



Kamyabi humara haq hai. Hum kamyab hokar rahenge!

— Anil Nagar, Founder & CEO, Adda Education

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PUBLICATIONS

A Comprehensive Guide of **PHYSICAL & HEALTH EDUCATION**

Useful for : KVS/NVS/EMRS-TGTs & PGTs

1100+

MCSs with
Explanations +
Subjective Questions



**COMPLETE
THEORY**

Features

- Concept with Detailed Approach
(Theory, Diagrams & Tables)
- Simple, Clear & Student - Friendly Language
- Unit-wise Exam Oriented Questions with
Explanations (Objective & Subjective Questions)
- Based on Latest Syllabus & Exam Pattern

MONU MADHUKAR



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