

Thoroughly Revised Edition



Saraswati HEALTH AND PHYSICAL EDUCATION

XII

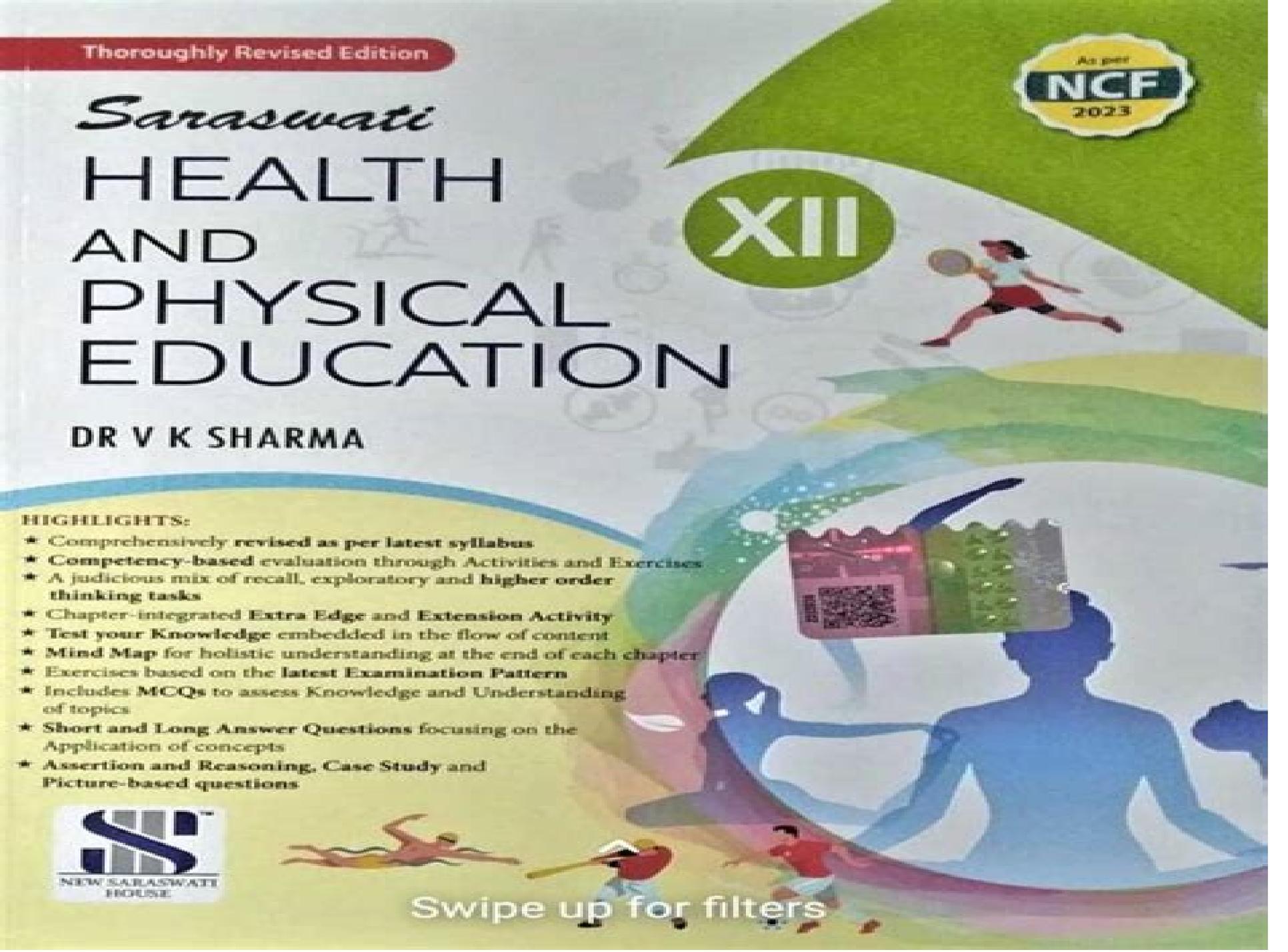
DR V K SHARMA

HIGHLIGHTS:

- ★ **Comprehensively revised as per latest syllabus**
- ★ **Competency-based evaluation through Activities and Exercises**
- ★ **A judicious mix of recall, exploratory and higher order thinking tasks**
- ★ **Chapter-integrated Extra Edge and Extension Activity**
- ★ **Test your Knowledge embedded in the flow of content**
- ★ **Mind Map for holistic understanding at the end of each chapter**
- ★ **Exercises based on the latest Examination Pattern**
- ★ **Includes MCQs to assess Knowledge and Understanding of topics**
- ★ **Short and Long Answer Questions focusing on the Application of concepts**
- ★ **Assertion and Reasoning, Case Study and Picture-based questions**



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