



GONDWANA UNIVERSITY, GADCHIROLI

(Established by Government of Maharashtra Notification No. MISC -(2007/(322/07) UNI -4 Dated 27th Sept. 2011 & presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No. VI of 2017)

OFFICE OF THE PHYSICAL EDUCATION & SPORTS

Dr. Anita M. Lokhande
Director (Acting)
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No. Phy. Edu./ 116 / 2018 -19

Date:- 11 / 07 / 2018

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

CIRCULAR

Subject :- Conduct of Physical Education Classes for the College Students.

Sir / Madam,

This is to inform you that all under-Graduates students in all faculties except exempted as per provisions made there in ordinance No. 3 of the University who opt for physical education, should attend Physical Education Periods Thrice a Week as per provisions made in the Ordinance No. 3 Physical education Classes shall commence from 1st August and continue up to 31st January, every year.

Every students shall attend a minimum of 60 periods in a session and each period of Physical Education shall be of 30 Minutes Duration. They should attend such classes in proper uniform. The Lecturer in Physical Education should maintain Regular Attendance Registers and Dairies showing details of the work done throughout the session and submit them to the Principal of the college for inspection.

Regular Physical Education classes be conducted by the Lecturer in Physical Education of the college so that students achieve the university standard prescribed for the Physical Efficiency Test. These classes shall be conducted every day morning and or in the Evening in batches of not more than sixty (60) students. Attendance at these classes shall be compulsory and subject to the discipline of the college.

Principal is requested to forward a copy a Time Table of Physical Education Classes of current year to this office positively and follow the provisions made in the Ordinance No. 3. of the university.

Annual Physical Efficiency Test shall be conducted in every college in the month of January 2019 and Results, Reports concerning annual Physical Efficiency Test should be forwarded to the undersigned by the 10th February 2019 for information and such action as it may deem necessary by the Board of Physical Education.

The College shall make all arrangements for the conduct of Physical Efficiency Test and also provide all the facilities for promoting Physical Education, Game & Sports for students (Adequate Play Ground, Equipment, Gymnasium, Journals book etc.,) and it is desired that each college must participate in at least 6 games in Inter Collegiate Tournaments conducted by the University every years.

As per Ordinance No. 3 of the university total amount collected for games and sports, Gymnasium, Physical Efficiency Test should be spent for those purpose only.

Your co-operation is earnestly solicited in organizing various programme of Physical Education Games and Sports for the students as to create awareness regarding Health & Fitness amongst them and to encourage students to participate in the Physical Education & Sports activities.



(Dr. Anita Lokhande)
Director (I/C)

Physical Education & Sports
Gondwana University Gadchiroli.

Note :- Norms for Physical Efficiency Test for Men & Women are given back.

GONDWANA UNIVERSITY, GADCHIROLI.
DEPARTMENT OF PHYSICAL EDUCATION
NORMS FOR PHYSICAL EFFICIENCY TEST FOR MEN & WOMEN.

Sr. No.	Factors	Events		Time/Distance		Marks.
		Men	Women	Men	Women	
01	Speed	100 Mtrs.Run	75 Mtrs.Run	From 16 sec.To 11sec	From 14 sec.To 9.5sec	0-100
02	Agility	Long Jump or High Jump	Long Jump	From 10-20 ft. From 3.6 to 5ft.	From 7.6 to 15 feet.	0-100
03	Endurance	800 Mtrs.	Skipping	From 3.30 Sec.	From 100 Jumps (in two Minutes)	0-100
04	Strength	Dand & Baithakas or Surya Namskar	Sit ups Or Surya Namaskar	From 20-40 To 75-100 Or From 12-48	From 5 to 20 In one minutes or From 10 to 30	0-100
05	Skill & Strength	Shot Put (16lbs)	Shot Put (8 lbs)	From 11 to 36 ft.	From 14 to 25 ft.	0-100
06	Suppleness – ASANAS i) Sarvangasan – Men & Women ii) Paschimothanasan – Men & Women iii) Halasan - Men & Women iv) Padmasan - Men & Women v) Dhanurasan - Men & Women vi) Shalbhasan - Men & Women vii) Matsyasan - Men & Women viii) Shavasana - Men & Women ix) Shirsasan – for men x) Mayurasan – For men xi) Tolasan – For women xii) Bhujangasan – For Women			Sarvangasan & Shavasana are compulsory Asanas for both Men & Women and any three from the remaining eight as students choice.		
					Total	100

For compulsory Asanas – 25 Marks.	0-50
For Students Choice - 10 Marks	0-30
General Impression - 20 Marks.	0-20
Total - 100 Marks.	Total 100

CLASSIFICATION – TABLE

Distinction in any item – 90% and above . But a candidate must obtain 50% in other items.

A – Grade -70 percent & above

B- Grade -50 percent & above

CLASSIFICATION OF REMUNERATION / EXTERNAL EXAMINER / INTERNAL EXAMINER

01	FROM THE SAME TOWN (External Examiner)	Rs. 2/- per students subject to a minimum of Rs. 200/- plus. Rs. 30/- per session as conveyance allowance at District place and Rs. 20/- per session at all other place.
02	Internal Examiner	Rs. 2/- per students to a minimum of Rs. 200/- for an examination. Rs. 30/- per session conveyance allowance at District place and Rs.20/- per session at all other place per session.
03	REMUNERATION TO HELPAR	Rs. 50/- per head as conveyance allowance shall be paid to helpers. Rs.30/- per day as incidental charges (Chalk, Daily Allowance to clerk, peon etc) may be borne by the college.



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