INTRODUCTION

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Children who are physically fit absorb and retain new information more effectively than children who are out of shape, a new study finds, raising timely questions about the wisdom of slashing physical education programs at schools. (Gretechen Reynolds, 2013).

“There is no health without mental health.” This statement from the World Health Organization emphasizes how mental health involves everybody. Mental health - the way we think or feel about ourselves and what is going on around us, and how we cope with the stresses of life - affects our sense of wellbeing as well as our physical health. Good mental health is essential for students to continue educational growth and for creating a good emotional climate in the school where they spend many hours. Good mental health often has a bearing on making the right decisions and poor mental health may cause ineffective educational attainment. The students have to associate with the teachers, peers, parents and community at large for the successful completion of their studies. They need a stress-free environment and good mental health to fulfill their responsibilities. If children go on to develop poor mental health later in life, they have an increased risk of poor physical health, poor learning, and poor employment and social outcomes. (Tremblay e al., 1992)

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the National lies in the hands of the people, who are physically and mentally fit. Every individual should develop a physically and mentally sound body for a happy and effective living. In order to get physical fitness one has to involve in physical activities. Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects.

Physical activity (PA) is recognized as an important determinant for chronic lifestyle diseases. According to the World Health Organization (WHO) Physical Activity is one of the major underlying causes of Non-Communicable Diseases (NCDs) leading to significant global burden of death, disease and disability among children and adults. There are many factors that influence
Physical activity among school children, including physical fitness and motor skill development. Health-related physical fitness includes cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition.

Mental fitness means keeping your brain and emotional health in tip-top shape. It doesn’t mean training for “brain Olympics” or acing an IQ test. Mental fitness is just as important as physical fitness, and shouldn’t be neglected. Including mental dexterity exercise into your daily routine can help you reap the benefits of a sharper mind and a healthier body for years to come. Exercise that help you relax are just as useful as those that stoke your brainpower.

Mental health is a state of wellbeing that is characterized by sense of feeling well and having the ability to cope with normal stresses in life (Keyes et al. 2002). According to the World Health Organization (WHO 2014), mental health problems and disorders are common and nearly fifty percent of people suffer from a mental illness at some point of their lifetime (European Commission, 2010). Active efforts in mental health promotion and prevention are needed and they can significantly reduce an individual’s risk for developing a mental health disorder (European Commission, 2010). Mental health disorders and stress manifested by job stress or perceived overall stress cause a burden to individuals, workplaces, occupational and public health and a government’s health and wellbeing costs (Page et al. 2014).