Objective of the Study

With this background, we had started the scientific investigation on Scouts and guides of Bharat Scouts and Guides, Kanchrapara, Eastern Railway, India, and their sedentary counterparts. This study has been aimed

A) To see whether regular exercise schedule of playful type is beneficial for growth and development of young boys and girls in comparison to their sedentary counterparts.

B) To evaluate the physical, as well as, physiological status of the growing boys and girls.

C) To assess the beneficial effects of organized training on the growth and development of the boys and girls of growing age of Bharat Scouts and Guides, Eastern Railway, Kanchrapara.

D) To evaluate the balance of energy, i.e., input and output of energy, by studying their nutritional status.

E) To evaluate the beneficial effects of the training, by comparing the physical performance level of the Scouts and Guides with that of their sedentary counterparts.