



SHRI TULJA BHAVANI TEMPLE TRUST'S
SHRITULJABHAVANICOLLEGE OF ENGINEERING,
TULJAPUR – 413 601 DIST. OSMANABAD
(Approved by AICTE and Affiliated to DBATU, Lonere, Dist.: Raigad)

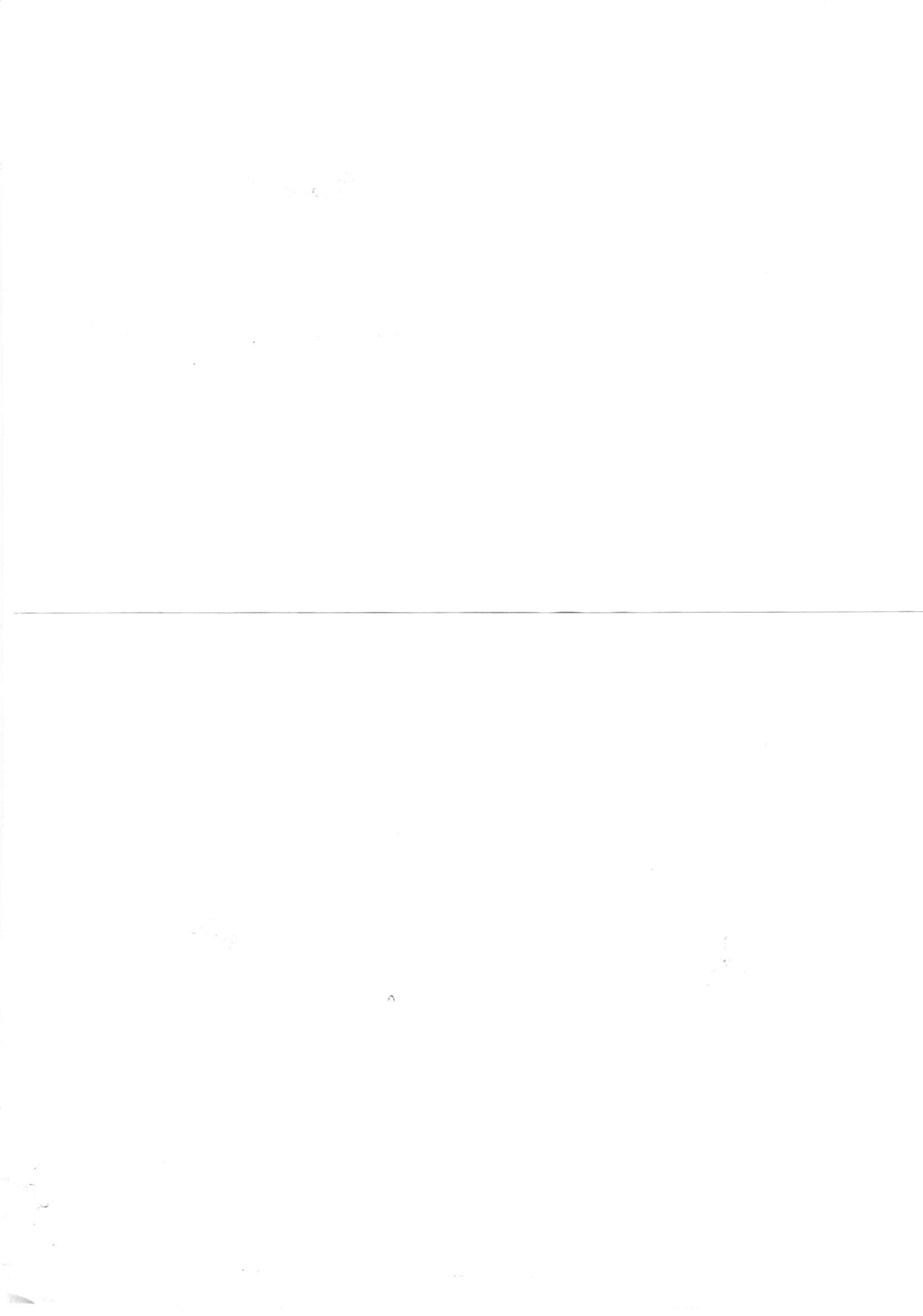
Date of Activity	19/09/2021
Time	11:00 am to 1:30 pm
Type of Activity (cultural/curricular/co-curricular)	Health Checkup of Staff
Resource Person	Dr. Pramod Karale , Dr. Tejashri Karale
Professional Details of Resource Person	B.H.M.S.
Year / Class	College staff
No. of Participant	30
Activity Co-coordinators	Prof. Mrs. Deshmukh A.H.
Description of Activity	Health checkup of college staff has been arranged on the occasion of college foundation day on 19/09/2021. 30 staff members were present for health check up. Dr. Karale checked about different parameters like B.P., VF, BMR, BMI, TSF, MM of all staff.

Photographs of the Activity






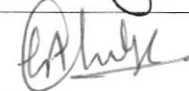

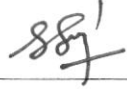





IQAC Coordinator


PRINCIPAL
S.T.B.C.E.T.



Shri Tuljabhavani College Of Engineering, Tuljapur
Health Checkup of Staff Attendance Sheet

Date: 19/09/2021

Sr.No.	Name	Sign
1	Mrs. A. H. Deshmukh	
2	Ms. P. M. Sawade	
3	Mr. M. K. Narayanekar	
4	Mrs. Ghadge C. A	
5	V. S. Gangade	
6	S. S. Mane	
7	V. D. Dhanke	
8	S. M. Garkwad	
9	Dr. N. D. Pergad	
10	M. P. Karanjkar	


IQAC Coordinator

Co-ordinator IQAC
S.T.B. COLLEGE OF ENGINEERING,
TULJAPUR


Principal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 45 Kgs. EXTRA / LESS WEIGHT = 29.6 Kgs.

Date: 19/09/21 Invited By: Dr. Poornod Karale Sr. No. 39
 NAME: Mrs. Lata Shivaji Rao Bhasale Age: 53

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/09/21	150	74.4	41.8	17.5	1426	32.1	71	35.2	20.4

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	21-25 31-35	25+ 35+
Visceral Fat (VF)	2-8	9-14	15+
Trunk Fat (TSF)	<15	16-18	18+
Muscle Masa (MM)	M: 33-36%	W: 30-33%	
BMR	M: 2000Kcal	W: 1800Kcal	

20.4
148.6

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 63.5 Kgs. EXTRA / LESS WEIGHT = 5.7 Kgs.

Date: 19/09/2021 Invited By: Dr. Poornod Karale Sr. No.
 NAME: Mrs. Sujata Ravindra Mudkanna Age: 41

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	168.5	69.2	33.7	5.5	1400	24.4	50	28.8	24.9

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	21-25 31-35	25+ 35+
Visceral Fat (VF)	2-8	9-14	15+
Trunk Fat (TSF)	<15	16-18	18+
Muscle Masa (MM)	M: 33-36%	W: 30-33%	
BMR	M: 2000Kcal	W: 1800Kcal	

24.9
1900Kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 60.5 Kgs. EXTRA / LESS WEIGHT = 2 Kgs.

Date: 19/09/21 Invited By: Dr. Pramod Karale Sr. No. _____
 NAME: Ms. Priya Ravindra Pawar Age: 38

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	165.5	58.5	32	3.5	1241	21.4	41	25.8	25.1

BMI RANGE	STATUS	SYMPTOMS	NORMAL	HIGH	RISK	
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.		M: 10-20	21-25	25+
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		W: 20-30	<u>31-35</u>	35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.			9-14	15+
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.		<15	16-18	<u>18+</u>
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.		M: 33-36%	W: 30-33%	
28.1 - 30.0	Obesity grade 2	Dibetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.		M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.				

1241kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 54 Kgs. EXTRA / LESS WEIGHT = 11.1 Kgs.

Date: 19-9-2021 Invited By: Dr. Pramod Karale Sr. No. _____
 NAME: NAGNATH. G. JADHAV Age: 60 yrs.

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	154	65.1	31.5	17	1462	27.4	63	21.8	25.2

BMI RANGE	STATUS	SYMPTOMS	NORMAL	HIGH	RISK	
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.		M: 10-20	21-25	<u>25+</u>
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		W: 20-30	31-35	35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.			9-14	<u>15+</u>
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.		<15	16-18	<u>18+</u>
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.		M: 33-36%	W: 30-33%	
28.1 - 30.0	Obesity grade 2	Dibetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.		M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.				

1462kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 67 Kgs. EXTRA / LESS WEIGHT = 13.1 Kgs.

Date: 19/9/21 Invited By: Dr. Pramod Karsale Sr. No. _____
 NAME: Mane Sameer Surendra Age: 40 yrs

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9/21	167cm	80.1	28.9	15	1728	28.7	54	20.4	29.1

BMI RANGE	STATUS	SYMPTOMS		NORMAL	HIGH	RISK	
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.					
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		B-Fat %	M: 10-20 W: 20-30	21-25 31-35	(25+) 35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.		Visceral Fat (VF)	2-8	9-14	(15+)
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.		Trunk Fat (TSF)	<15	16-18	(18+)
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.		Muscle Mass (MM)	M: 33-36% 29.1	W: 30-33%	
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.		BMR	M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.					

1728Kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 68.5 Kgs. EXTRA / LESS WEIGHT = 11.8 Kgs.

Date: 19/9/2021 Invited By: Dr. Pramod V. Karsale Sr. No. 39
 NAME: Ekdante Santosh Gynwal Age: 38

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9/21	168.5	80.3	27.2	14.5	1744	28.7	52	19.3	30.1

BMI RANGE	STATUS	SYMPTOMS		NORMAL	HIGH	RISK	
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.					
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		B-Fat %	M: 10-20 W: 20-30	21-25 31-35	(25+) 35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.		Visceral Fat (VF)	2-8	9-14	15+
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.		Trunk Fat (TSF)	<15	16-18	(18+)
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.		Muscle Mass (MM)	M: 33-36% 30.1	W: 30-33%	
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.		BMR	M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.					

1744Kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 73 Kgs.

EXTRA / LESS WEIGHT = 200 Kgs.

Date: 19/9/21 Invited By: Dr. Prasad Karale Sr. No. _____

NAME: Dhanke Vishal Dnyaneshwar Age: 36

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	173	73.2	16	8.5	1701	24.5	37	11.7	36.1

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	21-25 31-35	25+ 35+
Visceral Fat (VF)	2-8	9-14	15+
Trunk Fat (TSF)	<15	16-18	18+
Muscle Mass (MM)	M: 33-36%	W: 30-33%	
BMR	M: 2000Kcal	W: 1800Kcal	

1701 kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 69 Kgs.

EXTRA / LESS WEIGHT = 63 Kgs.

Date: 19/9/21 Invited By: Dr. Prasad Karale Sr. No. 38

NAME: Mr. Prasad Namdeo Age: 57 yrs

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9/21	169cms	75.3	29.1	14	1657	26.4	58	18.9	29.1

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	21-25 31-35	25+ 35+
Visceral Fat (VF)	2-8	9-14	15+
Trunk Fat (TSF)	<15	16-18	18+
Muscle Mass (MM)	M: 33-36%	W: 30-33%	
BMR	M: 2000Kcal	W: 1800Kcal	

1657 kcal

9860672399

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 66 Kgs. EXTRA / LESS WEIGHT = 5.5 Kgs.

Date: 19/09/2021 Invited By: Dr. P. V. Karale Sr. No. _____
 NAME: Dipak Paul 9860673399 Age: 49

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	166 cm	77.5	24.9	12.5	1610	25.9	52	17.5	30.1

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 25.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venecose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	<u>21-25</u> 31-35	25+ 35+
Visceral Fat (VF)	2-8	<u>9-14</u>	15+
Trunk Fat (TSF)	<15	<u>16-18</u>	18+
Muscle Mass (MM)	M: 33-36% <u>30.1</u>	W: 30-33%	
BMR	M: 2000Kcal	W: 1800Kcal	

1610kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 65 Kgs. EXTRA / LESS WEIGHT = 3.6 Kgs.

Date: 19/9/2021 Invited By: Dr. Pramod Karale Sr. No. 37
 NAME: Mrs. Mahesh Maruti Narayan Age: 54 yrs

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9/21	165 cm	62.6	30.2	9.5	1441	23	51	20.3	27.7

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venecose veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.

	NORMAL	HIGH	RISK
B-Fat %	M: 10-20 W: 20-30	21-25 31-35	<u>25.30</u> 35+
Visceral Fat (VF)	2-8	<u>9-14</u>	15+
Trunk Fat (TSF)	<15	16-18	<u>18</u> 20.3
Muscle Mass (MM)	M: 33-36%	W: 30-33%	

HEALTH CHECK - Wellness Evaluation

IDEAL WEIGHT = 87.5 Kgs. EXTRA/LESS WEIGHT = 1.1 Kgs.

Date: 19/9/21 Invited By: Dr. Pramod Karale Sr. No. 47
 NAME: RAVI G. MUDKANNA Age: 49

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	187.5	88.6	24.2	10.5	1907	25.2	51	16.9	32.7

BMI RANGE	STATUS	SYMPTOMS	RISK		
			NORMAL	HIGH	RISK
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.			
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction	B-Fat % M: 10-20 W: 20-30	<u>21-25</u> 31-35	25+ 35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.			
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.	Visceral Fat (VF) 2-8	<u>9-14</u>	15+
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.	Trunk Fat (TSF) <15	<u>16-18</u>	13+
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.	Muscle Mass (MM) BMR	M: 33-36% M: 2000Kcal	W: 30-33% W: 1800Kcal
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.			

1907 Kcal

HEALTH CHECK Wellness Evaluation

IDEAL WEIGHT = 55.5 Kgs. EXTRA/LESS WEIGHT = 7.5 Kgs.

Date: 19/09/21 Invited By: Dr. Pramod Karale Sr. No. _____
 NAME: Ms. Peiya Masuti Suresh Age: 38

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	160.5	62.2	33.8	6	1289	24.1	47	28.8	24.2

BMI RANGE	STATUS	SYMPTOMS	RISK		
			NORMAL	HIGH	RISK
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.			
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction	B-Fat % M: 10-20 W: 20-30	<u>31-35</u> 21-25	25+ 35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.			
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Varicose veins etc.	Visceral Fat (VF) 2-8	<u>9-14</u>	15+
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.	Trunk Fat (TSF) <15	16-18	<u>13+</u>
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.	Muscle Mass (MM) BMR	M: 33-36% M: 2000Kcal	W: 30-33% W: 1800Kcal
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.			

1289 kcal



Shri Tuljabhavani Temple Trust's

SHRI TULJABHAVANI COLLEGE OF ENGINEERING

Naldurg Road, Tuljapur-413601. Dist. Osmanabad

Ph.: 02471- 243603, 242016

E-mail : stbcet@gmail.com website : www.stbcet.org.in

Estd : 1983

"NAAC Accredited"
B Grade

Approved by A.I.C.T.E. New Delhi,
Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
Dr. Babasaheb Ambedkar Technological University, Lonere, Dist. Raigad

STBCET/IQSC/2024/189

Date: 20/9/2021

Letter of Appreciation

Dear **Dr. Pramod Karale** and **Dr. Tejashri Karale**

We are very grateful for the valuable program of health checkup of our staff. The contributions you have made to our college over this year have been invaluable to us. We wish you much luck in your future endeavors.

Yours Sincerely,

IQAC Coordinator

STB College of Engg Tuljapur
Co-ordinator IQAC
S.T.B. COLLEGE OF ENGINEERING,
TULJAPUR

Principal

STB College of Engg Tuljapur
S.T.B. College of Engineering
Tuljapur

1000
1000
1000

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 60 Kgs. EXTRA / LESS WEIGHT = 20 Kgs.

Date: 19/9/21 Invited By: Dr. Pramod Karale Sr. No. _____
 NAME: Mrs. Oversikar G. P. Age: 48 yrs.

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9/21	160cm	80	31.3	20	1704	31.3	62	22.3	27.1

BMI RANGE	STATUS	SYMPTOMS	NORMAL HIGH RISK			
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.	B-Fat %	M: 10-20	21-25	25+
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		W: 20-30	31-35	35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.	Visceral Fat (VF)	2-8	9-14	15+
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venecose veins etc.		Trunk Fat (TSF)	<15	16-18
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.	Muscle Mass (MM)		M: 33-36%	W: 30-33%
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.	BMR	M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.				

1704 kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 52 Kgs. EXTRA / LESS WEIGHT = 7.3 Kgs.

Date: 19/9/2021 Invited By: Dr. Pramod Karale Sr. No. _____
 NAME: Mrs. Ghadge C.A. Age: 58 yrs

Week/Day	Date	Ht	Wt	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	157	59.3	37	7	1227	24.1	62	30.3	22.1

BMI RANGE	STATUS	SYMPTOMS	NORMAL HIGH RISK			
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.	B-Fat %	M: 10-20	21-25	25+
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction		W: 20-30	31-35	35+
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.	Visceral Fat (VF)	2-8	9-14	15+
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Venecose veins etc.		Trunk Fat (TSF)	<15	16-18
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.	Muscle Mass (MM)		M: 33-36%	W: 30-33%
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.	BMR	M: 2000Kcal	W: 1800Kcal	
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.				

1227 kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 49 Kgs EXTRA/LESS WEIGHT = 19 Kgs

Date: 19/9/21 Invt By: Dr. Pramod Karade Sr. No. 40
 NAME: Archana H. Goshmukh Age: 37 yrs

Week/Day	Date	HI	WT	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	154cm	68	37.8	10.5	1355	28.7	55	34.0	22.4

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Vascular veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

RISK	NORMAL	HIGH
25+	M: 10-20	M: 20-30
35+	W: 20-30	W: 30-35
15+	Visceral Fat (VF) 2-8	9-14
18+	Trunk Fat (TSF) <15	16-18
	Muscle Mass (MM) 20-24	M: 20-24
	M: 30-36%	W: 30-33%
	M: 2000Kcal	W: 1800Kcal

1355 Kcal

HEALTH CHECK

Wellness Evaluation

IDEAL WEIGHT = 82.72 Kgs EXTRA/LESS WEIGHT = 9.5 Kgs

Date: 19/sep/21 Invt By: Dr. Pramod Karade Sr. No. 56
 NAME: Sham N. Dajode Age: 56

Week/Day	Date	HI	WT	B-Fat%	VF	BMR(RM)	BMI	B-Age	TSF	MM
01	19/9	172cm	81.5	32.7	15.5	1724	27.5	63	22.6	27.2

BMI RANGE	STATUS	SYMPTOMS
Below 18	Malnutrition 2	Anorexia, Bulimia, Osteoporosis and Break down of muscle mass etc.
18.1 - 20.0	Malnutrition 1	Digestive Problems, Weakness, Chronic Fatigue Stress, Anxiety, Reproductive/Hormonal Dysfunction
20.1 - 23.0	Normal	Normal Menstruation, Can handle stress, Good energy levels, Vitality, Resistance to illness, Good Physical condition etc.
23.1 - 25.0	Overweight	Fatigue, Digestive problems, Circulation problems, Vascular veins etc.
25.1 - 28.0	Obesity grade 1	Diabetes, Hypertension, Cardiovascular Diseases, Blood Clots, Strokes, Joint Problems / Arthritis in Knees, Spine etc.
28.1 - 30.0	Obesity grade 2	Diabetes, Cancer, Angina, Heart Attacks, Phlebitis, Arteriosclerosis & Strokes etc.
OVER 30	Obesity grade 3	Maximum risk of Diabetes, Cancer, Heart Disease, Premature death.

RISK	NORMAL	HIGH
25+	M: 10-20	M: 20-30
35+	W: 20-30	W: 30-35
15+	Visceral Fat (VF) 2-8	9-14
18+	Trunk Fat (TSF) <15	16-18
	Muscle Mass (MM) 20-24	M: 20-24
	M: 30-36%	W: 30-33%
	M: 2000Kcal	W: 1800Kcal

1724 Kcal

Notice

Date: 18/9/2021

All teaching and non-teaching staff is hereby informed that on the occasion of 38th college foundation IQAC cell has arranged health check-up of our staff on 19/9/2021 at 11.00 am in our college campus all teaching and nonteaching staff should present for the same well in time.



IQAC Coordinator



Principal