

# Evaluating the Impact of Yogic Practices in Transforming Health among Obese Boys

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**Abstract**—Childhood obesity has become a pressing health issue worldwide, with long-term consequences for physical, emotional, and social well-being. Boys, particularly during adolescence, are more prone to developing obesity due to sedentary habits, irregular eating patterns, and reduced physical activity. Yogic practices offer a holistic, culturally relevant, and sustainable solution to this growing problem. This article evaluates how yoga transforms health outcomes in obese boys by improving physical parameters, enhancing metabolic functions, and fostering psychological well-being.

## I. INTRODUCTION

Obesity during childhood is no longer confined to developed countries but has spread rapidly across developing nations as well. The combination of high-calorie diets, lack of outdoor activities, and dependency on digital devices has intensified this issue among boys aged 10–16 years. Beyond physical health risks such as diabetes, hypertension, and cardiovascular disorders, obesity also leads to low self-esteem, stress, and poor social adjustment.

Traditional management strategies like calorie restriction or rigorous exercise often face low compliance due to monotony or physical strain. Yoga, in contrast, provides an inclusive, adaptable, and enjoyable alternative. It combines asanas (postures), pranayama (breathing techniques), and dhyana (meditation), which work on the body, mind, and emotions simultaneously. This integrated approach makes yoga highly suitable for obese boys who need both physical activity and mental resilience.

## II. REVIEW OF LITERATURE

Studies in recent years have highlighted yoga's positive role in weight management and psychological stability.

Satish and Sharma (2018) observed a reduction in Body Mass Index (BMI) and improved flexibility in adolescent boys after 12 weeks of yoga.

Singh et al. (2020) reported that pranayama enhanced lung function and oxygen utilization, helping obese children improve endurance.

International health bodies, including the American College of Sports Medicine (2022), recognized yoga as a moderate-intensity, safe activity for overweight children.

The literature suggests that yoga not only helps in reducing excess weight but also develops long-term lifestyle habits, emotional stability, and improved self-image.

## III. METHODOLOGY

For evaluation, a yoga intervention program was designed for obese boys aged 12–16 years. Participants were classified obese using the WHO BMI-for-age percentile (>95th). The program lasted 12 weeks and included:

Asanas: Surya Namaskar, Bhujangasana, Pawanmuktasana, Trikonasana, Shalabh asana.

Pranayama: Kapalabhati, Anulom-Vilom, Bhramari.

Meditation: Guided mindfulness and relaxation techniques.

Sessions were conducted for 45 minutes, five days a week, under trained supervision. Pre- and post-assessments were made for BMI, waist-hip ratio, flexibility (sit-and-reach test), cardiovascular endurance (step test), and psychological well-being (self-reported stress scale).

#### IV. RESULTS

The findings of the intervention were encouraging:

**BMI and Waist Reduction:** A significant decrease in BMI (average 1.5 units) and waist circumference (3–5 cm).

**Flexibility and Endurance:** Improvement in flexibility scores and cardiovascular stamina, reducing fatigue in daily activities.

**Respiratory Health:** Enhanced lung capacity and improved breathing rhythm through pranayama.

**Mental Health:** Lower stress levels, improved concentration, and reduction in emotional eating.

**Lifestyle Changes:** Parents reported better discipline, reduced screen time, and interest in healthier food choices.

#### V. DISCUSSION

The outcomes demonstrate yoga's effectiveness as a multi-dimensional approach to health transformation in obese boys. Unlike vigorous exercises that may discourage obese children, yoga is gentle, adaptable, and non-competitive. The reduction in BMI and waist circumference reflects improved metabolic functioning, while pranayama supports better respiratory efficiency.

Equally important, yoga promotes mindfulness, which helps obese boys develop awareness of eating habits and reduces stress-driven overeating. These results indicate that yoga is not just a physical workout but also a lifestyle discipline that nurtures self-control and confidence.

For broader impact, schools can integrate yoga into physical education programs, and parents can encourage daily practice at home. Long-term adherence is essential to sustain these benefits.

#### VI. CONCLUSION

The evaluation confirms that yogic practices significantly transform health in obese boys by addressing both physical and psychological dimensions. Yoga reduces obesity-related health risks, improves stamina and flexibility, and instills mindfulness for better lifestyle management. Given its low cost, accessibility, and cultural relevance, yoga should be promoted as a preventive and therapeutic tool in tackling childhood obesity.

Future research on larger populations and long-term interventions will strengthen the evidence base, but current findings already support yoga as a sustainable, holistic solution for obese boys.

#### REFERENCES

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