



Indapur Taluka Shikshan Prasarak Mandal's,
Arts, Science and Commerce College, Indapur,
Tal- Indapur, Dist- Pune, 413106.

Completion Certificate

This is to certify that the U.G.C. – Minor research Project entitled
“Obesity and Functional Fitness Status of Senior College Teachers of
Indapur Tehsil” was completed by Mr. Bhaujbal B.L. at the
Department of Physical Education and Sports, Arts, Science and
Commerce College, Indapur (Dist.Pune), affiliated to Savitribai Phule
Pune University, Pune.

Mr. Bhaujbal B.L.

Project Investigator

Dr. Sanjay Chakane

Principal

Arts, Science & Commerce
College Indapur, Dist Pune



Indapur Taluka Shikshan Prasarak Mandal's
ARTS, SCIENCE & COMMERCE COLLEGE, INDAPUR
(Best College Awardee of University of Pune, 2014)



॥ विद्या षम दैवतम् ॥

Dr. Sanjay Chakane

Principal,
Member, Senate, Management Council,
SPPU, Pune

Outward No. - 920/2021-22

Date- 03/03/2022

To,
The Joint Director,
Western Regional Office,
U.G.C., Pune-411007

Subject: - **Regarding Submission of U.G.C. Minor Research Project**

UGC Reference No: - **F.No-23-358/12 (WRO) Dated 18/02/2013**

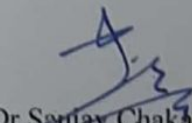
Respected Sir,

With reference to the above mentioned subject, I am pleased to inform you that our college teacher **Mr. Bhujbal Bharat Limbaji** is working in the Department of Physical Education and Sports. He has completed his U.G.C. Minor Research Project sanctioned by you. Hence, would like to submit the project report to your office.

You are requested to submit minor research project and co-operate the same.

With thanks,

Yours faithfully


Dr. Sanjay Chakane

Principal
Arts, Science & Commerce
College, Indapur, Dist Pune

Arts, Science & Commerce College, Indapur, Dist. Pune - 413 106
[University of Poona, Code No. : Id/PU/PN/ASC/032/(1972)] • Website : www.ascicollege.org
Resi.: Principal's Quarter, Arts, Science & Commerce College, Indapur, Dist. Pune. Mobile : 9890171857, 7020674545
Phone / Fax : (02111) 223102 • e-mail : ascicollege@gmail.com • schakane@gmail.com



Indapur Taluka Shikshan Prasarak Mandal's
ARTS, SCIENCE & COMMERCE COLLEGE, INDAPUR
(Best College Awardee of University of Pune, 2014)



॥ विद्या ऽ ऽ ऽ ऽ ऽ ॥

Dr. Sanjay Chakane

Principal,
Member, Senate, Management Council,
SPPU, Pune

Outward No.- 921/2021-22

Date:- 03/03/2022

02

To,
The Secretary,
U.G.C. Western Regional Office,
Ganeshkhind, Pune-411007

Subject:- Submission of U.G.C. Minor Research Project....

Ref.No:- F.No-23-358/12 (WRO) Dated 18/02/2013

Respected Sir,

With reference to the above mentioned subject I would like to inform you that I have uploaded the Minor Research Project of Mr. Bhujbal B. L. on "OBESITY AND FUNCTIONAL FITNESS STATUS OF SENIOR COLLEGE TEACHERS OF INDAPUR TEHSIL" on our college website-<http://www.ascicollege.org>.

I would like to request you to accept the same.

Thanking you and oblige,

Yours faithfully


Dr. Sanjay Chakane
Principal

Arts, Science & Commerce
College Indapur, Dist Pune

Arts, Science & Commerce College, Indapur, Dist. Pune - 413 106

[University of Poona, Code No. : 14/PU/PN/ASC/032/(1972)] • Website : www.ascicollege.org

Resd.: Principal's Quarter, Arts, Science & Commerce College, Indapur, Dist. Pune. Mobile : 9890171857, 7020674545

Phone / Fax : (02111) 223102 • e-mail : ascicollege@gmail.com • schakane@gmail.com

UNIVERSITY GRANTS COMMISSION
WESTERN REGIONAL OFFICE
GANESHKHIND, PUNE - 411007

File No: 23-358/12(WRO)

Phones: (020) 25691477,
25691178, 25696897
Fax: (020) 25691477
Web site: www.ugc.ac.in

The Accounts Officer
University Grants Commission
Ganeshkhind, Pune-411007.

Subject: Financial assistance to college teachers for undertaking Minor Research Projects -Release of first installment during XIIth Plan.

Sir/Madam,

The UGC on the recommendations of the Expert Committee has approved the Minor Research Project in the subject of **Physical Education** entitled "Obesity and Functional fitness Status of Senior College Teachers of Indapur Tahsil" to be undertaken by **Mr. Bhujbal B. L.**, of **ARTS, SCIENCE & COMMERCE COLLEGE, INDAPUR, INDAPUR, PUNE-413 106**. The financial assistance of the UGC would be limited to Rs. 150000/- (Rupees Only) for a period of two years. An amount of Rs. 125000/- (Rupees Only) is presently being sanctioned as the first installment.

Non-Recurring Grant for Two years	Amount (Rs)	Recurring grant	1 st Year Amount	2 nd Year Amount	Head of a/c
Books & Journals	10000	Contingency	15000	15000	4(iv)b (For General) 1.B(i)h(i)b (For SC) 1.B(i)h(i)b (For ST)
Equipment	90000	Special Need	0	0	
		Travel/Field work	10000	10000	
		Chemicals & Glassware	0	0	
		Others	0	0	
Total (Rs.)	100000		25000	25000	

Total amount for the project: Rs. 150000/-

The grant is subject to the terms and conditions as mentioned below.

1. A Certificate of Acceptance of the conditions governing the research project should be sent immediately to this office.
2. The amount of the grant shall be drawn by the Accounts Officer (D.D.O), University Grants Commission on the grant-in-aid bill and shall be disbursed to and credited to the above-mentioned institute through D.D./ RTGS Confirmation No/ NEFT/ Transfer No.
3. The sanctioned amount is debatable to the Major Head 4(iv)b(For General), 1.B(i)h(i)b (For SC), 1.B(i)h(i)b (For ST) and is valid for payment during the financial year 2012 -2013 only.
4. The grant is subject to adjustment on the basis of Utilization Certificate in prescribed proforma submitted by University/College/Institute.

NOTE:

1. The grant shall not be used self-financial/ non-grant/unaided courses & teachers.
2. Date of implementation will be the date of sanction of first installment.
3. The researcher is required to submit an Acceptance Certificate of the project in the enclosed format to the affiliating university, which would then be sent to UGC (WRO) in a bunch by the University.

Principal
Arts, Science & Commerce
College, Indapur, Dist Pune

“Obesity and Functional Fitness Status of Senior College Teachers of Indapur Tehsil”

Objectives of the Study

Objectives of the study are as follows

1. To examine the obesity of senior college teachers
2. To examine the Functional fitness level of the senior college teachers.
3. To find out the correlation between obesity and functional fitness level.
4. To aware the college teachers about the obesity and functional fitness.

Discussion on Findings

Systematic activities to promote good health and prevent health problems in humans are undertaken by health care providers. The main objective of the study was to assess the obesity related health status and Functional fitness status of the senior college teachers in Indapur tehsil. To achieve the purpose of this study, the researcher selected one hundred and twenty (N=120) subjects for this study from the four institutes of senior colleges in Indapur Tehsil.

Summary of the Study:

1. Body Mass Index (BMI)

The result of the study shows that more than 75% of the teachers had scored more than 25 BMI which is coming under overweight and Class I Obesity which is harmful for good health. The problem of overweight is on the rise, and there is a definite need to inculcate good habits of healthy eating and regular physical exercise. 22% of the teachers had scored less than 25 which are coming in normal range.

This result shows that the majority of the senior college teachers are the problem of overweight body composition status and there is a definite need to inculcate good habits of healthy eating and regular physical exercise.

2. Lower body strength

The result of the study that more than 50% of the senior college teachers had scored above 16 and above in chair stand test score and 14% of the teachers had scored more

than 17 and above chair stand test score. This result shows that the majority of the teachers in the senior college are average lower body strength status.

3. Upper body strength

The result of the study shows that more than 53% of the senior college teachers had scored above 16 and above arm curl test score and more than 10% of the senior college teachers had scored more than 21 and above and 36% of the senior college teachers had scored between 11 to 15 arm curl test score. This result shows that the majority of the senior college teachers in Indapur tehsil are average in upper body strength status.

4. Lower body flexibility

The result of the study shows that more than 27.5 % of the senior college teachers had scored 0.01-2.5 chair sit and reach test and 37.5% of the senior college teachers had scored 2.5-5.00 chair sit and reach test score. This result shows that the majority of the senior college teachers are below than average of lower body flexibility status. The result shows that the lower body flexibility scores of functional fitness status of all the subjects are low.

5. Upper body flexibility

The result of the study said that more than 31.7 % of the senior college teachers had scored minus 4.50-(+1.50) back stretch test score and only 14.17 % of the senior college teachers had scored -0.49-(+1.50) back stretch test score. This result shows that the majority of the senior college teachers' in Indapur tehsil are below than normal range of upper body flexibility status. The result shows that the upper body flexibility scores of functional fitness status of all subjects are low.

6. Agility

The result of the study shows that more than 98 % of the senior college teachers had scored 4.00-6.99, eight foot up and go test score. 71 % of the senior college teachers had scored 5.00-6.99 eight foot up and go test score And more than 38 % of the senior college teachers had scored 6.00- 6.99 eight foot up and go test score in Indapur tehsil . This result shows that the majority of the subjects in tehsil are average agility status. The result shows that the agility scores of functional fitness status of all subjects are average in Agility status.

7. Static Balance

The result of the study shows that more than 52 % of the senior college teachers had scored 2.00-2.99 of stork balance test score. More than 25 % of the senior college teachers had scored 3.00-3.99 and 15 % of the senior college teachers had scored 4.00-4.99 of stork balance test score in Indapur tehsil. This result shows that the majority of the subjects in senior college teachers in Indapur tehsil are below than the average in static balance status. The result shows that the static balance test scores of functional fitness status of all subjects are below than the average in static balance status.

Overweight and obesity may raise the risk for certain health problems and may be linked to certain emotional and social problems. Active lifestyle can significantly reduce the chances of chronic health conditions, mental health disorders, and premature death.

Conclusion

Regular exercise can help to boost energy, maintain our fitness level, and manage symptoms of illness or pain. Exercise are not only good for our body, it's also good for our mind, mood, and memory. Whether we are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost fitness.