CHAPTER: V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary
Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook towards life. Fitness is the young man’s absolute necessity. It breeds self-reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony.

Obesity is becoming one of the burning problems all over the world. Obesity can occur at any age. It is one of the most deterrent health hazards in the world, affecting more than 30% of the global population. Not only has it sparked a lot of talk, but it has also begun to be ranked as a serious risk comparable to certain diseases. Obesity is a serious risk to our health. In fact, some doctors even call obesity itself a disease.

In order to perform the required amount of work in daily routine one must have adequate level of physical fitness. It is not only helpful in getting success in life but also in making life healthy. The person must be fit from the point of view of taking part in sports and yoga and performing day to day work. As far as performance in sports in concerned, physical fitness is the back bone of all the activities of life.
The scientific study of exercise and its beneficial effects on the body is becoming increasingly important with the growing realization of the relationship of exercise with health. Field and laboratory observation on exercising human subjects are being supplemented with physiological and bio-chemical studies on laboratory animals, with acute and chronic exercise can now be explained at cellular and molecular levels.

Yoga is a systematic discipline, originated in India for the self-realization. However, now a day, scientific researchers find its utility for all-round development of personality along with innumerable spiritual as well as therapeutically applications.

Since there is paucity of evidences on burden of obesity and prevailing lifestyle patterns among young adults in India, the present small scale study was carried out to find out the burden of overweight and obesity among college students in 18-25 years age group in college girl. In the contemporary times, teenager fitness is something that has become a serious cause of concern for the society. Teenagers are not really living a healthy lifestyle. Earlier, people used to follow the idea of ‘early to bed and early to rise.’ But, now our youngsters neither go early to bed nor do they wake up early in the morning.

The purpose of the study was to observe the effect of selected training programme on physical fitness and obesity of girl students. The subjects were selected from colleges of Unjha city aged between 18-25 years.
A total of 60 obese girls students were selected as the subjects. These students were randomly divided into three equal groups as Group: A- Physical Exercises, Group: B- Yogasana and Group: C- Control Group. Pre test for the physical fitness components, BMI, body fat % and Waist Hip Ratio were administered before to experiment. The physical exercises and yogasana were experimented for three days per week on alternate days for the period of 12 week and the post test were taken for the selected variables.

In order to find out the significance of difference analysis of covariance was used and the level of significance chosen was at 0.05 level. In order to find which training programme was more effective, pair wise comparison analysis on adjusted means of post test data was used.

**Conclusions**

After analyzing the data the following conclusions were drawn under the light of results of the study:

1. Significant difference was found between the two training programe i.e. physical exercise and yogasana training.
2. The physical exercises were found more effective in improving the Arm and Shoulder Strength, Abdominal Strength, Agility and Explosive leg power of the obese girls.
3. In case of Speed and Endurance factors, both the trainings were equally effective.
4. The physical exercise programme was found more suitable in reducing Body Mass Index and Body Fat %.

5. The physical exercises and yogasana were both similarly effective in dropping waist hip ratio.

**Recommendations**

In the light of the conclusion drawn, the following recommendations were made by research scholar:

- The study may be conducted on boy subjects of the same age group.
- The same type of study may be conducted on subjects of age other than those employed in this study.
- The same type of study may be conducted by using the large sample size.
- The study can be conducted by comparing effect of other training programme.
- A similar type of study may be conducted on different areas obese girls residing in different cities and states.
- A similar type of study may be conducted on obese men and women with different age group.
- A similar type of study may be conducted on the variables other than these chosen for this study.