

*From the desk of*  
WARDEN, JAMUNA HOSTEL  
<http://hostels.iitm.ac.in/jamuna>

Text for Education:2008/2

### What is your BMI

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Have you ever seen your friend who came here and he was about 45 Kg and after about 2 years he seems to have doubled? Yes? Then it is *high time* to know about the *body mass index* (BMI). It is defined as

$BMI = \frac{W}{h^2}$  . Here W is your weight in Kg , and h is your height in m.

Check your range:

Healthy range	BMI of 18.5 to 24.9
Overweight	BMI of 25 to 29.9
Obese	BMI of 30 or higher

Examples:

Height (m)	Weight (Kg)	BMI
1.50	52	23
1.65	70	26
1.70	80	28
1.80	80	25

Thinking of becoming rich is perfectly fine, but must remember the phrase:

*HEALTH is WEALTH.*

Prem B Bisht  
Warden, Jamuna

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