

# हंसराज महाविद्यालय

दिल्ली विश्वविद्यालय

महात्मा हंसराज मार्ग,

मलकागंज, दिल्ली - 110007

दूरभाष : 011-27667458, 27667747

ई-मेल : principal\_hrc@yahoo.com

वेबसाइट : www.hansrajcollege.ac.in



# HANS RAJ COLLEGE

UNIVERSITY OF DELHI

Mahatma Hansraj Marg

Malkaganj, Delhi – 110007

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## NAAC ACCREDITED 'A++' GRADE COLLEGE

20.02.2025

### NOTICE

With reference to the applications for the post of Director, Physical Education at this College, the following candidates have been shortlisted for Physical Fitness Test to be held as per the following schedule:

Date : 1<sup>st</sup> March, 2025

Time : 9:30 a.m. (Reporting Time – 9:00 a.m.)

Venue : Hansraj College, University of Delhi, Delhi - 110007

S. No.	Form No.	Roll No.	Name
1	CDR2040029	DPE45	Ajit Kumar
2	CDR2039988	DPE35	Deepanjali Sharma
3	CDR2039885	DPE7	Divya Shukla
4	CDR2040048	DPE47	Divyanshu Singh
5	CDR2040001	DPE40	Malika Sharma
6	CDR2039899	DPE12	Mohit Rana
7	CDR2039938	DPE21	Neha Kumari
8	CDR2039881	DPE6	Prashant Sharma
9	CDR2039872	DPE4	Preeti Tyagi
10	CDR2040096	DPE62	Priyanka Kumari
11	CDR2040091	DPE59	Rachna Sharma
12	CDR2039927	DPE19	Raghvendra Shukla
13	CDR2039979	DPE32	Rahul Pal
14	CDR2039999	DPE39	Ritesh Bhardwaj
15	CDR2039918	DPE15	Sahil Dahiya
16	CDR2039963	DPE27	Sanjana Chaudhary
17	CDR2039964	DPE28	Santosh Kumar Giri
18	CDR2040044	DPE46	Shubham Malik
19	CDR2039981	DPE33	Tara Devi
20	CDR2040081	DPE58	Tribhuvan Ram Narayan

PRINCIPAL

### **Physical Fitness Test Norms**

- a) Subject to the provisions of these Regulations, all candidates who are required to undertake the physical fitness test are required to produce a medical certificate certifying that he/she is medically fit before undertaking such tests.
- b) On the production of such certificate mentioned in sub-clause (a) above, the candidate would be required to undertake the physical fitness test in accordance with the following norms:

<b>NORMS FOR MEN</b>			
<b>12 MINUTES RUN/WALK TEST</b>			
Upto 30 Years	Upto 40 Years	Upto 45 Years	Upto 50 Years
1800 metres	1500 metres	1200 metres	800 metres

<b>NORMS FOR WOMEN</b>			
<b>8 MINUTES RUN/WALK TEST</b>			
Upto 30 Years	Upto 40 Years	Upto 45 Years	Upto 50 Years
1000 metres	800 metres	600 metres	400 metres