

Thoroughly Revised Edition



# *Saraswati* HEALTH AND PHYSICAL EDUCATION

DR V K SHARMA

XII

## 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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# Saraswati Health And Physical Education Class 12

**Dr. V.K. Sharma**



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