

**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) AUGUST 2024**

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

**Time: 30 Minutes**

**Marks: 05**

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Answer any one of the following questions.

1. A. What is the explanation given regarding health given to us according to the World Health Organisation? **(CO1, BL1) (2)**
1. B. Mention some of the important parameters that you have learnt about health that you would like to take care of for yourself in your daily life? **(CO2, BL1) (3)**

**OR**

1. X. Define what is Physical Education? **(CO2, BL1) (2)**
  1. Y. You need to explain the importance of Physical Education in daily life in today's society? **(CO2, BL1) (3)**
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