

KISHINCHAND CHELLARAM COLLEGE

Class SYJC (Std. XII) Arts/Science/ Commerce

HSC Practical Exam 2025-26

Health and Physical Education

Time Table

01th November, 2025

Date : 18/11/2025 / ARTS		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	1 to 25
2	11.15 am to 11.30 am	26 to 50
3	11.30 am to 11.45 am	51 to 75
4	11.45 am to 12.00 pm	76 to 100
5	12.00 pm to 12.15 pm	101 to 125
6	12.15 pm to 12.30 pm	126 to 150
Lunch break 12.30 pm to 1.30 pm		
7	1.30 pm to 1.45 pm	151 to 175
8	1.45 pm to 2.00 pm	176 to 200
9	2.00 pm to 2.15 pm	201 to 225
10	2.15 pm to 2.30 pm	226 to Others



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Time Table

01th November, 2025

Date : 19/11/2025 / COMMERCE		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	1 to 25
2	11.15 am to 11.30 am	26 to 50
3	11.30 am to 11.45 am	51 to 75
4	11.45 am to 12.00 pm	76 to 100
5	12.00 pm to 12.15 pm	101 to 125
6	12.15 pm to 12.30 pm	126 to 150
Lunch break 12.30 pm to 1.30 pm		
7	1.30 pm to 1.45 pm	151 to 175
8	1.45 pm to 2.00 pm	176 to 200
9	2.00 pm to 2.15 pm	201 to 225
10	2.15 pm to 2.30 pm	226 to 250
11	2.30 pm to 2.45 pm	251 to 275



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Time Table

01th November, 2025

Date : 20/11/2025 / COMMERCE		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	276 to 300
2	11.15 am to 11.30 am	301 to 325
3	11.30 am to 11.45 am	326 to 375
4	11.45 am to 12.00 pm	376 to 400
5	12.00 pm to 12.15 pm	401 to 425
6	12.15 pm to 12.30 pm	426 to 450
Lunch break 12.30 pm to 1.30 pm		
7	1.30 pm to 1.45 pm	451 to 475
8	1.45 pm to 2.00 pm	476 to 500
9	2.00 pm to 2.15 pm	501 to 525
10	2.15 pm to 2.30 pm	526 to other



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Health and Physical Education

Time Table

01th November, 2025

Date : 21/11/2025 / SCIENCE		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	1 to 25
2	11.15 am to 11.30 am	26 to 50
3	11.30 am to 11.45 am	51 to 75
4	11.45 am to 12.00 pm	76 to 100
5	12.00 pm to 12.15 pm	101 to 125
6	12.15 pm to 12.30 pm	126 to 150
Lunch break 12.30 pm to 1.30 pm		
7	1.30 pm to 1.45 pm	151 to 175
8	1.45 pm to 2.00 pm	176 to 200
9	2.00 pm to 2.15 pm	201 to 225
10	2.15 pm to 2.30 pm	226 to 250



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HSC Practical Exam 2025-26

Health and Physical Education

Time Table

01th November, 2025

Date : 22/11/2025 / SCIENCE		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	251 to 275
2	11.15 am to 11.30 am	276 to 300
3	11.30 am to 11.45 am	301 to 325
4	11.45 am to 12.00 pm	326 to 375
5	12.00 pm to 12.15 pm	376 to 400
6	12.15 pm to 12.30 pm	401 to 425
Lunch break 12.30 pm to 1.30 pm		
7	1.30 pm to 1.45 pm	426 to 450
8	1.45 pm to 2.00 pm	451 to 475
9	2.00 pm to 2.15 pm	476 to 500
10	2.15 pm to 2.30 pm	501 to 525



KISHINCHAND CHELLARAM COLLEGE

Class SYJC (Std. XII) Arts/Science/ Commerce

HSC Practical Exam 2025-26

Health and Physical Education

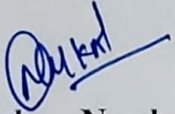
Time Table

01th November, 2025

Date : 24/11/2025 / SCIENCE		
Sr. No	Time	Roll No.
1	11.00 am to 11.15 am	526 to 550
2	11.15 am to 11.30 am	551 to 575
3	11.30 am to 11.45 am	576 to 600
4	11.45 am to 12.00 pm	601 to 625
5	12.00 pm to 12.15 pm	626 to 650
6	12.15 pm to 12.30 pm	651 to others

Note:

- Practical Exam will be conducted at the Sports Room, Ground Floor, K.C College.
- All students should be present as per given schedule
- Jersey/ T Shirt and Track pant are compulsory for both girls and boys.


Omkar Nanhe
Sports Incharge




Prof. (Dr.) Tejashree V. Shanbhag

I/c Principal
Kishinchand Chellaram College
Dinshaw Wacha Road,
Churchgate, Mumbai - 400 020

KISHINCHAND CHELLARAM COLLEGE

Churchgate, Mumbai- 400 020

DEPARTMENT OF SPORTS

JUNIOR COLLEGE

EVALUATION		
1	Practical	25 Marks
2	Theory	25 Marks
Total		50 Marks

Practicals		
1	Shuttle Run	5 Marks
2	Squats	5 Marks
3	Pushup for boys & Modified push ups for Girls	5 Marks
4	Do any two Asanas - Sleeping, Sitting and Standing	10 Marks
Total		25 Marks



KISHINCHAND CHELLARAM COLLEGE

Churchgate, Mumbai- 400 020

DEPARTMENT OF SPORTS

JUNIOR COLLEGE

Theory Exam Paper Pattern

1	Fill the Blanks	4 Marks
2	Match the following	4 Marks
3	State whether the following statements are 'True or False'	4 Marks
4	Answer in one sentence (Any 4 out of 5)	4 Marks
5	Complete the diagram	4 Marks
6	Answer the following in brief (Any 1 out of 2)	5 Marks
Total		25 Marks

Instructions :

- The Paper Pattern is as per HSC Board Revised Paper Pattern
- Students need to purchase a Health and Physical Education Project Book which is available at the Sports Department at the rate of Rs 70.
- Students should prefer the Health and Physical Education Project Book for Theory Exam.

