



Strategies for Fighting Obesity – The Urban Indian Fitness Answers

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Abstract

Urban India is facing a key challenge of people with overweight and people suffering from obese fatness. This is emerging as a grave health trouble & is acquiring epidemic proportion in urban India. Health experts say impact of modern day life styles & changing diet has made obesity a common feature. Primarily Sedentary, inactive, less physical activities are the cause of excessive Obesity but there are other issues relating to it such as unhealthy eating habits, untimely eating habits, excessive leisurely attitudes & monotonous lifestyles. Urban India is in the hands of the obese people as much as it is the primary concern of the governments to spend on health sector while the ratio of people succumbing to obesity is increasing alarmingly. There have been several challenges of obese people in urban society. This paper examines the underneath issues relating to obesity & considers the channels for lessening this disorder through promotion of physical fitness activities.

Keywords: urban India, obesity challenges, societal impact, impact on health

Introduction

Obesity & over weight problem is haunting the urban Indians. (Obesity in Urban India - Survey conducted by times of India (TOI) Official website 2014).The problem is so alarming that even preschool kids are suffering from this problem. Women are hard hit by this syndrome as they often forget their health in domestic chores.

The concept- obesity is a condition where there is excessive accumulation of fat in the body. It is defined with body mass index ration of body weight with height of the person.

Classification of obesity - childhood Obesity, adolescents Obesity, youth Obesity, men& women Obesity, aged persons Obesity

Childhood Obesity – In India it is found that 56% of the urban kids are suffering from over eight & obesity problem. (Obesity in Urban India - Survey conducted by times of India (TOI) 2014.This leads to

1. hyper tension
2. type- diabetes
3. hyper cholesterolemia
4. impaired glucose tolerance
5. gallstone formation
6. apneas syndrome



7. orthopedic disorder
8. asthmatic & respiratory disorder

Adolescent Obesity - adolescent obesity especially in girls makes them suffer from

1. polycystic ovarian syndrome
2. menstrual irregularity
3. early puberty
4. acne
5. skin infections
6. regular pimples on face

Reasons for Obesity- reasons for obesity formation in urban people

1. addiction to electronic support system
2. addiction to leisure culture
3. application of transport even for shorter distances
4. eating junk food
5. eating untimely
6. fond of less physical activity demanding work culture
7. heavy dependence of motorized commutation
8. heavy dependence on desktop type of office work
9. intake of less nutritional food
10. poor dietary habits
11. unaware of ill health consequences
12. Usage of home appliances & electronic gadgets for domestic work
13. Very limited & inadequate physical activity

14. Unhealthy respirations through carbon mixing

Impact on Mental Health

1. obese people suffer from several mental problems as well.
2. they are often segregated from the folk
3. they are joked & laughed at
4. they suffer from isolation
5. discrimination in jobs

Global Trends- Obesity across the globe is a challenging phenomena which has doubled since 1980. It is estimated that 500 million people are obese. A key factor is that it is rising among children at an alarming rate. Nearly 90% of the even preschool children across countries are suffering from this. A survey shows that nearly 43 million preschool children are suffering. The fact that there is a 60% increase in obese people since 1990 & 73% rise since 2000 show that the phenomena has to be checked before it engulfs the whole population.

Impact on weaker sections

If Urban labor / economically weaker section people suffer from obesity

1. stops productivity
2. increases illness
3. stretches ill health duration
4. increases infections



Roles of Family in Reducing Obesity

1. family is the seedbed of active life. Children start learning good & healthy habits from their parents at home. parents can encourage children to have healthy habits
2. they can accompany them to Yoga . swimming , jogging , walking , outdoor sports , long walks on weekends
3. parental care may induce good habits
4. maternal support will help them to order eating & working habits
5. Sibling involvement can be more fruitful. siblings can join together in gardening , house cleaning , washing clothes , washing utensils, cleaning upholstery etc
6. parental activity stimulates young ones to take involvement

Role of work place situations

1. obesity can be driven far by adopting certain good workplace culture walking to office or using transport only once a day
2. taking a break in between & walking through corridors
3. self helping to clean the office sitting section

4. taking steps instead of elevators / lifts
5. making arrangements for gyms inside office
6. offering health service in lunch break / tea break
7. avoiding coffee tea biscuits at wrong / odd intervals
8. providing health incentives for employees
9. forming rules for employees on non-motorized commutation
10. arranging for physical activity based sports programs as yearend attractions

Role of Schools – schools play a key role in preventing over weight & obesity among school children because schools are the breeding grounds which can breathe in healthy physical activity while they are young.

1. increasing physical activity sessions in schools
2. developing physical skills among children through involvement of all children
3. inducing children to participate in all sporting events the schools offers
4. stimulating children to walk to schools
5. helping them to practice vigorous physical activity
6. providing children with swimming gym & such other healthy practice during school hour



Role of Government - as the government has to spend on health care system in treating obese people there can be various ways of tackling the issue. Government can make budgetary allocation to make certain structural changes in urban planning.

1. walk paths , pedestrian paths , cycling tracks , side walk support runways etc can be planned by the government in order to make people adopt health friendly habits
2. government can play a vital role in converting recreation to people through physical activities such as organizing group games marathons ,
3. instead of arranging car / bike races corporate agencies can support the cause of fighting obesity through sponsoring walking / running competition regularly
4. people suffer from chances of risk ,peril , danger , vulnerability & exposure to crime to adopt to health friendly habits even though they would love to become health friendly. There are threats of chain snatching, burglary, heavy emission of carbon gases. smaller walk through , absence of bicycle riding paths, heavy vehicular traffic smaller roads even smaller by lanes . If government can frame policies to lessen the burden of risks then

citizens naturally will adopt healthy habits

Government must pressurize city designers & builders to apply the principle of health friendly homes with community sharing facility. The garden greeneries walk tracks are shared commonly then the whole area can be utilized for healthy habit practicing.

5. Developing good suburbs , smart cities , ecofriendly apartments can assist people to succumb to good habits
6. Policy makers should devise policies regarding cycle friendly riding paths , community sharing of swimming pools resources garden areas parks avenues meant for jogging ,

Role of people - above all priorities good citizenry can help beat all problems related to obesity & over weight.

1. community stakeholder ship is a key to solve all problems
2. People should realize the effects of obesity earlier than anybody else & should act accordingly.
3. All urbanites should think in resolving this epidemic disorder sooner because it is costing on their family budget as well.



Conclusion;

Thus obesity patterns can be best tackled before it overweighs their life & livelihood opportunities. Prevention is better than cure & making awareness about this is the need of the hour . The youth should be made aware of the bad advertisements appearing in media about cheating government spending hugely in on health care if good life style habits is inculcated then government can shift its priorities to other welfare projects. Instead of accusing government for all purposes people can themselves be the media of social change & bring in about a movement towards healthy living.

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The Gestures of Good Will- Motivating Urban Youth towards Social Service

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Abstract : This paper analyses the role of youth in social service. Youth can play an important role in providing social service. India is a country of youth hence youth can join hands in governmental social welfare projects, in NGO projects , voluntary survey projects & such other youth service. But today youth are busy with technological gadgets & hence they think they are burdened with academic work. But if youth decide to involve themselves in social service there are lots of opportunities. Besides social service provides ventilation to academic monotony of present day youth & acts as a safety valve against increasing youth crime & dissidence.

Key Words: youth in India, social service, social involvement, community empowerment.

Introduction

Social Work as profession in India has emerged as one of the most demanding professions in India these days. With urbanization there have been several social upheavals which have been intruded the society. Urban Indians especially the youth can be a handy tool in bringing about social change through involvement ins social service.

In India professional social workers can be found in direct practice in administrative, management and policy planning positions in various Government and Non – Governmental Organizations (NGOs) as well as in government ministries. (Youth Fund Young innovators conclave -mobilizing the

present accelerating the future 2014). Both Governmental and Non-Governmental Organizations (NGOs) have a lot to offer, if youth are willing to work hard and in any given conditions International organizations too are socially aware and hence a number of opportunities are available in International social work . Industrial and commercial units too are looking to hire social workers . (Anupam Hazra -current prospects of social service in India 2014).

Child Welfare - Youth can involve in following social service scheme pertaining to child & women development.