

## OBESITY – MOTOR ABILITY LINKAGE: A STUDY ON ADULT BENGALEE KATHAK DANSEUSES

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*The challenges posed by obesity are both a reality and a threat to the nation's health and economic well-being. The increase in the morbidity, mortality and health-care cost of obesity emphasizes the importance of public health interventions. On the other hand, apart from appropriate nutritional intake, adequate physical activity also contributes to the development of physical well being. Moreover, physical activity has a positive impact on the motor ability of the individuals regularly practising it. In this back drop, the present study aims to find out the relationship, if any, between motor ability and obesity status, assessed in terms of anthropometric indicators, of Kathak dancing and non – dancing adult females of Kolkata. Motor performance analyses along with related anthropometric measurements were carried out for the individuals of both the two groups. Some obesity indices were calculated and were found to have significant negative relationship ( $P < 0.05$ ) with the motor ability variables. It may be concluded that the Bengalee Kathak danseuses not only have favorable body composition, as assessed in terms of several indices, but also simultaneously have a better physical fitness status adjudged in terms of motor ability indicators, compared to their non-exercising counterparts; thus Kathak Dancing (KD) can serve as a potential tool for the desired healthy living agenda.*

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