



# RAM LAL ANAND COLLEGE

(UNIVERSITY OF DELHI)

Benito Juarez Road, New Delhi-110021

## DEPARTMENT OF PHYSICAL EDUCATION

### NOTICE

Fitness is the body's ability to perform day to day activities without undue fatigue in the absence of diseases, to enjoy leisure time activities and to meet the needs of emergency.

To enhance the level of fitness one should know the current status hence the Department of Physical Education, Ram Lal Anand College is organising a **PHYSICAL FITNESS ASSESSMENT PROGRAMME** under which the assessment of various components of fitness will be done accordingly by the standardized tools or tests.

### IMPORTANT DATES

**Registration dates: 20<sup>th</sup> March - 21<sup>st</sup> March 2017 (SPORTS ROOM)**

**Testing Dates: 23<sup>rd</sup> March 2017 onwards**

**Registered candidates will be informed about their testing venue and dates accordingly. Candidates are requested to report to the testing venue in proper sports attire.**

  
Department of Physical Education

  
Principal