

**SPORTS AND PHYSICAL EDUCATION CENTRE  
IIT(ISM) DHANBAD - 826004**

No.: SPEC/PET/2022-23/001

Dated 04<sup>th</sup> Jan. 2023

**NOTICE for PHYSICAL EFFICIENCY TEST**  
**UNDER CO-CURRICULAR ACTIVITY**

**Physical Efficiency Test (PET) for B. Tech. 1<sup>st</sup> Year is scheduled on 8<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> January 2023.**

Student having 75% or more physical disability may apply to DSW well in advance with requisite documents for exemption so that the approval reaches to sports section before the date of PET, otherwise, they will be marked absent and no marks shall be awarded. Same will be applicable to those who remain absent on the day of Test.

Special PET shall be arranged after completion of regular PET for those students present during the test but fail to carry out the test due to medical ground including below 75 % disability or students those are out of station due to official assignment. Such students may seek for special PET on written request to Sports Officer with authentic documents (medical certificate/out stationed assignment paper etc.) subject to approval of competent authority.

<b>Test items (Total marks 30)</b>	
<b>For normal students</b>	<b>For below 75 % physical disability</b>
<ul style="list-style-type: none"><li>▪ 100 M</li><li>▪ Long Jump</li><li>▪ Shot putt</li></ul>	<ul style="list-style-type: none"><li>▪ Fast Walking - 400 M</li><li>▪ Push up- maximum number in one chance</li><li>▪ Medicine ball throw- distance best of three</li><li>▪ Sit up- maximum number in one chance</li></ul> <p style="text-align: center;"><b>(any three to opt)</b></p>

**[The detail schedule of the PET is being notified shortly in MIS]**



(D.N.Acharya)  
PE & Sports Officer

Copy to: DT/RG/DSW/Dean (Academic)/President, SPEC  
: All HODs with a request to display in Notice Board  
: Web Master (Computer Centre) – with a request to upload in the ISM website.  
: Sr. SEO/All Coaches – for information and necessary action please.  
: All Hostel Notice Boards through Hostel Warden.  
: All concern students through MIS