INCREASING OBESITY AND ALARMING HEALTH ISSUES A QUALITATIVE APPROACH

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ABSTRACT

Obesity is a vexing problem in developing and developed countries. The research paper is mainly about Obesity in India and the health issues that occur due to it. India has now become the third largest obese country in the world and the capital of diabetes and cardiovascular diseases. The main research motivation to start this research to get a clear idea about obesity and to understand the different problems and diseases that occur due to obesity and also to find the intensity of the problem in today’s life. The researcher wants them to understand the importance of health and a good lifestyle in the future, to create a good future you have to frame a good present. The researcher believes that this research impacts the society in a good and effective manner, making them realize the importance of staying healthy and strong and to live a happy life. Obesity can cause many more diseases and can make you unhealthy and will make your life miserable, once these diseases start attacking you it won’t stop and you will have only the time to treat these diseases. researcher believes in this statement “prevention is better than cure”

KEYWORDS: Diseases, Fitness, Health, Obesity.

BIBLIOGRAPHY


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