

**Goa Vidyaprasarak Mandal's  
GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS  
FARMAGUDI, PONDA – GOA**

**B.COM. UGC-CCFUP (SEMESTER-I) Intra Semester Assessment (ISA-I)-  
REPEAT Test MARCH 2024**

**VAC-118 – HEALTH AND PHYSICAL EDUCATION**

**Time: 30 Minutes**

**Marks: 05**

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Q) Answer **any one**:

- Q) 1. A. What is health according to World Health Organisation? (2)  
B. Name some of the important parameters that you know about health that you would be interested in taking care of for yourself? (3)

**OR**

1. C. Define Physical Education? (2)  
D. State the importance of Physical Education in life? (3)
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