

# AKKINENI NAGESWARA RAO COLLEGE

(WITH POST-GRADUATE COURSES)

(AUTONOMOUS & AFFILIATED TO KRISHNA UNIVERSITY)

POST BOX NO.20, GUDIVADA-521301, KRISHNA DIST., A.P., INDIA

AN ISO 9001:2015 & 14001:2015 CERTIFIED ORGANIZATION



**7.1.1: Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years**

- **Additional Information**
- **Gender Audit**
- **Special Reservation for Girls – GO of AP State Govt.**
- **Facilities for Girls & Women**
  - **Sanitary napkin vending Machine and Destroyer**
  - **Separate Canteen facility for Girls & Women**
- **Awareness Programmes**
  - **Legal rights**
  - **Health issues & Check-ups**
- **Research on ‘Women Related Issue’s**

## ADDITIONAL INFORMATION

ANRC displace gender sensitivity through various initiatives and actions for creating safe, secure and healthy atmosphere in the campus. Sensitization of the students is done through special lectures and functions. Specific initiatives with respect to key areas are as follows:

### 1. Safety and security

Safety of girls is a top priority at ANR college campus. We are providing a comprehensive range of security amenities especially for girls. Following actions have been taken to ensure safety of the girl students.

#### 1.1 CCTV Camera

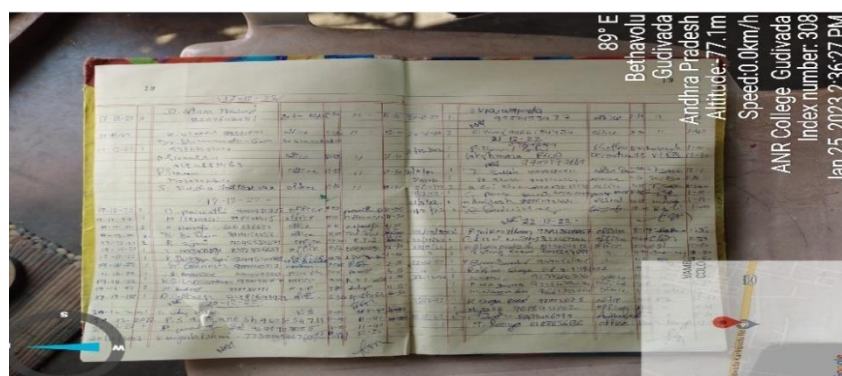
24-hour CCTV surveillance is maintained in the college. It helps to keep a check on unruly activities. Students and other employees in the college too remain cautious about the surveillance. Discipline is also maintained and it also provides a sense of security to the students and even their guardians. Students wear identity cards at all times to ensure their identity. The institution takes good care of the students in every aspect.



**CCTV camera in corridor outside classroom**

#### 1.2 Visitor register

The institute keeps visitor log register to record the details of any person entering the college premise.



**Record of entry of visitors at ANRC main gate**

### **1.3 Female Warden Staff in Hostel**

Girls' hostels have only female wardens and supervisors. Duties of supervisors are arranged in such a manner that supervisors remain there continuously for 24x7hrs. Hostel wardens also reside within the hostel premises. Female sweepers are there in girl hostel. No males are allowed in the hostel premises without due permission.

### **1.4 Hostel Leave form facility**

It is mandatory for all the students to fill hostel leave forms duly signed by the wardens. In some cases wardens contact their parents before granting them permission. There are strict entry times of all girls' hostels.

### **1.5 Mess facility for Girls**

Separate hostel mess for girls is available within the hostel to serve the girls food, tea, coffee and snacks etc.

### **1.6 Medical facility in campus**

There is a doctor on call and also hospital facility for health problems.

## **2. Discipline in campus**

There is a Discipline Committee in the institution to take care of safety and security of the students. It also keeps an eye on the working of all the employees as well as the activities of the students within the institution. ANRC aims at zero tolerance against eve-teasing/ragging with wide publicity which is maintained by the Discipline Committee

## **3. Parent teacher meeting**

Periodical parent-teacher meetings are organized to bring the students –parents and teachers together. Updates are provided about the overall development and performance of the students. Parents' issues related to their wards are also entertained.

## **4. Counselling**

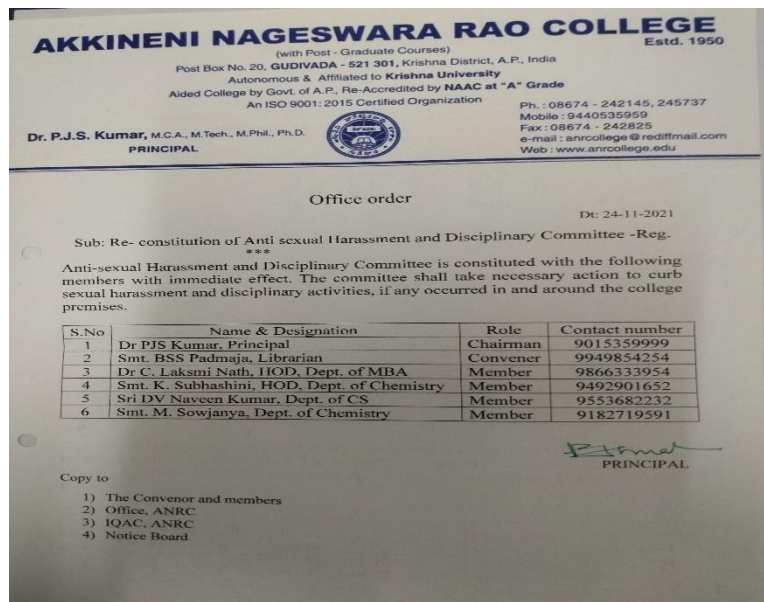
### **4.1 Faculty Mentors**

Mentors are assigned the responsibility of mentoring and counselling of the student. Each mentor looks after the matters of a group of students. If any problem is there both boys and girls are counselled as per their requirements individually .

### **4.2 Anti Sexual Harassment Committee**

Anti Sexual Harassment Committee is formed in the college. It organizes various events on awareness issues. College has appointed counsellors to guide the students and attend to the issues of the students. They motivate them regularly and guide them to lead a good life.





## Constitution of Anti Sexual Harassment Committee

### Objectives of the Committee

- To develop guidelines and norms for policies against sexual harassment
- To develop principles and procedures to combat sexual harassment
- To work out details for the implementation these policies.
- To prepare a detailed plan of actions, both short and long term
- To organize gender sensitization awareness programme.
- To deal with cases of discrimination and sexual harassment in a time bound manner, aiming at ensuring support services to the victimized

### 5. Girls Waiting hall.

Two Separate waiting halls for women staff and 5 waiting halls for girl students are provided in different locations of the college Campus. These waiting halls have Complaint Box. Sanitary napkins Vending Machine and Incinator are also available for Use.

### 6. Common Hall

The Common Hall facility is available for girl students in their hostel in campus where the students come in their free time to relax and entertain. Common rooms have LCD for students where news bulletin and other healthy shows and movies are played. Sports facilities like table tennis, carom, chess, tennikoit etc. are available in hostel.

### 7. Awareness program

Awareness programs, International Women's Day, webinar and workshops on gender sensitivity are regularly organized in the campus by the faculty members to make them aware women issues in order to enhance women empowerment. The female teaching & non-teaching staff and students are informed to attend the programs on gender sensitization. Sri K.S. ApaaRao, Secretary & Correspondent has constituted an endowment fund to conduct a health awareness lecture on regular basis on the memory of smt. Late Parvathaneni Anasuyamma, W/O Sri Parvathaneni Nageswara Rao, President, College Managing Committee.

### 8. Open and transparent system

Open and transparent system of recruitment and promotion of faculty and staff which is purely based on merit. We currently have more than 70% of female faculty members in our institution. Female faculty members also hold higher administrative and academic positions in the college.

## 9.Prizes and Gold Medals to Female Students and Staff

Prize No.	Description of Prize	Name of Prize and Instituted by
103	First in Intermediate among Girls	<b>SmtUppalapatiBhaskaramma memorial prizes</b> <i>Instituted by</i> :Sri UppalapatiVeerabhadra Rao Former President A.N.R.College Committee (2000-01)
110	First in Inter Civics	<b>Smt. A. Yasoda Krishna Veni Mem. Prize</b> <i>Instituted by:</i> Smt.A. Rajya Lakshmi, w/o Sri A.Lakshmiapati, Retd. Lecturer in Physics (2006-07)
208	First in B.A. among Girls	<b>Sri KallakuriVR.Krishna Memorial Prize</b> <i>Instituted by</i> : Dr K.Annapurna Retired Reader in Telugu (2003-04)
218	First in B.Com., among Girls	<b>SmtUppalapatiBhaskaramma memorial Prizes</b> <i>Instituted by</i> :Sri UpplapatiVeerabhadra Rao Former President A.N.R.College Committee (2000-01)
228	First in B.Sc. Among Girls	<b>Smt Lingam Vimala Memorial Prize</b> <i>Instituted by</i> : Sri Boppana Sai Raghuram Detroit (1997-98)
236	First in I B.Sc.MPC Group Subjects among Girls	<b>Maganti Endowment Prize</b> <i>Instituted by</i> :Sri M.Veerabhadra Rao, Retd. Principal, ANR College, (1997-98) (Through ANRCOSA)
238	First in I B.Sc.MPCS Group Subjects among Girls	<b>Maganti Endowment Prize</b> <i>Instituted by</i> :Sri M.Veerabhadra Rao, Retd. Principal, ANR College, (1997-98) (Through ANRCOSA)
305	Girls student who secures highest marks in I MBA	<b>Smt. Lingam Jayasudha Endowment Prize</b> <i>Instituted by</i> :Smt. L. Jaya sudha, USA Alumni (2016-17) (Through ANRCOSA)
402	College Sports Champions Boys & Girls Inter & Degree	<b>Sri A.V.Sita Rama Murthy Endowment Prizes for Sports Persons</b> <i>Instituted by</i> : Sri A.V.Sita Rama Murthy, Retd. Lecturer in Telugu (1999-2000)
403	Best sports persons boys and girls,	<b>Smt.UppalapatiBhaskaramma Memorial Prizes</b> <i>Instituted by</i> :Sri UpplapatiVeerabhadra Rao Former President, A.N.R.College Committee(2000-01)
404	Sports Champions boys &girls Degree& Inter	<b>Coca-Cola Endowment Prizes</b> <i>Instituted by</i> :Through ANRCOSA (2000-01)
405	Best sports persons boy and girl	<b>Sri Chakrapani Endowment Prizes</b> <i>Instituted by</i> : Sri Chakrapani, Retd. DSP Alumni (2001-02) (Through ANRCOSA)
407	Shuttle Badminton Champion - Girls	<b>Sri APR &amp; Smt. ALK Endowment Prize</b> <i>Instituted by</i> :Sri A. Parandhama Rao, Retd. HOD Economics &Smt A. Lakshmi Kumari(2007-08) (Through ANRCOSA)
410	Best Student of our college among Final year Girls student on the basis of Academic performance, Communication Skills and all around development like participation in quizzes,elocution, seminars, etc.	<b>Smt. Atluri Jaya Lakshmi Gold Medal Prize</b> <i>Instituted by</i> :Dr. S. Sankar, Retd. Principal and Advisor, ANR College (2016-17)
411	Best Lady staff member chosen by the student toppers with Assistance of WDC	<b>SiripurapuSatyagnanaPrasunamba Gold Medal Prize</b> <i>Instituted by</i> :Dr. S. Sankar, Retd. Principal and Advisor, ANR College (2016-17)
513	Merit cum Means to I Year PG Girl and II year PG Girl	<b>Smt. TalluriSowbhagyavathi, W/o. TalluriLingamurthi Endowment Prize</b> <i>Instituted by</i> :T. Surya Narayana Rao, IPS, Retd. DGP, A.P. (Through ANRCOSA)

## **10. Health facilities and Awareness**

Additionally, the college offers girls separate times in the main gym on campus. Regular health awareness programs, such as BMI Calculation, Hemoglobin % Identification, Nutritionist Lectures, and counseling for female students on campus, have been offered by the college.

## **11. Active participation by female staff and students**

Female faculty members and students also play a very active role in the events and fests organized by various committees and clubs of the College. Girl's students along with female faculty members are allowed to go on industrial visits, book exhibition etc.

## **12. Internet Facilitie in Girls Hostel:**

The Girls hostel have provided computer centers for general purposes and learning inside the hostel. This includes 24x7 Internet Facilities is available and Wi-Fi for providing continuous and uninterrupted internet connectivity to students. These facilities are also available to students for preparation of seminars & projects and research-orientated work. The hostel is Wi-Fi enabled and students can access the internet on their laptops round the clock.

## **13. ANRC rules and regulations**

ANRC Regulation & Policy guidelines for admission, recruitment, administrative functioning & academic activities safeguard the interests of the students, Teaching & Non-Teaching staff without any differentiation to their gender.

# **GENDER AUDIT**

<https://www.anrcollege.edu/images/pdf/nac/Gender-Audit.pdf>



## SPECIAL RESERVATION FOR GIRLS – GO OF AP STATE GOVT.

### Reservation of Seats for Girl Students

Q. Implementation of Rule of Reservation in the Admission Process:

S.No	Caste	Percentage
1	SC	15%
2	ST	6%
3	BC 1. BC-A 2. BC-B 3. BC-C 4. BC-D 5. BC-E	29% (for all Categories) 7% 10% 1% 7% 4%
4	Physically Handicapped 1. VH 2. Hearing Impaired 3. OH	3% (for All Disabilities) 1% 1% 1%
5	Special Reservations 1. CAP 2. NCC 3. Sports	4.5% (total) 2% 2% ½%
6	Women Candidates	33.33% In All Categories
7	EWS (Economically Weaker Sections)	10% (Super Numery)



  
PRINCIPAL  
A.N.R. College, Gudivada

## FACILITIES FOR GIRLS & WOMEN SANITARY NAPKIN VENDING MACHINE AND DESTROYER



23/04/21, 11:51 AM  
N 16° 25' 47", E 80° 58' 11"  
ANR College, Gudivada, - 521301



23/04/21, 11:55 AM  
N 16° 25' 46", E 80° 58' 11"  
ANR College, Gudivada, - 521301

## SEPARATE CANTEEN FACILITY FOR GIRLS & WOMEN





# AWARENESS PROGRAMMES ON LEGAL RIGHTS



## చట్టాలపై అవగాహన అవసరం

**న్యాయ విజ్ఞాన సదస్సుల్లో జడ్జిలు**

మొవ్వ విద్యార్థులు చట్టం పట్ల అవగాహన కలిగి ఉండాలని, చట్టాలపై మక్కువ పెంచుకుని న్యాయమూర్తులుగా, న్యాయవాదులుగా ఎదగాలని మొవ్వ జూనియర్ సివిల్ జడ్జి పి.రాజన్ ఉదయ ప్రకాష్ సూచించారు. మండల న్యాయ సేవాధికారి సంస్థ ఆధ్వర్యంలో జరుగుతున్న న్యాయ విజ్ఞాన సదస్సును శనివారం మొవ్వ గ్రామంలోని వేమూరి సుందర రామయ్య ప్రభుత్వ డిగ్రీ పీజీ కళాశాలలో నిర్వహించారు. కళాశాల యాంట్ ర్యాంగింగ్, కన్వెన్షన్ క్లబ్ ఏర్పాటు చేసిన ఈ కార్యక్రమానికి ముఖ్య అతిథిగా జడ్జి రాజన్ ఉదయ ప్రకాష్ పాల్గొన్నారు. విద్యార్థులతో ముఖాముఖీ నిర్వహించి విద్యార్థులకు న్యాయసేవలపై సూచనలు అందజేశారు. కార్యక్రమంలో కళాశాల వైస్ చైర్మన్ డాక్టర్ కేఆర్ మంజుల, నాక్ కో ఆర్డినేటర్ డాక్టర్ ఎల్వీ కృష్ణారావు, కోర్టు కౌన్సిలర్ కృష్ణ, లాయర్లు, అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.

**ఏపీఎస్సార్ కళాశాలలో..**

గుడివాడటోన్: విద్యార్థి దశ నుండే చట్టాలపై అవగాహన కలిగి ఉండాలని అడిషనల్ జ్యూడిషియల్ మ్యాజిస్ట్రేట్ కోర్టు న్యాయమూర్తి కె.నాగలక్ష్మి అన్నారు. స్థానిక ఏపీఎస్సార్ కళాశాలలో శనివారం విద్యార్థులకు మానవ అక్రమ రవాణా వ్యతిరేకత అనే అంశంపై అవగాహనా సదస్సు నిర్వహించారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ.. చట్టాలపై అవగాహన ఉంటే సమస్యలను పరిష్కరించుకోవడంలో పాటు సమస్యలు తలెత్తకండా జీవించవచ్చునన్నారు. ప్రస్తుత సమాజంలో పిల్లలు, మహిళలు అక్రమ రవాణాకు గురవుతున్నారన్నారు. అక్రమ ఇబ్బందుల నుంచి బయటపడేందుకు కొందరు తప్పనిసరిగా కొన్ని కార్యక్రమాల్లో పాల్గొంటున్నారన్నారు. పిల్లలు, మహిళల అక్రమ రవాణా తీవ్రమైన నేరంగా పరిగణించబడుతుందని చెప్పారు. దీనికి 10 ఏళ్ల పైబడి జైలు శిక్ష ఉంటుందన్నారు. కార్యక్రమంలో న్యాయవాదులు



తాడంకి హైస్కూల్లో మొక్క నాటిన జడ్జి శ్రీవారి తదితరులు



**ఏపీఎస్సార్ కళాశాలలో మాట్లాడుతున్న న్యాయమూర్తి నాగలక్ష్మి**

ప్రమీలాదేవి, శివరామకృష్ణ, కళాశాల కరస్పాండెంట్ కేవిన అప్పారావు, ప్రెస్సిపాల్ పిజిఎస్ కుమార్, వైస్ చైర్మన్ ఎం.శివనాథ్, లైబ్రేరియన్ బీఎస్ఎస్ చద్యజ, విద్యార్థులు పాల్గొన్నారు. అవరణితుల పట్ల అప్రమత్తంగా ఉండండి పమిడిముక్కల: అవరణితులలో పరిచయం పెంచుకోవడం, అప్రమత్తంగా ఉండాలని ఉయ్యూరు జూనియర్ సివిల్ జడ్జి కె.శ్రీహరి సూచించారు. తాడంకి హైస్కూల్లో శనివారం మండల న్యాయ సేవాధికారి కమిటీ ఉయ్యూరు వారి ఆధ్వర్యంలో న్యాయ అవగాహన సదస్సు



**మొవ్వ డిగ్రీ కాలేజీలో మాట్లాడుతున్న జడ్జి రాజన్ ఉదయ ప్రకాష్**

నిర్వహించారు. సెల్ఫోన్లలో ట్యూట్లర్, ఫేస్ బుక్ లతో జోలికి వెళ్లకూడదన్నారు. విద్యార్థులు క్రమశిక్షణతో కూడిన విద్యనభ్యసించాలన్నారు. విద్య ద్వారానే అభివృద్ధి సాధ్యమని, విద్యార్థులు బాగా చదువుకొని జీవితంలో ఉన్నత స్థానాలకు చేరుకోవాలని సూచించారు. అనంతరం హైస్కూల్ ఆవరణలో మొక్కలు నాటారు. కార్యక్రమంలో హెచ్ఎం శివనాగప్రసాద్, ఉయ్యూరు బార్ అసోసియేషన్ ప్రెసిడెంట్ కె.గోపిచంద్, ఏఎస్ఐ ఆనందరావు, ఉపాధ్యాయులు, విద్యార్థులు పాల్గొన్నారు.

# AWARENESS PROGRAMMES ON HEALTH ISSUES

Health awareness lecture on regular basis on the memory of smt. Late ParvathaneniAnasuyamma, W/O Sri Parvathaneni Nageswara Rao, President, College Managing Committee.



## ఆంధ్రగోళ్ళ అవగాహన స్కూల్ కార్యక్రమం



**గుడివడ, కృష్ణా జిల్లా :** స్థానిక అక్షయని వాగ్మిత్రం కళాశాల ఉపయోగం చేసుకుని మెంట్ గెట్ అధ్యక్షులు శ్రీమతి వెంకట అనుసూయ దేవి ఆలోచనా అవగాహన స్కూల్ కార్యక్రమం నిర్వహించారు. ఆంధ్రగోళ్ళ అవగాహన స్కూల్ కార్యక్రమం ద్వారా రసమయ్య అడిలోగ్యుంట్ వారిని తెలుసుకుంటుంది. ఈ కార్యక్రమంలో డా. జె. శ్రీ రమ్య, కృష్ణా జిల్లా, సైన్స్ కాలేజీ, కామవేది ప్రెజ్డెంట్, వియవడ పాల్వే కళాశాల విద్యార్థిణులు, అధ్యాపకులు ఉద్దేశించి వారు ఎదుర్కొనే ఆరోగ్య సమస్యలు వాటిని అధిగమించి మంచి ఆరోగ్యవంతులుగా ఉండడానికి తీసుకోవలసిన జాగ్రత్తలను గురించి అవగాహన కల్పించారు. విద్యార్థి వయసులో తీసుకునే జాగ్రత్తల మంచి భవిష్యత్తును నిర్ణయిస్తాయి అని అన్నారు. ఈ కార్యక్రమంలో ఉపయోగం చేసిన వర్చువల్ డాక్టర్ ఎం.వి.సువర్ణల, సెక్రటరీ ఎ. శ్రీవత్స, జాయింట్ సెక్రటరీ శ్రీమతి. శ్రీదేవి ఇతర మహిళా అధ్యాపకులు పాల్గొన్నారు.

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## BMI Calculation, Hemoglobin % Identification for Girls students





## HEALTH CHECKUP CAMPS



## నిత్య వ్యాయామంతో రోగాలు దూరం



విద్యార్థినిని పరీక్షిస్తున్న వైద్యురాలు చందన కొల్లి

గుడివాడ గ్రామీణం, న్యూస్టుడే: నిత్యం వ్యాయామం చేసే వారు 50 శాతం రోగాల బారిన పడకుండా ఉంటారని వివాన్ హాస్పిటల్ వైద్యురాలు కొల్లి చందన పేర్కొన్నారు. అంతర్జాతీయ మహిళా దినోత్సవం పురస్కరించుకొని అక్కినేని నాగేశ్వరరావు కళాశాలలో కళాశాల మహిళాభివృద్ధి కేంద్రం ఆధ్వర్యంలో మంగళ వారం 500 మంది విద్యార్థినులకు వివాన్ హాస్పిటల్ వారు ఉచితంగా రక్తహీనత, మధుమేహం, రక్త గ్రూపు పరీక్షలు నిర్వహించి వైద్య సలహాలు అందించారు. రోజుకి కనీసం 30 నిమిషాలు వ్యాయామం చేయాల్సిన అవసరం ఉందన్నారు. కళాశాల యాజమాన్య ప్రతినిధులు, అధ్యాపకులు పాల్గొన్నారు.

## RESEARCH ON 'WOMEN RELATED ISSUES'



**Pune Vidyarthi Griha's**

**College of Engineering and Technology & G K Pate (Wani) Institute of Management**

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**ICGEWE 2023**

**CERTIFICATE**

This is to certify that

**Dr. M. B. Suvarchala**

has conferred **Best Paper Award** for the paper entitled  
**Evaluation of Physical Fitness of College Girl Students in Terms  
of BMI - A Study of ANR College, Gudivada**



in an **International Conference on Gender Equality & Women Empowerment 2023** organized  
by **Department of Electronics & Telecommunication Engineering, PVG's College of  
Engineering and Technology & G K Pate (Wani) Institute of Management**  
in association with **Department of Education & Extension Savitribai Phule Pune University** and  
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## Evaluation of Physical Fitness of College Girl Students in Terms of BMI – A Study of ANR College, Gudivada

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### ABSTRACT

The physical fitness studies reporting specifically on girl students were very few; students' uses relatively few fitness tests as a reflection of their physical fitness, which could not comprehensively evaluate their exact level of physical fitness. The present study evaluated the weight of girl students and to determine their status of weight. The present paper set the objectives to study the height and weight status of the girl students, to analyze the level of physical fitness by determining the Body Mass Index (BMI) ranges and to offer necessary suggestion to improve their physical health status. The data for the study is collected through primary sources of data i.e. from 116 girl students using the Google forms and calculated BMI using MS-Excel and determined the weight status using the BMI Charts for adults or girls of 18 or above age groups as prescribed by the Centre for Disease Control and prevention (CDC), USA. Hence the present paper aimed to calculate BMI for the college girl students of ANR College (Autonomous), Gudivada, as this will help the girl student to aware of their weight status as well as in assessing their health status, physical fitness. If health is good women can strive for betterment or empowerment for themselves and to their respective families. One educated healthy women can do better for the society.

**keywords:** BMI, underweight, healthy weight, overweight, obese.

### 1. INTRODUCTION

The physical fitness studies reporting specifically on girl students were very few; students' uses relatively few fitness tests as a reflection of their physical fitness, which could not comprehensively evaluate their exact level of physical fitness. It is essential to assess the height and weight of girls and assess the weight status of the girl students. It should be understood that when the

students are not as per their prescribed weight, that, when it is lower or higher than what is considered healthy for a given height is described as underweight or overweight or obesity respectively impacting their physical fitness. Body Mass Index (BMI) is one such screening tool for assessing underweight, overweight and obesity. Obesity is a common, serious, and costly chronic disease of adults and children. It is essential for each and every college going students to determine their weight if found Underweight, Overweight and Obese they should put efforts on either to improve their weight or reducing their weight to a healthy weight level and should think strategically for making healthy eating plans, physical exercises, meditation, yoga or any other approach suitable for them in order to access an active and affordable living for oneself. Hence the present paper aimed specifically to calculate BMI for the college girl students as this will help in assessing their physical fitness, level of health status and can also help them to strive for empowerment for oneself and to their respective families.

### 2. REVIEW OF LITERATURE

A. Sai Padma, M.K. Sukumaran, S. Padma, D. Rajani, S. Vanitha (2016) in their study determined the levels of haemoglobin and BMI for the college girls as this will help in assessing their health status with respect to anaemia and obesity. The study was performed on 200 girl students of age group 18-22 years were evaluated for hemoglobin levels and 195 of the same students for their BMI levels. Their study concluded that early detection and effective awareness programs are very much necessary to educate the college girl students in managing conditions like anemia, obesity and other related health complications.

Xiaobin Chen<sup>1</sup>, Jie Cui<sup>1</sup>, Yuyuan Zhang and Wenjia Peng (2020) aimed to investigate the cross-sectional relationship between BMI and a physical fitness

index (PFI) based on six indicators of fitness in Chinese college students, BMI was calculated to classify individuals into underweight, normal weight, overweight, and obesity groups. Z-scores based on sex-specific mean and standard deviation were calculated, and the sum of z-scores for the six fitness tests was used as a PFI. Their study found that more male than female students were overweight or obese, but more female than male students were normal weight. Underweight, overweight and obese students had poorer performance in physical fitness index than normal weight students. Future prospective, longitudinal cohort studies to identify the causal relations and potential mechanism in a good manner are required.

### 3. OBJECTIVES & METHODOLOGY

The present paper set the objectives:

- to gather the height and weight status of the girl students and calculate BMI
- to analyze the level of physical fitness by determining the BMI ranges and
- to offer necessary suggestions to improve their physical health status.

#### Methodology:

The data for the study is collected through primary sources of data i.e. gathered directly from 116 girl students of ANR College, Gudivada, a semi-urban region using the Google forms and calculated BMI using

- If the calculated BMI is:  
 Less than 18.5, it falls within the underweight range.  
 Between 18.5 to < 25, it falls within the healthy weight range.  
 Between 25.0 to <30, it falls within the overweight range.  
 If it is 30.0 or higher, it falls within the obesity range.

Obesity is frequently subdivided into categories:

- Class 1: BMI of 30 to < 35
- Class 2: BMI of 35 to < 40
- Class 3: BMI of 40 or higher.
- Class 3obesity is sometimes categorized as "severe" obesity.

For adults 20 years old and older, BMI is interpreted using standard weight status categories. These categories are the same for men and women of all body types and ages. The standard weight status categories associated with BMI ranges for adults are shown in the following table.

**Table1. Adults BMI Range and Weight Status**

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Healthy Weight