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A Study of Physical Health Conditions of Youth Using Predefined Health Parameters

Mamta Kardak

Research Scholar, Department of Psychology, Mansarovar Global University, Sehore, M.P., India.

ABSTRACT

Physical health conditions of youth can be effectively assessed using predefined health parameters such as body mass index (BMI), cardiovascular endurance, muscular strength, flexibility, nutritional status, and mental well-being. These parameters provide a comprehensive framework to evaluate overall health and identify potential risks at an early stage. For instance, BMI helps in determining whether an individual falls within a healthy weight range, while cardiovascular endurance reflects the efficiency of the heart and lungs during physical activity. Muscular strength and flexibility indicate physical fitness and the ability to perform daily tasks efficiently. Additionally, nutritional status plays a crucial role in supporting growth, immunity, and energy levels among youth. Poor dietary habits, sedentary lifestyles, and increased screen time have contributed to rising concerns such as obesity, diabetes, and stress-related disorders in young populations. Regular monitoring of these health parameters enables early intervention and promotes healthier lifestyle choices. Furthermore, incorporating physical activity, balanced nutrition, and awareness programs can significantly improve the physical health outcomes of youth. Thus, predefined health parameters serve as essential tools in understanding, evaluating, and enhancing the overall well-being of the younger generation.