



Modern Education Society's

NESS WADIA COLLEGE OF COMMERCE

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

Website : ness.mespune.org

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

Senior College Code No.: 060 Junior College Code No.: J.11.15.003

Re-accredited by NAAC with an 'A' Grade (2014-2019)

Affiliated to the Savitribai Phule Pune University

and Recognised by Government of Maharashtra

Recognised Under Section 2(f) and 12(B) of UGC Act, 1956.



College (O) : 020-26167024 / 26160909

E-mail : nesswadiacollege@gmail.com

Date: 30.12.2024

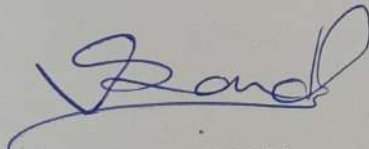
NOTICE

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. **MASCULAR STRENGTH & ENDURANCE**
 1. BENT KNEE SIT-UPS
- IV. **BODY COMPOSITION**
 1. BODY FAT PERCENTAGE


I/C PRINCIPAL





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Fax : 020-2616 3149 / 26160572

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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:

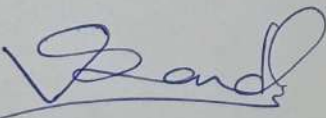
1. History of the Game
2. Ground Measurements
3. Skill of the game
4. Basic rules of the game

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.


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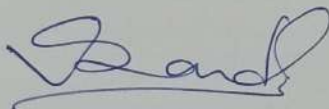
SENIOR COLLEGE
PHYSICAL EDUCATION TEST
F.Y.B.COM/F.Y. BBA/F.Y.BBA(C.A)/F.Y.BBA (IB)/F.Y.BVOC

Student should note that Physical Education Efficiency Test for F.Y. classes will commence from Monday, 6th January 2025. Test is compulsory for all the students.

Sr.No.	Day & Date	Class	DIV.	Time
1	Monday, 6 th January 2025	F.Y. B.Com.	A	8.00 am
2	Tuesday, 7 th January 2025	F.Y. B.Com.	B	8.00 am
3	Wednesday, 8 th January 2025	F.Y.B.Com.	C	8.00 am
4	Thursday, 9 th January 2025	F.Y.B.Com.	D	8.00 am
5	Friday, 10 th January 2025	F.Y.B.Com.	E	8.00 am
6	Saturday, 11 th January 2025	F.Y.B.Com.	F	8.00 am
7	Monday, 13 th January 2025	F.Y.BBA.	1 to 100	8.00 am
8	Tuesday, 14 th January 2025	F.Y.BBA.	101 to ---	8.00 am
9	Wednesday, 15 th January 2025	F.Y. BBA (C.A.)	1 TO ----	8.00 am
10	Thursday, 16 th January 2025	F.Y. BBA. (IB)	1 TO ----	8.00 am
11	Friday, 17 th January 2025	B.VOC/AllBacklog/ Reserved		8.00 am

- Note:-** 1) Physical Education Test are compulsory to all the students according to S.P. Pune University G.R.
2) Students who failed 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.


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