

Department of Physical Education, Panjab University Chandigarh-160014

Dated: - 23.07.2025

Physical Efficiency Test/Admission Notice

Physical Efficiency Test for admission to B.P.Ed. 1st Semester and M.P.Ed. 1st Semester courses for the academic session 2025-26 will be held on 28.07.2025 at 7:00 A.M. at Panjab University Sports Grounds.

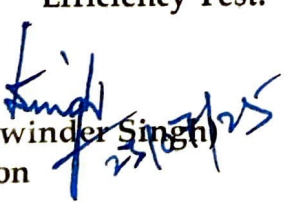
Further, the **Certificate Verification/Interview** for the qualified candidates of Physical Efficiency Test will be held on 28.07.2025 at 2:30 P.M. in the Department of Physical Education, Arts Block-II, Panjab University, Chandigarh.

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 (Distance)	Vaulting Horse (Height)	Ditch (Distance) 6 Times	Hurdle (Height)	Forward Roll	100' Run with Half Body 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. 1st Semester) are eligible to appear for the Physical Efficiency Test.


(Prof. Dalwinder Singh)
Chairperson
Chairman
Department of Physical Education,
Panjab University, Chandigarh