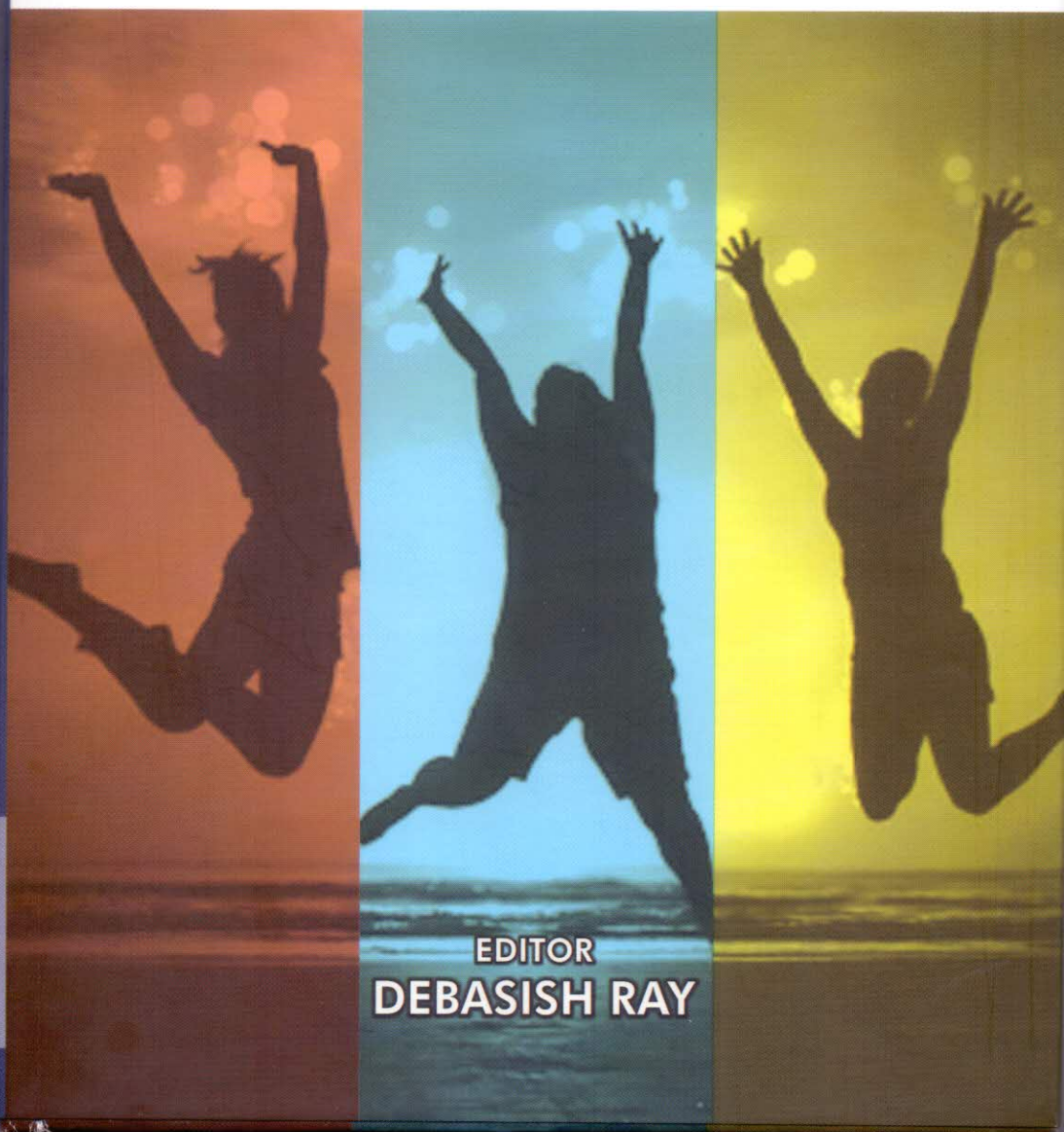


# **FITNESS HEALTH & WELLBEING**



EDITOR  
**DEBASISH RAY**

# Fitness Health & Wellbeing

Editor

**Debasish Ray**



*In association with*

**Department of Physical Education  
MUGHERIA GANGADHAR MAHAVIDYALAYA**

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