

Empowering Health: A Study on BMI Assessment Among College Girls on Women's Day

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Introduction

Health is a fundamental aspect of human life, influencing the overall well-being, productivity, and quality of life. Among various health parameters, Body Mass Index (BMI) serves as a crucial indicator of an individual's physical health, helping to assess whether a person falls within a healthy weight range. Young women, especially college students, often face unique health challenges due to academic pressures, lifestyle changes, dietary habits, and mental stress. Therefore, regular health checkups, including BMI assessment, play a vital role in creating awareness and promoting healthy living practices among young females.

On the occasion of International Women's Day, celebrated annually on the 8th of March, SSPM'S LRPD Arts, Science, and Commerce College, Rahuri, organized a special Health Checkup Camp for its female students. The initiative aimed to assess the BMI of college girls and provide insights into their health status while educating them about the significance of maintaining a balanced lifestyle. This event was an essential step towards empowering young women with knowledge about their health and encouraging them to adopt healthier habits for a better future.

International Women's Day (IWD) is a global event dedicated to celebrating the achievements of women in various fields while also addressing critical issues related to gender equality and women's health. The theme of Women's Day often revolves around empowerment, well-being, and rights, making it an ideal occasion to emphasize the importance of health among young women. In the modern era, where sedentary lifestyles and unhealthy eating habits are becoming increasingly prevalent,

conducting a health checkup on this special day served as a timely reminder for female students to prioritize their health.

Women's health is influenced by various factors, including hormonal changes, nutritional deficiencies, and lifestyle choices. College students, in particular, face additional health risks due to irregular sleep patterns, stress from academic responsibilities, lack of physical activity, and improper dietary habits. The health checkup camp, with a focus on BMI testing, served as an effective measure to gauge the current health status of the students and encourage them to take proactive steps toward improving their well-being.

Objectives of the Health Checkup Camp

The primary objectives of the Health Checkup Camp organized on International Women's Day were:

1. **To assess the BMI of college female students** – BMI is a widely used measure to determine if an individual is underweight, normal weight, overweight, or obese. This assessment helped students understand their current health status.
2. **To spread awareness about the importance of maintaining a healthy lifestyle** – Educating students on the impact of nutrition, physical activity, and mental well-being on overall health.
3. **To encourage preventive healthcare measures** – Promoting regular health checkups to detect health issues at an early stage and take necessary actions.
4. **To provide dietary and lifestyle recommendations** – Offering professional advice on balanced diets, exercise routines, and stress management techniques.
5. **To empower young women with health knowledge** – Equipping students with the necessary information to make informed choices regarding their health and fitness.

Methodology of the Health Checkup Camp

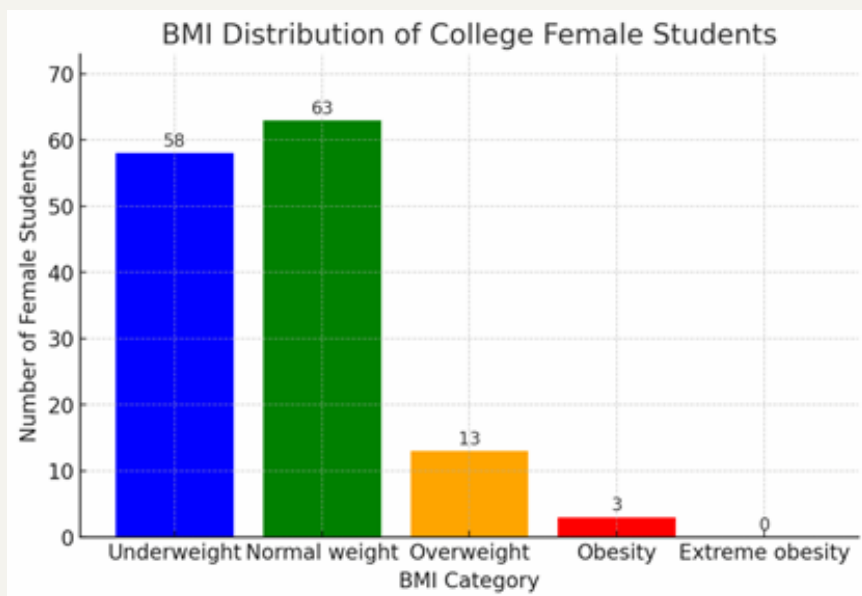
The Health Checkup Camp was meticulously planned and executed to ensure the maximum participation and benefit of the students. The methodology adopted included the following steps:

1. **Pre-Event Awareness Campaign** – Prior to the event, awareness was spread through posters, social media announcements, and word-of-mouth

communication to encourage students to participate.

2. **Registration Process** – Students were required to register for the checkup to facilitate smooth management of the event.
3. **BMI Measurement** – Each participant's height and weight were measured, and their BMI was calculated using the standard formula: $\text{BMI} = \text{weight (kg)} / \text{height (m}^2\text{)}$ and also with the help of Omron (body fat monitor) machine.
4. **Health Counseling** – Based on the BMI results, students were provided with individual counseling sessions to discuss their health status and receive advice on lifestyle modifications.
5. **Nutritional Guidance** – Nutrition experts provided information on healthy eating habits, dietary requirements, and ways to maintain an optimal BMI.
6. **Follow-Up and Feedback** – Students were encouraged to maintain records of their health and were given follow-up recommendations to ensure continued well-being.

Findings and Observations



The BMI assessments conducted during the Health Checkup Camp revealed significant insights into the health status of female students. The observations included:

- A considerable percentage of students had BMI values within the normal range, indicating a balanced health status.
- About 50% students were found to be underweight, which raised concerns about nutritional deficiencies and the need for improved dietary intake.
- A noticeable number of students fell into the overweight or obese category, highlighting the importance of regular exercise and a balanced diet.
- Many students expressed interest in learning more about healthy habits and sought advice on how to manage weight effectively.

Impact of the Event on Students

The Health Checkup Camp proved to be a highly beneficial initiative for the students. Some of the key impacts observed were:

- **Increased Health Awareness:** Students became more aware of their BMI status and the implications of being underweight or overweight.
- **Encouragement for a Healthy Lifestyle:** The event inspired students to adopt healthier eating habits, engage in physical activities, and maintain a balanced routine.
- **Confidence in Seeking Medical Advice:** Many students felt more confident in discussing their health concerns and seeking professional medical guidance when necessary.
- **Sense of Community and Empowerment:** The collective participation of female students fostered a sense of community, empowerment, and mutual encouragement towards health and wellness.

Conclusion

The Health Checkup Camp organized on International Women's Day at SSPM'S LRPD ASC College, Rahuri, was a successful initiative that reinforced the significance of health awareness among college girls. By conducting BMI assessments and providing valuable health guidance, the event served as a crucial step toward fostering a healthier and more informed student community.

Regular health checkups are essential for early detection and prevention of health issues, and initiatives like this contribute significantly to promoting long-term well-being. Moving forward, colleges and institutions should continue organizing similar health camps, integrating more aspects of health assessment, such as mental health evaluations and comprehensive nutritional counseling.

By prioritizing health awareness and preventive care, young women can be empowered to make informed decisions about their well-being, leading to a healthier future for themselves and society at large.

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