

# Department of Physical Education, Panjab University Chandigarh-160014

Dated: - 30.07.2026

## PHYSICAL EFFICIENCY TEST/ADMISSION NOTICE

Physical Efficiency Test for admission to B.P.Ed. 1<sup>st</sup> Semester and M.P.Ed. 1<sup>st</sup> Semester courses for the academic session 2026-27 will be held on 05.08.2026 at 07:30 A.M. at Panjab University Sports Grounds.

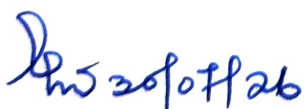
Further, the Certificate Verification/Interview for the qualified candidates of Physical Efficiency Test will be held on 05.08.2026 at 2:30 P.M. in the Department of Physical Education, Arts Block-II, Panjab University, Chandigarh.

All the students are advised to come in a proper Sports Kit and bring their all Original Documents and Photo ID (Aadhar Card).

| Category | Long Jump<br>(Distance) | Vaulting Horse<br>(Height) | Ditch<br>(Distance)<br>6 Times | Hurdle<br>(Height) | Forward Roll | 100' Run<br>with Half<br>Body<br>Weight |
|----------|-------------------------|----------------------------|--------------------------------|--------------------|--------------|-----------------------------------------|
| Men      | 11'6"                   | 6'6"                       | 6'6"                           | 3'6"               | 1            |                                         |
| Women    | 8'6"                    | 4'6"                       | 4'6"                           | 3'0"               | 1            |                                         |

**Note: - 1.** Maximum Qualifying Time: 35 Seconds. Two Chances will be given.

**2.** Only those students who have qualified PU CET (PG) Examination (B.P.Ed. and M.P.Ed. 1<sup>st</sup> Semester) are eligible to appear for the Physical Efficiency Test.



(Prof. Th. Nandalal Singh)

Chairperson

Chairman

Department of Physical Education,  
Panjab University, Chandigarh