Version control tracks the history of changes in a Git program. It is used to manage changes in a program where many people have access as a team, helping to maintain a record of what was changed and by whom. Version control keeps the program organized and easy to manage. If a team member wants to make a change to one part of the program, they can do so and update it with a message explaining the changes. This helps keep everyone informed and the program functional. Using git commit -m to write clear messages is crucial for good team communication and explanation about the changes.