Obesity is a major contributor to serious health impact in children and adults. As increase the rates of obesity in large number of people who can achieve and maintain a healthy weight is a crucial public health goal. Obesity is a multifaceted problem; the management plan should be integral and essential to all areas of the research. This helps to identify and reduce health disparities including studies focusing on populations at disproportionate risk for obesity and its consequences. It also recognizes the importance of research opportunities toward prevention and treatment of obesity across the lifespan from children to older adults. For better understanding process this correlates, determinants and consequences of obesity behavioral, social, cultural and environmental factors. These factors can enhance the design of intervention, surveillance and translation strategies. Obesity is an important risk factor for cardiovascular diseases such as stroke and heart attacks and for other cardiovascular risk factors such as hypertension and dyslipidemia. Further advance obesity prevention and management through carefully designed and evaluated interventions. These research areas encompass behavioral and environmental approaches to lifestyle change from individual and family based to community wide strategies as well as medical and surgical interventions. In addition to identifying successful interventions for achieving a healthier weight, this research may also reduce the onset or severity of obesity associated conditions and improve quality of life. The researcher has to train and adapt a multidisciplinary scientific workforce in the laboratory, the clinic, the public health arena and collaborations with other scientific communities.

Biography
Rajajeya Kumar Manivel has completed his MD Physiology at JIPMER-An Institution of National Importance under the Ministry of Health & Family Welfare, Government of India. He worked as Research Assistant (2009-2012) in Advanced Centre for Yoga Therapy, Education & Research Lab and JIPMER. He did MSc Yoga in Annamalai University and completed ISAK Level 1 & 2 (2010-11). He has published more than 20 papers in reputed national & international journals. He is serving as an expert Reviewer (>14) and Editorial Board Member (>15) for many national and international journals.

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