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## Comparative analysis of Fitness and Health Status among Boys of Government and Private Schools in North Bengal

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### Abstract

**Aim:** The aim of the study was to compare the fitness status and health status of government and private school students in Alipurduar district during the post-pandemic period. **Materials and Methods:** 200 school boys (aged 12 to 16 years old) were selected from various government and private schools in the said district during the academic year 2022-23. BMI with weight, height and age from personal profile; and performance profile from speed, explosive leg strength and agility have been selected as variables. Independent t-test for comparison between government and private schools using SPSS (version 20), and the significance level for hypothesis testing was two-tailed test (0.05). **Results:** According to the findings of the study, there was a statistical significant difference in all the selected variables between students attending government and private schools. **Conclusion:** it was concluded that government school boys were ahead in terms of performance but lagging behind in terms of health status compared to private school boys.

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### Introduction

Numerous studies worldwide have shown the significance of physical fitness across age groups from childhood to adolescence (Ishiko, 1978; Sloan, 1966; Pohndof and Campbell, 1961). School is the most important place to achieve physical fitness during childhood because a child's overall personality and behavioural tendencies are greatly shaped in school (Kulkarni, et al., 2002), ensured