Evolution has taken place in millions of years in which human race started its journey from Stone Age to telecommunication age. The means of health, fitness, wellness and performance of human body has also been revolutionized dramatically i.e. the “homo-sepian” has converted into homo sedentarian. The conversation put forward many physical, mental, emotional and social diseases, disorders and syndromes. Obesity; also come out as a multifactorial disorder which latter on become a syndrome. The onset of modernization on earth has forced some similar types of prevalence specifically talking about the human health concerns. The “Globalization” which has destroyed the geo-demographic patterns in human population. Similar types of developments has given similar types of health fitness & wellness complications. The change of nutrition, lifestyle, work culture and activity resulted into obesity. The data available online and otherwise has been suggestive of doing changes into consumptions, activities, emotional imbalanced etc. Different communities of the world aspired to achieve an excellent way of urbanization as a welfare of the society, but failed to counter the magnitude of unethical concerns of it. The situation has been created that “obesity” has now “globesity”. Elimination of natural habitats, major changes of diet patterns globally, reluctant behaviors towards local wisdom and avoidance of physical activity both leisure time and occupational time may also be the factors for obesity. Also the gene expression may produce different body compositions under similar or different environmental conditions and may also react differently to the nutritional patterns (nutrigenomics). Awareness regarding body thinness, health, overweight and obesity has been understood in a way that fatty is not good for health but it has been the truth that too thin is too bad. Even though science has made a remarkable steps to preserve human health and longevity but nonsense use of technology has deaccelerated human evolution and produce major adverse side effects.

Biography
Paramvir Singh, has completed his Ph.D in 2000 in the field of Health Fitness and biomechanics (skills). Presently he is heading department of Sports Science in Punjabi University, Patiala, the premier Institute in Sports. He has published three books (Health Education and Yoga, Environmental Science) and has published 30 Research Papers and 20 Research Articles in different journals as well as Sports and Health Magazines. At present he is also president of National Health Fitness Association and Treasurer of Punjab Academy of Sciences. He is serving as an editor of Journal of Sports Science and Exercise published by the Department of Sports Science, Punjabi University, Patiala. He has organised number of events since 2008 under the name of Health Fitness conferences series

tparamvir@yahoo.com

Notes: