



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE
(An Autonomous College affiliated to Savitribai Phule Pune University)

Senapati Bapat Road, Pune 411004

Date: 21/05/2021

Backlog Physical Education Practical Exam
(Semester 2) 2021 Notice

Please note only the following students are eligible to appear for the Backlog Semester 2 Physical Education Exam - May 2021.

Sr. No.	Seat No.	Name
1	201	ABDUL HAMEED SATAR ZADA
2	202	ASIL
3	206	JADHAV VAISHNAVI TUSHAR
4	208	KADAM YASHRAJ BHALCHANDRA
5	211	NIMISHA VINCENT
6	221	TRISHA NAVEEN SHETTY
7	351	BALIWANT KUNAL SANJAY
8	353	SANATH SUNIL RAO
9	414	SHRAYONA GUHA
10	420	SHIV NANDAN SINGH
11	2001	ADITYA PODDAR
12	2002	ANDEKAR VIVEK RAHUL
13	2007	CHAVAN YASH SANTOSH
14	2010	GAIKWAD PRANAY DILIP
15	2016	MHANKALE KRISHNA MOHAN
16	2020	PRATIK RAJ
17	2022	RISHABH ANIL
18	2025	TUPE SHUBHAM JITENDRA
19	2027	YASH MODI
20	2031	SIDDHANT GUPTA
21	2034	HARSH MODI
22	2035	HIMADRI KUMARI
23	2037	OSWAL PRANAV PRAKASH
24	2040	SHREYASI PAL
25	2041	TSEWANG DORJEY
26	2042	AADIL AMANULLA P A
27	2046	BHANDARI UDAY DEELIP
28	2055	KHURASANE TANMAY
29	2056	MADHURIMA BISWAS
30	2058	MANE AMIT SUNIL



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE
(An Autonomous College affiliated to Savitribai Phule Pune University)

Senapati Bapat Road, Pune 411004

31	2062	PIYUSH VERMA
32	2063	RACHURE VAISHNAVI SAMBHAJI
33	2064	RIYA RAJ AGRAHARI
34	2065	S RAM SANKAR UNNITHAN
35	2066	SAHIL RAUT
36	2068	SHIVAM KAUSHAL
37	2070	TELE ASHUTOSH BHAUSAHEB
38	2074	YUVRAJ SAHAB ARORA
39	2075	AISHA KHAYUM
40	2078	ANEERVAAN KUNDU
41	2080	BHATANE MAMTA SHIVAJI
42	2081	KARAN SAXENA
43	2086	MANU G KRISHNA
44	2090	VIGNESH VIJAYAN
45	2091	WILLIAM PRAKASH VYDIAN
46	2094	INGALE CHAITANYA PRABHAKAR
47	2095	JADHAV SHAILEJA SHANKAR
48	2096	JAMDADE SAIRAJ AMIT
49	2097	KRITIK JAIN
50	2099	KUSALKAR SHRUTI RAJU
51	2103	PARDESHI RAJ DEEPAK
52	2105	PRATIKSHA VILAS DIXIT
53	2106	RAVNEET KAUR
54	2108	SAYLI RATNADIP GAWAS
55	2109	SMEET PRASHANT INGLE
56	2110	SUMANTH KUMAR REDDY
57	2753	DAVINDERPAL SINGH GILL
58	2902	BAKARE NAMRATA HANUMANTA
59	2910	KARKHELE VRISHABH RAGHUNATH
60	2916	AHMAD BILAL REHMANI
61	2017	NARKE SHUBHAM SANDEEP
62	2023	RYAN AARON MITCHEL
63	2924	PARDESHI CHARUDATTA RAJENDRASINGH
64	2931	WAGHMARE RUTWIK RAJENDRA
65	3001	CHAVAN VRUSHALI ARVIND
66	3023	LOKAPURE SHRUTIKA SUNIL
67	3036	PREEYA UPRETI
68	3040	SHENDGE ONKAR SUNIL
69	3077	DEO VARAD SANDEEP
70	3084	JADHAV SHIVRAJ SAYAJI



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE
(An Autonomous College affiliated to Savitribai Phule Pune University)

Senapati Bapat Road, Pune 411004

71	3085	JAGTAP AMEY SHAILENDRA
72	3088	KADAM PRATIK UTTAM
73	3090	KATTI CHAITANYA SURYAKANT
74	3099	SHAH PRANAV CHETAN
75	4002	BARMATE ASHITOSH SHASHIKANT
76	4003	KARKHELE VRISHABH RAGHUNATH
77	4403	AGLAWE YOGESH RAVSAHEB
78	4803	WABLE NIKITA RAJENDRA

The format of the exams will be as follows: -

1. Physical Fitness Tests

75 Marks

The Physical Fitness Test will consist of

Sr. No	Fitness Factor	Test Name	Marks
1	Cardio Vascular Endurance	12 Minute Run & Walk Test	25
2	Flexibility	Stand and Bend Test	25
3	Muscular Strength & Endurance	Bent Knee Sit Ups	25
		Total	75

2. Project Work

25 Marks

Project work details are as follows,

Games to be selected for project work are **Football, Basketball, Cricket, Athletics, Handball, Badminton, Volleyball, Tennis, Chess, Kabaddi & Kho-Kho** only.

Project has to cover the following points only:-

- 1) History of the Game
- 2) Ground Measurements – Drawn Diagram with Proper Labelling
- 3) Skills of the Game
- 4) Basic Rules of the Game

For submission of project work PDF file has to be sent with your name and exam seat number written on each page of the journal.

Note – It is mandatory to submit journal along with the practical exam data.



SYMBIOSIS COLLEGE OF ARTS AND COMMERCE
(An Autonomous College affiliated to Savitribai Phule Pune University)

Senapati Bapat Road, Pune 411004

Practical Exam details –

Each Student has to submit the practical exam data and journal through google form (Link given below)

Sr. No	Test Name	Instructions
1	12 Minute Run & Walk Test	Student has to use Strava: Track Running, Cycling & Swimming App to record the data. Student has to run/ walk for 12 minutes only . After running for 12 minutes, screenshot has to be taken of the performance along with your after run picture inserted in the performance data in the Strava app. Please note if there is no picture found of you then the performance will not be considered.
2	Stand and Bend Test	Student has to stand straight with both legs close to each other. They have to bend forward, without bending their knees have to go down as much as possible and hold at the final position and ask any of your family member to take your picture from your right side only . (While taking a picture, make sure that you are seen completely and also pictures taken from front angle will not be considered)
3	Bent Knee Sit Ups	Student has to perform Bent knee situps for 30 seconds . Video has to be made while doing this exercise from the right side of the student. Video has to be of 30seconds only. Only fully completed situp will be counted as 1.

Note:

- Students have to make sure that they submit their data only once in the google form. Link - <https://forms.gle/avsdXUiAJhird28c8>
- Students have to share 1 image of 12 Minute Run & Walk Test, 1 image of Stand and Bend Test and 30 seconds video of Bent Knee Sit Ups in the google form.
- Project Work has also to be submitted along with the practical performance data.
- Last date for submission of this data is **5th June 2021**. No responses will be accepted after that with any reasons.
- Student can send an email to anirudha_covid19@symbiosiscollege.edu.in in case of any doubts or clarification.

Mr. Anirudha Sharma
Director of Physical Education & Sports