

SANT GADGE BABA AMRAVATI UNIVERSITY GAZETTE



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PART- ONE

Thursday, the 8th September, 2022

Ordinance No. 01/2022

Procedure for conducting systematic Physical Efficiency Test for admitted male and female students of affiliated colleges to the University.

1. (a) All Under- Graduate students of colleges in all faculties except courses like Education, Journalism, Foreign Languages, Social Work, Library Science, Business Management, Physical Education shall, participate in any one of the following activities namely:-
 - (i) National Cadet Corps, where such training facilities are provided;
 - (ii) Sports Program;
 - (iii) National Social Service Scheme.
 - (iv) Intercollegiate/Zonal Youth Festival;(b) Each period of Physical Education class shall be of 45 minutes duration.
(c) The Board of Sports and Physical Education may prescribe the uniform to be used by the students at the sports program periods.
2. All students who opt for sports program shall attend the sports program periods thrice a week. Every student shall attend a minimum of 36/60 periods in a session/semester, provided that the Vice Chancellor or the Principal of college may, in the discretion, condone any deficiency in such attendance and his/her decision shall be final.
3. The following categories of students shall be exempted from the operation of this Ordinance, namely :-
 - (i) Students who have completed the age of 25 at the time of admission to a College;
 - (ii) Students found unfit on medical grounds, if so recommended by the Medical Officer with reasons therefore;
 - (iii) Seventh and eighth semester B.E. and B.Tech. students;
 - (iv) Students who participate in –

a) Inter- Collegiate	}	Tournaments
b) Inter- University or		
c) State		
 - (v) Students who have completed N.C.C. Training;
 - (vi) Students who attend College Gymnasia and out- door sports;
 - (vii) Students who attend a recognized course in mountaineering at District Level;
 - (viii) Students residing permanently outside a radius of 10 Kms. from College;
 - (ix) Students gainfully employed, provided a certificate from the concerned employer to that effect is submitted; and
 - (x) Married women students.

4. A student who is eligible for exemption under clause 3 (ii) above shall obtain an exemption certificate in the prescribed form from the Principal before 1st December every year and shall produce at the time of Physical Efficiency Test..
5. The Principal of a College shall forward to the Director, Sports & Physical Education of the University **15th January**, every year a list of such exempted students stating therein number of exemption certificates issued by him under different categories mentioned in Clause 3 above.
6. Regular attendance registers shall be maintained for sports programme classes.
7. With a view to imparting sports programme in an adequate manner, every College in the University which required to arrange for sports programme Classes under this Ordinance, shall appoint the required number of Director of sports and Physical Education on its staff.
8. Every degree college shall have at least one full time Director of Physical Education, to look after the Physical Training Programme, to organize and conduct reconditioning classes for physical efficiency tests as well as sports & games
9. Sports Programme Classes shall commence from the 1st July and continue up to 28th February following and the colleges offering these classes shall include the programme in the time table.
10. The Director of Sports and Physical Education of the College shall maintain diaries showing details of the work done throughout the year and submit them to the principal of the college for inspection.
11. Every student on the roll of a College offering Physical Education shall appear for Physical Efficiency Test before the Committee of Examiners on such dates and at such time as may be fixed by the Principal of the College.

Provided that, those who join the activities mentioned in (i),(ii), (iii), (iv) of (a) of I. above may present themselves for the Physical Efficiency Test, if they so desire.
12. Students successful at the Physical Efficiency Tests, shall be placed in Grades A and B and shall receive certificates signed by the Principal of the College (**Appendix-A**).
13. Physical Efficiency Tests in every College shall be conducted in the I/II week of March every year by a Committee consisting of :-
 - (i) A Director of sports and Physical Education of the College as the Internal Examiner to be appointed by the Principal;
 - (ii) A Director of sports and Physical Education of another College as an external Examiner to be appointed by the Principal;
 - (iii) Two helpers to be co- opted by the Principal.
14. A fee prescribed by the University shall be collected every year by a college from each admitted student. This fee shall be notified by the University as and when amended.
15.
 - (a) Regular Sports Programme Classes shall be conducted by College Director of sports and Physical Education recognized by the University on such days and at such time so that students are enabled to come up to the University Standards prescribed for the Physical Education Test.
 - (b) These classes shall be conducted every day morning and/or evening in batches of not more than sixty students.
 - (c) Attendance at these classes shall be compulsory and subject to the discipline of the college.
16. The College shall make all arrangements for the conduct of Physical Efficiency Tests.

17. Result sheets and reports concerning Physical Efficiency Test shall be forwarded to the Board of Sports and Physical Education of the University by the **31st March every year** for consideration and proper action. **(Appendix-B)**
18. Special Physical Efficiency Tests may be conducted from time to time by a College in the First semester to help such students as are found deficient to attain the required standards.
19. The College shall provide facilities for promoting :-
- (a) Games and Sports of students (adequate play grounds, equipment and gymnasium etc.)
- (b) Health and Physical Development and Efficiency of students, particularly of those who have been placed in category “C” after medical examination.
20. All amount collected for gymnasium and sports activities shall be spent for the Sports & Physical Education Department.
21. All Colleges may obtain certificate of Grade from University on payment of fees prescribed by University. The fee for each certificate shall be notified by University as and when amended.
22. Rates of remuneration for :-
- (I) External Examiner, External Examiner from the same town, Internal Examiner, Helper shall be notified by the University from time to time.
23. Certificate to be issued:-
- Grade A .. 70% and above
- Grade B .. 50% and above
- Distinction .. 90% above, but a candidate must obtain 50% in other items.

24. COMPONENT OF PHYSICAL EFFICIENCY TEST

Sr. No.	Men Section	Women Section
1.	100 Meters Run	75 Meters Run
2.	Long Jump	Long Jump
3.	800 Meters Run	Skipping
4.	Dand Baithakas / Suryanamaskar	Sit- ups
5.	Shot- put	Shot- put
6.	Any Four Asanas	Any Four Asanas

(I) Award of Marks / Assessment of Student performances in comparison with the following timing/distance/count/performance

a) Running Event : Maximum 10 Marks

MEN SECTION- 100 MTRS.			WOMEN SECTION- 75 MTRS.	
Sr. No.	Timing	Marks	Timing	Marks
1.	11.00 second	10	11.00 second	10
2.	11.01- 11.30 seconds	09	11.01- 11.30 seconds	09
3.	11.31- 12.00 seconds	08	11.31- 12.00 seconds	08
4.	12.01- 12.30 seconds	07	12.01- 12.30 seconds	07
5.	12.31- 13.00 seconds	06	12.31- 13.00 seconds	06
6.	13.01- 13.30 seconds	05	13.01- 13.30 seconds	05
7.	13.31- 14.00 seconds	04	13.31- 14.00 seconds	04
8.	14.01- 14.30 seconds	03	14.01- 14.30 seconds	03
9.	14.31- 15.00 seconds	02	14.31- 15.00 seconds	02
10.	15.01- 15.30 seconds	01	15.01- 15.30 seconds	01

b) Running Event : Maximum 10 Marks

MEN SECTION- 800 MTRS.			WOMEN SECTION- SKIPPING.	
Sr. No.	Timing	Marks	Timing	Marks
1.	02.00.00 Minutes	10	150 - 135 Count	10
2.	02.01 minutes - 02.30 minutes	09	134- 119 Count	09
3.	02.31 minutes - 03.00 minutes	08	118- 103 Count	08
4.	03.01 minutes - 03.30 minutes	07	102- 087 Count	07
5.	03.31 minutes - 04.00 minutes	06	086- 071 Count	06
6.	04.01 minutes - 04.30 minutes	05	070- 055 Count	05
7.	04.31 minutes - 05.00 minutes	04	054- 039 Count	04
8.	05.01 minutes - 05.30 minutes	03	038- 023 Count	03
9.	05.31 minutes - 06.00 minutes	02	022- 007 Count	02
10.	Above 6.00 Minutes	01	Less than 07	01

c) Long Jump : Maximum 10 Mark

MEN SECTION- Long Jump			WOMEN SECTION- Long Jump	
Sr. No.	Distance	Marks	Distance	Marks
1.	07.15 meters	10	6.00 meters	10
2.	7.16 – 7.00 meters	09	6.01 meters - 5.85 meters	09
3.	7.01 meters - 6.85 meters	08	5.86 meters - 5.70 meters	08
4.	6.86 meters -6.55 meters	07	5.71 meters - 5.55 meters	07
5.	6.56 meters – 6.40 meters	06	5.56 meters - 5.40 meters	06
6.	6.41 meters – 6.25 meters	05	5.41 meters - 5.25 meters	05
7.	6.26 meters – 6.10 meters	04	5.26 meters - 5.10 meters	04
8.	6.11 meters – 5.95 meters	03	5.11 meters - 4.95 meters	03
9.	5.96 meters – 5.80 meters	02	4.96 meters - 4.80 meters	02
10.	5.81 meters – 5.70 meters	01	4.81 meters - 4.65 meters	01

d) Dand Baithakas/Suryanamaskar/Situps : Maximum 10 Marks

MEN SECTION			WOMEN SECTION	
Sr. No.	Dand Baithakas/Suryanamaskar	Marks	Situps	Marks
1.	50	10	30	10
2.	49-45	09	29-26	09
3.	48-44	08	28-25	08
4.	47-43	07	27-24	07
5.	46-42	06	26-23	06
6.	45-41	05	25-22	05
7.	44-40	04	24-21	04
8.	43-39	03	23-20	03
9.	42-38	02	22-19	02
10.	41-37	01	21-18	01

e) Asanas : Maximum 20 Marks

MEN SECTION			WOMEN SECTION	
Sr. No.	Any Four Asanas	Marks	Any Four Asanas	Marks
1.	As per performance	Maximum 20	As per performance	Maximum 20

f) SHOT PUT : Maximum 10 Marks

MEN SECTION (7.26 Kg.)			WOMEN SECTION (4.00 Kg.)	
Sr. No.	Meters	Marks	Meters	
1.	10.00	10	10.00	10
2.	09.50	09	09.50	09
3.	09.00	08	09.00	08
4.	08.50	07	08.50	07
5.	08.00	06	08.00	06
6.	07.50	05	07.50	05
7.	07.00	04	07.00	04
8.	06.70	03	06.70	03
9.	06.40	02	06.40	02
10.	06.00	01	06.00	01

- 25.** On enforcement of this Ordinance, the Ordinance No. 3 regarding “Sports & Physical Education of Students” shall repealed.”

Appendix-B

ASSESSMENT SHEET OF THE PERFORMANCES OF THE STUDENTS APPEARED FOR PHYSICAL EFFICIENCY TEST.

Name of College : _____ **College Code** _____

Table I : Assessment sheet of the performances of the Male Students. (To be kept by the College for their record)

Sr. No.	Name of Candidate	Present Class	Components, Performances & Marks awarded													Grade
			100 Meters Run	Marks obtained	Long Jump	Marks obtained	800 Meters Run	Marks obtained	Dand Baithakas / Suryanamaskar	Marks obtained	Shot-put	Marks obtained	Any Four Asanas	Marks obtained	Total Marks achieved	

Table II : Assessment sheet of the performances of the Female Students. (To be kept by the College for their record)

Sr. No.	Name of Candidate	Present Class	Components, Performances & Marks awarded													Grade
			75 Meters Run	Marks obtained	Long Jump	Marks obtained	Skipping	Marks obtained	Sit-ups	Marks obtained	Shot-put	Marks obtained	Any Four Asanas	Marks obtained	Total Marks achieved	

Signature of
External Examiner

Signature of
Internal Examiner

Signature of
Principal/Director of Institute

Table III : CONSOLIDATED SHEET OF THE EXEMPTION OFFERED TO THE CANDIDATES CATEGORIWISE (To be kept by the College for their record)

Category of Exemption as per Ordinance														
Sr No.	Name of Candidate	Present Class	Above 25 years	Medically unfit	7 th /8 th semester of B.E./B.Tech.	I.C.T.	I.U.T.	STATE	N.C.C.	Gymnasia / Outdoor sports	Mountaineering	Above 10 Kms.	Employed	Married Women

Signature of
External Examiner

Signature of
Internal Examiner

Signature of
Principal/Director of Institute

Table providing information about No. of admitted students, students appeared for Physical Efficiency test, Student exempted from test and result of the test. (To be submitted to the University by the College after the completion of Physical Efficiency Test)

Total No. of admitted students		Total No. of students exempted from physical efficiency test		Total No. of students appeared for Physical Efficiency test		Result of Students who passed in					
						Distinction		Grade –A		Grade – B	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female

Signature of
External Examiner

Signature of
Internal Examiner

Signature of
Principal/Director of Institute



(Appendix-A).

संत गाडगे बाबा अमरावती विद्यापीठ
क्रीडा व शारीरिक शिक्षण मंडळ
शारीरिक कार्यक्षमता प्रमाणपत्र

प्रमाणपत्र देण्यात येते की, श्री/कु.
वर्ग महाविद्यालयाचे नांव
यांनी विद्यापीठांतर्गत घेण्यात आलेली शारीरिक कार्यक्षमता परीक्षा 'प्राविण्य' / 'अ' / 'ब'
श्रेणीत उत्तीर्ण केली.

संचालक,
क्रीडा व शारीरिक शिक्षण मंडळ
संत गाडगे बाबा अमरावती विद्यापीठ,
अमरावती

प्राचार्य / संस्था संचालक,

दिनांक :