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Happy or forlorn, fat or distended, how do you envisage modern India? Well, in either way you are not far off. Everyday when each one of us steps into the outside world, we pass through two different indias. One India with its robust economy, global presence, leeching jobs from the noble working class, living off the largesse of soulless multinational corporations with a rapidly improving lifestyle. The other India ;the classic one ,suffering from our sins of neglect and self absorption, uncertain of the ground beneath its feet, one which is still struggling to earn one square meal a day.

There is a growing trend towards the paradoxical co-occurrence of under and over-nutrition in rapidly developing countries, and India being a developing nation is no exception to this. India is suffering from two major epidemics simultaneously; a culture of undernourishment and a crisis of over nourishment. The influx of new monies from the West has given rise to a chubbier upper class while the poorer strata still suffer from neglect and inadequate resources to fulfill their requirements. Thus, India is in a double-bind, getting simultaneously morbidly obese and dangerously thin.

Malnutrition is a massive crisis caused by a combination of factors including inadequate or inappropriate food intake, childhood diseases, harmful childcare practices and improper care during illness. Obesity is a condition in which the natural energy resource, stored in the fatty tissue of humans exceeds healthy limits.

Economist Jean Dreze estimates that 46% of the population nationwide is not receiving adequate nutrients, meanwhile increasing members of Indian children in large population centers are overweight-nearly 20 % of Delhi's adolescents are obese.

Nutrition is based on the Body Mass Index (BMI) where the value under 18.5 is considered chronically energy deficient and over 30 is obese. The increase in ubiquity of more high fat and sugar-laden foods in India, had led to a surge of nutrition related chronic diseases in the whole nation. At the same time diets have changed, physical activity has also decreased, all leading to higher rates of overweight and obesity . Though the prevalence of malnutrition exceeds that of obesity, yet India is stuck in the case of double whammy ; it becoming a world class economy with Indian market rife with more lucrative jobs imported from the west.

For us; the common people, malnutrition only means a skinny body and obesity related to our increasing waistlines and loosening of belts. But in either way, our body is plagued with the deficiency of essential nutrients, both macro and micro, resulting in a number of diseases like diabetes, cardiovascular diseases and even cancer.

Thus, we see that a legacy of malnutrition has left the developing world with obesity and malnutrition time bomb as new generation increasingly takes up an urban lifestyle. While it is true that this rapid economic development is associated with escalation of obesity, this is not inevitable.

**But still how can people in India have escalating obesity where a major section is deprived of even one square meal a day?  
The search for an answer is still on!!!!!!!**