

PONDICHERRY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Dr. D. SAKTHIGNANAVEL,
PROFESSOR & HEAD.

R. V. NAGAR, KALAPET,
PUDUCHERRY – 605 014.

PU/PES/M. P. Ed. Admission/2014-2015/ 243

Date: 12.06.2014

UNDER CERTIFICATE OF POSTING
PHYSICAL FITNESS TESTS AND GAMES PROFICIENCY TEST
FOR M. P. Ed. DEGREE COURSE 2014-2015 - INTIMATION LETTER

With reference to your application for M. P. Ed. Degree course, you are hereby informed to be present in person for certificates verification, Physical Fitness and Games Proficiency tests to be held on **24th & 25th June, 2014 at 07.00 a. m.** in the Department of Physical Education and Sports, **Thiruvalluvar Stadium, Pondicherry University, R. V. Nagar, Kalapet, Puducherry – 605 014.**

If you are not fulfilling the eligibility criteria for admission as per the Prospectus 2014-2015 page 33 and if you have not attended the Entrance Written Examination held on 30th May, 2014, then you need not attend the Physical Fitness tests and Games Proficiency test on 24th June 2014. The Physical Fitness Tests and Game Proficiency test will be conducted as per the University Prospectus 2014-2015 page 33. All 04 (Four) tests are compulsory. Absentees for the Physical Fitness Test will not be considered for admission in the M. P. Ed. Degree under any circumstances.

No T. A. and D. A. will be paid for attending the Physical Fitness and Games Proficiency test. You have to make your own arrangements for boarding and lodging during your stay at Puducherry. Those who are interested to stay in the campus, we provide accommodation in Ragiv Gandhi Cricket Stadium with payment of caution deposit Rs. 100/- per day charges Rs. 20/- Make your own transport arrangement for coming to the Thiruvalluvar Stadium, Pondicherry University, R. V. Nagar, Kalapet, Puducherry – 605 014.

You must bring all your Original Certificates, Filled in Medical Examination Form from a recognized Medical Officer and Filled in Individual Score Sheet. Without the following Original Certificates, no candidate is allowed to participate in the Physical Fitness and other tests. Only Medically Fit candidates are allowed to participate in the Physical Fitness and Games Proficiency Test.

1. Proof of your age.
2. Academic Certificate – H. S. C.; Degree; B. P. Ed. or B. P. E. etc.
3. Academic Mark Sheet – H. S. C.; Degree; B. P. Ed. or B. P. E. etc.
4. Games and Sports Proficiency Certificates. Do not include Intramural Certificate(s).
5. Community Certificate (in case of SC / ST)
6. Attested copy of Community Certificate with Non-Creamy layer Certificate for OBC.
7. Transfer Certificate and Conduct Certificate from the Institution last studied.
8. Hall ticket which was issued by the Academic Section, Pondicherry University for writing the Entrance Written Examination on 30th May, 2014).
9. **Health Record Booklet won't be accepted.** The prescribed Medical Examination form is enclosed. Filled-in Medical Examination form from a recognized Medical Officer should be submitted at the time of registration.
10. Bring this Intimation letter.
11. Fill-up the Individual Score sheet Part I and II which is enclosed and handover the same at the time of registration.
12. Bring one set of attested Xerox copies of academic mark sheets i.e., H. S. C.; Degree; B. P. Ed. or B. P. E.; Games and Sports Proficiency Certificates.
13. **Chest No. will be allotted at the time of Registration. Hence do not fill-up Chest Number.**

INSTRUCTIONS:

- a. You have to bring your playing kit, dress and equipments such as Hockey Stick, Canvas, Spikes, Cricket bat, Football boots etc. and you have to appear in the following playing kit for the above tests.
 - (a) Shorts and Sleeveless banian or "T" shirt for men candidates.
 - (b) Shorts / Skirts and "T" shirt for women candidates.
- b. You have to deposit Rs.20/- (Rupees twenty only) for one set of chest numbers and pins. The chest number has to be fixed both in front and back of the "T" shirt / banian. The chest numbers and pins must be handed over after all the tests are over and get the refund.
- c. You must to bring a pen.
- d. The Games Proficiency test will be conducted for men and women from the following games only i.e. Badminton, Basketball, Cricket, Football, Tennis, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

A candidate must select any ONE of the games according to his / her choice and fill-up the game in the Individual Score Sheet in S. No. 8. The games proficiency test is compulsory.

- e. TENTATIVE SCHEDULE on 24th June, 2014 at the Thiruvalluvar Stadium, Pondicherry University.

- 07.00 a. m. - Registration and issuing of Chest numbers.
- 07.30 a. m. - Instruction.
- 07.45 a. m. - Physical Fitness Tests 100 mts. and Shot-put for Men and Women.
- 09.15 a. m. - Breakfast.
- 10.00 a. m. - Physical Fitness Tests and Games Proficiency Test.
- 11.30 a. m. - Certificate Verification.
- 12.30 p. m. - Lunch.
- 01.30 p. m. - Certificates Verification.
- 02.30 p. m. - Games Proficiency Test.
- 03.30 p. m. - Physical Fitness Tests - 12 minutes run for Men.
- 04.30 p. m. - Physical Fitness Tests - 08 minutes run for Women.

- NOTE:**
1. The timing may be changed on the day of practical examination i.e. 24.06.2014 without prior notice and will be informed to the candidates on the spot.
 2. Canteen facility is arranged at the Stadium for breakfast and lunch on payment.


(D. SAKTHIGNA VEL)
Dr. D. SAKTHIGNA VEL
Professor & Head
Department of Physical Education & Sports
Pondicherry University
Pondicherry, 605 014

CHEST NO.

PONDICHERRY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
MEDICAL EXAMINATION FORM FOR PHYSICAL FITNESS TESTS

Name:
Address:

Appl. No.:
Entrance Examination Registration No.:

Identification Marks: 1.
2.

GENERAL EXAMINATION:

1. Height: Cms. 2. Weight: Kgs. 3. Posture:
4. Chest Inspiration: Cms. 5. Deep Inspiration: Cms. 6. Expiration:
Cms.

5. General Development of Body:

6. Speech:

7. Blood Pressure: mm/Hg

8. Blood Group:

9. Family History:

Hypertension:

Diabetes:

Hereditary Effects:

Vaccination Against: a. Small Pox

b. Cholera:

c. Typhoid:

d. Hepatitis:

If vaccinated, last date of Vaccination:

10. Systems:

a. Eye: Acuity R L

Colour Vision:

b. Ears: Hearing:

Discharge:

c. Nose:

d. Oral Cavity:

e. Skin:

f. Cardio-Vascular System: Heart Rate:

Heart Sound:

g. Respiratory System:

h. Gastrointestinal System:

i. Genital-Urinary System:

j. Neuro-Muscular System:

k. Any other defects:

Details of defects to be attend to:

Signature of Medical Officer
with Name & Seal

Date:

NOTE: Candidates must bring this filled-in form on 24th June, 2014.
Health booklet will not be accepted.

PONDICHERRY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

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PROFESSOR & HEAD.

R. V. NAGAR, KALAPET,
PUDUCHERRY – 605 014.

PU/PES/M. P. Ed. Admission/2014-2015/ 244

Date: 12.06.2014

UNDER CERTIFICATE OF POSTING
PHYSICAL FITNESS TESTS AND GAMES PROFICIENCY TEST
FOR INTEGRATED M. P. Ed. (5 year) DEGREE COURSE 2014-2015 - INTIMATION LETTER

With reference to your application for M. P. Ed. Degree course, you are hereby informed to be present in person for certificates verification, Physical Fitness and Games Proficiency tests to be held on **25th June, 2014 at 07.00 a. m.** in the Department of Physical Education and Sports, **Thiruvalluvar Stadium, Pondicherry University, R. V. Nagar, Kalapet, Puducherry – 605 014.**

If you are not fulfilling the eligibility criteria for admission as per the Prospectus 2014-2015 page 45 and if you have not attended the Entrance Written Examination held on 30th May, 2014, then you need not attend the Physical Fitness tests and Games Proficiency test on 25th June 2014. The Physical Fitness Tests and Game Proficiency test will be conducted as per the University Prospectus 2014-2015 page 45. All 06 (Six) tests are compulsory. Absentees for the Physical Fitness Test will not be considered for admission in the M. P. Ed. Degree under any circumstances.

No T. A. and D. A. will be paid for attending the Physical Fitness and Games Proficiency test. You have to make your own arrangements for boarding and lodging during your stay at Puducherry. Those who are interested to stay in the campus, we provide accommodation in Ragiv Gandhi Cricket Stadium with payment of caution deposit Rs. 100/- per day charges Rs. 20/- Make your own transport arrangement for coming to the Thiruvalluvar Stadium, Pondicherry University, R. V. Nagar, Kalapet, Puducherry – 605 014.

You must bring all your Original Certificates, Filled in Medical Examination Form from a recognized Medical Officer and Filled in Individual Score Sheet. Without the following Original Certificates, no candidate is allowed to participate in the Physical Fitness and other tests. Only Medically Fit candidates are allowed to participate in the Physical Fitness and Games Proficiency Test.

1. Proof of your age.
2. Academic Certificate – H. S. C.; Degree; B. P. Ed. or B. P. E. etc.
3. Academic Mark Sheet – H. S. C.; Degree; B. P. Ed. or B. P. E. etc.
4. Games and Sports Proficiency Certificates. Do not include Intramural Certificate(s).
5. Community Certificate (in case of SC / ST)
6. Attested copy of Community Certificate with Non-Creamy layer Certificate for OBC.
7. Transfer Certificate and Conduct Certificate from the Institution last studied.
8. Hall ticket which was issued by the Academic Section, Pondicherry University for writing the Entrance Written Examination on 30th May, 2014).
9. **Health Record Booklet won't be accepted.** The prescribed Medical Examination form is enclosed. Filled-in Medical Examination form from a recognized Medical Officer should be submitted at the time of registration.
10. Bring this Intimation letter.
11. Fill-up the Individual Score sheet Part I and II which is enclosed and handover the same at the time of registration.
12. Bring one set of attested Xerox copies of academic mark sheets i.e., SSLC., H. S. C.; Games and Sports Proficiency Certificates.
13. **Chest No. will be allotted at the time of Registration. Hence do not fill-up Chest Number.**

INSTRUCTIONS:

- a. You have to bring your playing kit, dress and equipments such as Hockey Stick, Canvas, Spikes, Cricket bat, Football boots etc. and you have to appear in the following playing kit for the above tests.
(a) Shorts and Sleeveless banian or "T" shirt for men candidates.
(b) Shorts / Skirts and "T" shirt for women candidates.
- b. You have to deposit Rs.20/- (Rupees twenty only) for one set of chest numbers and pins. The chest number has to be fixed both in front and back of the "T" shirt / banian. The chest numbers and pins must be handed over after all the tests are over and get the refund.
- c. You must to bring a pen.
- d. The Games Proficiency test will be conducted for men and women from the following games only i.e. Badminton, Basketball, Cricket, Football, Tennis, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

A candidate must select any ONE of the games according to his / her choice and fill-up the game in the Individual Score Sheet in S. No. 8. The games proficiency test is compulsory.

- e. TENTATIVE SCHEDULE on 25th June, 2014 at the Thiruvalluvar Stadium, Pondicherry University.

- 07.00 a. m. - Registration and issuing of Chest numbers.
07.30 a. m. - Instruction.
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03.30 p. m. - Physical Fitness Tests - 12 minutes run for Men.
04.30 p. m. - Physical Fitness Tests - 08 minutes run for Women.

- NOTE:** 1. The timing may be changed on the day of practical examination i.e. 25.06.2014 without prior notice and will be informed to the candidates on the spot.
2. Canteen facility is arranged at the Stadium for breakfast and lunch on payment.

-sd.
(D. SAKTHIGNANAVEL)

Dr. D. SAKTHIGNANAVEL
Professor & Head
Department of Physical Education & Sports
Pondicherry University
Puducherry - 605 004.

PONDICHERRY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
PHYSICAL FITNESS AND GAMES PROFICIENCY TEST FOR INTEGRATED M. P. Ed.
(5 year) DEGREE COURSE 2014 – 2015.
INDIVIDUAL SCORE SHEET

PART – I

1. Name of the Candidate (BLOCK LETTERS) :
2. Date of Birth & Age (As on 01-07-2013) : & Years & Month(s)
3. Community : OC / OBC / SC / ST
4. Sex : Male / Female
5. Application No.: Entrance Examination Registration No.:
6. Qualifying Degree : HSC
7. Qualifying Degree Passed / Appeared / Awaiting for Results & Year of Passing:
8. Game of Your Choice (any one of the Games):

PART – II **DETAILS OF GAMES & SPORTS PARTICIPATION CERTIFICATE(S)**

Sl. No.	Represented for District / Inter Dist. / Inter Collegiate / University / Inter University / State / Nationals	Year of Participation
1		
2		
3		
4		
5		
6		

NOTE: Fill – up the highest level of participation first. For e.g.: Nationals, State, University, Inter University, Inter Collegiate, District, Inter Dist. etc.

I certify that the above particulars are correct. If anything is found false, the University can cancel my admission if I am selected.

Signature of the Candidate

NOT TO BE FILLED BY THE CANDIDATE

PHYSICAL FITNESS TEST – 30 MARKS & GAMES PROFICIENCY TEST – 20 MARKS

Sl. No.	Test Items	Performance	Marks Obtained	Max. Marks	Faculty Signature
1	100 mts. Run	Sec.		6	
2	Shot -Put	Mts.		6	
3	8 / 12 Minutes Run	Mts.		6	
4	Broad jump	cms		6	
5	Vertical jump	cms		6	
6	Game of Choice			20	
Total Marks				50	

Physical Fitness Test & Game's Proficiency Test Marks = / 50 Marks

Entrance Examination Marks (/400) = / 50 Marks

Grand Total = / 100 Marks

Dr. P. K. S.

Dr. D. S.

Dr. G. V.

Dr. M. E.

Mr. K. T.

Dr. R. M. S.

Dr. A. P.

PONDICHERRY UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
MEDICAL EXAMINATION FORM FOR PHYSICAL FITNESS TESTS

Name:
Address:

Appl. No.:
Entrance Examination Registration No.:

Identification Marks: 1.
 2.

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1. Height: Cms. 2. Weight: Kgs. 3. Posture:
4. Chest Inspiration: Cms. 5. Deep Inspiration: Cms. 6. Expiration:
 Cms.

5. General Development of Body:

6. Speech:

7. Blood Pressure: mm/Hg 8. Blood Group:

9. Family History:

Hypertension: Diabetes: Hereditary Effects:

Vaccination Against: a. Small Pox b. Cholera:

 c. Typhoid: d. Hepatitis:

If vaccinated, last date of Vaccination:

10. Systems:

a. Eye: Acuity R L Colour Vision:

b. Ears: Hearing: Discharge:

c. Nose:

d. Oral Cavity:

e. Skin:

f. Cardio-Vascular System: Heart Rate: Heart Sound:

g. Respiratory System:

h. Gastrointestinal System:

i. Genital-Urinary System:

j. Neuro-Muscular System:

k. Any other defects:

Details of defects to be attend to:

Signature of Medical Officer
with Name & Seal

Date:

NOTE: Candidates must bring this filled-in form on 25th June, 2014.
Health booklet will not be accepted.