



**Spiritual Research Cell, JECRC**  
**KaradaScan**  
**Body Composition Analysis**



Conducted on: \_\_\_\_\_ YEARS IN MEDITATION \_\_\_\_\_

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ cms GENDER: M/F

WEIGHT (KGs)	FAT	BODY AGE	BMI	RESTING METABOLISM	VISCERAL FAT

SEGMENTAL ANALYSIS

	WHOLE BODY	ARMS	TRUNK	LEGS
SUBCUTANEOUS FAT%				
SKELETAL MUSCLE %				

Tested by OMRON Body Composition Monitor (Karada Scan) HBF375  
 This report is not valid for medico legal purpose

**HEIGHT-WEIGHT CHART**

MALE			FEMALE		
Height in Feet	Height in Meters	Ideal Weight	Height in Feet	Height in Meters	Ideal Weight
4' 6"	1.3524	28 - 35 Kg	4' 6"	1.3524	28 - 35 Kg
4' 7"	1.3778	30 - 39 Kg.	4' 7"	1.3778	30 - 37 Kg.
4' 8"	1.4032	33 - 40 Kg.	4' 8"	1.4032	32 - 40 Kg.
4' 9"	1.4286	35 - 44 Kg.	4' 9"	1.4286	35 - 42 Kg.
4' 10"	1.454	38 - 46 Kg.	4' 10"	1.454	36 - 45 Kg.
4' 11"	1.4794	40 - 50 Kg.	4' 11"	1.4794	39 - 47 Kg.
5' 0"	1.5	43 - 53 Kg.	5' 0"	1.5	40 - 50 Kg.
5' 1"	1.5254	45 - 55 Kg.	5' 1"	1.5254	43 - 52 Kg.
5' 2"	1.5508	48 - 59 Kg.	5' 2"	1.5508	45 - 55 Kg.
5' 3"	1.5762	50 - 61 Kg.	5' 3"	1.5762	47 - 57 Kg.
5' 4"	1.6016	53 - 65 Kg.	5' 4"	1.6016	49 - 60 Kg.
5' 5"	1.627	55 - 68 Kg.	5' 5"	1.627	51 - 62 Kg.
5' 6"	1.6524	58 - 70 Kg.	5' 6"	1.6524	53 - 65 Kg.
5' 7"	1.6778	60 - 74 Kg.	5' 7"	1.6778	55 - 67 Kg.
5' 8"	1.7032	63 - 76 Kg.	5' 8"	1.7032	57 - 70 Kg.
5' 9"	1.7286	65 - 80 Kg.	5' 9"	1.7286	59 - 72 Kg.
5' 10"	1.754	67 - 83 Kg.	5' 10"	1.754	61 - 75 Kg.
5' 11"	1.7794	70 - 85 Kg.	5' 11"	1.7794	63 - 77 Kg.
6' 0"	1.8	72 - 89 Kg.	6' 0"	1.8	65 - 80 Kg.

# INFORMATION ON BODY COMPOSITION

## BODY MASS INDEX

$$\text{BMI} = \text{weight (lb)} / \text{height (inches)} / \text{height (inches)} \times 703$$

BMI	BMI (Designation by the WHO)	BMI Classification Bar				BMI Rating
		-	0	+	++	
Less than 18.5	- (Underweight)					7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	0 (Normal)					18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	+ (Overweight)					25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	++ (Obese)					30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

## BODY FAT

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	> 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	> 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	> 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	> 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	> 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	> 30.0

## VISCERAL FAT

<p>Visceral Fat Level ≤ 9</p>	<p>10 ≤ Visceral Fat Level ≤ 14</p>	<p>Visceral Fat Level ≥ 15</p>
0 (Normal)	+ (High)	++ (Very High)

Source: Omron Healthcare

## SKELETAL MUSCLE

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	> 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	> 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	> 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	> 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	> 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	> 43.7