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# PROJECT ON CSE310: JAVA

Title: BMI(Body Mass Index)  
Calculation



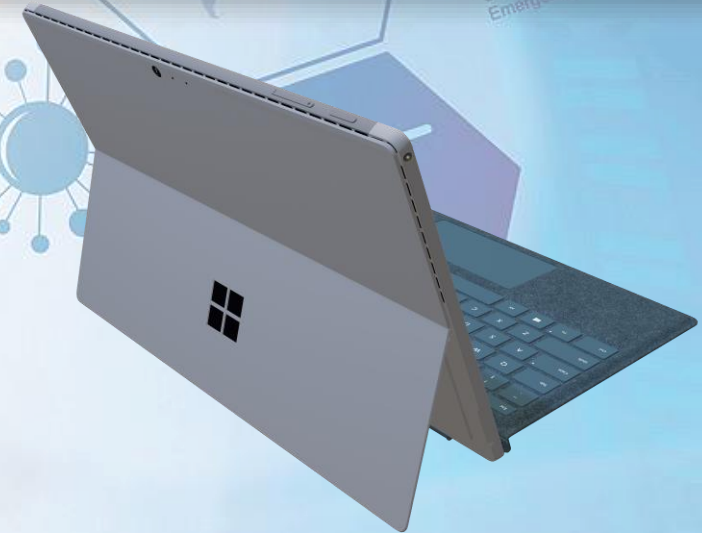
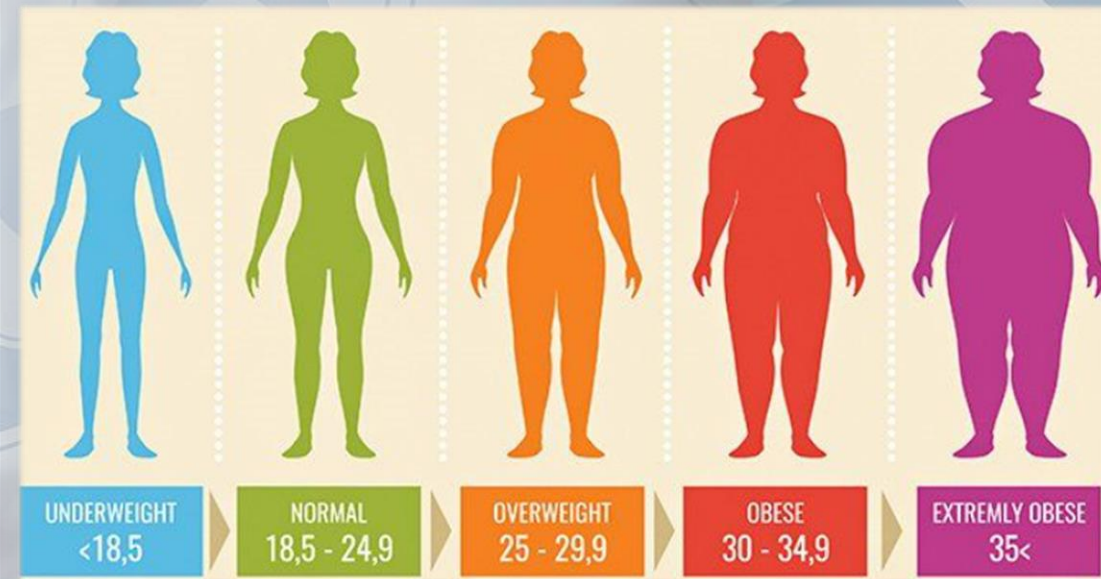


# INTRODUCTION

- The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy.
- BMI (Body Mass Index) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet).
- A high BMI can indicate high body fatness.
- BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.
- **Range :** Underweight-Below 18.5 .  
Healthy-Between 18.5 and 24.9.  
Overweight-Between 25.0 and 29.9.  
Obese- Between 30.0 and 34.9.  
Extremely Obese- Above 35

- Formula:

$$\text{BMI} = \frac{\text{Weight (in kilograms)}}{\text{Height}^2 \text{ (in meters)}}$$





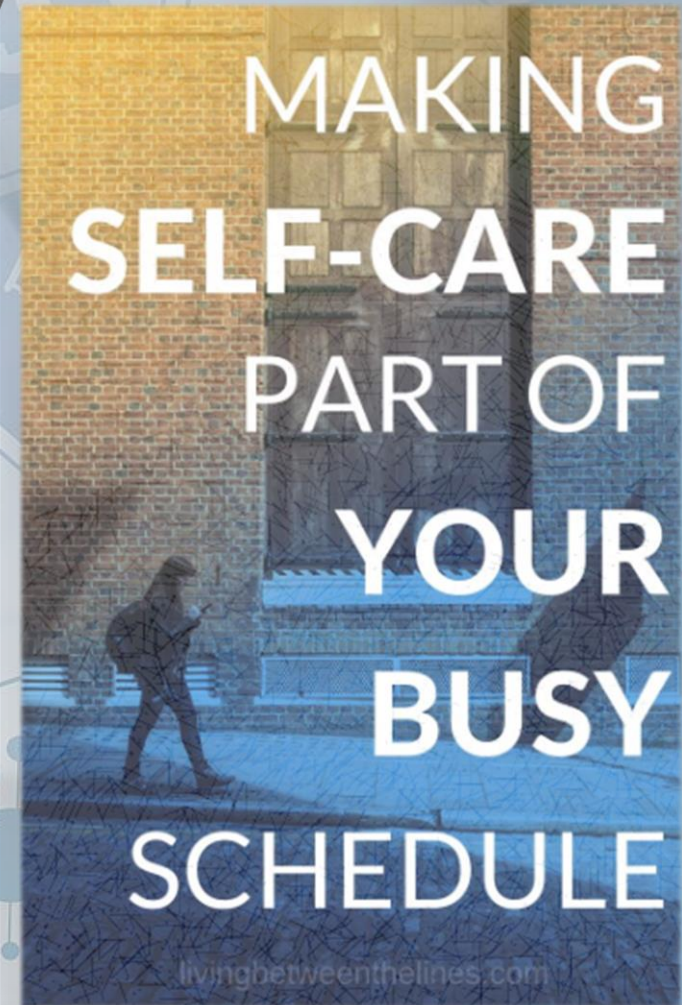
## PROBLEM STATEMENT

- **Diet:** Taking of improper diet.
- **Physical Activity:** Lack of physical activity.
- **Genetics:** There are some genes associated with obesity and overweight. In some people genes can affect how their bodies change food into energy and store fat.

**Medical Reasons:** In some cases, underlying medical conditions may contribute weight gain.

These include

- **an underactive thyroid gland(hypothyroidism)**– where your thyroid gland does not produce enough hormones
- **Crushing's syndrome**- a rare disorder that causes the over - production of steroid hormones





# PROPOSED TECHNIQUE

- To solve this unhealthy BMI, we designed a program to calculate BMI and provide tips to keep our BMI in the perfect range.
- In this program, there will be a interface of registering our personal details at first.
- After registering, we will be directed to a interface for entering our height, age, weight, etc. to calculate our BMI.
- The code will be taking the inputs from that interface and will calculate the BMI.
- The formula for BMI calculation is
- We will know our BMI health from this and there will be tips for keeping our BMI in the perfect ratio.

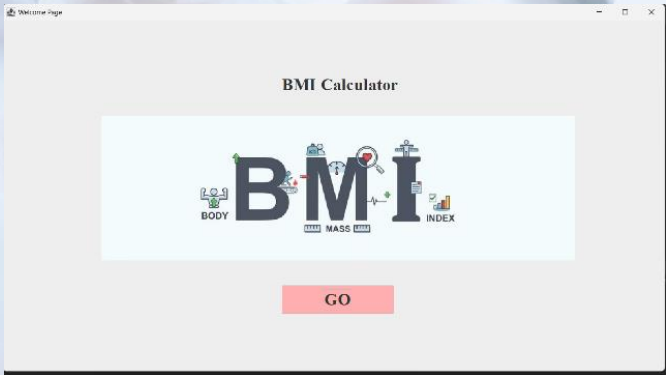
$$\text{BMI} = \frac{\text{Weight (in kilograms)}}{\text{Height}^2 \text{ (in meters)}}$$



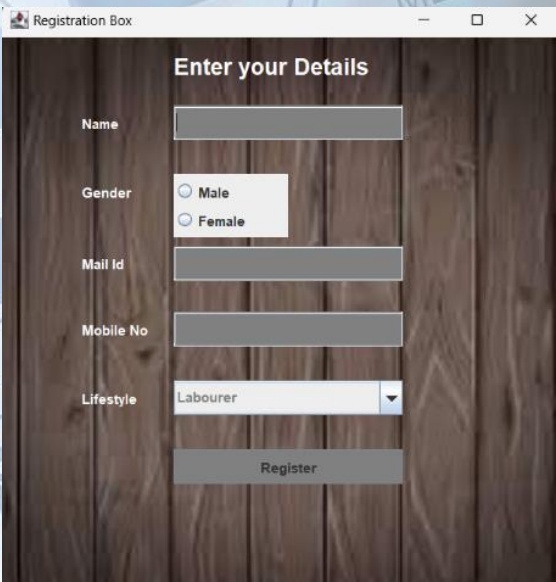


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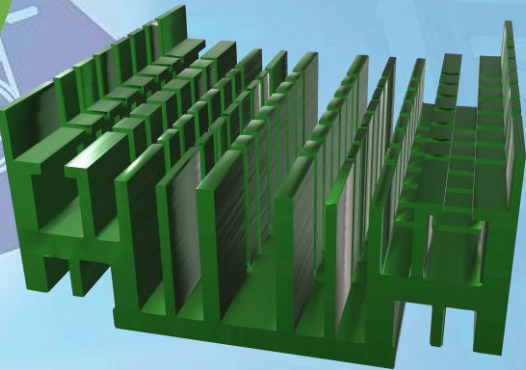
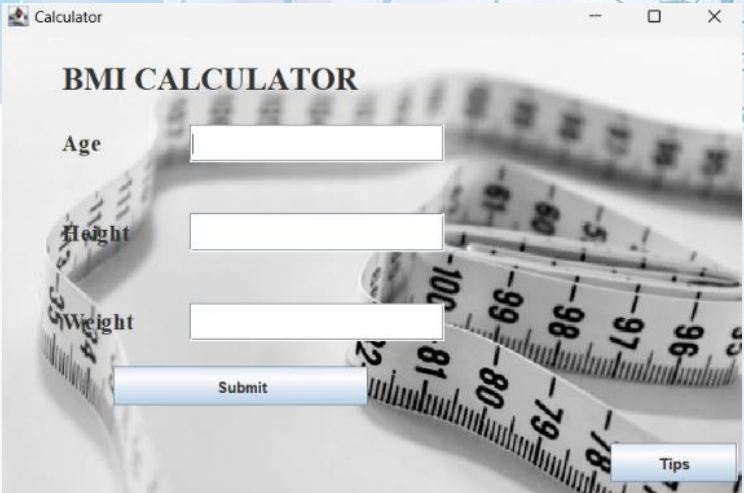
Welcome page



Register page



Calculation page

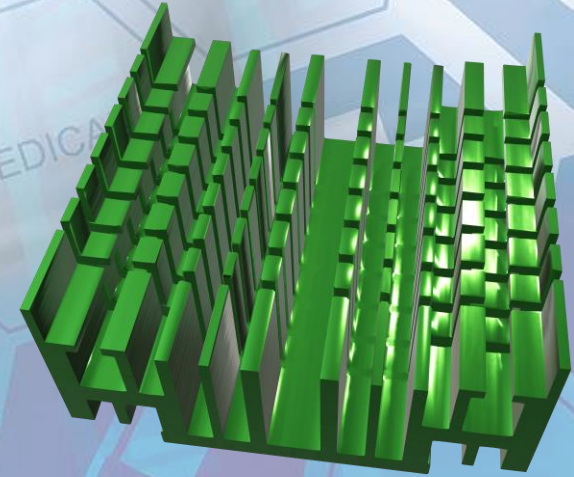
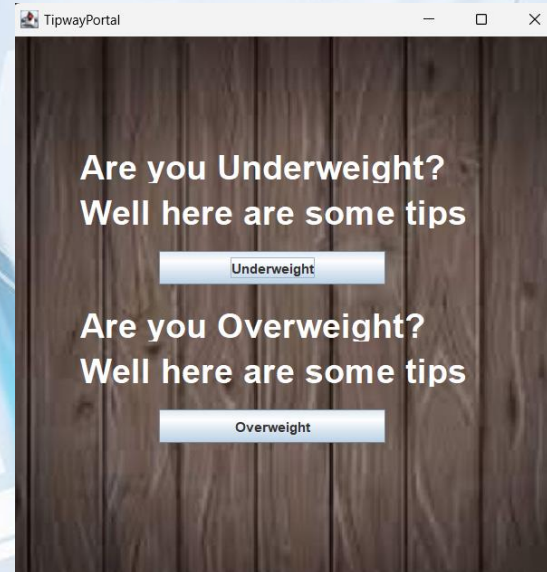




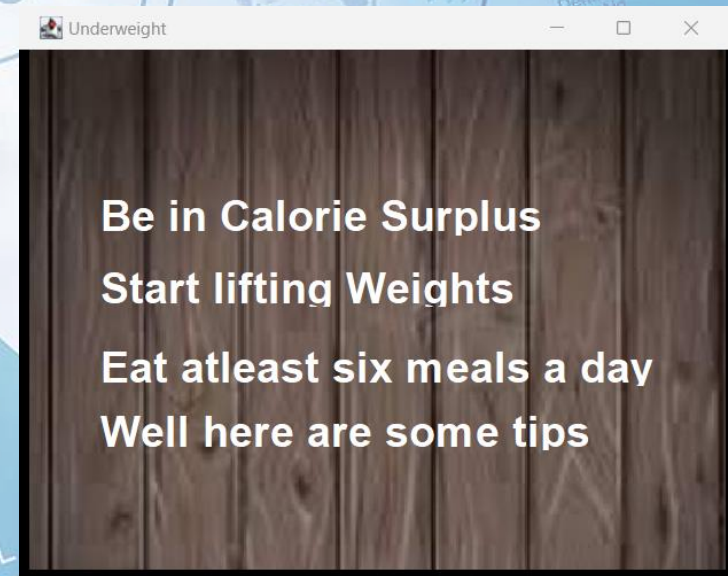
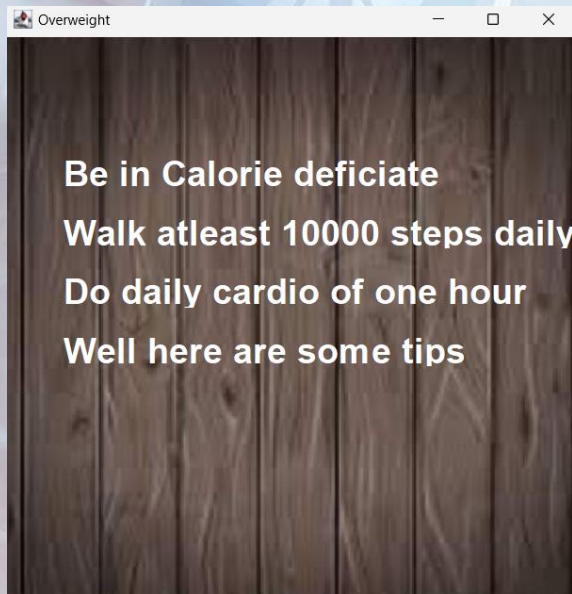


**Overweight**

## Tips page



**Underweight**





## CONCLUSION

- This project creates a user-friendly interface for data input and output, implementing the BMI formula in Java code, and handling potential errors or invalid inputs.
- This project will let the users able to calculate their BMI.
- By knowing their own BMI, they can work on that to improve their health and live a healthy live as we have provided tips for both underweight and overweight.





Thank you



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Hospital  
Pharmacist  
Nurse  
Dentist  
First Aid  
Surgeon  
Emergency

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