

# EXIGENCY OF EXISTENCE A QUEST

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*red'shine*  
Publication  
LONDON

## **EXIGENCY OF EXISTENCE: A QUEST**

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### **RED'SHINE PUBLICATION**

232, Bilton road, Perivale, Greenford

Passcode: UB6 7HL London, UK.

Call : +44 7842 336509

In Association with,

### **RED'MAC INTERNATIONAL PRESS & MEDIA. INC**

India | Sweden | UK



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Cover page ©RED'SHINE Studios, Inc, 2022



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ISBN: 978-1-716-04777-0

ISBN-10: 1-716-04777-3

DIP: 18.10.1716047773

DOI: 10.25215/1716047773

Price: £ 15

First Edition: January, 2022



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Website: [www.redshine.uk](http://www.redshine.uk) | Email: [info@redshine.uk](mailto:info@redshine.uk)

Printed in UK | Title ID: 1716047773

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# A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES OF RESIDENTIAL AND NON-RESIDENTIAL STUDENTS OF TWO DIFFERENT CATEGORY SCHOOLS

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*Dr. Prasenjit Barman*

### ABSTRACT

A healthy child is a cause of happiness to the parents, eternal joy to the mother, apple of eye of the family, leader of the community, thrill of the society and hope of the nation. The purpose of this study was to observe the difference, if any, among early-teen students of two different category schools. Forty five male height-weight-matched students from non-residential schools (sporadic sports participants) and the same number from Novadaya schools (regular sport participants) were the subjects. Subjects' age group was thirteen years. The selected physical fitness parameters were body fat percentage (%BF), muscular strength (MS), flexibility, muscular strength-endurance (MSE), speed, agility and reaction ability (RA). Mean, standard deviation (SD) and t-test were used for data interpretation and comparison between the two category schools. Findings of the study were that: % BF, MS, MSE, speed, RA did differ ( $p < 0.05$ ), and flexibility, agility did not differ between the two category school. From the findings it was concluded that the Novadaya (NVS) school students having more %BF than non-residential (NRS) school student. In MS and reaction ability the NRS students were superior to NVS students. In MSE and speed the