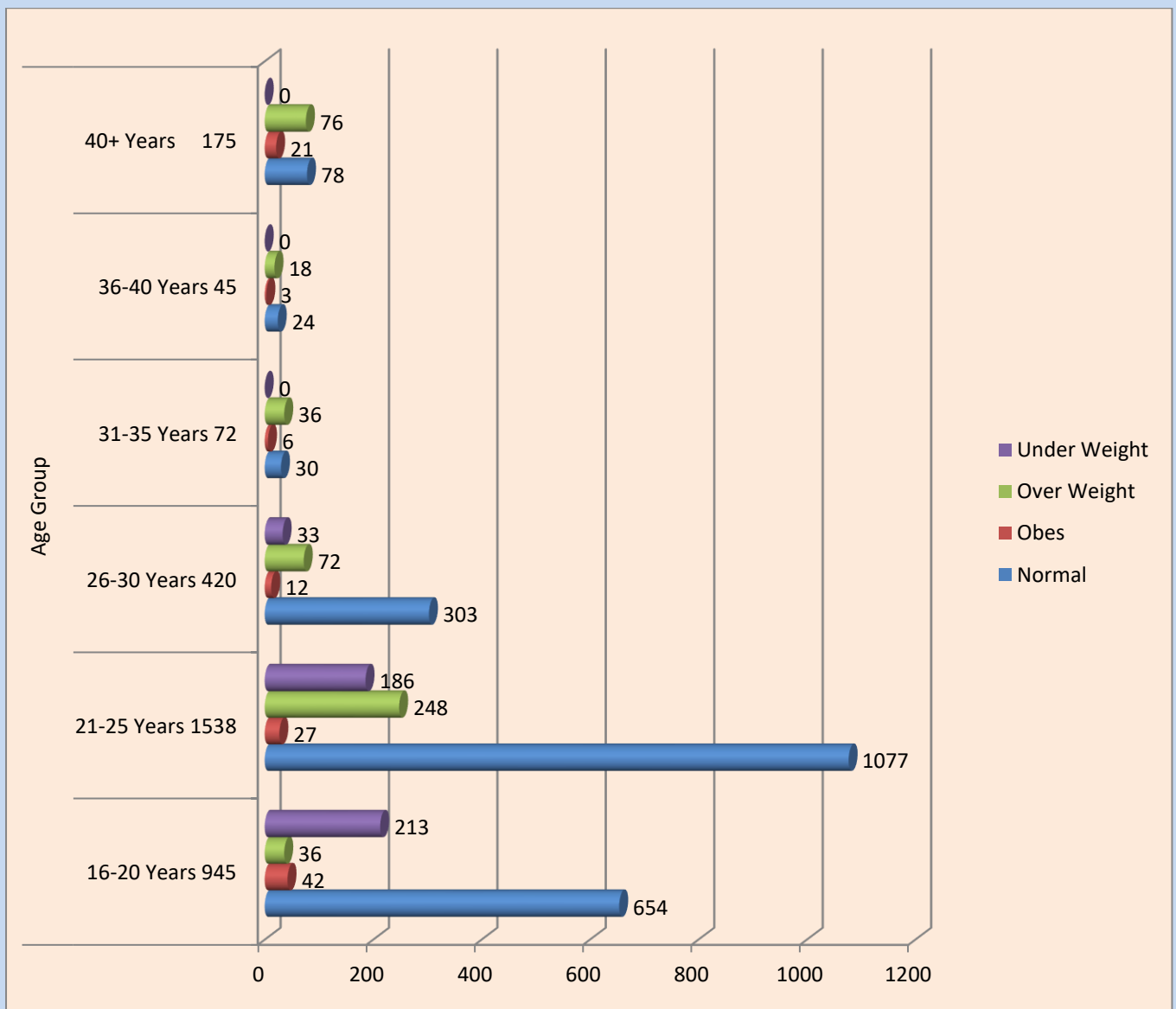
Total No. of Male (Age Group 40+ Years) - 175



OVERALL UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

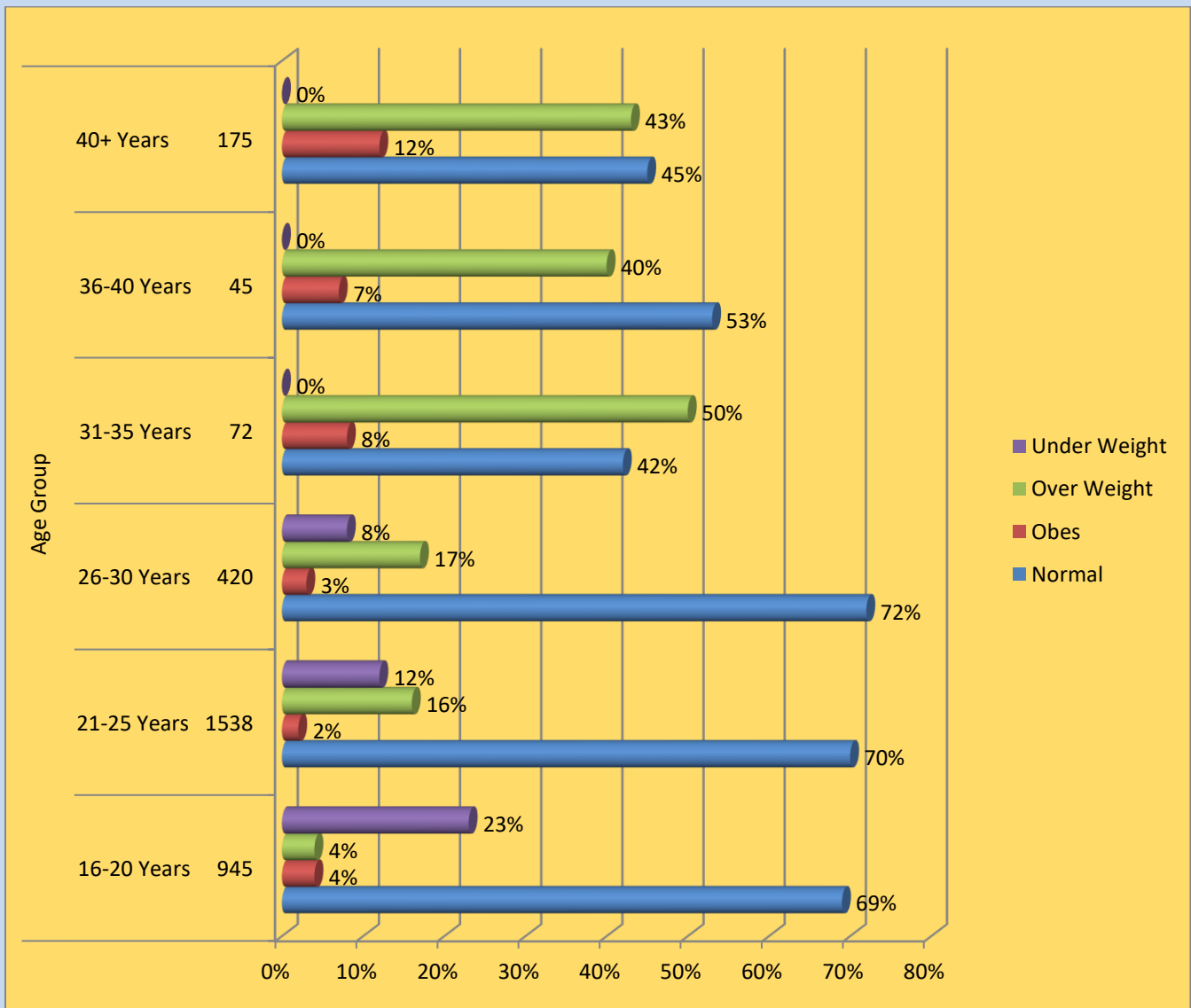
Age Group		Normal	Obese	Over Weight	Under Weight
		16-20 Years	945	654	42
21-25 Years	1538	1077	27	248	186
26-30 Years	420	303	12	72	33
31-35 Years	72	30	6	36	0
36-40 Years	45	24	3	18	0
40+ Years	175	78	21	76	0



OVERALL UNIVERSITY MALE BMI PERCENTAGE ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Age Group		Normal	Obese	Over Weight	Under Weight
Age Group	16-20 Years 945	69%	4%	4%	23%
	21-25 Years 1538	70%	2%	16%	12%
	26-30 Years 420	72%	3%	17%	8%
	31-35 Years 72	42%	8%	50%	0%
	36-40 Years 45	53%	7%	40%	0%
	40+ Years 175	45%	12%	43%	0%



BODY FAT PERCENTAGE

Body Fat Percentage Classification

Body Fat Percentage		Classification
Male	Female	
5.0 - 9.9%	5.0 - 19.9%	Low
10.0 - 19.9%	20.0 - 29.9%	Normal
20.0 - 24.9%	30.0 - 34.9%	High
25% & Above	35% & Above	Very High

TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE – 975

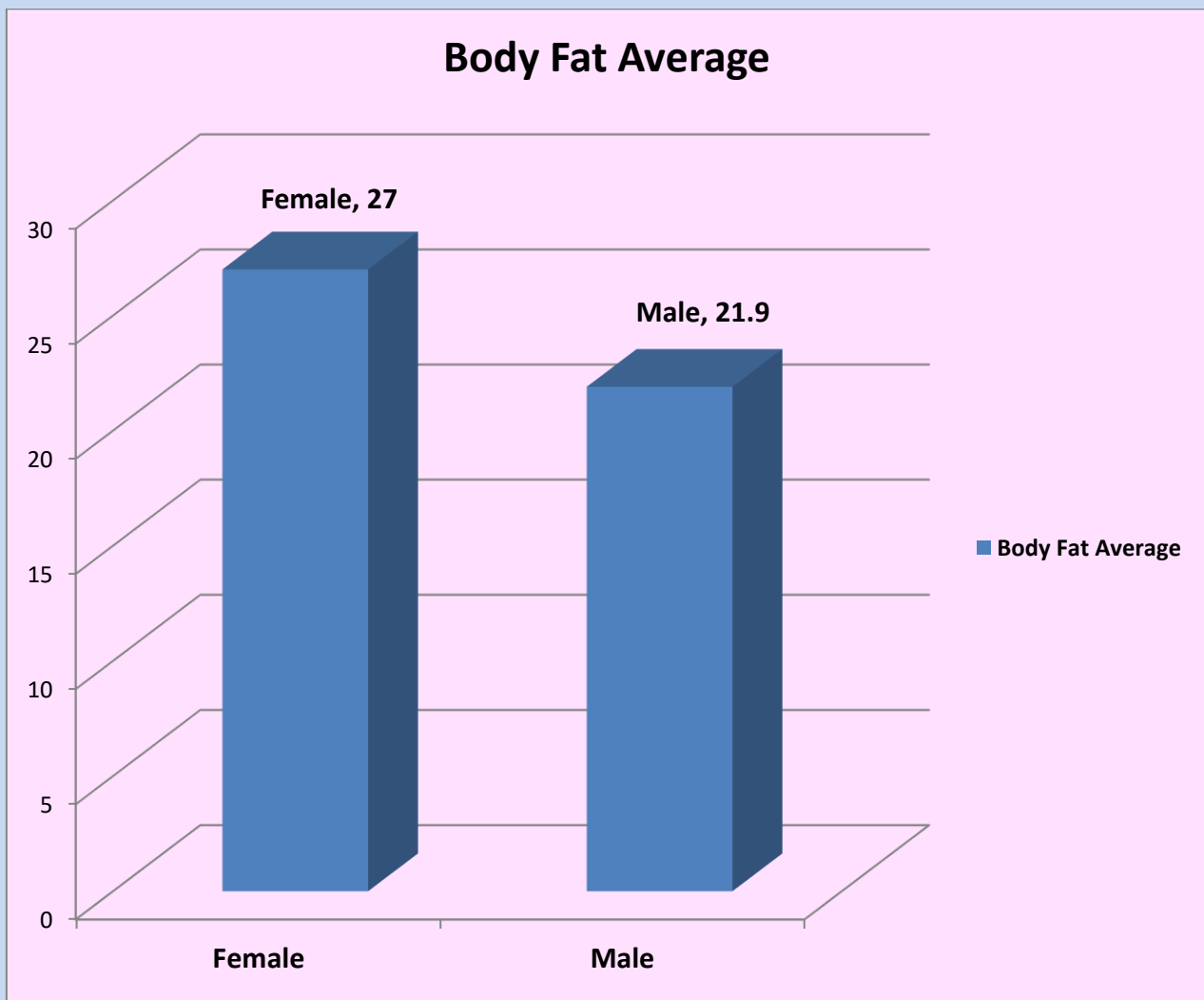
UNIVERSITY MALE AND FEMALE BODY FAT PERCENTAGE AVERAGE

TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE - 975

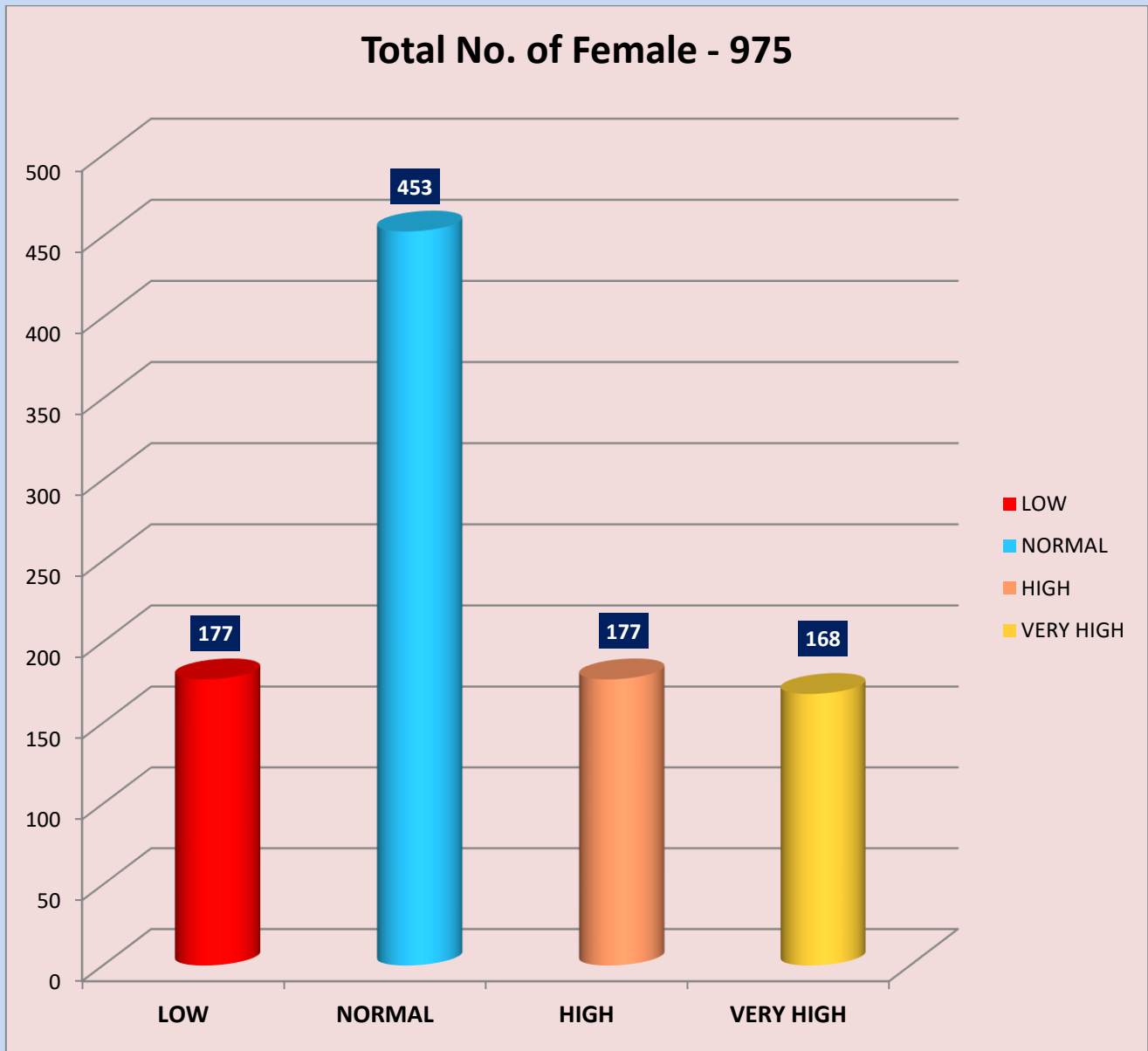
	Body Fat Average	Classification
Female	27%	Normal
Male	21.9%	High



UNIVERSITY FEMALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

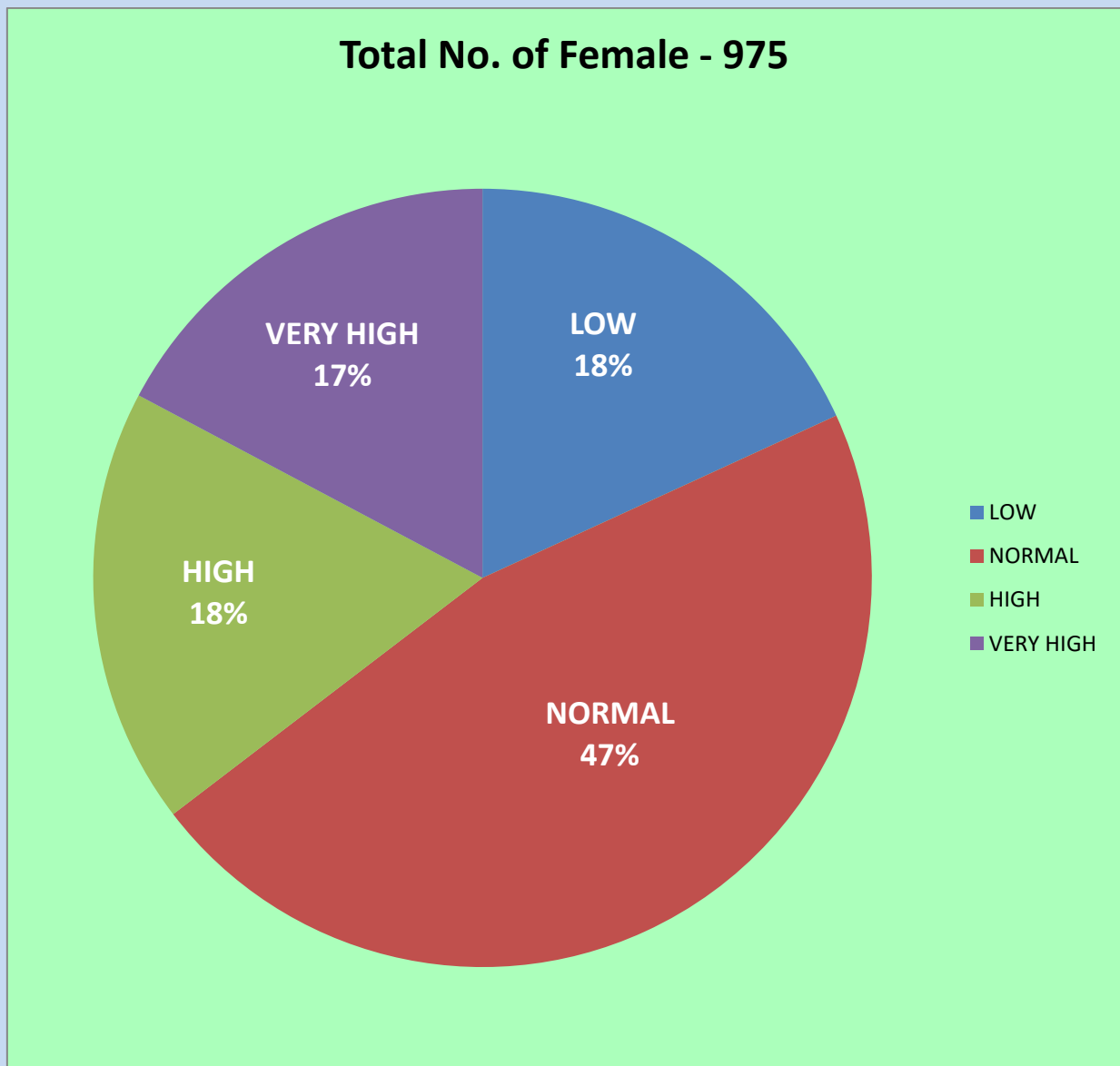
Status of Health according to Body Fat Percentage	No. of Female
LOW	177
NORMAL	453
HIGH	177
VERY HIGH	168



UNIVERSITY FEMALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

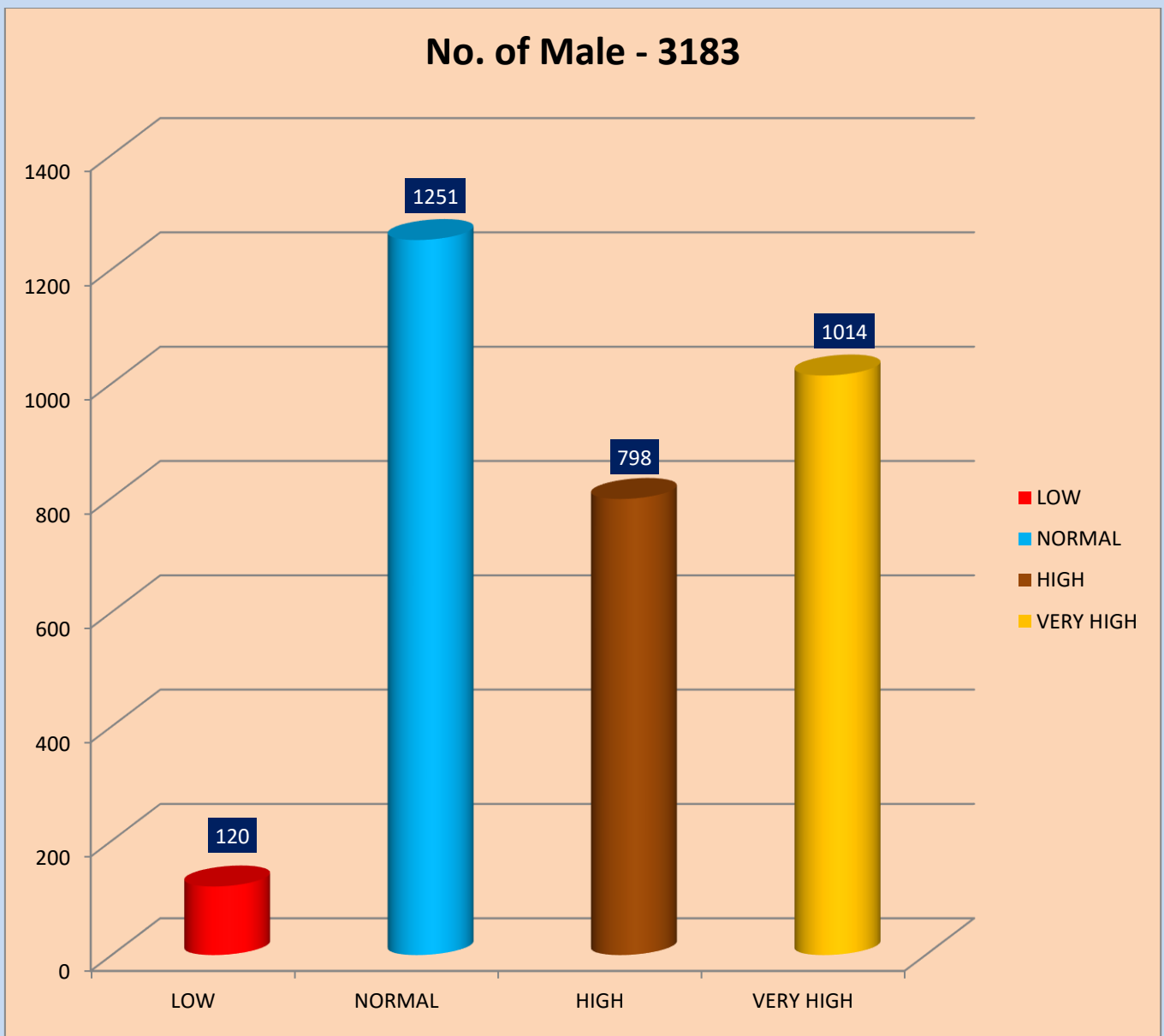
Status of Health according to Body Fat Percentage	No. of Female	Percentage
LOW	177	18%
NORMAL	453	47%
HIGH	177	18%
VERY HIGH	168	17%



UNIVERSITY MALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to Body Fat Percentage	No. of Male
LOW	120
NORMAL	1251
HIGH	798
VERY HIGH	1014



UNIVERSITY MALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to Body Fat Percentage	No. of Male	Percentage
LOW	120	4%
NORMAL	1251	39%
HIGH	798	25%
VERY HIGH	1014	32%

No. of Male - 3183

