

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/2011-2012/

01.07.2011

UNDER CERTIFICATE OF POSTING

***PHYSICAL FITNESS TESTS AND GAMES PROFICIENCY TEST
FOR M. P. Ed. DEGREE COURSE 2010-2011 - 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 **05th and 06th July, 2011 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 2011-2012 page 36 and if you have not written the Entrance Written Examination held on 29th May, 2011, then you need not come on 05th and 06th July, 2011 for the Physical Fitness tests and Games Proficiency test. The Physical Fitness Tests and Game Proficiency test will be conducted as per the University Prospectus 2011-2012 page 36. All tests are compulsory. If a candidate is absent for one or more tests then he / she is not eligible for admission.

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. 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 29th May, 2011).
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.
10. Bring this Intimation letter.
11. Bring **TWO** Self-Addressed envelopes (size 23 x 10 cms.) and affix stamp worth of Rs.5/- and hand over at the time of Registration on **05th July, 2011.**
12. Fill-up the Individual Score sheet Part I and II which is enclosed and handover the same at the time of registration.
13. 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.
14. **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. The Games Proficiency test will be conducted for men and women from the following games only i.e. Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.
- d. You must bring a pen.

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 05th and 6th July, 2011 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. 05.07.2011 without prior notice and will be informed to the candidates on the spot.
 2. Free transport facility will be available from Gate No. 1 from 06.00 a. m. to 07.15 a. m.
 3. Canteen facility is arranged at the Stadium for breakfast and lunch on payment.

(D. SAKTHIGNANAVEL)

PONDICHERY 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:

Seal:

Signature of Medical Officer

Date:

**NOTE: Candidates must bring this filled-in form on 05th July, 2011.
Health booklet will not be accepted.**