

Staff wellness Program

Body Composition for staff & Faculty- 2024

School/Department: Department of Physical Education and Sports/ B.Sc.(Hons) Sports & Exercise Science.

Venue: REVA Fitness Centre

Date: 10th to 25th July 2024

Year: 2024

Description of Event:

We are happy to inform you that, the Department of Physical Education and Sports, B.Sc. (Hons) Sports & Exercise Science are jointly organizing **"Body Composition for staff & Faculty on 10th to 25th July 2024 at REVA Fitness centre.**

Time: 8.30 A.M. to 4.30 P.M.

We extend our heartfelt gratitude to our honorable Chancellor, Dr. P. Shyammaraju, for his invaluable support in organizing the REVA Body Composition for Staff & Faculty 2024. We also thank our Pro Chancellor, Shri. Umesh Raju, for his guidance and support in this endeavor. Our appreciation goes to the B.Sc. Sports & Exercise Science Faculty and Students for their dedicated support and contribution to this project.

Registration Link:

<https://forms.office.com/r/1TNeGi6r31?origin=lprLink>

Department of Physical Education & Sports
in association with
B.Sc. (Hons.) Sports & Exercise Science

Body Composition For Staff & Faculty

Assessment for Parameters

Demographical Parameters	In-body Analysis Parameters
<ul style="list-style-type: none">• Age• Height• Weight	<ul style="list-style-type: none">• Skeletal Muscle Mass• Fat Mass

📅 10th to 25th July, 2024 📍 REVA Fitness Centre



📱 Scan For Registration

www.reva.edu.in

Importance of Body Composition for staff & Faculty

The purpose of this report is to present an in-depth analysis of body composition among the staff and faculty of REVA. By examining key metrics such as body fat percentage, body mass index (BMI), lean body mass, and waist-to-hip ratio, we aim to gain insights into the overall health and wellness of our academic community. This analysis is intended to support the development of targeted wellness programs and health initiatives that promote a healthier and more productive work environment.

Key Highlights

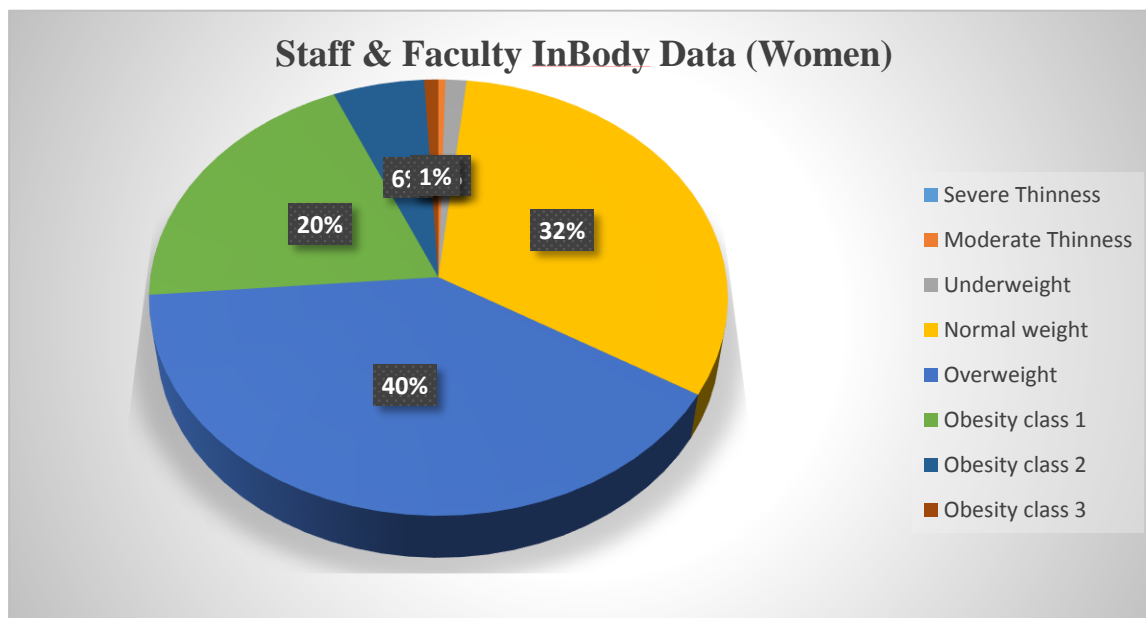
- **Participation Rate:** Around 750 staff and faculty members who participated in the InBody Test.
- **Overall Health Trends:** Analysis of the general health trends observed from the test results, including average body fat percentage, muscle mass, and other relevant metrics.
- **Improvement Areas:** Identification of areas where participants showed significant improvement or need further attention.

Detailed Analysis

- **Body Composition:** Detailed statistics on body composition, including average muscle mass, fat mass, and body fat percentage.
- **Health Scores:** Summary of the health scores and what they indicate about the overall wellness of the participant.

REVA University Overall BMI Data Women

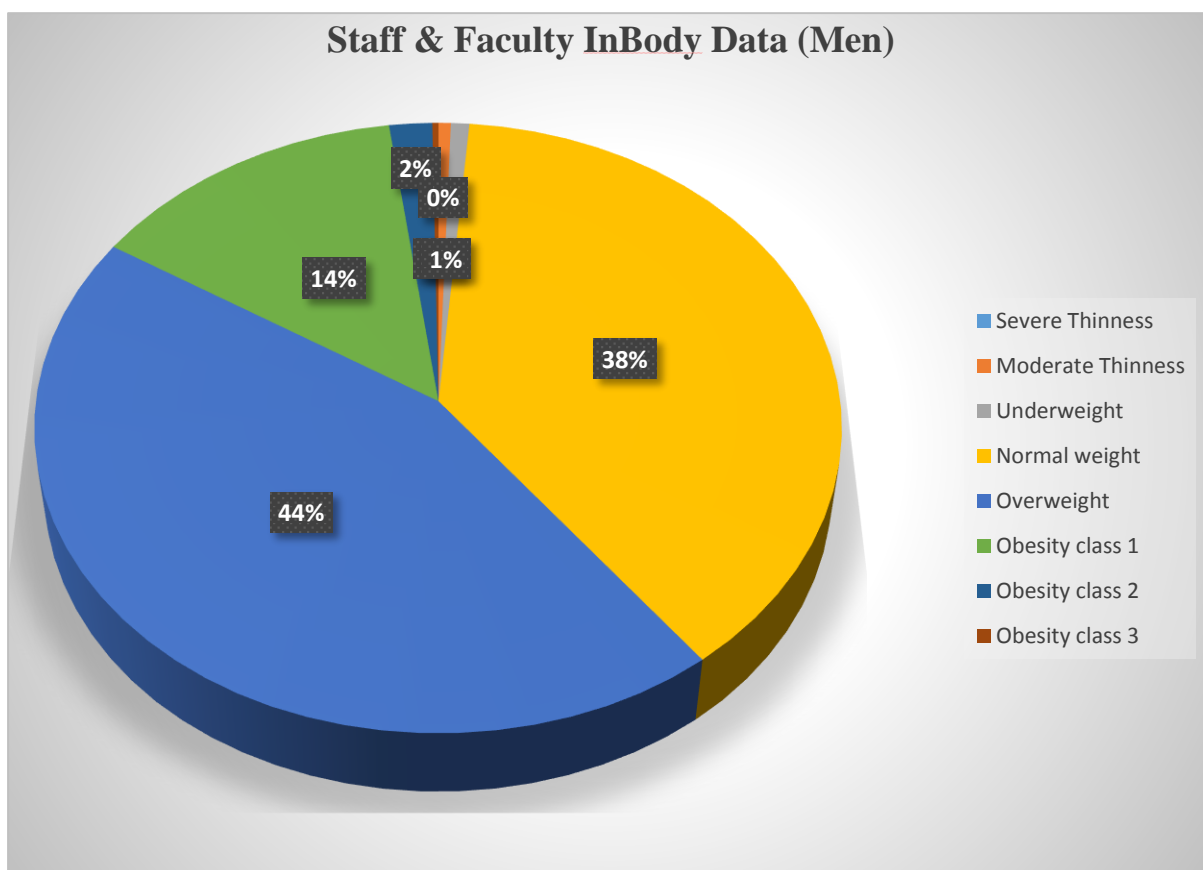
Sl.NO	BMI Range	Condition	Number of Staff	%
1	< 16	Severe Thinness		
2	16 - 17	Moderate Thinness	1	0.43
3	17 - 18.5	Underweight	3	1.29
4	18.5 - 25	Normal weight	74	32
5	25 - 30	Overweight	93	40
6	30 - 35	Obesity class 1	46	20
7	35 - 40	Obesity class 2	13	6
8	> 40	Obesity class 3	2	0.86
Total			232	100



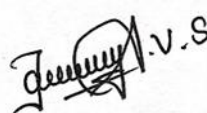
REVA University Overall BMI Data Men


Sl.NO	BMI Range	Condition	Number of Staff	%
1	< 16	Severe Thinness		
2	16 - 17	Moderate Thinness	2	0.53
3	17 - 18.5	Underweight	3	0.80
4	18.5 - 25	Normal weight	143	38
5	25 - 30	Overweight	166	44
6	30 - 35	Obesity class 1	52	14
7	35 - 40	Obesity class 2	7	2
8	> 40	Obesity class 3	1	0.27
	Total		374	100

Staff & Faculty InBody Data (Men)






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 Director


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 Registrar(I/C)
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