

## APPENDIX-A

### EMOTIONAL INTELLIGENCE SCALE

Hyde, Pethe & Dhar (2002)

Name:

Age:

Class:

Gender:

S.A. - Strongly Agree, A – Agree, N- Neutral, D-Disagree, S.D- Strongly Disagree

S.no.	Statement	S.A	A	N	D	S.D
1.A	I can encourage other to work even when things are not favorable.					
2. C	People tell me that I am an inspiration for them.					
3. J	I am able to encourage people to take initiative.					
4. C	I am able to make intelligent decision using a healthy balance of the emotions and reason.					
5. E	I do not depend on others' encouragement to do my work well.					
6. A	I can continue to do what I believe in even under severe criticism.					
7. C	I am able to assess the situation and then behave.					
8. C	I can concentrate on the task at hand in spite of Disturbances.					
9. B	I pay attention to the worries and concerns of others.					
10. B	I can listen to someone without the urge to say something.					
11. E	I am perceived as friendly and outgoing.					
12. A	I have my priorities clear.					
13. J	I can handle conflicts around me					
14. D	I do not mix unnecessary emotions with issues at hand.					

S.no.	Statement	S.A	A	N	D	S.D
15. B	I try to see the other person's point of View.					
16. F	I can stand up for my beliefs.					
17. E	I can see the brighter side of any situation					
18. A	I believe in myself.					
19. D	I am able to stay composed in both good and bad situations.					
20. B	I can stay focused under pressure.					
21. H	I am able to maintain the standards of honesty and integrity.					
22. H	I am able to confront unethical actions in others.					
23. I	I am able to meet commitments and keep promises.					
24. I	I am organized and careful in my work.					
25. B	I am able to handle multiple demands.					
26. D	I am comfortable and open to novel ideas and new information.					
27. F	I pursue goals beyond what is required of me.					
28. D	I am persistent in pursuing goals despite obstacles and setbacks.					
29. A	I have built rapport and made and maintained personal friendships with work associates.					
30. G	I am able to identify and separate my emotions.					
31. C	I think feelings should be managed					
32. F	I am aware of my weaknesses.					
33. G	I feel that I must develop myself even when my job does not demand it.					
34. C	I believe that happiness is an Attitude.					

## APPENDIX-B

### INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE

LONG LAST 7 DAYS SELF-ADMINISTERED FORMAT

FOR USE WITH YOUNG AND MIDDLE-AGED ADULTS (15-69 years)

#### ***PART 1: JOB-RELATED PHYSICAL ACTIVITY***

The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in Part 3.

1. Do you currently have a job or do any unpaid work outside your home?

Yes

No → ***Skip to PART 2: TRANSPORTATION***

The next questions are about all the physical activity you did in the last 7 days as part of your paid or unpaid work. This does not include traveling to and from work.

2. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, heavy construction, or climbing up stairs as part of your work? Think about only those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ days per week

No vigorous job-related physical activity → ***Skip to question 4***

3. How much time did you usually spend on one of those days doing vigorous physical activities as part of your work?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

4. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like carrying light loads as part of your work? Please do not include walking.

\_\_\_\_\_ days per week

No moderate job-related physical activity → *Skip to question 6*

5. How much time did you usually spend on one of those days doing moderate physical activities as part of your work?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

6. During the last 7 days, on how many days did you walk for at least 10 minutes at a time as part of your work? Please do not count any walking you did to travel to or from work.

\_\_\_\_\_ days per week

No job-related walking → *Skip to PART 2: TRANSPORTATION*

7. How much time did you usually spend on one of those days walking as part of your work?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

## ***PART 2: TRANSPORTATION PHYSICAL ACTIVITY***

These questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

8. During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus, car, or tram?

\_\_\_\_\_ days per week

No traveling in a motor vehicle → *Skip to question 10*

9. How much time did you usually spend on one of those days traveling in a train, bus, car, tram, or other kind of motor vehicle?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

Now think only about the bicycling and walking you might have done to travel to and from work, to do errands, or to go from place to place.

10. During the last 7 days, on how many days did you bicycle for at least 10 minutes at a time to go from place to place?

\_\_\_\_\_ days per week

No bicycling from place to place → ***Skip to question 12***

11. How much time did you usually spend on one of those days to bicycle from place to place?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

12. During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place?

\_\_\_\_\_ days per week

No walking from place to place → ***Skip to PART 3:***

***HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY***

13. How much time did you usually spend on one of those days walking from place to place?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

***PART 3: HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY***

This section is about some of the physical activities you might have done in the last 7 days in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

14. Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, chopping wood, shoveling snow, or digging in the garden or yard?

\_\_\_\_\_ days per week

No vigorous activity in garden or yard → ***Skip to question 16***

15. How much time did you usually spend on one of those days doing vigorous physical activities in the garden or yard?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

16. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate activities like carrying light loads, sweeping, washing windows, and raking in the garden or yard?

\_\_\_\_\_ days per week

No moderate activity in garden or yard → ***Skip to question 18***

17. How much time did you usually spend on one of those days doing moderate physical activities in the garden or yard?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

18. Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did

you do moderate activities like carrying light loads, washing windows, scrubbing floors and sweeping inside your home?

\_\_\_\_\_ days per week

No moderate activity inside home → *Skip to PART 4:*

***RECREATION, SPORT AND LEISURE-TIME PHYSICAL ACTIVITY***

19. How much time did you usually spend on one of those days doing moderate physical activities inside your home?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

***PART 4: RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY***

This section is about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

20. Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time?

\_\_\_\_\_ days per week

No walking in leisure time → *Skip to question 22*

21. How much time did you usually spend on one of those days walking in your leisure time?

\_\_\_\_\_ hours per day

\_\_\_\_\_ minutes per day

22. Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time?

\_\_\_\_\_ days per week

No vigorous activity in leisure time → *Skip to question 24*

23. How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

24. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days, on how many days did you do moderate physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your leisure time?

\_\_\_\_\_ days per week  
 No moderate activity in leisure time    ➔ **Skip to PART 5:**

### ***TIME SPENT SITTING***

25. How much time did you usually spend on one of those days doing moderate physical activities in your leisure time?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

### ***PART 5: TIME SPENT SITTING***

The last questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include any time spent sitting in a motor vehicle that you have already told me about.

26. During the last 7 days, how much time did you usually spend sitting on a weekday?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day

27. During the last 7 days, how much time did you usually spend sitting on a weekend day?

\_\_\_\_\_ hours per day  
\_\_\_\_\_ minutes per day



## APPENDIX-C

### EAT-26 (EATING ATTITUDE TEST)

Garner 1982

Name:

Age:

Height (mtr.):

Weight:

Gender:

S.no.	Statement	Always	Usually	Often	Some time	Rarely	Never
1D	Am terrified about being overweight.						
2O	Avoid eating when I am hungry.						
3B	Find myself preoccupied with food.						
4B	Have gone on eating binges where I feel that I may not be able to stop.						
5O	Cut my food into small pieces.						
6D	Aware of the calorie content of foods that I eat.						
7D	Particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.)						
8O	Feel that others would prefer if I ate more.						
9B	Vomit after I have eaten.						
10D	Feel extremely guilty after eating.						
11D	Am preoccupied with a desire to be thinner.						
12D	Think about burning up calories when I exercise.						
13O	Other people think that I am too thin.						
14D	Am preoccupied with the thought of having fat on my body.						
15O	Take longer than others to eat my meals.						
16D	Avoid foods with sugar in them.						
17D	Eat diet foods.						

18B	Feel that food controls my life.						
19O	Display self-control around food.						
20O	Feel that others pressure me to eat.						
21B	Give too much time and thought to food.						
22D	Feel uncomfortable after eating sweets.						
23D	Engage in dieting behavior.						
24D	Like my stomach to be empty.						
25D	Have the impulse to vomit after meals.						
26B	Enjoy trying rich new foods.						

	<b>Behavioural Question In the past 6 months have you:</b>	Never	Once a month	2-3 time a month	Once a week	2-6 time a week	Once a day or more
A	Gone on eating binges where you feel that you may not be able to stop?						
B	Ever made yourself sick (vomited) to control your weight or shape?						
C	Ever used laxatives, diet pills or diuretics (water pills) to control your weight or shape?						
D	Exercised more than 60 minutes a day to lose or to control your weight?						
E	Lost 20 pounds or more in the past 6 months	Yes		No			

## APPENDIX- D

### Raw Scores of EAT-26 and Physical activity of Under-weight College Women

Sr. No.	Name	Bulimia	Oral control	Dieting	EAT-26	Height in meters	Weight in Kg	BMI	Physical activity
1	Rajdeep	3	6	6	15	1.65	40	14.67	2558
2	Swati raj	3	9	6	18	1.67	41	14.59	4691
3	Pooja	3	14	0	17	1.7	47	16.23	4406
4	Preet kaur	4	6	3	13	1.62	40	15.14	2310
5	Amita	6	5	14	25	1.67	46	16.37	4674
6	Raveena	3	13	0	16	1.62	47	17.79	3262
7	Priyanka	3	3	6	12	1.6	47	18.35	3744
8	Manpreet	0	12	11	23	1.65	39	14.31	1018
9	Jyoti	0	8	3	11	1.62	40	15.14	1299
10	Harpreet	1	11	0	12	1.44	36	17	5202
11	Nirmla	0	7	2	9	1.67	48	17.21	4940
12	Ruhi	3	10	9	22	1.52	35	15.14	4241
13	Gauri	4	2	6	12	1.52	42	18.08	5304
14	Neha	3	9	6	18	1.52	40	17.22	2354
15	komal	0	5	0	5	1.44	36	17	2761
16	Ramanjot	3	7	6	16	1.57	45	18.15	3160
17	Jasbir	3	10	11	24	1.67	47	16.72	4762
18	Anamika	15	12	8	35	1.54	40	16.66	2627
19	Rihana	0	7	0	7	1.6	38	14.84	5342
20	Pinki	0	5	3	8	1.6	40	15.62	3763
21	Ramanpreet	5	3	12	20	1.7	50	17.26	3815
22	Shallu	2	6	0	8	1.57	41	16.01	5472

23	Sonu	3	6	12	21	1.57	45	18.15	2051
24	Baladevi	2	10	8	20	1.54	40	16.66	4771
25	Jyoti gupta	0	3	5	8	1.57	39	15.6	3467
26	Nitika	3	12	7	22	1.6	45	17.57	1929
27	Shivani	3	9	11	23	1.62	47	17.79	1205
28	Sonali	2	6	8	16	1.6	45	17.53	1594
29	Shivani	3	9	15	27	1.54	43	17.91	1706
30	Ritu	0	0	9	9	1.67	48	17.08	2140
31	Mansi	0	12	2	14	1.6	42	16.4	1454
32	Jaspreet	5	0	3	8	1.6	46	17.96	2025
33	Harpreet	0	8	6	14	1.6	35	13.67	1444
34	kanta	4	11	10	25	1.67	44	15.66	1894
35	Sonia	6	0	6	12	1.57	40	16.171	3535
36	Komal	7	7	12	26	1.52	40	17.22	4928
37	Aarti	2	3	12	17	1.57	41	16.7	1448
38	Neelam	9	6	0	15	1.57	35	14.11	1482
39	Nargis	3	8	10	21	1.67	47	16.72	2121
40	Sapna	0	10	5	15	1.7	46	15.88	4334
41	Ashima	0	6	10	16	1.57	45	18.15	4732
42	Vinkal	4	10	7	21	1.52	48	18	3303
43	Aanchal	6	5	6	17	1.67	44	16	2270
44	Manju	0	3	1	4	1.62	48	18.16	3645
45	Shalini	2	8	0	10	1.67	40	16.01	2645
46	Shimpi	4	3	0	7	1.6	45	17.53	1318
47	Himani	0	5	6	11	1.62	45	17.03	968
48	Rachna	2	2	1	5	1.6	45	17.57	1479

49	Mehak	1	9	5	15	1.6	45	17.57	1112
50	Shefali	3	5	17	25	1.62	45	17.03	2871
51.	Abha	3	12	5	20	1.67	45	16.01	2570
52.	Kajal	0	10	6	16	1.65	48	17.61	2453
53	Gitika	1	11	4	16	1.62	42	15.89	2148
54	Gurpreet	2	7	3	12	1.6	47	18.35	1716
55	Damini	3	2	5	10	1.57	44	17.74	1049
56	Tsering	1	1	0	2	1.57	45	18.15	1560
57	Neha	2	2	4	8	1.6	45	18.1	1609
58	Manisha	1	9	1	11	1.52	40	17.22	2000
59	Rishika	0	1	3	4	1.57	45	18.15	3166
60	Shashi	2	5	4	11	1.62	41	15.52	3846
61	Reema	6	9	21	36	1.62	43	16.27	1215
62	Partibha	5	9	0	14	1.57	45	18.15	3371
63	Rajwant	2	5	10	17	1.57	40	16.13	1652
64	Rupinder	3	8	2	13	1.57	44	17.74	3888
65	Priyanka	10	8	3	21	1.67	47	16.72	2337
66	Ramandeep	4	3	2	9	1.57	40	16.13	4972
67	Manjeet	1	5	4	10	1.62	44	16.65	1868
68	Maninder	2	14	4	20	1.6	46	17.96	3476
69	Meenakshi	1	7	2	10	1.57	40	16.13	1280
70	Sonia	1	6	0	7	1.65	41	15.04	2208
71	Nitika	2	6	0	8	1.52	36	15.5	4290
72	Mandeep	4	4	0	8	1.54	43	17.91	1700
73	Shushma	2	9	5	16	1.54	36	15.5	3480
74	komal	6	4	8	18	1.65	50	18.34	2306

75	Aasha	3	0	3	6	1.54	42	17.5	2715
76	Shivani	4	6	0	10	1.54	42	17.5	3833
77	Akansha	2	6	3	11	1.54	40	16.65	3192
78	Avneet	1	0	0	1	1.67	47	17.01	3228
79	Ramiya	1	9	5	15	1.62	44	16.65	3420
80	Shakshi	5	8	11	24	1.65	45	16.53	3163
81	Loveleen	4	12	8	24	1.6	50	17.97	3456
82	Aarti	0	6	5	11	1.6	45	17.58	2128
83	Nikita	10	8	8	26	1.62	49	18.44	2728
84	Neha	1	4	2	7	1.67	50	17.72	3170
85	Simranjeet	2	10	1	13	1.7	50	17.73	3260
86	Sukhpreet	2	9	3	14	1.65	48	17.63	2918
87	Shital	4	6	6	16	1.62	49	18.44	3120
88	Aastha	5	0	2	7	1.75	55	17.96	2140
89	Saloni	0	0	3	3	1.62	47	17.69	2952
90	Jasman	3	6	1	10	1.67	42	14.68	2343
91	Sapna	3	7	11	21	1.57	45	18.26	5727
92	Apurva	2	6	4	12	1.62	42	16.18	2145
93	Bhavna	5	4	9	18	1.6	46	17.97	2050
94	Josiphina	1	3	1	5	1.57	40	16.23	3471
95	Manisha	0	5	13	18	1.62	47	17.69	3097
96	Devender	2	4	2	8	1.6	40	15.62	5822
97	Monika	7	9	2	18	1.52	40	17.22	3425
98	Mandeep	1	4	2	7	1.65	49	17.98	1584
99	Chetna	6	9	6	21	1.57	42	17.03	3608
100	Prachi	3	4	0	7	1.65	50	18.34	2802

**APPENDIX- D (Continued)**  
**Raw Scores of EAT-26 and physical activity of**  
**Normal weight college Women**

Sr. No.	Name	Bulimia	Oral control	Dieting	EAT-26	Height in meters	Weight in Kg	BMI	Physical activity
1	Geetanjali	0	2	7	9	1.57	46	18.55	1959
2	Sandhya	6	5	12	23	1.52	50	21.64	4244
3	Shivlaxmi	9	5	12	26	1.52	50	21.64	3629
4	Renu	3	6	18	27	1.52	45	19.38	3535
5	Jyoti	0	0	0	0	1.57	50	20.16	2200
6	Sarita	2	0	5	7	1.62	56	21.19	4568
7	Manisha	0	2	0	2	1.65	55	20.18	4389
8	Harita	6	3	9	18	1.54	48	19.99	5190
9	Rakhi	0	3	0	3	1.57	48	19.35	3692
10	Gagandeep	0	5	1	6	1.6	51	19.92	4748
11	Harlinder	2	3	3	8	1.52	50	21.53	3748
12	Dimple	2	6	10	18	1.52	50	21.53	2165
13	Dalbir	6	10	21	37	1.62	52	19.68	3136
14	Priya	6	9	12	27	1.52	47	20.3	5472
15	Inderpreet	3	3	12	18	1.57	50	20.16	3290
16	Neetu	0	6	9	15	1.57	53	21.37	3485
17	Kanika	0	6	4	10	1.65	60	22.01	4325
18	Ruby	1	0	3	4	1.52	46	19.81	2176
19	Mahima	4	8	20	32	1.7	65	22.44	1565
20	Jyoti	3	7	11	21	1.52	50	21.53	3584
21	Sapna	3	6	8	17	1.54	52	21.9	3920
22	Pardeep	5	5	0	10	1.57	52	20.97	3485

23	Navneet	0	4	10	14	1.72	60	20.11	4380
24	Navdeep	0	2	7	9	1.6	54	21.09	3840
25	Anchal	5	3	6	14	1.54	52	21.66	2099
26	Vishali	2	6	6	14	1.52	47	20.3	4652
27	Mandeep	4	10	14	28	1.57	53	21.37	4827
28	Yashoda	3	3	9	15	1.42	40	19.77	5260
29	Gurjeet	9	6	9	24	1.62	55	20.9	2358
30	Amanpreet	1	9	0	10	1.52	47	20.3	2043
31	Priyanka	6	4	1	11	1.57	53	21.37	3647
32	Manisha	2	0	1	3	1.6	53	20.7	4884
33	Shivani	2	3	0	5	1.52	50	21.53	2481
34	Rosal	1	2	2	5	1.62	56	21.19	3591
35	Anu rani	3	6	0	9	1.52	43	18.51	2435
36	Kiranjeet	4	5	3	12	1.6	55	21.49	3917
37	Arpita	0	7	6	13	1.6	50	20.16	4786
38	Ashna	3	6	8	17	1.7	62	21.41	4785
39	Mehak	5	4	12	21	1.54	52	21.66	3257
40	Kamaljeet	3	0	3	6	1.52	43	18.51	2200
41	Harleen	0	10	3	13	1.67	62	22.06	2796
42	Megha	0	10	3	13	1.57	52	20.97	4738
43	Nawleen	4	2	16	22	1.7	65	22.44	4752
44	Pooja	0	3	0	3	1.54	50	20.83	5001
45	Kirti	0	10	5	15	1.6	55	21.48	4531
46	Isha	3	3	3	9	1.57	52	20.97	3288
47	Rajwinder	1	0	0	1	1.6	52	20.31	3867
48	Sandeep	2	8	9	19	1.42	40	19.77	2799



49	Ankita	0	14	3	17	1.57	49	20	5358
50	Varsha	0	0	6	6	1.52	45	19	2221
51.	Anamika	2	2	8	12	1.57	47	19	2747
52.	Rita	2	4	21	27	1.57	50	20	1726
53	Monu	6	5	15	26	1.62	56	21	1898
54	Himanshi	3	5	2	10	1.62	58	22	2463
55	Ishpreet	4	5	7	16	1.65	61	22	5612
56	Ruchika	1	5	2	8	1.62	49	18.54	5640
57	Divya	1	0	4	5	1.62	55	20.81	3066
58	Nisha	3	0	0	3	1.7	57	19.68	3440
59	Sonia	3	0	1	4	1.62	55	20.81	3288
60	Nikita	0	2	4	6	1.57	55	22.18	4074
61	Neha	2	2	8	12	1.57	52	21.64	1951
62	Sweeti	0	1	0	1	1.67	52	19.1	2361
63	Gushandeep	12	8	8	28	1.67	58	20.64	1428
64	Kavita	5	4	0	9	1.62	57	22.98	2086
65	Kiran	5	11	0	16	1.57	48	19.35	3356
66	Jyoti	5	8	0	13	1.57	56	22.58	4786
67	Shailja	4	3	0	7	1.65	52	19.08	5706
68	Vishali	4	0	0	4	1.62	54	20.43	2517
69	Neeru	3	0	0	3	1.57	46	18.55	2802
70	Sandeep	1	8	8	17	1.6	48	18.75	3230
71	Anita	0	3	1	4	1.57	46	18.55	1600
72	Hitaishi	0	3	2	5	1.65	58	21.28	1206
73	Manpreet	10	3	5	18	1.62	58	21.98	4822
74	Anubha	17	3	4	24	1.6	55	21.48	5713

75	Sonika	6	0	0	6	1.57	55	22.18	2737
76	Twinkle	4	0	3	7	1.6	49	19.14	2456
77	Amandeep	2	13	6	21	1.57	46	18.55	3102
78	Meenakshi	0	3	7	10	1.57	47	19	3232
79	Shabnam	1	7	6	14	1.57	47	19	3921
80	Priya	2	4	5	11	1.62	62	21.46	3148
81	Neha	2	2	17	21	1.52	45	19.38	2611
82	Neetu	0	0	6	6	1.52	46	19.81	2148
83	Khushbu	4	2	2	8	1.62	57	21.57	4291
84	Prabjot	3	7	11	21	1.52	50	21.53	2293
85	Jagpreet	0	3	2	5	1.62	62	23.6	3389
86	Simran	4	0	0	4	1.65	53	19.44	3465
87	Sumanjot	8	0	16	24	1.57	55	22.18	3042
88	Shavneet	3	4	0	7	1.67	56	19.93	3195
89	Sandeep	4	0	0	4	1.6	50	19.53	3465
90	Priyanka	2	1	8	11	1.52	43	18.61	2480
91	Simran	4	0	5	9	1.6	50	19.53	2346
92	Rajwinder	9	10	6	25	1.54	52	21.66	2558
93	Mahima	2	1	6	9	1.57	56	22.58	2594
94	Jigmil	6	2	3	11	1.6	53	20.7	2577
95	Parwinder	1	0	2	3	1.54	48	19.99	3142
96	Sonam	4	9	13	26	1.62	50	18.92	3033
97	Dimple	7	12	8	27	1.62	55	20.81	4523
98	Navneet	6	3	12	21	1.6	58	22.65	4531
99	Neetu	3	4	3	10	1.52	46	19.81	4017
100	Jaspreet	4	6	6	16	1.7	55	18.99	2577

**APPENDIX- D (Continued)**  
**Raw Scores of EAT-26 and Physical activity of**  
**Overweight College Women**

Sr. no.	Name	Bulimia	Oral control	Dieting	EAT-26	Height in meters	Weight in kg	BMI	Physical activity
1	Rajji	0	9	9	18	1.52	56	24.11	4589
2	Sapna	3	3	9	15	1.44	50	23.85	4380
3	Rashmi	2	10	26	38	1.57	57	23.12	3261
4	Manisha	1	4	4	9	1.57	58	23.53	1579
5	Rashmeen	1	5	6	12	1.67	65	23.13	3150
6	Kiranpreet	2	0	3	5	1.62	60	23.46	4236
7	Navdeep	3	5	13	21	1.6	60	23.44	4671
8	Aakriti	6	3	12	21	1.67	64	23.13	5238
9	Manu	3	0	3	6	1.52	56	24.11	2913
10	Jyoti	1	9	8	18	1.39	47	24.08	4455
11	Neha	6	11	4	21	1.52	55	23.68	3477
12	Pooja	3	6	22	31	1.57	58	23.39	4289
13	Nittu	4	7	18	29	1.67	66	23.48	2495
14	Vandna	5	5	20	30	1.67	66	23.48	2368
15	Surbhi	0	7	4	11	1.65	65	23.85	2393
16	Yashika	1	4	2	7	1.54	57	23.73	3116
17	Diksha	3	0	10	13	1.57	61	24.75	5356
18	Shagam	1	4	1	6	1.57	59	23.94	1386
19	Tanu	6	7	2	15	1.52	54	23.37	1239
20	Deeksha	6	7	8	21	1.44	50	23.75	3019
21	Shagun	0	5	10	15	1.57	60	24.19	3257
22	Vagisha	0	0	3	3	1.6	62	24.2	1906

23	Mannat	3	2	18	23	1.7	68	23.53	1231
24	Nitu	0	0	10	10	1.57	61	24.75	1893
25	Risham	5	2	17	24	1.62	65	24.46	1514
26	Priyanka	2	1	14	17	1.67	68	24.09	2784
27	Jasleen	4	1	10	15	1.57	59	23.94	3529
28	Ruby	2	3	3	8	1.65	65	23.88	1274
29	Harnoor	3	4	3	10	1.57	58	23.39	2356
30	Jahanvi	5	1	0	6	1.57	58	23.39	1550
31	Jaspreet	3	6	16	25	1.62	60	23.46	2649
32	Supriya	5	14	28	47	1.6	59	23.04	3565
33	Gagandeep	3	0	23	26	1.6	59	23.04	2772
34	Gaganpreet	3	4	8	15	1.67	66	23.38	2813
35	Charu	1	12	24	37	1.52	55	23.68	1495
36	Sanya	3	1	15	19	1.54	56	23.33	1770
37	Kartika	2	10	3	15	1.52	56	24.11	1792
38	Shardha	8	2	18	28	1.52	55	23.68	3245
39	Diksha	9	4	8	21	1.54	56	23.33	2255
40	Shalu	2	3	9	14	1.57	60	24.19	3367
41	Partistha	2	2	29	33	1.67	65	23.13	3300
42	Anchita	4	8	12	24	1.65	64	23.48	3425
43	Niharika	0	0	4	4	1.6	62	24.21	1594
44	Kavita	1	4	1	6	1.57	59	23.94	3054
45	Mehak	6	7	2	15	1.52	54	23.37	3876
46	Sana	6	7	8	21	1.44	50	23.75	2389
47	Meena	4	7	11	22	1.67	66	23.48	2495
48	Deepti	9	13	20	42	1.52	56	24.11	1437

49	Preeti	2	0	5	7	1.57	58	23.39	3177
50	Rekha	1	12	0	13	1.57	58	23.39	2219
51	Hemlata	7	7	7	21	1.52	54	23.25	3245
52	Manpreet	5	6	23	34	1.67	65	23.13	2220
53	Parminder	3	5	5	13	1.6	59	23.04	2870
54	Priya	3	4	6	13	1.75	57	23.74	1920
55	Kavita	0	0	3	3	1.54	59	24.58	3367
56	Jaspreet	5	8	3	16	1.57	58	23.39	1673
57	Mandeep	4	9	3	16	1.44	50	23.75	2567
58	Surjeet	3	6	3	12	1.62	66	24.98	2313
59	Kavita	1	5	3	9	1.52	57	24.6	3316
60	Chanda	3	9	2	14	1.54	58	24.16	2145
61	Meghna	2	5	2	9	1.54	59	24.24	2084
62	Jagnti	4	0	2	6	1.54	58	24.16	1980
63	Rubina	0	2	7	9	1.52	57	24.6	1440
64	Roopam	2	4	3	9	1.52	54	23.25	1897
65	Angnip	0	1	2	3	1.52	56	24.11	4752
66	Rati	3	13	16	32	1.52	57	24.54	2852
67	Jessice	1	0	5	6	1.6	60	23.44	1281
68	Avantika	1	0	16	17	1.52	54	23.37	1416
69	Jagwinder	4	9	17	30	1.57	57	23.12	1842
70	Vishali	3	1	10	14	1.57	60	24.34	4496
71	Shalu	7	0	4	11	1.54	58	24.14	1506
72	Geetu	0	2	13	15	1.57	57	23.12	2772
73	Kunzang	4	0	6	10	1.6	62	24.22	1990
74	Anchita	3	8	12	23	1.54	58	24.14	2430

75	Riya	0	3	3	6	1.57	57	23.12	1701
76	Gurpreet	7	1	13	21	1.6	60	23.44	3912
77	Babita	4	5	14	23	1.6	60	23.44	3400
78	Kavita	1	5	3	9	1.57	57	23.12	2324
79	Yukta	0	7	21	28	1.6	60	23.44	3562
80	Sakshi	4	6	10	17	1.57	57	23.12	1950
81	Neha	0	3	5	18	1.57	58	23.39	2742
82	Navjot	2	8	11	21	1.62	60	23.46	2144
83	Vinni	3	9	16	28	1.62	60	23.46	3455
84	Latika	3	12	11	26	1.6	59	23.04	1984
85	Aakansha	4	6	11	21	1.52	54	23.37	1923
86	Simran	0	6	5	11	1.54	58	24.14	2292
87	Gursangeet	7	3	11	21	1.57	57	23.12	3180
88	Jasmeen	6	6	8	20	1.54	57	23.73	4032
89	Anuj	6	6	12	24	1.57	58	23.39	1548
90	Hasheena	4	2	15	21	1.67	68	24.09	3054
91	Sucheta	2	5	11	18	1.57	60	24.19	2311
92	Vipanpreet	2	3	17	22	1.52	57	24.6	1980
93	Prachi	6	5	6	17	1.67	68	24.09	2643
94	Janvi	5	9	7	21	1.57	59	23.94	1834
95	Gauri	3	6	3	12	1.65	65	23.88	3390
96	Arshpreet	3	9	3	15	1.62	66	24.98	1786
97	Kiran	5	6	2	13	1.52	57	24.6	1999
98	Taruna	2	6	10	18	1.54	58	24.16	2798
99	Monika	3	4	8	15	1.6	60	23.44	1673
100	Simran	3	5	11	22	1.52	54	23.37	2060

**APPENDIX- D (Continued)**  
**Raw Scores of EAT-26 and Physical activity**  
**of obese College Women**

Sr. No.	Name	Bulimia	Oral control	Dieting	Eat26	Height in meters	Weight in Kg	BMI	Physical activity
1	Surbhi	3	5	20	28	1.52	60	25.83	3550
2	Ragni	0	2	3	5	1.54	62	25.83	1599
3	Suman	1	0	2	3	1.52	65	27.99	2946
4	Rani	0	3	6	9	1.57	62	25.15	2042
5	Mehak	7	6	26	39	1.54	65	26.21	3975
6	Vishakha	9	3	6	18	1.6	65	25.3	2256
7	Yogita	0	3	6	9	1.57	62	25.15	1507
8	Ritu	0	0	3	3	1.52	62	26.69	2808
9	Inderpreet	4	4	15	23	1.57	63	25.4	2306
10	Kusum	2	9	6	17	1.57	62	25.15	2205
11	Deepti	0	12	3	15	1.6	65	25.3	1607
12	Rajni	6	3	21	30	1.34	50	27.59	3791
13	Pinky	3	4	14	21	1.52	68	29.28	2355
14	Nisha	3	9	0	12	1.6	67	26.17	1591
15	Sheetal	0	3	0	3	1.52	60	25.83	2217
16	Anju	1	9	20	30	1.6	67	26.17	3959
17	Bhawna	0	2	8	10	1.57	62	25.15	3350
18	Nishi	0	8	1	9	1.6	72	28	3372
19	Surbhi	0	2	2	4	1.57	66	26.61	4230
20	Anita	4	4	13	21	1.52	65	28	3600
21	Ayesha	4	1	17	22	1.62	70	26.49	2704
22	Manjeet	3	3	4	10	1.6	65	25.38	1287

23	Jyoti	3	5	7	15	1.52	60	25.83	2611
24	Pooja	4	3	12	19	1.39	60	30.74	2575
25	Devika	6	0	5	11	1.65	82	30.12	1999
26	Palvika	3	7	15	25	1.6	66	25.78	3594
27	Harnoor	2	0	9	11	1.6	70	27.34	3523
28	Shivangi	0	1	4	15	1.67	75	26.57	4930
29	Haishpreet	1	1	9	11	1.6	75	29.3	2243
30	Avneet	0	3	5	8	1.52	57	25.33	1952
31	Navdeep	4	4	13	21	1.62	82	30.86	2104
32	Preeti	3	4	14	21	1.6	78	32.05	2218
33	Simran	8	5	12	25	1.54	65	27.6	2264
34	Nahid noor	2	8	8	18	1.52	71	30.73	4690
35	Preeti	1	10	21	32	1.65	77	28.28	2435
36	Navdeep	0	5	19	24	1.6	81	31.6	3746
37	Mehak	0	3	8	11	1.6	65	25.3	1351
38	Harman	3	7	15	25	1.54	65	27.6	4746
39	Jasleen	0	0	7	7	1.72	80	26.73	1980
40	Harman	1	1	12	14	1.65	72	26.45	2143
41	Namita	3	2	3	8	1.62	67	25.22	2645
42	Tanya	0	6	0	6	1.67	79	27.99	2283
43	Shushanshu	5	6	19	30	1.57	73	29.62	2162
44	Devika	2	2	9	13	1.62	70	26.4	2486
45	Gursimran	0	6	8	14	1.62	70	26.4	1960
46	Shilpi	3	2	16	21	1.54	65	27.08	2165
47	Keerat	4	8	12	24	1.6	65	25.3	2343
48	Radha	0	0	3	3	1.7	82	28.31	3918



49	Diksha	3	2	7	12	1.54	60	25.2	1920
50	Monika	4	0	6	10	1.62	70	26.49	4243
51.	Poonam	4	4	3	11	1.42	58	28.67	4116
52.	Medha	3	3	9	15	1.65	77	28.25	1294
53	Ishita	7	7	3	17	1.6	65	25.3	2611
54	Pooja	3	3	12	18	1.6	65	25.3	2575
55	Newpreet	0	6	9	15	1.52	68	29	1999
56	Harpreet	0	6	4	10	1.52	60	25.83	3594
57	Teena	1	0	3	4	1.54	60	25.2	3523
58	Seema	4	8	20	32	1.62	74	28	4930
59	Muskan	3	7	11	21	1.54	60	25	2243
60	Manju	12	8	8	28	1.52	60	25.83	1952
61	Aditi	5	4	0	9	1.57	72	29	2104
62	Ramneet	5	11	0	16	1.44	55	25	1978
63	Neelu	5	8	0	13	1.54	60	25.2	2264
64	Sheetal	4	3	0	7	1.52	60	25.83	3890
65	Kulwinder	6	3	21	30	1.54	65	26.21	3435
66	Jagpreet	3	4	14	21	1.6	65	25.39	3646
67	Yamini	6	10	9	25	1.44	53	25.21	1351
68	Aruna	3	4	9	16	1.52	62	26.84	1774
69	Anamika	4	4	15	23	1.57	74	30.02	2678
70	Palak	6	6	18	30	1.6	69	26.95	2752
71	Pratistha	3	6	6	15	1.52	59	25.54	1660
72	Kriti	4	3	6	13	1.6	67	26.17	2410
73	Sushila	4	4	16	24	1.44	53	25.2	1460
74	Simran	4	4	4	12	1.52	59	25.54	1695

75	Kavita	3	1	10	14	1.54	65	26.21	2610
76	Kirandeep	7	0	4	11	1.6	65	25.39	1591
77	Monika	4	10	7	21	1.39	60	30.74	4678
78	Kanchan	6	5	6	17	1.52	65	28	2199
79	Kanika	0	3	1	4	1.62	70	26.49	3032
80	Deepali	2	8	0	10	1.7	82	28.37	1999
81	Aakansha	6	4	8	18	1.6	72	28.13	3290
82	Jasmeen	0	6	5	11	1.6	67	26.17	2358
83	Vasndeep	3	0	3	6	1.57	62	25.15	3647
84	Himani	1	4	2	7	1.54	65	27.08	3535
85	Taruna	15	12	8	35	1.57	66	26.61	4884
86	Awandeep	2	9	3	14	1.52	60	25.83	2481
87	Manisha	2	9	5	16	1.62	70	26.4	2435
88	Poonam	10	8	8	26	1.6	65	25.38	2217
89	Harshita	8	6	4	18	1.67	75	26.57	3916
90	kavita	4	6	0	10	1.6	64	25	3959
91	Anju	2	10	1	13	1.57	63	25.4	1999
92	Ravita	10	8	8	26	1.54	65	27.4	3550
93	Armaan	4	3	2	8	1.54	65	27.4	3467
94	Sucheta	4	12	8	24	1.6	70	27.34	2798
95	Prachi	0	6	5	11	1.52	65	28	4980
96	Sandhya	2	14	4	20	1.57	62	25.15	2060
97	Vaishali	1	7	2	10	1.52	57	25.33	2270
98	Priyanka	6	3	5	14	1.57	62	25.15	1599
99	Gurpreet	0	3	6	9	1.6	75	29.3	2627
100	Disha	0	7	0	7	1.6	66	25.78	1673

**APPENDIX- E**  
**Raw Scores of Emotional intelligence of Underweight College**  
**Women**

<b>S. No.</b>	<b>SA</b>	<b>EM</b>	<b>SM</b>	<b>ES</b>	<b>MR</b>	<b>IN</b>	<b>SD</b>	<b>VO</b>	<b>CO</b>	<b>AB</b>	<b>EI Total</b>
1	16	17	24	18	14	12	4	9	8	5	127
2	16	22	20	17	16	12	8	8	8	4	131
3	13	19	23	14	16	11	7	8	8	8	127
4	17	20	26	17	17	13	9	7	8	8	142
5	15	20	26	14	14	10	8	8	8	9	132
6	17	19	22	11	16	11	7	8	8	8	127
7	18	19	24	11	13	11	7	9	6	6	124
8	12	17	20	19	13	12	5	6	9	6	119
9	14	14	20	12	15	13	6	6	8	6	114
10	19	21	23	17	15	13	6	8	9	6	137
11	19	18	26	18	14	13	7	9	9	9	142
12	17	17	20	15	16	12	8	9	9	8	131
13	15	20	25	16	16	12	9	7	8	8	136
14	19	21	21	16	16	14	9	9	8	7	140
15	16	18	18	14	10	10	8	6	8	8	116
16	16	18	20	15	16	12	8	7	8	6	126
17	16	20	22	16	16	10	8	8	8	8	132
18	10	18	22	16	10	10	6	8	8	8	116
19	16	13	19	11	11	8	6	6	8	7	105
20	16	17	17	16	14	11	8	7	7	4	117
21	12	14	18	12	13	8	8	8	8	4	105

22	20	18	25	15	9	10	10	9	10	6	132
23	16	17	15	15	14	12	8	8	8	6	119
24	14	15	19	13	17	10	7	8	8	6	117
25	18	22	21	13	12	13	8	8	9	8	132
26	13	21	18	14	13	12	8	10	9	4	122
27	20	19	23	17	19	15	9	8	9	9	148
28	17	17	19	15	12	10	6	6	4	8	114
29	12	16	20	13	10	13	9	9	8	5	115
30	15	15	21	14	15	10	4	7	9	9	119
31	19	17	22	17	17	12	9	8	9	3	133
32	16	16	20	14	12	10	6	8	8	4	114
33	14	14	22	13	15	11	5	6	8	6	114
34	14	14	21	14	6	13	7	8	8	7	112
35	10	12	24	14	19	16	4	8	10	2	119
36	15	15	18	18	8	12	9	8	9	3	115
37	17	16	24	10	15	17	7	9	9	7	131
38	17	15	19	17	14	8	8	6	8	2	114
39	20	24	26	19	13	7	9	7	10	8	143
40	18	16	20	20	14	14	8	9	10	9	138
41	17	19	24	15	17	14	10	7	8	8	139
42	18	13	19	14	20	14	9	9	5	8	129
43	18	17	28	18	19	10	10	8	6	8	142
44	17	18	23	12	15	12	8	8	8	8	129
45	14	19	20	16	13	12	8	7	8	7	124
46	18	19	27	14	18	13	10	7	8	7	141
47	17	19	20	15	15	12	7	7	8	8	128

48	19	18	30	16	13	11	10	9	10	6	142
49	13	21	26	14	15	10	9	7	5	6	126
50	14	16	26	15	18	11	9	6	7	10	132
51.	18	20	26	18	19	13	4	10	7	8	143
52.	17	19	25	11	12	9	8	7	8	4	120
53	6	10	23	9	13	6	4	6	8	5	90
54	8	10	25	10	13	9	9	4	4	5	97
55	19	14	27	17	20	13	8	9	9	8	144
56	10	19	10	15	10	11	8	4	6	7	100
57	10	17	20	11	16	10	8	2	5	4	103
58	9	12	16	13	9	8	4	5	8	4	88
59	12	8	8	6	4	5	6	7	5	7	68
60	14	15	18	14	10	10	8	7	7	4	107
61	19	25	30	20	19	9	8	5	9	5	149
62	20	23	22	7	14	14	10	10	10	9	139
63	17	14	17	12	14	14	8	8	8	9	121
64	16	18	25	14	14	11	8	8	8	9	131
65	20	20	18	17	15	15	8	9	9	9	140
66	17	21	22	13	17	13	6	6	9	9	133
67	14	14	20	12	14	11	7	7	7	7	113
68	17	17	21	15	12	10	6	7	7	7	119
69	16	14	22	11	15	10	10	6	8	3	115
70	15	16	20	12	10	10	7	9	8	6	113
71	14	11	14	13	14	11	4	7	7	5	100
72	16	14	20	14	17	13	6	7	8	6	121
73	16	20	24	13	19	11	6	10	7	9	135
74	16	20	23	13	17	10	6	9	8	8	130

75	17	20	15	15	18	14	6	9	6	7	127
76	15	18	23	14	15	10	6	8	7	7	123
77	17	19	23	15	13	13	7	7	7	8	129
78	15	17	22	15	9	8	8	7	8	8	117
79	17	22	27	15	17	9	9	9	10	9	144
80	18	23	20	19	9	5	8	7	6	8	123
81	18	23	17	18	8	8	8	6	6	8	120
82	16	18	21	14	14	10	7	7	8	7	122
83	10	19	21	18	11	6	5	5	6	6	107
84	17	18	24	14	16	13	8	7	9	8	134
85	16	20	23	15	10	10	9	7	8	5	123
86	16	14	19	12	12	11	6	6	7	8	111
87	19	17	26	18	18	11	8	9	9	10	145
88	18	20	23	8	11	14	6	8	8	8	124
89	15	17	22	15	12	12	7	5	9	7	121
90	16	16	20	15	13	9	7	5	9	7	117
91	18	20	23	19	14	13	8	9	8	8	140
92	10	16	15	10	12	7	5	6	8	7	96
93	20	16	21	11	17	11	8	7	5	6	122
94	18	21	16	10	10	10	8	8	8	9	118
95	18	18	26	14	12	12	9	7	8	8	132
96	15	14	27	12	10	12	8	8	7	6	119
97	16	20	24	8	13	12	8	5	8	6	120
98	13	15	23	10	15	10	6	6	7	7	112
99	18	18	23	16	10	12	9	6	7	9	128
100	12	22	12	10	16	12	5	6	9	6	110

**APPENDIX- E (Continued)**  
**Raw Scores of Emotional intelligence of Normal weight College Women**

S. No.	SA	EM	SM	ES	MR	IN	SD	VO	CO	AB	EI Total
1	18	20	20	17	17	13	8	9	10	8	140
2	12	20	25	14	14	10	8	8	8	9	128
3	12	20	26	14	12	10	8	8	8	9	127
4	17	15	14	15	3	11	9	2	10	6	102
5	18	20	24	16	17	12	9	7	8	8	139
6	17	24	24	17	14	14	4	6	8	8	136
7	15	16	23	14	16	10	8	8	6	6	122
8	20	20	22	15	16	13	9	9	8	7	139
9	12	12	9	16	8	8	8	9	8	4	94
10	16	15	18	14	13	10	8	7	8	7	116
11	19	15	28	16	17	14	7	9	10	4	139
12	16	12	19	10	4	5	4	8	8	6	92
13	20	14	26	12	13	11	10	9	10	5	130
14	20	19	25	13	14	14	8	8	9	6	136
15	14	10	25	17	14	10	4	5	9	4	112
16	20	21	26	20	7	14	9	5	5	8	135
17	17	17	18	17	15	12	8	9	10	5	128
18	13	15	19	10	7	9	8	6	7	6	100
19	18	14	21	14	11	13	7	8	8	7	121
20	20	14	24	18	15	12	7	7	9	7	133
21	19	18	21	18	15	11	8	7	9	7	133
22	15	18	21	12	12	11	7	8	7	5	116
23	16	14	18	10	12	8	4	6	8	4	100

24	16	16	16	8	14	8	4	8	8	6	104
25	19	17	18	19	16	14	9	8	10	7	137
26	14	17	21	13	9	10	6	6	8	6	110
27	16	20	26	19	16	12	7	8	9	8	141
28	15	16	24	20	15	14	9	2	10	9	134
29	16	21	22	17	17	12	7	7	9	4	132
30	16	17	25	14	10	6	6	8	8	4	114
31	16	10	18	17	14	4	7	7	3	2	94
32	17	20	27	17	14	14	10	10	9	8	146
33	11	14	20	14	14	11	8	8	8	4	112
34	15	18	17	14	9	12	8	7	9	5	114
35	20	10	21	11	17	13	9	8	9	8	126
36	9	19	22	17	14	11	9	8	9	7	125
37	18	10	26	10	18	14	8	9	10	9	132
38	9	12	25	8	14	8	8	8	4	5	101
39	19	21	25	14	12	12	8	9	9	5	134
40	17	17	20	16	14	13	6	9	8	5	125
41	20	10	26	10	15	14	8	9	10	9	131
42	20	12	22	11	15	14	9	10	10	9	132
43	13	15	17	11	13	10	8	7	10	5	109
44	18	17	26	17	18	10	4	8	8	6	132
45	18	21	26	15	13	14	8	9	10	9	143
46	18	16	22	15	16	11	8	9	8	7	130
47	14	10	18	9	14	8	5	7	7	2	94
48	16	15	16	13	13	10	7	6	8	5	109
49	18	20	25	17	6	12	8	8	9	8	131



50	7	17	14	14	8	6	8	9	8	5	96
51.	10	8	20	13	12	8	8	7	8	7	101
52.	13	18	20	10	15	11	7	6	7	5	112
53	14	15	21	11	17	7	10	6	6	9	116
54	12	15	22	12	12	12	8	8	8	8	117
55	15	18	24	16	18	11	8	7	7	8	132
56	13	15	22	13	10	12	9	7	7	7	115
57	18	16	26	18	17	13	10	9	8	8	143
58	19	20	24	16	16	13	9	8	8	8	141
59	20	21	20	16	16	12	9	7	6	8	135
60	16	18	24	15	17	12	9	10	9	7	137
61	15	19	24	15	15	11	8	8	8	8	131
62	14	16	24	14	16	11	6	7	6	7	121
63	13	11	25	16	15	12	10	9	8	10	129
64	12	18	23	15	16	10	9	6	7	8	124
65	12	18	24	15	16	8	8	6	7	8	122
66	12	18	23	15	16	10	9	6	7	8	124
67	20	21	26	18	18	8	10	8	9	10	148
68	14	18	23	15	14	10	9	7	8	7	125
69	12	11	14	14	12	12	8	6	3	6	98
70	10	15	17	14	14	8	7	6	5	7	103
71	16	16	23	10	16	12	9	7	7	8	124
72	15	18	25	14	15	11	8	7	7	7	127
73	11	17	18	15	16	11	5	5	6	6	110
74	14	17	23	16	14	11	6	10	8	5	124
75	15	18	19	11	17	10	8	6	7	8	119

76	15	18	15	14	13	8	7	7	6	8	111
77	15	17	24	14	17	9	8	7	7	6	124
78	12	14	18	16	10	9	6	5	5	5	100
79	20	19	17	13	10	15	10	6	9	9	128
80	14	13	14	16	12	8	8	7	7	6	105
81	17	21	22	15	17	10	6	8	10	8	134
82	16	23	29	16	19	13	9	9	8	8	150
83	14	18	25	14	16	11	8	7	7	7	127
84	18	20	26	16	19	13	9	7	8	8	144
85	13	15	10	8	14	9	10	7	4	7	97
86	18	14	24	18	18	13	8	9	9	9	140
87	16	20	24	16	16	12	8	8	8	8	136
88	13	21	16	7	16	11	8	6	8	7	113
89	18	19	24	18	18	10	6	9	9	9	140
90	12	13	21	14	16	11	4	6	8	6	111
91	17	19	17	16	19	14	9	10	10	9	140
92	15	17	21	15	16	11	8	8	6	6	123
93	12	15	22	16	12	11	8	7	7	7	117
94	14	16	17	15	15	9	9	8	7	8	118
95	16	17	23	14	18	12	9	7	7	8	131
96	10	13	23	13	13	12	3	10	10	9	116
97	17	14	21	10	19	13	10	8	9	9	130
98	13	14	27	20	12	13	10	8	9	9	135
99	12	13	12	14	10	9	8	10	9	8	105
100	18	18	23	16	16	13	8	9	9	8	138

**APPENDIX- E (Continued)**  
**Raw Scores of Emotional intelligence of Overweight College Women**

S. No.	SA	EM	SM	ES	MR	IN	SD	VO	CO	AB	EI Total
1	19	23	17	16	17	13	8	8	9	10	140
2	9	10	27	8	8	9	4	8	9	6	98
3	13	11	28	15	20	14	9	10	9	8	137
4	9	8	13	9	8	4	8	4	4	6	73
5	17	20	24	16	15	7	8	8	8	8	131
6	14	17	24	17	12	7	8	7	9	2	119
7	14	16	18	15	20	11	6	6	7	10	123
8	13	14	18	15	9	9	6	6	6	6	102
9	18	19	27	16	13	12	9	7	7	8	136
10	14	13	13	9	13	5	4	8	3	8	90
11	16	16	18	14	10	15	8	8	8	8	121
12	15	21	26	13	14	12	10	9	8	9	137
13	18	20	20	16	16	12	9	10	10	6	137
14	17	19	25	14	16	14	8	8	8	8	137
15	18	19	21	18	19	9	9	8	9	8	138
16	18	15	20	18	19	12	4	9	9	9	133
17	16	22	20	15	16	13	7	7	7	7	130
18	16	18	16	11	19	14	8	8	7	8	125
19	18	14	24	15	10	13	8	9	8	9	128
20	16	15	21	12	16	6	8	6	6	6	112
21	18	19	25	18	19	12	10	8	9	8	146
22	19	13	17	18	17	13	8	10	8	8	131
23	19	14	29	8	18	15	9	9	9	10	140

24	12	13	26	15	13	12	8	7	8	8	122
25	11	14	17	10	13	10	5	10	6	8	104
26	13	21	23	14	13	13	6	8	8	8	127
27	15	13	17	12	15	7	7	6	5	7	104
28	13	15	21	14	12	11	7	7	7	6	113
29	20	25	29	16	18	14	10	8	10	10	139
30	15	17	21	15	16	11	8	8	6	7	124
31	13	22	25	12	17	15	3	9	9	8	133
32	16	22	28	18	17	12	10	7	8	9	147
33	9	20	20	9	14	8	5	6	9	6	106
34	15	18	22	15	14	13	7	9	9	9	131
35	16	18	24	16	14	13	9	8	8	8	134
36	11	16	22	15	16	12	6	7	10	7	122
37	15	18	22	15	15	11	10	7	9	7	129
38	12	19	16	11	13	9	6	7	9	10	112
39	17	22	21	15	18	12	5	9	9	7	135
40	17	20	20	14	15	12	8	7	8	8	129
41	15	23	27	17	14	12	9	9	9	7	142
42	17	22	24	19	17	12	9	9	9	8	146
43	14	16	24	15	15	11	8	8	8	9	128
44	16	15	16	13	13	10	7	6	8	5	109
45	18	20	25	17	6	12	8	8	9	8	131
46	7	17	14	14	4	6	8	9	8	5	92
47	18	10	20	16	16	12	9	10	10	6	127
48	18	20	22	17	12	11	8	9	8	6	131
49	18	17	21	15	14	13	7	8	9	6	128

50	16	17	25	17	18	12	8	7	8	8	136
51.	20	20	25	17	19	12	7	10	10	8	148
52.	19	18	20	10	15	12	9	8	8	8	127
53	17	17	26	17	17	15	10	8	9	6	142
54	14	19	24	15	16	12	7	8	7	8	130
55	13	20	20	14	15	12	8	7	8	8	125
56	13	14	11	6	16	6	5	6	4	8	89
57	9	17	8	8	19	7	5	10	4	9	96
58	10	10	12	14	14	6	5	6	2	8	87
59	16	22	22	15	16	11	8	9	9	8	136
60	11	14	14	8	14	5	5	8	4	7	90
61	17	22	26	18	18	12	9	8	9	9	138
62	9	12	20	12	11	9	7	8	9	8	105
63	16	19	24	16	16	12	8	8	8	8	135
64	15	18	24	16	18	12	6	9	8	7	133
65	15	18	12	14	13	9	4	7	8	6	106
66	7	17	14	14	14	6	8	9	8	5	102
67	16	19	23	10	16	11	7	7	7	7	123
68	19	13	23	13	13	14	10	10	8	10	133
69	16	20	21	15	15	9	7	6	6	7	122
70	11	18	25	16	14	13	6	8	10	7	128
71	17	19	25	18	15	12	7	9	8	7	137
72	12	14	20	11	11	8	7	5	7	8	103
73	14	14	23	12	16	10	7	8	7	7	118
74	17	21	20	16	16	13	9	7	8	8	135
75	14	19	18	17	18	12	10	6	5	8	127

76	15	12	17	16	15	7	7	6	6	7	108
77	17	12	15	19	16	6	4	9	8	10	116
78	16	12	12	15	16	11	8	9	9	8	116
79	16	12	15	16	16	10	10	8	8	9	120
80	12	13	26	15	13	12	8	7	8	8	122
81	11	14	17	10	13	10	5	10	6	8	104
82	13	21	23	14	11	11	6	6	8	8	121
83	15	13	17	12	15	7	7	6	5	7	104
84	13	15	21	14	12	11	7	7	7	6	113
85	18	13	24	12	15	12	9	7	8	8	126
86	13	18	23	14	13	11	8	7	8	6	121
87	15	19	24	10	11	12	7	10	7	8	123
88	14	11	28	10	12	12	8	9	9	8	121
89	14	18	22	15	17	11	7	7	8	7	126
90	19	12	25	16	14	13	9	7	7	8	130
91	15	18	21	14	13	11	8	7	7	8	122
92	12	17	22	15	12	11	7	7	9	7	119
93	9	9	16	14	19	14	9	6	9	9	114
94	8	7	14	18	18	12	9	7	7	10	110
95	10	18	19	14	13	9	7	7	6	5	108
96	8	11	20	17	17	13	10	8	9	8	121
97	12	12	9	16	8	8	8	9	8	4	94
98	16	15	18	14	13	10	8	7	8	7	116
99	19	15	28	16	17	14	7	9	10	4	139
100	16	12	19	10	4	5	4	8	8	6	92

**APPENDIX- E (Continued)**

**Raw Scores of Emotional intelligence of Obese College Women**

<b>S. No.</b>	<b>SA</b>	<b>EM</b>	<b>SM</b>	<b>ES</b>	<b>MR</b>	<b>IN</b>	<b>SD</b>	<b>VO</b>	<b>CO</b>	<b>AB</b>	<b>EI Total</b>
1	18	19	26	9	5	13	8	10	9	6	123
2	13	18	14	15	12	11	8	4	8	4	107
3	18	14	24	14	13	13	8	7	8	8	127
4	16	18	20	15	16	12	8	7	8	5	125
5	19	23	24	14	20	6	10	10	9	8	143
6	20	21	21	17	12	11	9	8	10	6	135
7	18	15	13	20	14	10	9	9	9	8	125
8	16	18	25	16	10	12	6	8	8	6	125
9	18	18	18	15	11	13	5	7	9	7	121
10	20	18	23	18	16	11	9	9	5	7	136
11	16	16	25	16	12	12	6	6	9	8	126
12	18	18	23	17	13	13	8	8	9	4	131
13	12	15	13	19	12	12	8	6	8	5	110
14	20	21	20	16	19	14	7	8	9	4	138
15	17	15	25	16	16	13	8	8	10	6	134
16	19	19	25	15	17	14	4	7	8	9	137
17	17	20	25	16	15	10	7	8	10	8	136
18	17	13	23	18	19	14	8	9	8	10	139
19	17	14	20	14	18	12	8	7	8	5	123
20	16	19	22	12	16	12	9	8	6	5	125
21	14	21	23	16	15	8	7	8	8	9	129
22	19	18	25	14	16	12	10	9	10	10	143
23	16	19	21	13	12	12	8	6	8	8	123

24	14	17	19	14	12	9	6	9	7	9	116
25	12	16	18	15	13	10	8	8	8	3	111
26	15	20	23	13	16	15	7	8	9	8	134
27	16	12	20	15	13	11	7	7	7	8	126
28	16	15	16	10	16	11	7	7	9	8	110
29	17	21	26	16	14	14	8	8	9	8	141
30	16	15	16	10	16	11	7	7	9	8	115
31	15	16	15	12	9	11	8	7	7	8	108
32	15	16	13	10	10	11	8	8	6	6	103
33	16	20	13	14	20	7	7	6	9	10	122
34	18	14	27	10	20	11	10	10	10	10	140
35	18	22	15	14	12	13	9	10	10	9	132
36	17	16	22	14	16	12	9	7	9	6	128
37	15	14	17	16	15	7	7	6	6	7	110
38	17	19	24	16	17	12	9	9	9	8	140
39	16	15	23	15	16	9	7	7	8	9	125
40	13	15	18	15	12	11	6	7	6	6	109
41	15	20	16	13	16	10	9	6	7	8	120
42	18	21	17	17	18	13	10	9	9	8	140
43	16	19	18	17	18	15	9	7	9	8	136
44	18	23	26	12	19	8	7	9	9	8	139
45	12	17	15	10	16	5	4	8	9	5	101
46	14	16	24	16	14	12	8	8	8	6	126
47	15	14	17	16	15	7	7	6	6	7	110
48	15	19	18	16	13	11	7	7	9	8	123
49	11	14	14	8	14	3	5	8	4	7	88
50	16	16	22	15	14	12	8	8	8	8	127



51.	16	16	21	15	14	12	7	8	8	8	125
52.	18	23	25	17	18	13	9	10	8	7	148
53	17	14	24	14	16	11	8	7	7	8	126
54	16	20	23	15	10	10	9	7	8	5	123
55	16	14	19	12	12	11	6	6	7	8	111
56	19	17	16	18	10	11	8	9	9	10	127
57	18	20	23	8	11	14	6	8	8	8	124
58	15	17	22	15	12	12	7	5	9	7	121
59	16	16	20	15	13	9	7	5	9	7	117
60	18	20	15	15	14	13	8	10	8	8	129
61	10	16	15	10	12	7	5	6	8	7	96
62	16	18	20	15	16	12	8	7	8	5	125
63	19	23	24	14	10	6	10	10	9	8	133
64	20	21	21	17	12	11	9	8	10	6	135
65	18	15	13	15	14	10	9	9	9	8	120
66	16	20	23	15	10	10	9	7	8	5	123
67	17	16	21	14	15	13	7	9	10	7	129
68	15	10	10	9	8	8	10	10	4	8	92
69	18	18	17	15	14	10	8	10	7	7	124
70	17	19	20	16	14	10	9	7	10	8	130
71	12	15	20	13	11	11	4	6	6	5	103
72	11	18	20	13	13	8	4	8	6	6	107
73	16	20	23	14	15	12	8	7	8	8	131
74	19	13	19	17	19	14	10	9	8	8	136
75	10	20	18	10	14	13	8	10	8	8	119
76	10	16	15	10	12	7	5	6	8	7	96
77	19	17	16	18	10	11	8	9	9	10	127

78	13	18	14	15	12	11	8	4	8	4	107
79	18	14	24	14	13	13	8	7	8	8	127
80	12	16	18	15	13	10	8	8	8	3	111
81	15	19	18	16	13	11	7	7	9	8	123
82	11	14	14	8	14	3	5	8	4	7	88
83	16	16	22	15	14	12	8	8	8	8	127
84	16	16	21	15	14	12	7	8	8	8	125
85	10	23	15	14	18	13	9	10	8	5	125
86	17	14	24	14	16	11	8	7	7	8	126
87	16	20	23	15	10	10	9	7	8	5	123
88	16	14	19	12	12	11	6	6	7	8	111
89	17	16	22	14	16	12	9	7	9	6	128
90	13	15	18	15	12	11	6	7	6	6	109
91	12	12	9	16	8	8	8	9	8	4	94
92	18	19	26	9	5	13	8	10	9	6	123
93	16	16	21	15	14	12	7	8	8	8	125
94	16	15	18	14	13	10	8	7	8	7	116
95	16	15	16	10	16	11	7	7	9	8	115
96	16	12	19	10	4	5	4	8	8	6	92
97	19	18	25	14	16	12	10	9	10	10	143
98	13	18	14	15	12	11	8	4	8	4	107
99	15	18	12	14	13	9	4	7	8	6	106
100	19	15	28	16	17	14	7	9	10	4	139

SA- Self-awareness; EM- Empathy; SM- Self motivation; ES- Emotional stability; MR- Managing relations; IN- Integrity; SD- Self-development; VO- Value orientation; CO- Commitment; AB- Altruistic behavior; EI- Emotional intelligence.