

## Body Weight Variation in Indian Heterogeneous Group-An Analytical Study

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**Abstract :** Body weight is considered as an important factor in health and fitness. It is an index of one's health. Considering significance of body weight and its wider application in various fields in general and sports in particular, it is made a point of enquiry in the present study. The purpose of the study to observe over all weight pattern of Indian youths in the age group of 15 through 20 years. Total 7500 samples pooled from ten Indian states ranging in their age 15 to 20 years were examined in six age categories. Conclusion: 1. The period between 15 to 20 year of age is a growing period and that body weight is gained during this period. 2. Statewise difference is observed in body-weight during the period, which is significant. 3. PRG indicated by higher rate of weight gain varies from state to state. 4. Sportsman possess comparatively higher level of body-weight than other student of same age group. 5. Tribal youths show comparatively better status in their weight gain than the untrained urban dwellers.

**Keywords :** PRG (period of rapid growth), HG (heterogeneous group), WP (weight pattern), MBW (mean body weight)

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