

**IMPACT OF SELECTED EXERCISE ON FACIAL SUBCUTANEOUS FAT  
REDUCTION**

A dissertation Submitted to the  
**School of Physical Education**

In partial fulfillment of the requirement for the award of degree of  
**Master of Physical Education**

**By**

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## DECLARATION

I do hereby declare that the dissertation entitled “*impact of selected exercise on facial subcutaneous fat reduction*”, submitted in partial fulfillment of the requirement for the award of the degree of Masters in Physical Education is entirely my original work, and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

Signature

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## **CERTIFICATE**

This is to certify that Mr. Sandeep Kumar has completed dissertation titled impact of selected exercise on facial subcutaneous fat reduction under my guidance and supervision. To the best of knowledge the present work is the result of his original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma.

**Date:- .....**

**Dr. Susanta Kumar Panda**

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## **ABSTRACT**

The purpose of the study was to measure the impact of selected exercise on facial subcutaneous fat reduction. Total 40 samples were selected from the Lovely Professional University, Phagwara Punjab. These samples were further divided into two groups of an individual's having subcutaneous fat over face. Each group had equal size of 20 samples. The impact of selected exercises on facial subcutaneous fat reduction by applying experimental test was measured. The result of the study is significant difference in between two groups of individuals having facial subcutaneous fat . To find out the significant differences t test was applied for the analysis. The findings show that there were significant differences within in the group with no intervention and the group under intervention. The level of significance chosen to test the hypothesis was 0.05 levels.

**Keywords :**.) Subcutaneous fat, intervention and significant difference.

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**INVESTIGATOR**

Sandeep Kumar

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# CHAPTER I

## INTRODUCTION

Subcutaneous fat is that fat which is disseminated by hereditary qualities, hormonal impacts (take a few steroids on the off chance that you need to find out about this rapidly, and ruinously; so don't do this at home!), nourishment, and medication impacts (non-hormones).

Where fat is put away influences its powerlessness to these impacts, yet the area of fat just decides its helplessness on a provincial level (distinctive body areas act in an unexpected way). Fat is dependably in cells. The adipocyte conveys fat, regardless of whether it is in muscle, the subcutaneous territory of the face, or your stomach. To be clear, even in muscle, fat is in its own cell and that has its own impacts. Hence, building muscle does not expand the subcutaneous fat. On the off chance that that were genuine every one of those weight lifters would be roly-poly

The nonexclusive subcutaneous skin-just facelift was depicted .However, as inspected in the life systems of facial maturing is a mind boggling process including all layer of the face from the skin through deep down intelligently surgical restoration of the maturing face ought to address all or a large portion of these tissue layer .to this end, control of the skin is surveyed in inside the delicate tissue of mid face volume are portrayed as to delicate tissue plunge, a large group of surgical methodologies have been reposition hurling facial tissue .Unfortunately ,if the specialist expands skin strain in a confused endeavor to reposition pruned profound tissue, the state of the face can be contorted forms of youth Also patients in the facelift age gather have typically lost flexibility in their skin and thusly, with pressure, are inclined to an extended look with wrinkles re-situated in anomalous bearings.

The "skin-just" facelift is utilized to fix free facial skin by propelling an arbitrary example skin fold and evacuating the abundance. By definition, these is nothing done to the profound facial tissues. A time tested system, this strategy can be successful when the main critical issue is free skin .For instance ,a few patients with thin faces and almost no subcutaneous fat may give free skin as it were. It is likewise helpful in auxiliary or tertiary circumstances where profound tissues have already been repositioned and the exhibiting issue is a repeat of skin laxity .In that setting, a



short scar approach will frequently suffice. Favorable position of the skin-just facelift incorporate its effortless, a fast postoperative recuperation and the utilization of an analysis plane which does not hazard harm to the facial nerve or other profound structures. Disservices incorporate a negligible impact on hidden facial shape and the natural inconvenience that skin is a flexible structure which will extend when strain is connected. Along these lines, the life span of impact is being referred to, particularly when the skin is utilized to reposition substantial facial tissues. Shockingly, if the specialist increment skin strain in a misinformed endeavor to reposition ptosis profound tissue, the state of the face bended skin pressure will level facial shape. nullifying the adjusted shapes of youth Also patients in the cosmetic touch up age aggregate have normally lost versatility in their skin and consequently. With strain .are inclined to an extended look with wrinkles re-situated in anomalous bearings. Finally, overabundance skin pressure at the cut tendons which in this system are not discharged. At the point when the subcutaneous fat is delicate, suture obsession may come up short, and plication may have a restricted impact in patients with overwhelming cheeks and photic tissues in the neck. Fit as a fiddle of the face winds up plainly firmer as the muscle fiber manufactures and versatile filaments take the state of the recently conditioned muscles

As you can now comprehend, the structure of the face is somewhat unique in relation to whatever is left of the body. The muscle, versatile fiber and connective tissue, including the subcutaneous layer of fat are somewhat interwoven in the face. The bones of the skull are level bones and can't be tested with facial activities in an indistinguishable route from can whatever is left of the body. For instance, you can challenge bones in working out by lifting weights yet you can't reestablish the bones in the face similarly. Indeed, there are a few focuses further bolstering our good fortune when we practice the face and this is the reason: 1) Facial practices enhance muscle tone and help to reestablish the trustworthiness of the bones in the face when weight is connected effectively. 2) Exercising the muscles does not make flexible filaments but rather utilizing them improves flow that conveys more supplements to the encompassing tissue. This, also, makes an atmosphere for versatile filaments to flourish. 3) While versatile filaments once extended can break and not repair, the body is making and in this way renewing new flexible strands constantly. 4) The body continues to make the proteins that shape versatile strands. 5) Newly framed flexible filaments bolster the shape we are in ... at the time they shape – which implies, if your face and neck are conditioned and fit as a fiddle, the recently made versatile

strands will take that ideally firmer, smoother and more youthful looking structure as they develop. 6) Therefore your age well with facial activities doing on daily basis continually looking a tiny bit more youthful and firmer over the long time.

## **Exercises**

Physical exercise is any substantial action that improves or keeps up physical wellness and general wellbeing and health. It is performed for different reasons, including expanding development and improvement, anticipating maturing, reinforcing muscles and the cardiovascular system, sharpening athletic abilities, weight reduction or support, and simply pleasure. Incessant and general physical exercise supports the insusceptible framework and anticipates "malady of wealth, for example, cardio vascular sickness, sort 2 diabetes, and weight. It might likewise help avoid stress and depression, increment nature of rest and go about as a non-pharmaceutical tranquilizer to regard infections, for example, sleep deprivation, help advance or keep up positive confidence, enhance psychological well-being, keep up relentless absorption and treat stoppage and gas, manage fruitfulness wellbeing, and increase an individual's sex request or self-perception, which has been observed to be connected with more elevated amounts of confidence. Adolescence corpulence is a developing worldwide concern, and physical exercise may help diminish a portion of the impacts of youth and grown-up weight. Some care suppliers call practice the "supernatural occurrence" or "ponder" medicate insinuating the wide assortment of advantages that it can accommodate numerous people.

In the United Kingdom two to four hours of light action are prescribed amid working hours. This incorporates strolling and standing. In the United States, the CDC/ACSM agreement proclamation and the Surgeon General's report expresses that each grown-up ought to take an interest in direct exercise, for example, strolling, swimming, and family errands, for at least 30 minutes day by day.

When you practice the facial muscles, your muscles are building up; however the tissue encompassing the muscle additionally beefs up (that is one motivation behind why back rub is so vital - it helps this procedure out no doubt). Typically what happens is that after some time we disregard our appearances for quite a while without connecting with the muscle strands, thus

when you start facial working out, you begin drawing in them again and this thusly reestablishes the objective muscle totally. It's not supplanting the fat with fat, but rather its reinforcing what was a powerless or undesirable territory (which could be because of many reasons, poor flow, absence of supplements and so forth), and this thus sustains the muscles and cells. It's one motivation behind why it's extraordinary to have an enthusiasm for EDS and skincare since I truly do trust they go as an inseparable unit. Just when facial muscle starts to lose its proteins (protein fills the individual strands of the muscle giving it size) will a domino impact occur. Second to go will be versatile fiber. It is no longer expected to take into account extending of the muscle and skin henceforth the skin ends up plainly slack. Once the versatile fiber starts to separate because of absence of utilization, there will then turn into lost subcutaneous fat essentially in light of the fact that it is put away between the filaments of the elastin, collagen and to some degree inside the muscle itself. This is the reason it is essential for a man to start facial building ahead of schedule, to shield nature from following all the way through. The more you can keep the muscle solid and very versatile (requiring protein) then will it keep on needing the flexible fiber (flexibility) and keep on storing subcutaneous fat. It's a demonstrated actuality, when you remake muscle you do much to supplant flexible fiber, collagen, and Sub Fat. At the point when a people confront starts to round out because of Facial building, it is not simply muscle you are taking a gander at. That totality is comprised of everything that had been lost connective tissue. Losing the fat in the face is only a maturing procedure. I don't think one can stop it. Exercise is the best thing to convey oxygen to your face and help to back off the maturing procedure.

## **Beautician**

Intended for individuals who what to approach beauty care products, for themselves, or for their families, or who have the aim to make it their calling without losing time and cash. However, it is likewise intended for some others, with the goal that they could know human body in this side. This grand machine, that still we generally know nearly nothing. The peruses merit an endorsement for their advantage; i trust that youngsters could end up plainly sharp and for this they merit an honor. A Physical fit individual can play out any work totally and can discharge mental weight with utilizing the relaxation time in diversion and games exercises. Individuals everywhere throughout the world are ending up noticeably more wellbeing cognizant. The need

has been moving from everything else to the way that the most vital thing in life is to keep oneself fit and fine, to appreciate things in life. A century back works sparing machines contributing not exactly and over half populace of India performing nonphysical errand at their working spot" (Sekhon 2007).

As the PC machine control controlling, control break and remotes have occurred of physical assignment those are making the populace languid and weaker. So now this time heftiness (fat), diabetes, heart chance anxiety, sadness and back point torments have expanded. Disjoin weight prompts numerous incessant conditions that, taken together, make up the second driving reason for death in our nation. "On the off chance that an individual needs to diminish muscle to fat ratio ratios his/her calorie use ought to be more than vitality intake. There are expansive number of techniques to decrease overabundance muscle to fat quotients such an eating less, practices and a blend of abstaining from food and exercise." (Verma, 1994)

Fat is portrayed by the amassing of an extreme measure of greasy or fat tissue. Corpulence comes about because of uneven vitality spending plans. An overweight young lady devours nourishment vitality in abundance of consumption and stores the surplus in muscle to fat quotients. The nearness of this abundance fat weakens the working of numerous imperative organs and body frameworks and can prompt various medical issues, even passing. Absence of physical movement is another imperative variable that is identified with heftiness. A considerable lot of school young ladies are caught up with, having sitting at a work area for a large portion of the day and no time for wellbeing. When the time has come to unwind, tend to watch T.V, or play PC recreations, and once in a while take any customary exercise. On the off chance that a man is not sufficiently dynamic to go through the vitality given by nourishment, the additional calories are put away as fat. The best predominance of overweight and corpulence among the most youthful young ladies may likewise be the consequence of low medicinal services and nourishment consumption amid pre-birth mind. Guardians of these young ladies relocate from regions with high predominance of under nourishment; in this manner, moms may have had a higher hazard for under sustenance amid incubation. The relationship between height<sup>0</sup>for-age with midriff periphery proposes that stomach heftiness in young ladies is the consequence of overconsumption of vitality. Likewise, the relationship of hazard for yearning with BMI in young ladies additionally recommends that overweight and fat young ladies are

presented to or have the best accessibility of high-thickness sustenance, while hindered youngsters all the more frequently experience an absence of nourishment.

Corpulence, a confusion of vitality adjust is portrayed by an abundance of muscle to fat ratio ratios. It is constant in nature and is regularly connected with extensive variety of psychosocial issues, metabolic variations from the norm and degenerative infections that lessens personal satisfaction, some of which could be life undermining. As of late, the event of heftiness has expanded in creating nations likewise, and now notwithstanding supplanting more customary general wellbeing concerns, including under nourishment and irresistible sicknesses. However, it is not a current marvel. Be that as it may, the commonness of stoutness has at no other time come to up to such pestilence extent as today (Krishnaswamy, 2000). In India, fundamental accentuation has been put on under nourishment however over sustenance, the opposite side of the coin has not been explored particularly toward the starting period of adulthood i.e., after 18years of age. In this time of youthful adulthood, a man is completely grown physically, socially and mentally. This phase of life is of incredible significance and improvement of heftiness at this period may have antagonistic impact on their wellbeing and individual accomplishments. Mental and dietary variables can be either the reason for the impact of corpulence. Weight discernment is a key determinant of youthful grown-ups' dietary propensities and weight administration. It has been accounted for that school going young ladies who feel themselves to be overweight will probably occupied with unfortunate weight control hones than the individuals who were accounted for to be ordinary (Levy and Heaton, 1993). Dietary conduct and wholesome status are nearly interlinked. Presently a days, garbage nourishments supplanting alternate sorts of solid sustenance brings about heftiness. Considering every one of these focuses, the present research work was attempted to concentrate the pervasiveness of heftiness, weight discernment and dietary conduct of urban school going young ladies.

The exploration ponders propose that fat is hereditarily decided from multiple points of view and one is that we are conceived with a specific number of fat cells that by and large don't increment unless one gorges or turns out to be exorbitantly fat or fat) "Overweight and stoutness are both marks for scopes of weight that are more noteworthy than what is for the most part thought to be solid for a given tallness. The terms likewise recognize scopes of weight that have been appeared to improve the probability of specific sicknesses and other medical issues" Espanola (2007).

Hefty individuals experience the ill effects of blame sorrow, tension, and low confidence. A few times such individuals couldn't get achievement on account of their heftiness. They feel modest in the public arena. So it is important to diminish fat. Fat lessening is not a troublesome errand for the individuals who have a solid assurance. Customary physical exercise is absolutely critical in the treatment of Corpulence since exercise is one of the elements deciding long haul weight support in weight decrease programs. Blaak (2000). Because of expanded mindfulness about wellbeing in the general population of the advanced society needs to control their body weight. The translation of body weight is diverse for various for various individuals. For a few people weight control is the decrease of stomach outline, to some other it is a limited waistline or least perusing on the measuring machine. While in genuine sense, weight control is substantially more than this. In any case, the outlook about wellbeing has changed lately. Presently the general population is attempting to diminish disorder as well as they give more accentuation on wellness. "As of late, princely social orders have turned out to be less physically dynamic and this has without a doubt added to the expanded rate of heftiness" (Zachwieja1996).

Solid way of life and weight administration can be accomplished nonetheless, with general direct physical movement and great dietary patterns. Guardians ought to fill in as good examples to their kids to instill and strengthen sound ways of life in light of assortment adjust and balance. At last, it is assembled that in the quick evolving, life, physical exercises, sustenance propensities and individuals. "The customary routine with regards to physical movement advances metabolic adjustments that encourage the direction of vitality and fat adjust. These impacts are vital for a superior control of body weight in the hefty individual and ought to empower them to include fat tissue to a lesser degree in this direction." (Trembley1999). Physical action supports a negative vitality and fat adjust, especially if exercises are delayed and incredible.

The accomplishment of a negative vitality and fat adjust with physical action likewise firmly relies on upon the healthful setting in which it is performed. "Individuals of any age, both male and female, advantage from general physical action. Huge medical advantages can be gotten by including a direct measure of physical action (e.g., 30 minutes of energetic strolling or raking leaves, 15 minutes of running, or 45 minutes of playing volleyball) on most, if not all, days of the week. Through an unobtrusive increment in every day action, a great many people can enhance their wellbeing and personal satisfaction" (Flavum 2008).

In the long haul, a dynamic way of life and low-fat sustenance propensities is relied upon to prompt a significant body weight reduction in the large. This weight reduction is logically weakened after some time; probably as a result of the diminished effect of a decreased fat tissue mass on the control of vitality and fat adjust. For the corpulent individual consenting to a movement program and solid nourishment propensities, a body weight reduction of 10% is a reasonable objective before the event of imperviousness to further loss of muscle to fat ratio ratios. It was generally trusted that overweight and corpulent individuals were urgent eaters, on edge, discouraged, under anxiety, or writing to adjust for insufficiencies in their lives. In any case, today, when practically everybody is by all accounts getting heavier and corpulence has turned into a national issue, both specialists and the general population are rejecting weight pick up is an individual enthusiastic issue. "reasons for heftiness found that the predominant comprehension of the reasons for weight depends on the aggravation of the thermodynamic law of vitality adjust, fundamentally through expanded admission or diminished consumption of vitality" Astrup (2006). Elective reasons for weight, which still regard the law additionally take into account essential fat collection, are-infection disease of fat cells, vitality supply from bacterial maturation of inedible sustenance parts, psychosocial components interceded by psych neuroendocrine pathways, restlessness or low quality of rest and early life programming, notwithstanding the outstanding and demonstrated hereditary programming.

A man's weight is a consequence of many variables. These elements incorporate condition, family history and hereditary qualities, digestion (the way your body changes nourishment and oxygen into vitality), conduct or propensities, and different variables. Certain things, similar to family history, can't be changed. Be that as it may, different things - like a man's way of life propensities can be changed. Fundamental driver of being overweight or large are eating excessively and additionally not being sufficiently dynamic. In the event that you eat a greater number of calories than your body consumes, the additional calories are put away as fat. Everybody has some put away fat. A lot of fat outcomes in being overweight or stout. Different variables that may influence your weight incorporate your qualities (corpulence tends to keep running in families), your digestion (how your body forms nourishment), your racial/ethnic gathering, and your age. Now and then a disease or medication can add to weight pick up. Analysts are concentrating the reasons for corpulence to take in more about how to forestall and turn around it. Four million men and three million ladies are presently stout in England (BMI

more prominent than 30. BMI is Body Mass Index.). The numbers have tripled over the most recent two decades (Mike Dunlop 2002). It implies more than 60 percent of Americans matured 20 years or more are overweight. One-fourth of American grown-ups are likewise hefty, putting them at expanded wellbeing hazard for constant infections, for example, coronary illness, sort 2 diabetes, hypertension, stroke, and a few types of malignancy. "Roughly 280,000 grown-up passing's in the United States every year are identified with weight" (Mike Dunlop 2002). Corpulence is connected to 30,000 UK passing's a year, shortening life by 9 years overall. The corpulence scourge will be trailed by a huge ascent in diabetes and cardiovascular sickness. On a traditionalist premise it costs the National Health Service (UK) in any event £0.5 billion a year and the more extensive economy £2 billion, for instance in ailment nonattendance. In the event that you plan to lose more than 15 to 20 pounds, have any medical issues, or take medicine all the time, you ought to be assessed by your specialist before starting your get-healthy plan.

Physical Activity and Obesity is a vital asset shape scientists, restorative professionals, general wellbeing approach leaders, and an understudy there is most likely standard physical movement is essential. The proof is developing and is more persuading than any other time in recent memory! Individuals of any age who are for the most part dormant can improve their wellbeing and prosperity by getting to be noticeably dynamic at a direct power all the time. A few looks into have demonstrated that standard physical action generously lessens the danger of: coronary illness, diabetes, control weight and hypertension. "Stomach corpulence, characterized as an extensive midsection measure (more than 35 crawls in ladies and more than 40 creeps in men), is a piece of the disorder. Metabolic disorder is connected to insulin resistance (which can prompt diabetes) and a high danger of getting coronary illness" SirGan (2006). Metabolic disorder in the event that you have an extensive abdomen estimation (stomach corpulence) of more than 35 creeps in ladies, a low cholesterol level (for ladies, under 50), pulse of 130/85 or higher and fasting (glucose) of 110 or higher. Enhanced eating regimen, weight reduction, and expanded physical movement are vital in the event that you have metabolic disorder. Coming to and remaining at a sound weight is a long haul challenge for individuals who are overweight or fat. In any case, it additionally can be an opportunity to bring down your danger of different genuine medical issues. With the correct treatment and inspiration, it's conceivable to shed pounds and lower your long-group malady hazard.



The fundamental driver of heftiness is inactive ways of life and high fat, vitality thick weight control plans. The effect of changes in conventional ways of life is being felt in the creating scene and a few nations are confronting the twofold weight of over-nourishment and under-sustenance among segments of their groups. Handling the issue is a tremendous test that goes a long ways past giving out sound way of life messages. Such methodologies have flopped lately. There should be an approach that recognizes that heftiness is a typical reaction to an anomalous situation instead of the other way around. Comprehension, measuring and modifying the "obesogenic" condition is basic to achievement.

Overweight and heftiness are both marks for scopes of weight that are more noteworthy than what is for the most part thought to be sound for a given tallness. The terms additionally recognize scopes of weight that have been appeared to improve the probability of specific ailments and other medical issues. As of late many individuals are worried about their weight. Society underscores being meager and heavier individuals frequently are exceptionally mindful of their weight and how they are seen by other we hear in the news that an ever increasing number of individuals are getting to be plainly overweight and large? Be that as it may, what does it mean? After go toss a few reviews, heftiness implies having excessively (fat tissue). Stoutness is an abundance extent of aggregate muscle to fat quotients. A man is viewed as large when his or her weight is at least 20% above typical weight. (Mike Dunlop 2002) alluded to a great many people; the term heftiness intends to be exceptionally overweight. Wellbeing experts characterize overweight as an overabundance measure of body weight that incorporates muscle, bone, fat, and water. Heftiness particularly alludes to an overabundance measure of muscle to fat ratio ratios. Everybody needs some muscle to fat quotients, yet an excessive amount of fat can medical issues.

As it were the terms overweight and heftiness allude to a man's general body weight and where the additional weight originates from. Overweight is having additional body weight from muscle, bone, fat, as well as water. Heftiness is having a high measure of additional muscle to fat ratio ratios. "Stoutness is characterized as a summed up collection of muscle to fat ratio ratios. Corpulence is controlled by measuring both the stature and weight of the juvenile" (Christopher 2005) Adolescent is viewed as large in the event that he/she is fundamentally over the perfect weight for his/her tallness. Overweight is characterized as expanded body estimate with

expanded slender body mass and without abundance collection of muscle to fat ratio ratios. A uniform standard to separate stoutness from overweight has not been set up. Inquire about reviews recommend that overweight teenagers may end up plainly overweight grown-ups.

Overweight and weight together speak to the second driving preventable reason for death in the United States. Corpulence is a genuine, endless malady that can exact generous damage to a man's wellbeing. Over weight and stoutness are not the same; rather, they are distinctive focuses on a continuum of weight running from being underweight to being extremely chubby. The rate of individuals who fit into these two classes, overweight and large, is dictated by Body Mass Index (BMI). Basically, overweight is characterized as overabundance weight for a given stature, and corpulence is abundance (fat tissue) in connection to slender body mass. Ordinary weight has a Body-Mass-Index between 18.5 - 24.9; the individuals who are overweight have a BMI in the vicinity of 25 and 29.9. Those with a BMI of 30 or more noteworthy are viewed as fat.

Heftiness is more than a restorative issue; it is a wellbeing peril of grown-up passing in the United States. A few genuine restorative conditions have been connected to stoutness, including diabetes, coronary illness, hypertension, and stroke. Weight is likewise connected to higher rates of specific sorts of growth. Stout men are more probable than non-fat men to pass on from tumor of the colon, rectum, or prostate. Large ladies are more probable than non-fat ladies to kick the bucket from malignancy of the gallbladder, bosom, uterus, cervix, or ovaries. (Make Dunlop2002)

From numerous points of view, heftiness is a bewildering malady. The body controls weight and muscle to fat ratio ratios is not surely knew. On one hand, the cause has all the earmarks of being straightforward in that if a man devours a greater number of calories than he or she consumes as vitality, then he or she will put on weight. In logical terms, corpulence happens when a man devours a bigger number of calories than he or she bums. The reasons for this irregularity between calories in and calories out may contrast starting with one individual then onto the next. Hereditary, natural, mental, and different components may all have an influence. Be that as it may, the hazard calculates that decide weight can be perplexing mix of hereditary qualities, financial components, metabolic elements, and way of life decisions, and in addition different variables. Some endocrine issue, maladies, and medicines may likewise apply an effective impact on an individual's weight. Frequently over looked are the mental and social issues related

with being hefty stereotypes of fat individuals, for example, that they are sluggish and the emphasis our general public place on thinners may bring about low confidence, a poor self-perception melancholy and dietary problem. Weight happens when a man expends a bigger number of calories than he or she consumes. What causes this lopsidedness amongst expending and consuming calories is indistinct. Prove proposes that corpulence frequently has more than one cause.

Age is the fundamental driver of stoutness. As you get more established, your body's capacity to use nourishment backs off and you don't require the same number of calories to keep up your weight. This is the reason individuals not that they eat the same and do an indistinguishable exercises from they did when they were 20 years of age, however at age 40, put on weight.

Sexual orientation likewise the fundamental driver of weight. Ladies have a tendency to be more overweight than men. Men have a higher resting metabolic rate (which means they consume more vitality very still) than females since they have a higher rate of muscle, so guys require more calories to keep up their

Body weight. Moreover, when ladies turned out to be past-menopausal, their metabolic rate diminishes essentially. That is incompletely why numerous ladies put on weight after menopause.

Natural variables in spite of the fact that qualities are a critical consider many instances of weight; a man's domain additionally assumes a huge part. Ecological variables incorporate way of life practices, for example, what a man eats and how dynamic he or she is Physical action Active people require a larger number of calories than less dynamic ones to keep up their weight. Also, physical action tends to lessening craving in hefty people while expanding the body's capacity to specially utilize fat as a vitality source. A great part of the expansion in heftiness over the most recent 20 years is thought to have come about because of the diminished level of every day physical action.

Mental components likewise impact dietary patterns. Many individuals eat in light of negative feelings, for example, weariness, bitterness, or outrage. While most overweight individuals have not any more mental unsettling influences than individuals at their typical weight, around 30% of individuals who look for treatment for genuine weight issues experience issues with pigging out.

Amid a voraciously consuming food scene, individuals eat a lot of nourishment while feeling they can't control the amount they are eating. Some uncommon ailments are the reason for corpulence. These incorporate hormone issues, for example, hypothyroidism (inadequately acting thyroid moderates digestion), gloom and some uncommon ailments of the cerebrum that can prompt indulging. Pharmaceutical certain medications, for example, steroids and a few antidepressants may bring about exorbitant weight pick up.

A standout amongst the most excruciating parts of heftiness might be the passionate enduring it causes. American culture places awesome accentuation on physical appearance, regularly likening allure with slimness or strength. In expansion, many individuals wrongly generalization hefty individuals as ravenous, lethargic, or both. Be that as it may, increasingly prove repudiates this supposition obese individuals regularly confront partiality or separation at work, at school, while searching for a vocation, and in social circumstances. Sentiments of dismissal disgrace. Or, on the other hand discouragements are normal. Way of life decisions overeating, alongside a stationary way of life, adds to stoutness. These are way of life decisions that can be influenced by conduct change. Eating an eating routine in which a high rate of calories originated from sugary, high-fat, refined nourishments advances weight pick up. Fatty sustenance is frequently chosen. Absence of customary exercise adds to corpulence in grown-ups and makes it hard to look after weight. Misfortune. In youngsters, latency, for example, staring at the TV or sitting at a PC, adds to corpulence. Weight has a far-going negative impact on wellbeing. Every year heftiness. Related conditions taken a toll more than 100 billion dollars and cause unexpected losses in the US. The wellbeing impacts related with stoutness incorporate yet are not restricted to the accompanying:

Coronary illness coronary illness is the main source of death for both men and ladies in the United States. Coronary illness incorporates heart assault, heart disappointment, and angina (trunk torment brought on by decreased blood stream to the heart). Stroke a stroke is at times called a "mind assault." Most strokes are brought about by a blood coagulation hindering a course that takes piece to the cerebrum. Overweight individuals additionally turn into the casualties of diabetes, Cancer of the gallbladder, bosom, uterus, cervix, and ovaries (for ladies). Overweight men are at more serious hazard for creating growth of the colon, rectum, and prostate. Malignancy - In ladies, being overweight adds to an expanded hazard for an assortment

of tumors including bosom, colon, gallbladder, and uterus. Men who are overweight have a higher danger of colon and prostate diseases.

Gout (joint agony brought about by overabundance uric corrosive) Gout is a joint ailment created by abnormal states or uric corrosive in the blood. Uric corrosive once in a while frames precious stones that are stored in the joints. Gout is more typical in overweight individuals. On the off chance that you have a background marked by gout, check with your specialist before attempting to shed pounds. A few weight control plans may prompt an assault of gout in individuals who have large amounts of uric corrosive or who have had gout some time recently. Breathing issues, including rest apnea) intruded on breathing amid rest). Rest apnea is a genuine condition that can make a man quit relaxing for brief periods amid rest and to wheeze vigorously. Rest apnea may bring about daytime tiredness and even heart disappointment. The hazard for rest apnea increments with higher body weights. Weight reduction more often than not enhances rest apnea. High blood cholesterol High levels of aggregate cholesterol, LDL cholesterol ("terrible cholesterol") and triglycerides (another kind of fat in the blood) can prompt coronary illness. Hypertension High pulse is a noteworthy hazard figure for coronary illness and stroke. Hefty grown-ups are twice as prone to have hypertension as the individuals who are at a sound weight. Weight reduction can bring down you circulatory strain.

Complexities of pregnancy weight increment the dangers of hypertension and a kind of diabetes that creates amid pregnancy. Corpulent ladies will probably have issues with work and conveyance. Sporadic menstrual cycles and fruitlessness occurs in stout ladies. Sporadic menstrual cycles and fruitlessness occurs in large ladies. Stomach stoutness is connected to polycystic ovary disorder, a reason for barrenness in ladies. A standout amongst the most difficult parts of heftiness the passionate enduring causes. American culture places extraordinary accentuation on physical appearance, regularly likening allure with slimness, particularly in ladies. The messages proposed or not, make overweight individuals feel ugly. Fat individuals frequently confront preference or segregation at work, at school, while searching for a vocation, and social circumstances Feelings of dismissal, disgrace, or gloom are normal. Any program gone for affecting the corpulence issue needs to consider the entire condition and to find out what parts of that condition can be impacted by intercession. In our own condition we have a

noteworthy emergency in the wellbeing of our Aboriginal populace with weight and its confusions ending up noticeably more pervasive. There is an earnest need to address this issue.

In this part the agent has examined that if overweight or large, more inclined to create medical issues, for example, coronary illness, diabetes, and a few sorts of growth. The uplifting news is that shedding pounds can enhance your cholestroal levels, and lower your odds of getting other medical issues. Corpulence is as yet overlooked as a sickness. Wellbeing and therapeutic hypertension, gallstones, gut malignancy, and so on. It is a preventable illness however changes in eating regimen and by winding up noticeably more physically dynamic. Indeed, even over weight reduction can get huge enhancements wellbeing and a prescription in level of hazard.

Hypertension, extra fat tissue in the body needs oxygen and pharmaceuticals keeping in mind the end goal to live, which requires the veins to flow blood to the fat tissue. This builds the workload of the heart since it must pump more blood through extra veins. Additional breathing blood likewise implies more weight on the supply route dividers. Higher weight on the supply route dividers expands the pulse. Likewise, some weight can raise the heart rate and reduce the body's capacity to transport blood through the vessels. Large individuals are likewise enduring with joint issues; corpulence can influence the knees and hips due to the anxiety blood on the joints by additional weight. Joint substitution surgery, while

Man can surrender everything for keeping himself youthful. Regardless of the considerable number of sorts of medications that have been prospering the market, the general population have not been made insane, despite everything they put stock in the fundamental common method for keeping fit as a fiddle, i.e., by practicing consistently and keeping up a working schedule. It is exceptionally important to go for a total wellness preparing, which deals with every one of the parts of making a fit body, starting from making note about the correct sort of eating regimen and right sort of activities which suits the physical states of the body.

### **1.1 Statement of the Problem**

The title of the study hereby stated as “in impact of selected exercises facial subcutaneous fat reduction”

## **1.2 Significance of the Study**

The modern age there is so many problems comes regarding facial fat so in this study I am going to try reduce facial fat from the face and its immense importance in the field of Beautician.

- The findings will be providing a model for the impact of selected exercise for facial subcutaneous fat reduction.
- The study will be help in reducing facial fat from the face.
- The study will be providing knowledge to selection of exercise according to the need of the facial fat.
- The finding of the study will be also help to beautician to identify the facial fat and its related exercises.
- Similar kind of study will be undertaken in other kind of fat to understand the scientific principles involved in it.

## **1.3 List of exercise:**

- Do a lip work out
- Do the OO-EE mouth
- Stretch your face while holding your eyes
- Exercising Your Mouth
- Do a lip work out
- Press on your cheeks while grinning
- Pull your cheeks up
- Squeeze your lips
- Apply weight to your grin
- Do an eye crush

## **1.4 Objective of study**

To discover out the impact of subcutaneous fat reduction on facial after exercises

## **1.5 Hypothesis**

### **The Null Hypothesis: Ho**

It is hypothesized that there will be significant difference in impact of selected exercises facial subcutaneous fat reduction of lovely professional university individuals in physiological approach.

## **1.6 Delimitations**

- The study will be delimited to 40 males from Lovely Professional University only.
- The study will be further delimited to the individuals belonging to the age grouping of 20 To 30 years.
- The study will be delimited to the selected facial exercises
- Measurement of subcutaneous fat on face

## **1.7 Limitations**

- Researcher have do not further control on diet habit of the subjects.
- Limitation regarding life style of the subjects.
- Limitation regarding subordinate training effect of the subjects.



## CHAPTER II

### REVIEW OF RELATED LITERATURE

**Lobby (1993)** contributed the impact of a token fortification intercession (a physical movement program) on the percent of recreation time subjects spent in physical action, level of overweight, self-idea and state of mind towards physical action. Additionally tended to was the reasonableness of the intercession for overweight control for youths. A solitary subject A-B-An outline was utilized to assess the connection between the autonomous and ward factors. Changes in level of overweight were measured utilizing body weight, body mass list (BMI), and abdomen to-hip proportion systems. Self-idea and mentality towards physical movement were measured utilizing a pre-test/post-test survey. Appropriateness of the physical action program was assessed with a staff poll. All subjects encounter an expansion in physical movement and a reduction in midriff to-hip proportion accordingly of the intercession. Except for one subject, BMI declined. Changes in self-idea scores happened for three subjects, while two subjects demonstrated an enhanced state of mind towards physical action.

**Dwyer et al (1998)** decide if overweight or over bloodedness' were anticipated from sex, race or ethnicity, school site, and mediation or control status for kids who were 9 years of age at the beginning of the kid and youthful trial for cardiovascular wellbeing (CATCH). In this ethnically and topographically various gathering of 5106 understudies, stature, weight, and triceps skin overlap thickness were estimation at 9(base line) and 11 years (development) of age. The most grounded indicators of status at follow-up were gauge overweight (chances proportion: 69.0; 95% cl: 22.4, 33.4); site, African American race ethnicity, and male sex were likewise critical autonomous affiliations. Kids in the overweight (>85th percentile for body mass record) aggregate had altogether higher balanced means for aggregate blood cholesterol fixations, and lower execution on the 9-min keep running than those in different gatherings (<15th, 15-49th, or 50-85th body mass file percentile). Comparable outcomes were found for these elements for those subjects with more noteworthy triceps thickness estimations. Gatherings of kids who were overweight and over fat at standard will probably be overweight and over fat at development and to have more cardiovascular hazard elements than their associates.

**Ther (2000)** inspected about weight decrease through physical exercise and eating routine. The review uncovers that a mix of approach can possibly actuate body weight reduction and support weight upkeep in a diminished stout state while additionally normalizing the metabolic profile of the people. Additionally weight reduction is in this way did not legitimize anymore and may be unsafe to weight support and wellbeing despite the fact that these people could in any case be analyzed as corpulent as per genuine grouping criteria for characterizing heftiness

**Despres (2004)** lead an exploratory on Loss of stomach fat and metabolic reaction to preparing in corpulent ladies thirteen stout premenopausal lady matured 38.8(mean score) were chosen. Ninety minutes practice program four to five times in seven days was given to them the program incorporate a critical increment in vo2 max and mean diminishment in muscle to fat ratio ratios free mass

**Lee (2005)** this review was to look at the impacts of an activity software engineer for moderately aged hefty ladies. The activity program joined society move and resistance preparing. The subjects assemble comprised of 85 moderately aged fat ladies in the vicinity of 40 and 60 year. Three 8 week sessions comprised of a 55-80% most extreme heart rate (MHR) practice for 60-a hour and a half a day and 3 times each week from March to November, 2004 Data was gathered through a pre-and post-practice test previously, then after the fact every session. Information was gathered inside body, dynamometer and blood. The outcome demonstrated positive changes in body weight, muscle to fat quotients mass, body mass list, percent muscle to fat quotients, muscles quality, muscle continuance, adaptability, and adjust quality, yet no huge positive change in skeletal mass, fat free mass, percent stomach fat (midsection hip proportion), instinctive fat range, nimbleness, add up to cholesterol, high thickness lipoprotein cholesterol, or triglycerides. This demonstrated an activity program has somewhat constructive outcomes for moderately aged ladies

**Merih et al (2005)** lead a review on sixty corpulent ladies. The target of the review to the review to analyze the impacts of oxygen consuming and resistance practice on weight. Muscles quality, cardiovascular wellness, circulatory strain and state of mind in corpulent ladies who were not on vitality confined eating routine. Sixty fat ladies were allocated to one of one three gatherings: oxygen consuming activity, resistance exercise and control gathering. Prior and then afterward a 12 week time span, all subjects were assessed by anthropometric estimation, rating of inclination,

cardio respiratory limit and most extreme quality of prepared muscles. Following a 12-week preparing period, both oxygen consuming activity and resistance practice brought about enhanced execution and exercise limit in large ladies. While vigorous exercise had all the earmarks of being helpful as to enhancing depressive indications and most extreme oxygen utilization, resistance exercise was useful in expanding muscle quality.

**Charlene J Nuble (2007)** worried on activities of thighs fat in an article how to practice those thighs? Various types of activities that should be possible to work out the thighs: to expand muscle, to tone to reinforce, or to consume fat. To get the best outcome, every sort of activity ought to be finished. For instance, one can work out to build thigh muscle, however in the event that nothing is done to soften away the fat; the muscles won't be characterized underneath. To consume fat around the thighs, cardiovascular exercises are prescribed. Cases of this would walk, or paddling, and so on. In this article we given a couple of cases of activities that are intended to reinforce, tone, and shape the zone and encompassing muscle gatherings. As continually, extending ought to be done previously, then after the fact the exercise. Additionally, a doctor ought to be counseled before directing any possibly strenuous physical movement.

**Hansen, et, al (2007)** Examined the impact of activity preparing on fat-mass misfortune in large patients amid vitality admission limitation and found that Dietary confinement consolidated with continuance practice preparing respresents a compelling technique to advance weight reduction and lessen fat mass in corpulent patients. Practice however; expansion of activity to a dietary limitation program does not initiate a more prominent fat-mass misfortune then dietary confinement alone. The last is likely ascribed to a compensatory decrease in day by day physical action taking after the execution of activity preparing. Regardless, incorporation of an activity preparing project is essential to keep a decline in sans fat mass, increment relative instinctive fat-mass misfortune, enhance dietary consistence and in the long run keep up long haul weight control. Stout male patients with the most noteworthy fat mass are destined to lose the biggest measure of fat mass in such way of life intervention programs. The connection between aggregate vitality use amid exercise preparing and general fat-mass misfortune has been immovably settled. The measure of preparing structures a more critical redactor of fat-mass then preparing force. The kind of activity (e.g. strolling, cycling, and swimming) plays another critical indicator of fat-mass misfortune in intercession program. The usage of resistance preparing in

such program does not expand fat-mass misfortune but rather enhances body creation by expanding fat-mass,

**Maffeis (2007)** highlight in an article physical movement: a compelling approach to control weight in kids that physical action is the main part of aggregate vitality consumption that can be intentionally changed. Consequently, it is a sensible behavioral focus for the counteractive action and treatment of weight. The greater part of fat oxidized every day in the body happens in skeletal muscle. Physical movement increment the measure of oxidized fat, which helps glucose used, and normal Physical action advances insulin affectability and glucose homeostasis freely of its impacts on muscle to fat ratio ratios The basic role of this review was give advance knowledge into the metabolic impacts of Physical action, particularly on the control of vitality consumption, substrate oxidation and body arrangement. Likewise of intrigue is the investigation of accessible confirmation that legitimizes the proposal of Physical action programs in the treatment of youth corpulence

**James (2008)**In his review on the study of disease transmission of stoutness reasoned that the scourge of heftiness took off from about 1980 and in the sum total of what nations has been rising relentlessly from that point forward. Just in 1997 did WHO acknowledge that is this was measure general medical issue and, even then, there was no acknowledged technique for observing the issue in children. It was soon apparent; nonetheless, that the ideal populace body mass file is around 21 and this especially valid in Asia and Latin America where populace are exceptionally inclined to creating stomach weight, type2 diabetes and hypertension. These future are presently been progressively connected to epigenetic programming of quality expression and body synthesis in early youth, both in term fat/fit tissue proportion and furthermore as far as organs size and metabolic way controls New Indian proof recommend that insulin resistance during childbirth appears to be connected to low birth weight and higher extent of muscle to fat ratio ratios variations from the norm of one carbon pool digestion conceivably mindful and affecting 75% of Indians and numerous populace in creating world. Naturally there are additionally versatile organic component which constrain weight free after weight pick up and in this way to a limited extent represent the proceeding with pestilence in spite of the across the board craving to thin. Consistently, the weight ailment initiated by wrong eating methodologies and broad physical dormancy can be tended to by expanding physical action (PA), however just

supporting more relaxation time action is impossible. Generous changes in urban arranging and eating routine are required counter the expulsion of any regular requirement for PA and the times of misled sustenance approaches which with free checked constrain has actuated our current toxics condition balancing this requires unordinary strategy activities.

**Nicholson, et. Al (2008)** in his work corpulence and weight and administration discovered Individuals with headache cerebral pains that are fat or overweight might be at hoisted chance for encountering more successive headaches and for creating hag headache. This makes it basic that clinicians consider including weight administration as a feature of headache treatment arrange in circumstance where patient is overweight or corpulent. Weight reduction and weight keeps up treatment ought to utilize a blend of behavioral techniques, specifically wholesome instruction, dietary intercession, and exercise advising, as a first line mediation weight reduction pharmaceutical are viewed as an optional treatment; in any case, when weight reduction prescription on cerebral pain. So also, a clinician considering headache prophylaxis needs to consider whether the pharmacologic specialist being considered impacts weight pick up or misfortune.

**Shay (2008)** researched in his work an idea examination: adherence and weight reduction that there various variables that impact an individual's capacity to cling to sound conduct. The writing urban areas normal occasions that must happen preceding keeping up an activity plan, a pharmaceutical regimen, and a solid. The reason this paper is to look at too idea adherence in connection to weight utilizing Walker and Avant's (1995) structure for idea investigation. This uncovered a broad rundown of occasions or precursors that may end up being vital while considering new procedures for weight administrations.

## **CHAPTER III**

### **METHODOLOGY AND PROCEDURE**

In this chapter the selection of Research approach, Sampling technique, Selection of subject, Selection of variables, Experimental Design, Training Program, criterion measure, Evaluation technique, Procedure of Data Collection, Administration of the test and collection data and the techniques employed for data analysis have been described

- Sample Frame
- Sampling size
- Sampling area
- Experimental design
- Training design
- Tools used
- Statistical Technique used

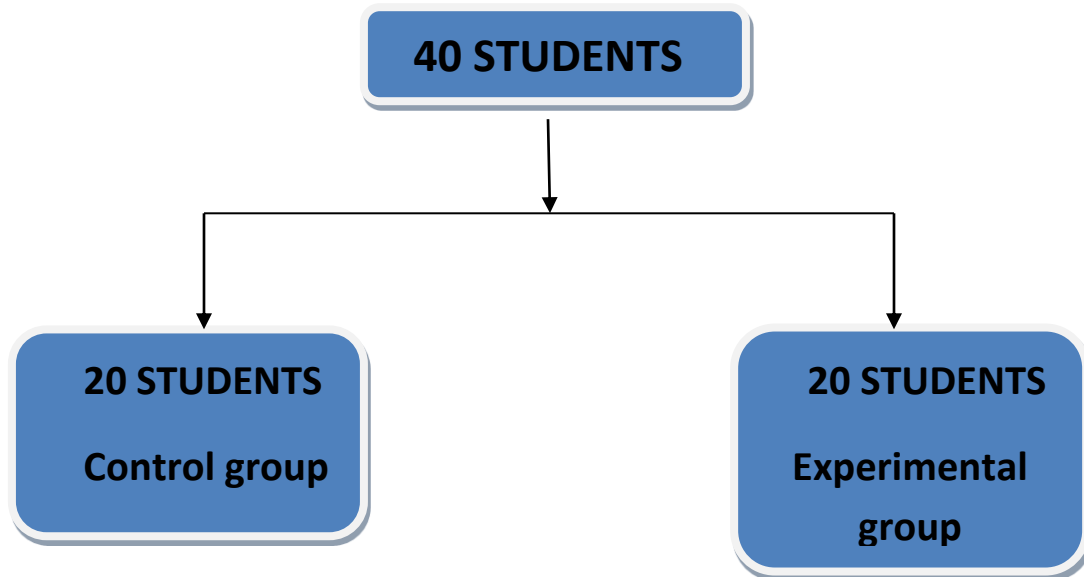
#### **3.1 Sampling frame**

Sampling is an imperative procedure in research work, particularly where the specialist needs to gather the data from limited or specific population. The study was based on experimental. The sample was chosen through irregular examining procedure. The information was gathered from large L.P.U individuals.

#### **3.2 Sampling size**

Forty students were taken for the present review. The present review was conducted on subcutaneous facial fat of L.P.U students in forty subjects were categorized in to two groups namely experimental and Control group.

### 3.3 Systematic layout of the sample is given below



### 3.4 Sampling area

The forty students having subcutaneous fat over face were selected from lovely professional university Phagwara. The age group of subjects was twenty to thirty.

**Dependent variables-** Subcutaneous facial fat

### 3.5 Tools used

- Skin fold caliper

### 3.6 Experimental design

Forty (40) individuals in Lovely Professional University, Phagwara, and Punjab will be selected randomly as subject for this study. Their health was considered according to University medical report and their age was verified by the University register. The subjects will be divided into two (2) groups viz. (1) Exercise/treatment Group (ETG), (2) Control Group (CG) each group consisted of twenty (20) subjects. All groups were administered initial test of subcutaneous fat on their face by skin fold caliper. All the initial test, the training programme was administered to

one experimental group where as no training will be provided to the control group. After 45 days of training program again the same test administered and compare the test result initial one.

### **Criterion Measure**

The criterion measures for the study will be the level of facial subcutaneous fat will be measure by skin fold caliper.

### **Evaluation technique**

In early morning before activity researcher will measure the subcutaneous fat level by skin fold caliper.

**Purpose:** To reduce the subcutaneous fat on face of individuals through selected exercises.

Selection of variables

**Independent Variables:** selected exercises for fat reduction of face

## **3.7 Training design**

### **Exercises for fat reduction of face**

Selected Exercises given blow:

- Do a lip work out
- Do the OO-EE mouth
- Stretch your face while holding your eyes
- Exercising Your Mouth
- Do a lip work out
- Press on your cheeks while grinning
- Pull your cheeks up
- Squeeze your lips
- Apply weight to your grin
- Do an eye crush

**Equipment required:** pen, paper and skin fold caliper.

**Procedure:** The study will be done by pre and posttest of the subjects in pretest the performance will be taken and in posttest the performance will be taken once again after providing training to



analysis the effect of the training. Following exercises are given for facial subcutaneous fat reduction.

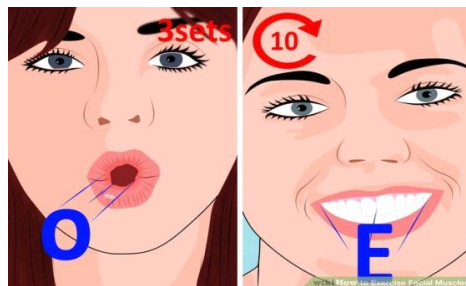
### 1. Facial Exercise - Do a lip work out



**Do a lip work out.** This is a basic exercise that will help build the blood stream to your lips. This will give the fleshier parts more advantageous, livelier, and more common shading.

- Open your mouth somewhat, ensuring your upper and lower lips are casual.
- Bring your lower lip forward until it reaches your upper lip.
- Bring your upper and lower lips internal to your mouth. Apply weight, and then unwind.

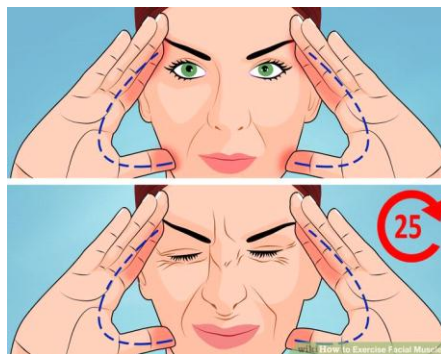
### 2. Facial Exercise - Do the OO-EE mouth



**Do the OO-EE mouth.** Moving your mouth to some essential sounds can help you focus on the lips, and additionally the muscles between your upper lip and nose. This is a straightforward exercise that exclusive requires some overstated facial development while making sounds.

- Open your mouth, and then tighten your lips together so that your teeth are isolated and not appearing.
- Say "OO," utilizing a misrepresented development to tighten your lips together.
- Change sounds to "EE," again utilizing a misrepresented movement to extend your lips into the best possible shape. You can likewise supplant "EE" with "AH" for a somewhat unique exercise.
- Do 10 reps amongst "OO" and "EE," then rehash for 3 sets.

### 3. Facial Exercise-Stretch your face while holding your eyes



**Extend your face while holding your eyes.** This will assemble the muscles around your eyelids to give you more wakeful looking eyes. Utilize your fingers to give some imperviousness to the essential activity of opening and shutting your eyes. Make a C around your eyes utilizing your thumbs and pointer. Ensure your pointer is over your eyebrow and thumb against your cheek.

- Shut your eyes, and gradually press your eyelids near one another. Unwind the strain without opening your eyes
- Repeat pressing and unwinding your eyelids 25 times.

### 4. Facial Exercise Exercising Your Mouth



**Practice by grinning.** One of the easiest approaches to solidify your grin is to work on doing it. In this activity, you'll gradually move your mouth into the position of a full grin, holding diverse positions. This will give you better control of your face and grinning abilities.

- Slowly start to grin by extending the side of your mouth horizontally, lips still together.
- After that, turn your mouth upward to uncover your upper teeth.
- Smile as generally as possible, showing your teeth.
- Once you have achieved that point, gradually unwind your mouth, taking the grin back to the beginning stage.
- Stop at a few phases on this extension of your grin, and hold that position for 10 seconds.

#### **5. Facial Exercise Do a lip work out**



**Do a lip work out.** This is a straightforward exercise that will help expand the blood stream to your lips. This will give the fleshier parts more advantageous, livelier, and more normal shading.

- Open your mouth somewhat, ensuring your upper and lower lips are casual.
- Bring your lower lip forward until it reaches your upper lip.
- Bring your upper and lower lips internal to your mouth. Apply weight, and then unwind.

## 6. Facial Exercise-Press on your cheeks while grinning



**Push on your cheeks while grinning.** This will help reinforce your cheek muscles. Make a point to hold your head back when you do this activity.

- Press down on your cheeks with your three center fingers.
- While discharge
- Hing, grin as hard as you can to drive your fingers back.

## 7. Facial Exercise-Pull your cheeks up.



**Pull your cheeks up.** This activity can help smooth snicker lines and the almost negligible differences around your under eye. Your hands will take the necessary steps here, extending the muscles all over and skin.

- Place your palms immovably against your cheeks.

- Pull the edges of your lips up toward your sanctuaries until you uncover your upper teeth and gums.
- Hold the position for 30 seconds, discharge, then rehash 3 times.

### 8. Facial Exercise-Squeeze your lips.



**Press your lips.** This exercise will condition your lip muscles. At the end of the day your hands will take the necessary steps by crushing your face around your mouth and nose.

- Place your palms all over, with the external edge on your giggle lines and the base edges on the highest point of the jaw line. Utilize your entire palm to put weight all over.
- Use your lip muscles (not your hands) to push your lips together and hold for 20 seconds. At that point, drive your palms up toward your nose and hold for 10 seconds.
- Repeat the activity 3 times.

### 9. Facial Exercise-Apply weight to your grin



**Apply weight to your grin.** Like the last exercise, this one utilizing distinctive phases of your grin to work the muscles in your face. Here, your fingers will give additional imperviousness to further work the muscles around your mouth.

- Make a full grin, and utilize your fingers to hold it set up by putting weight on each corner.
- Close your lips mostly, and then completely, utilizing your fingers to oppose the development.
- Hold each position for 10 seconds.

### **10. Facial Exercise-Do an eye crush**



**Does an eye crush.** Work your eyelids encourage by pressing your eyes closed with a touch of extending resistance from your mouth. Since it utilizes such a large number of various muscles, this activity can extend your whole face, not only your eyes.

- Pull your lips descending so that you're facial muscles fix, and then force your lips to the other side.
- Squeeze one eye closed for one moment, then rehash 10 times, holding your lips to the side. At that point do the other eye.
- Do 3 sets of 10 for each eye, take a short rest, and then do another 3 sets of 10.

### **3.8 Skinfold measurement**

To reduce the level of error in repeated measurement the following techniques for skin fold measurement have been followed;

Lange skin fold caliper of standard pressure of was taken for measure the fact thickness at specific area/sites of face. The skin at the specific sites was held between the thumb and the index finger and pulled out to form fold, so as to include two thicknesses of skin and subcutaneous fat in between them. The subject was asked to make proper movements to make sure that only the skin fold enclosing the subcutaneous fat was tooked and muscles tissue (which freely tense and released with movement) was not included in the fold selected. The caliper was placed about one centimeter from the mark picked with thumb and finger and to a depth equal to the fold just about. The extent was read to the nearest millimeter. Three readings were taken and the average of three reading was recorded as the thickness of the Skin Fold at that site.

To evaluate the facial subcutaneous fat four skin fold sites namely lateral orbital, temporal site, medial buccal and preplatysmal fat site over face were chosen.

**Instrument used:** Skin fold caliper

### **3.9 Statistical technique**

The pre-test, post-test, paired and T- test will be applied to find out the Impact of Selected Exercises on Facial Subcutaneous Fat Reduction.

## **Chapter-IV**

### **ANALYSIS AND INTERPRETATION OF THE RESULT**

In this chapter analysis of data. Findings and the discussion of finding have been described. To study the effect of selection exercise programme on fat reduction 't' test was computed and it was examined for the significance at the .05 level to test hypothesis.

**Table 4.1**

**Mean difference between Pre and Post Test Score of Control and Experimental group on subcutaneous facial fat**

Group	Test	N	Mean	SD	t-value	Df	Level of Significance
Control	Pretest	20	28.07	6.45	0.17	38	P<0.05
	Posttest	20	27.45	6.43			
Experimental	Pretest	20	33.09	6.55	1.10	38	P< 0.05
	Posttest	20	25.34	5.15			

significant at 0.05 level of confidence

0.05= 2.02

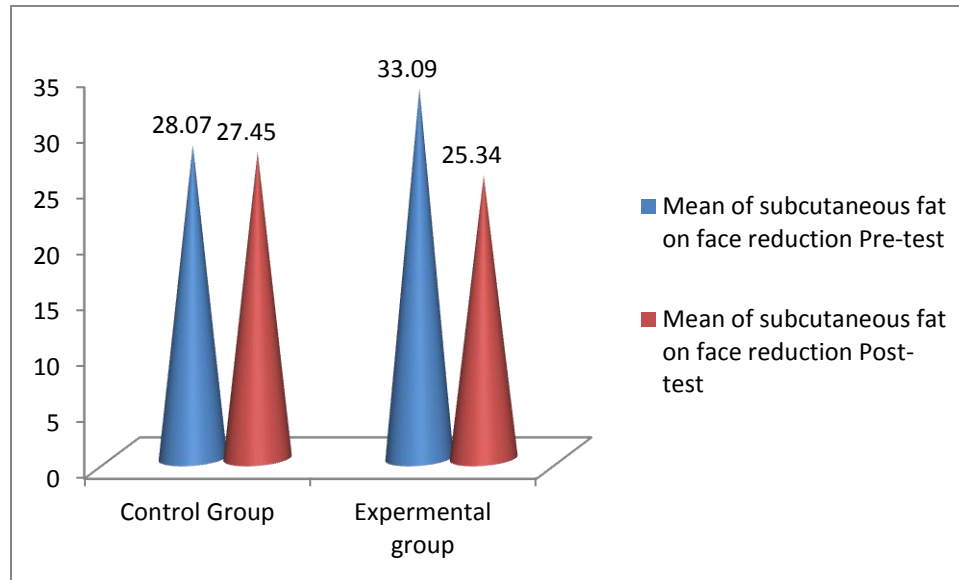
The table 4.1 represents the number of student in control group to be 20. The means of pre -test and post- test score of control group were 28.07 and 27.45 respectively as well as means of pre -test and post- test score of Experimental group were 33.09 and 2534 respectively. Standard deviation of pre -test and post- test score of control group were 6.45 and 6.43 respectively as well as Standard deviation of pre -test and post- test score of Experimental group were 6.55 and 5.15 and respectively. This implies that the body mass index score in pre-test were slightly higher than in post-test.

There would be insignificant difference between pre -test and post- test score of control group were found that the t- value of pre -test and post- test 0.17, is 5.14 as well as insignificant difference between pre -test and post- test score of experimental group were found that the t-



value of pre -test and post- test 1.10. The calculated value of t being more than the table value, t-test insignificant.

**The graph no 4.1 show the Mean difference between Pre and Post Test Score of Control and Experimental group on subcutaneous facial fat**



## Discussion

The above table also shows the numbers of students of experimental Group also is 20. The means of pre -test and post- test score of control group were 28.07 and 27.45 respectively as well as means of pre -test and post- test score of Experimental group were 33.09 and 2534 respectively. Standard deviation of pre -test and post- test score of control group were 6.45 and 6.43 respectively as well as Standard deviation of pre -test and post- test score of Experimental group were 6.55 and 5.15 and respectively. This implies that the body mass index score in pre-test were slightly higher than in post-test.

Hence, The hypothesis No-1 that, there would be insignificant difference between pre -test and post- test score of control group were found that the t- value of pre -test and post- test 0.17, is 5.14 as well as insignificant difference between pre -test and post- test score of experimental group were found that the t- value of pre -test and post- test 1.10. The calculated 't' value was less than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value is insignificant.

## **CHAPTER V**

## **SUMMARY AND CONCLUSION**

### **5.1 Sampling frame**

Sampling is an important process in research work, especially where the researcher has to collect the data from limited or particular population. The study was an experimental. The sample was selected through random sampling technique. The data was collected from obese L.P.U students.

### **5.2 Sampling size**

Forty students were chosen for the present study. The present study was conducted on subcutaneous facial fat of L.P.U students in this forty subject were categorized in to two groups namely experimental and Control group.

### **5.3 Tools used**

- Skin fold caliper

### **5.4 Statistical technique used**

To find out the significance of the difference between pre-test and post-test means of the experimental group and control group the investigator use:

- Mean
- Standard deviation and
- 'T'-test

### **5.5 Conclusion**

- The means of pre -test and post- test score of control group were 28.07 and 27.45 respectively as well as means of pre -test and post- test score of Experimental group were 33.09 and 2534 respectively. Standard deviation of pre -test and post- test score of control group were 6.45 and 6.43 respectively as well as Standard deviation of pre -test and post- test score of Experimental group were 6.55 and 5.15 and respectively. This implies that the body mass index score in pre-test were slightly higher than in post-test. Insignificant relationship of subcutaneous fat of face selected exercises for reduction of subcutaneous fat.

## **5.6 Suggestions and recommendations**

The present investigation was conducted on impact of selected exercises on facial subcutaneous fat reduction the effect of menstruation on psychological and physical efficiency. The finding of this study would be helpful and provide a direction for future researcher in the field of psychological and physical behavior as related to sports and games, following suggestion are being put forward for future research.

1. The similar study can be conducted on male and female subjects.
2. The study can be conducted on North Zone or national level.
3. The similar study can be conducted on different age groups.
4. The similar study can be conducted by increasing number of subjects.
5. This study will be also conduct in future on the players of two different games.
6. The similar study can be conducted on different university.

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