

PHYSICAL FITNESS TEST

Organized by Department of Physical Education
Khwaja Moinuddin Chishti Language University, Lucknow
Date: 31st July, 2025



1. Introduction

The Department of Physical Education, Khwaja Moinuddin Chishti Language University, Lucknow, organized a **Physical Fitness Test** on **31st July, 2025** at the Chandra Shekhar Azad Gymnasium. The program was conducted under the valued supervision of the **Honorable Vice Chancellor, Prof. Ajay Taneja**.

2. Objectives of the Test

- To assess the physical fitness levels of university students.
- To identify students requiring improvement in physical fitness.
- To encourage students to maintain a healthy lifestyle through regular exercise and physical activity.

3. Participation

A total of **50 university students** actively participated in the fitness test. The assessment revealed the following results:

- **21 students** possessed **average fitness levels**.
- The remaining students were found to be in need of **significant improvement** in their fitness levels.

4. Supervision and Coordination

The event was organized successfully under the leadership of:

- **Convenor:** Mr. Mohammad Sharique
- **Co-Convenor:** Dr. Hasan Mehdi

Several faculty members from different departments were also present during the event to motivate and encourage the students.

5. Outcomes

- The test highlighted the current fitness status of students.
- It provided an opportunity for students to understand the importance of regular physical training.
- The department resolved to guide students with proper exercise schedules and lifestyle modifications to enhance their physical performance.

6. Conclusion

The Physical Fitness Test was conducted successfully with enthusiastic participation and valuable guidance. The event reinforced the importance of physical fitness in academic life and overall well-being. The Department of Physical Education plans to organize such activities periodically for the better health and holistic development of students.

Glimpses of Physical Fitness Test Programme



“Male students performing sit-ups during the Physical Fitness Test.”



“Assessment of core strength of male students through sit-ups.”



“Female students performing sit-ups during the Physical Fitness Test.”



“Assessment of core strength of female students through sit-ups.”



“Male students participating with enthusiasm in the Stand Broad Jump event.”



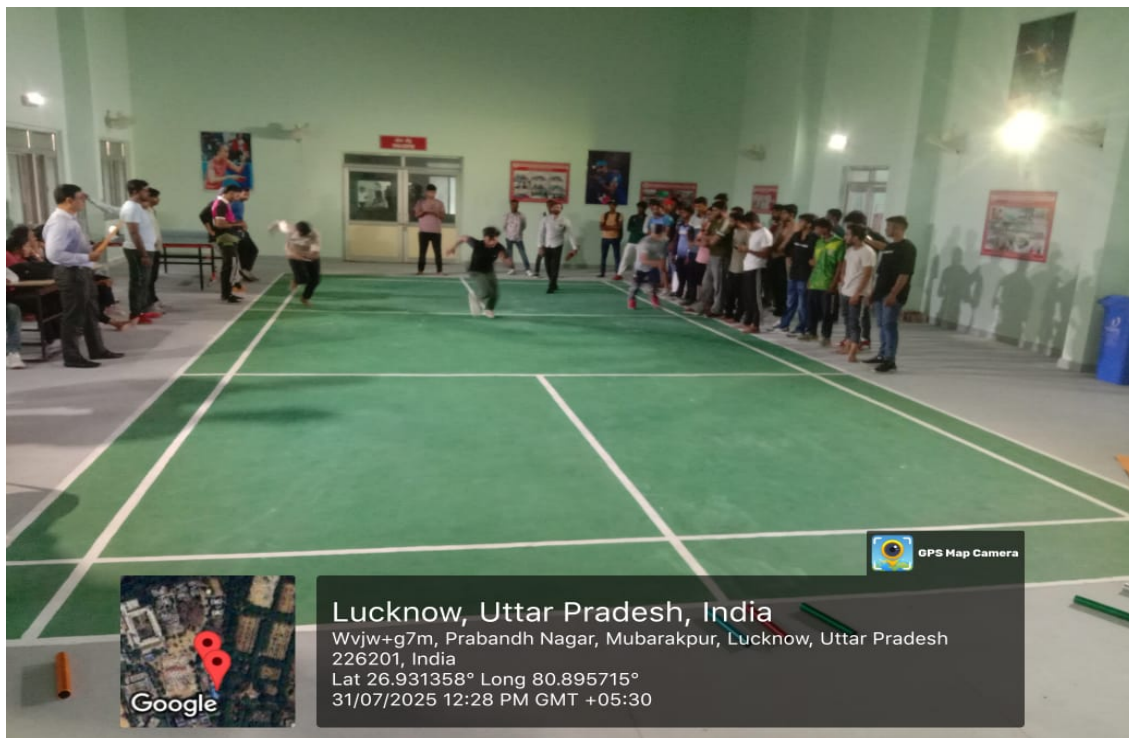
“Measuring explosive leg strength of male students through the Stand Broad Jump.”



“Female students participating with enthusiasm in the Stand Broad Jump event.”



“Measuring explosive leg strength of female students through the Stand Broad Jump.”



“Male students participating in shuttle run event.”



“Male students performing shuttle run to assess agility.”



“Female students participating in shuttle run event.”



“Female students performing shuttle run to assess agility.”



“Faculty members encouraging students during the Physical Fitness Test.”

सूचना एवं जनसम्पर्क विभाग (निरीक्षा प्रभाग) उत्तर प्रदेश, लखनऊ

समाचार पत्र का नामदैनिक अमर उजाला लखनऊ..... दिनांक 01 AUG 2025

फिटनेस टेस्ट में 49 विद्यार्थी सफल

लखनऊ। उजाला नर्सिंग स्कूल के छात्रों का निरीक्षण विभाग के शारीरिक शिक्षा विभाग में फिजिकल फिटनेस टेस्ट हुआ। इसमें 37 छात्र व 12 छात्राओं ने प्रतिभाग किया। गतिविधियों के प्रदर्शन के आधार पर उनकी फिटनेस का मूल्यांकन किया गया। इसमें सभी सफल हुए। अने प्रमाण पत्र दिए जायेंगे। इस दौरान प्रो. तन्वीर खदीर, डॉ. रुबिना चौधरी, डॉ. हसन रसीद, डॉ. शकीर शेखर, डॉ. काजिम रिजवी, डॉ. मिन्हाज मौजद रहे। (संवाद)

“Physical Fitness Test featured in newspaper coverage.”