

## **LIFE STYLE AND MORBIDITY PATTERN AMONG THE RESIDENTS OF METROPOLITAN AREAS IN INDIA**

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### **ABSTRACT**

Life style diseases are our own creation. Most men are unable to resist the work-holism, sedentary living environment, blind pleasure psychosis, the absence of regular sleep, leisure, socializing, taking junk food, and finally the mad march against indomitable time.

**KEYWORDS:** Life Style Changes the Morbidity, Morbidity Pattern, Six Largest Metropolitan Areas