



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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**EMERGENCY AND NECESSITY OF PHYSICAL ACTIVITY AND EXERCISE IN  
EVERYDAY STUDENT LIFE IN HIGHER EDUCATIONAL INSTITUTIONS**

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Volume 11 Issue 2 February 2023 , Date of Publication: 03-February-2023

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2302014

Registration ID : 230656

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