

VULNERABILITY ASSESSMENT REPORT

NAME:	ANALI	GENDER:	F
SCHOOL:		AGE:	15
ASSESSMENT:	15 August, 2015	CLASS:	IX

FITNESS ASSESSMENT	Value/ Reading	Result
Height (cm)	154	-
Weight (kg)	48	-
BMI (kg/ m ²)	20.24	Healthy Weight
Explosive Strength – Lower Body (ESLB)	1.3	Good
Explosive Strength – Upper Body (ESUB)	5	Average
Flexibility (F)	28	Good
Abdominal Strength (AS)	13	Needs Improvement
Endurance (E)	18	Needs Improvement

INTUITION ASSESSMENT	Value/ Reading	Result
	14	B

EMOTIONAL MATURITY ASSESSMENT	Value/ Reading	Result
	99	Immature

VULNERABILITY INDEX % - 61.8% VULNERABILITY - MODERATE

Reference Values:

1. Height & Weight (M)

Age	Height	Weight
14	160	47
15	166	52.6
16	171	58
17	175	62.7
18	177	65

Height & Weight (F)

Age	Height	Weight
14	155	48
15	161	51.5
16	162	53
17	163	54
18	164	54.4

2. BMI (M)

Age	Underweight	Healthy Weight	Overweight	Obese
14	< 16.1	16.1 ~ 22.5	22.6 ~ 26	> 26
15	< 16.6	16.6 ~ 23.5	23.6 ~ 26.8	> 26.8
16	< 17.1	17.1 ~ 24.3	24.4 ~ 27.5	> 27.5
17	< 17.7	17.7 ~ 25.1	25.2 ~ 28.3	> 28.3
18	< 18.5	18.5 ~ 25.5	25.6 ~ 29	> 29

BMI (F)

Age	Underweight	Healthy Weight	Overweight	Obese
14	< 15.9	15.9 ~ 23.4	23.5 ~ 27.2	> 27.2
15	< 16.3	16.3 ~ 24	24.1 ~ 28	> 28
16	< 16.9	16.9 ~ 24.8	24.9 ~ 29	> 29
17	< 17.3	17.3 ~ 25.2	25.3 ~ 29.6	> 29.6
18	< 17.6	17.6 ~ 25.7	25.8 ~ 30.3	> 30.3

3.

	Needs Imp	Average	Good	Very Good	Excellent
ESLB	< 0.8	0.8 ~ 1.2	1.3 ~ 1.7	1.8 ~ 2.0	> 2.0
ESUB	< 3.7	3.7 ~ 6.3	6.4 ~ 8.9	9 ~ 10.4	> 10.4
F	< 15	15 ~ 24	25 ~ 34	35 ~ 39	> 39
AS	< 18	18 ~ 29	30 ~ 41	41 ~ 47	> 47
E	< 26	26 ~ 43	44 ~ 60	61 ~ 71	> 71

4.

Intuition	D	C	B	A
	0 ~ 4	5 ~ 10	11 ~ 15	16 ~ 20

5.

Emotional Maturity	Extremely Immature	Immature	Moderately Mature	Extremely Mature
	106 ~ 240	89 ~ 106	81 ~ 88	50 ~ 80

Note:

- Physical Fitness references for Height, Weight & BMI are gender wise standards as applicable to teens in India.
- Results for other Fitness parameters have been calculated as average & benchmarked across results obtained through large size sampling data.
- Intuition test is a researched tool developed & tested by an international expert to estimate a person's ability to use her/ his intuition.
- Emotional Maturity assessment is based on a standardized tool developed & validated by psychologists in India.
- Vulnerability index % and result is a measure of weighted average score of all assessments.
- The measure is only indicative, not an absolute measure, with the intended purpose of helping the student identify improvement areas.
- The student has been explained in the workshop that their safety & security majorly depends on their vulnerability.
- Relevant knowledge & skills have been shared during the workshop so as to improve physical fitness, intuitive ability & emotional maturity of the student.
- A good diet & regular physical activity would help improve physical fitness. Daily communication with positive strokes from parents & teachers would help improve confidence & emotional maturity.