**Aim and Objectives of Study**

The maintenance of health through good health practices and the development of physical fitness including sufficient strength, cardio respiratory and muscular endurance, to avoid excessive fatigue and to ensure adequate energy levels. The study will be intend to compare physical and anthropometric variables of Hilly, Coastal and Plateau Regional College Men.

**Aim** – The aim of the research problem is to find Physical and Anthropometric Variables to know the area wise physical fitness. That by finding Physical and Anthropometric variables coaches and physical Teachers will be benefited to judge the area wise health related physical fitness.

**Objectives** – To fulfill the aim following objectives should be followed.

1) To identify the problem and suggestive measures to remove it.

2) The study will intend to compare Physical and Anthropometric variables of Hilly, Coastal and Plateau Regional College Men.