

## RESTRICTED

### ABSTRACT

The health of a person's extreme wealth. It is a common factor from the richest person to beggar. Technological advancement has greatly influence the medical aspect also. Some are expensive and some are inexpensive. Body Mass Index (BMI) considered as a simple, inexpensive surrogate that is used for the measurement of the obesity of the general population based on self-reported height and weight. Though BMI is introduced in the mid-1800s, due to its simplicity and easy accessibility, still using even in developing countries. According to the study, BMI mainly depends on an Individual's Data, Personal Behaviour and Military Lifestyle. Normally, BMI defines the weight for a height of a person. According to the BMI people are categorized into four categories, such as underweight ( $<18.5 \text{ Kg/m}^2$ ), Normal ( $18.5 \text{ Kg/m}^2$  to  $24.9 \text{ Kg/m}^2$ ), Overweight ( $25 \text{ Kg/m}^2$  –  $29.9 \text{ Kg/m}^2$ ) and Obese (above  $30 \text{ Kg/m}^2$ ). Moreover, it was that there are some misappropriations with BMI. The purpose of this study is to identify the impact on the middle-grade officers' career progression after imposing the BMI evaluation criteria. The research will unfold with a combination of both qualitative and quantitative methods. A sample of 300 middle grade-officers were selected using random sampling method according to their regiments, commission type, and present employment in the organization. Sample were given with a questionnaire to elicit the required data. The study identified, Personal Data, Personnel Behaviour and Military Life Style are the independent variables to the BMI. The study based on 6 hypothesis and three research objectives. The study proved all the alternative hypotheses while rejecting null hypotheses. Therefore, it illustrated that application of BMI has a positive impact on the career progression of middle-grade officers of the Sri Lanka Army.