



Modern Education Society's

## NESS WADIA COLLEGE OF COMMERCE

19, Prin. V. K. Joag Path, Pune - 411 001, Maharashtra State (India)

Website : [www.nwcc.mespune.org](http://www.nwcc.mespune.org)

Senior College ID/No. : PU/PN/C/021/1969

Senior College Code No. : 060 Junior College Code No. : J.I.1.15.003

**Re-accredited by NAAC (2023-2028)**

Affiliated to the University of Pune and Recognised by Government of Maharashtra  
Recognised Under Section 2(f) and 12(B) of UGC Act, 1956



College (O) : 020-26167024 / 26160909

Fax : 020-26163149 / 26160572

E-mail : [nesswadiacollege@gmail.com](mailto:nesswadiacollege@gmail.com)

Date :- 18/03/2026

### NOTICE

#### SENIOR COLLEGE

#### PHYSICAL EDUCATION TEST

#### F.Y.BCOM/ F.Y.BBA./F.Y.BBA(CA)/F.Y.BBA(IB)/F.Y.BVOC

Student should note that Physical education Efficiency Test for F.Y. Classes Will Commence from Monday, 23<sup>rd</sup> March 2026. Test is Compulsory For all the students.

Sr.No	Day &Date	Class	Div	Time
1	Monday, 23 <sup>rd</sup> March 2026	F.Y. B.com	A/B	7.30 am
2	Tuesday, 24 <sup>th</sup> March 2026	F.Y. B.com	C/D	7.30 am
3	Wednesday, 25 <sup>th</sup> March 2026	F.Y. B.com	E/F	7.30 am
4	Friday, 27 <sup>th</sup> March 2026	F.Y.BBA	1 To 190	7.30 am
5	Saturday, 28 <sup>th</sup> , March 2026	F.Y. BBA (CA) F.Y. BBA (IB)	1 To 97 1 To 65	7.30 am
6	Monday, 30 <sup>th</sup> March 2026	F.Y. BVOC/ All Backlog & Reserve	1 To 48	7.30 am

#### **Note:-**

- 1) Physical Education Test are compulsory to all the students according to S.P. Pune University G.R
- 2) Students who fail to attend test will not be allowed to attend the University final Examination.
- 3) Students are required to fulfil the minimum norms prescribed by University in respect of all tests.

**Uniforms:- Shorts, T- Shirts, Sports shoes are compulsory.**

I/C PRINCIPAL





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**NOTICE**  
**HEALTH & PHYSICAL EDUCATION**  
**PROJECT WORK: (20 MARKS)**  
**GENERAL INFORMATION OF THE GAME SELECTED**

All Student's note, for their Physical Education Efficiency Test in the First Year, Make a separate 100 pages single line note book. Index should be written and the project to be prepared will be based on the following contents:

1. History of the Game
2. Ground Measurements
3. Skill of the game
4. Basic rules of the game

**List of Games & Sports: (Any One)**

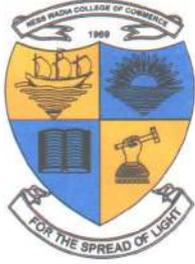
- |                 |                |
|-----------------|----------------|
| 1. Badminton    | 8. Hand Ball   |
| 2. Volley Ball  | 9. Basket Ball |
| 3. Kho-Kho      | 10. Foot Ball  |
| 4. Table-Tennis | 11. Kabaddi    |
| 5. Wrestling    | 12. Boxing     |
| 6. Hockey       | 13. Chess      |
| 7. Cricket      | 14. Athletics  |

List of Arjuna and Shri Shiv Chatrapati Award for last 10 years

**NOTE: PROJECT WORK MUST BE COMPLETED & SUBMITTED AT THE TIME OF PHYSICAL EDUCATION EXAMINATION.**

I/C PRINCIPAL





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### TEST TO PERFORM

### F.Y.B.Com/BBA/BBA(C.A)/BBA(IB)/B.VOC

### HEALTH & PHYSICAL EDUCATION

HEALTH RELATED PHYSICAL FITNESS (80 MARKS) & PROJECT WORK  
(20 MARKS)

#### I. CARDIO VASCULAR ENDURANCE

1. 12 MINUTES RUN WALK

#### II. FLEXIBILITY

1. SIT AND REACH TEST

#### III MUSCULAR STRENGTH & ENDURANCE

1. BENT KNEE SIT-UPS

#### IV. BODY COMPOSITION

1. BODY FAT PERCENTAGE

  
I/C PRINCIPAL

