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CONTRIBUTION OF PHYSICAL EDUCATION IN PERSONALITY DEVELOPMENT AND PSYCHO-SOCIAL WELL BEING

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ABSTRACT

Education is the main form to create a strong nation also for the healthy nation. Without education man cannot create a better person. Education is creating you mental and physical strong. So it is the most important for the better nation. Today it is proved that every education is the most important. Today another education is the most important that is physical education.

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