

**Rayat Shikshan Sanstha's**  
**Rajarshi Chatrapati Shahu College, Kolhapur**

Department of Zoology

BMI Measurement Camp (2018-2019)

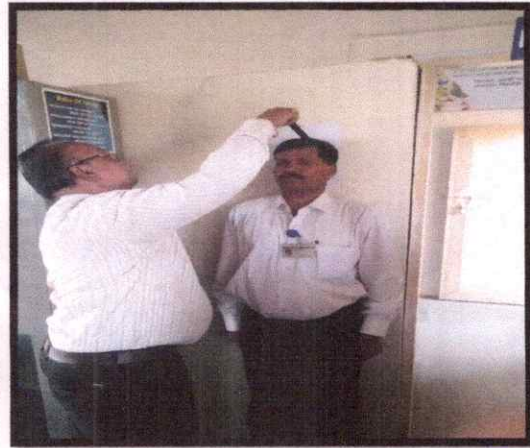
**REPORT**

**Date: 28/02/2019**

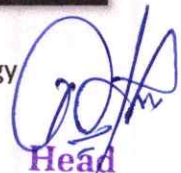
On 28<sup>th</sup> February 2019, the department of zoology organized BMI (Body Mass Index) Measurement camp for all students and faculty members on occasion of 'International Science day'. Now a day the life style of people is changes due to various technological facilities the junk food, the Instant food is becoming part of daily routine which is hazardous for the human health.

Everybody has own body physiology all the solutions used according to the advertisements are not suitable for everyone due to less exercise and changing habits of nutrition. Adverse effects like obesity are commonly seen in society. The obesity causes various effects in the body such as hypertension, hyper pressure, and Heart-attack etc. to face and overcome this problem everyone should take care of himself to know body status one should know his BMI which gives idea about comfortable life and life style such counseling is essential to society as a part of counseling it is our small drive to inculcate health awareness in students and staff. This message through counselling will help to spread such ideas in the society.

The departments of zoology always work for betterment of society students and faculty during the camp. All the staff members and of about 87 personalities were measured for their BMI and counseled for the proper diet and exercise all the staff of department were participated in this activity.



**Photo:** On the occasion of International Science day organize BMI Camp at Zoology department On 28<sup>th</sup> February 2019.

  
**Head**

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