Lakshmibai National Institute of Physical Education Gwalior (M.P.) India

Excellence in Physical Education & Sports

niipe ink
2019-20
प्रार्थना

हे जग-जाता, विश्व विधाता, हे सुख शान्ति निरंकेतन हे ।
दीन के बंधु, प्रेम के सिंधु, दुःख दरिद्र विनाशन हे ।
नित्य, अखण्ड, अनादि, पूर्ण बद्व सनातन हे ।
जग-आश्रय, जगपति, जगचंदन, अनुपम, अलख निरंजन हे ।
प्राण सखा, ग्रिहभुवन, प्रति पालक, जीवन के अकलम्बन हे ।
**Editorial Board**

**Shri Ravi Mittal**
Secretary
Department of Sports
Government of India, MYAS

**Prof. Dilip Kumar Dureha**
Vice Chancellor,
LNIPE, Gwalior (M.P.) - INDIA

**Prof. M.K. Singh**
I/c Registrar,
LNIPE, Gwalior (M.P.) - INDIA

**Dr. Ashish Phulkar**
Associate Professor,
LNIPE, Gwalior (M.P.) - INDIA

**Dr. Pushpendra Purashwani**
Associate Professor,
LNIPE, Gwalior (M.P.) - INDIA
Sports and games have always been seen as an integral component in the all round development of the human personality. Apart from being a means of entertainment and physical fitness, sports have also played a great role in generation of the spirit of healthy competition and bonding within the community. Needless to mention that achievements in sports at the international level have always been a source of national pride and prestige. With modern sports being highly competitive, the use of modern infrastructure, equipment and advanced scientific support has changed the scenario of sports at the international level. Keeping in view of the growing demands for advanced infrastructure, equipment and scientific support, Government of India has taken several initiatives and is providing the necessary assistance to sports persons by way of training and exposure in international competitions backed up with scientific and equipment support.

I congratulate LNIPE, Gwalior for keeping this legacy and is consistently preparing quality Physical Education Teachers which is the need of an hour. They not only develop physical powers in the individual but also prepare him to face the challenges of life.

LNIPE, Gwalior is epitome of activities wherein youth is channelized to achieve national goal of fit nation. The institute has slowly and steadily established itself as Center of excellence.

I convey my best wishes to the Vice-Chancellor and the Members of the Editorial Board for the Success in their efforts.

S.D.
Kiren Rijiju
India is a youthful nation. The young people are at the forefront of the transformation taking place in our society and economy. Giant strides have been made in the information, Communication and Variety of other sectors. The youth are leading us into a future shaped by enthusiasm, determination and a never-say-die spirit. Sports embody the dynamism and energy of the youth.

The motivational support to children has to come from teachers and trained instructors at the school level. Talent spotting and nurturing must also start from the school stage itself. Simultaneously, schools must be equipped with basic sports infrastructure or allowed to share community facilities. The sense of discipline which is so critical for sustained sports activity must be inculcated in children and this can best be done in the school environment. Recognizing the importance of sports and physical education, the Government has accepted, in principle to integrate sports and physical education with the school curriculum.

"LNIPEnk", which gives a snapshot of various activities undertaken by it. I am confident that the magazine would serve as an effective instrument to sensitive all stakeholders towards the goal of making 'Young India Fit India'.

(Signature)
It is a matter of great pride and privilege to be part of an esteemed organization Lakshmibai National Institute of Physical Education, Gwalior which has number of achievements to its credit:

* Accredited by NAAC for its 2nd Cycle with A++ grading with CGPA 3.79
* 12 B Status Granted by the University Grant Commission.
* Awarded as Excellent Institute by National Education Summit, 2017.
* Member of International Association of Physical Culture and Sports University.

LNIPE Gwalior prepares today’s students to meet the challenges of the future. I have seen the way Institute has become pioneer in providing superior quality education in the physical education and sports. LNIPE is engaged to extend these efforts to many National Organizations be it Special Protection Group (SPG), Kendriya Vidyalaya Sangathan, Central Reserve Police Force, Tribal Welfare Department (Madhya Pradesh), Jammu & Kashmir Physical education Teachers, Coaches of India and Khelo India – Community Coaching Development.

“Developing a winning team culture is not a rite of passage; it is a process requiring deliberate planning, careful execution, and steadfast focus.”

As a leader of Institute we’ve aimed to capture the essence of what is most impactful to improve the performance of Institute in all areas. As a student, teacher or individual everyone has to play their role in the success of Institute.

We inculcate in students a desire to succeed that is far greater than the fear of failure. Let me assure you that whatever programme of study you choose, you can be certain that it will be a life changing experience for you.

I also congratulate Chief Editor and his team who has successfully kept the legacy of “LNIPE-Ink” and has covered the reflection of 2019-20 in the magazine. The magazine will also be available as e-magazine on the Institute website.

Prof. Dilip Kumar Dureha
Vice Chancellor
Prof. M.K. Singh
I/c Registrar

Students are our brand ambassadors and for their holistic development the Institute not only provides a vibrant and positive ambience but a well-equipped library, Hostels, Sports and Extracurricular activities to facilitate them.

Our multidisciplinary programmes are at par with international standards, offering flexibility featured in the Physical Education curriculum. We constantly update our programmes and course content to meet the challenge of grooming professionals and making them industry ready by equipping them with the required technical and soft skills. We offer blended learning by using e-learning with regular classroom learning with special focus on hands-on practical experience.

Students get guidance and support as and when they require. Our faculty is readily available to guide and motivate them to participate in research, Sports and creative activities at all times. The Institution has a proud record of evolving efficient, confident and highly knowledgeable Professionals, entrepreneurs in the field of Physical education, Army and people in all walks of life that contribute to nation building.

I congratulate the Chief Editor of “LNIPE-Ink” for consistently publishing the magazine and promoting the Institutes activities through print and e-media.

(Prof. M.K. Singh)
Lakshmibai National Institute of Physical Education is a unique institution in South Asia in the field of quality professional education and has already made a significant impact on the academic, research and sports milieu of our country. The Institute’s magazine is a mirror of its sports achievements, academics, community services, personalities and great achievements.

As a member of the editorial team of the magazine, it is my proud privilege to mention that a lot of effort has gone into preparing the ground work for this publication. The young people are at the forefront of the transformation taking place in our society and economy, Giant strides have been made in the information, communication and variety of other sectors. The youth are leading us into a future shaped by enthusiasm, determination and a never-say-die spirit. The faculty editorial team has left no stone unturned to make this venture a success and also taken great efforts to enrich the volume and procure a bulk of very good submission for publication in this volume. I had tried to incorporate the achievements of all stakeholders who will inspire our student in the long run.

I assure that the magazine will give truthful information about the activities of the Institute.

(Prof. Ashish Phulkar)
What we are

We have upheld our "Tradition of Excellence" by providing the best knowledge in Physical Education for the past 59 years. It is our desire to offer information that will change your life forever!

``शरीर माध्यम खलु धर्म साधनम"

- The Lakshmibai National Institute of Physical Education, Gwalior was established by the Ministry of Education & Culture, Government of India as Lakshmibai College of Physical Education (LCPE) in August 1957, the centenary year of the War of Independence is located at Gwalior, where Rani Lakshmibai ofihansi, a valiant heroine of the war, had laid down her life during the First Freedom Struggle in 1857.

- The Institute started as an affiliated college of the Vikram University, Ujjain and then came to the folds of Jiwaji University, Gwalior in 1964. The Institute was given a status of national importance, and renamed as Lakshmibai National College of Physical Education (LNCPE) in 1973. In recognition of its unique status and character and to facilitate its further growth, the college was conferred the status of an 'Autonomous College' of Jiwaji University, Gwalior in 1982.

- In further recognition of the unique educational services rendered by the institute in the field of Physical Education, Sports and Research, the Government of India, Ministry of Human Resource Development conferred the status of a 'Deemed to be University' in September 1995 under Section 3 of U.G.C. Act, 1956 vide notification no. F. 9-14/92-U.3 dated 21.09.1995. Hence, the University was again renamed as Lakshmibai National Institute of Physical Education (LNIPE). The Institute is the first 'Deemed to be University' in the field of Physical Education in India and enjoys a unique place of its kind in South Asia.

- Since 2000, the Institute comes under the administrative jurisdiction of the Ministry of Youth Affairs and Sports, Government of India. It is fully funded by the Ministry for planned and non-planned expenditure.
Objective of the Institute

- To prepare highly qualified leaders in the field of Physical Education and Sports.

- To serve as a centre of excellence and innovation in Physical Education and to undertake, promote and disseminate research in this field.

- To provide professional and academic leadership to other institutions in the field of Physical Education.

- To provide vocational guidance and placement services to the professionals in Physical Education.

- To promote mass-participation in Physical Education and Sports.

- To develop and promote programmes of Physical Education and Sports in the country.

- To encourage and produce scientific contemporary literature in the field of Physical Education and Sports.

- To provide community services in the field of Physical Education and Sports.
The Lakshmibai National Institute of Physical Education (LNIPE) Campus is located in Shakti Nagar, Race course Road, at a distance of about one Kilometre from Gwallor Railway Station. Gwallor is situated on the Agra-Mumbai National Highway and is on the main North-South rail route, about 320 km from New Delhi. The campus covers an area of about 153 acres and is fully residential. The buildings of the Institute consist of class rooms, laboratories, research block, auditorium and administrative block.
Leaders from the Past & Present

Padamshree Dr. P.M. Joseph
Founder Principal
(01.03.1957 to 22.06.1967)

Shri A.K. Singh
Principal
(23.06.1967 to 30.07.1968)

Shri S.D. Chopde
Principal
(14.08.1968 to 31.10.1976)

Dr. M. Robson
Principal/Dean
(01.11.1976 to 31.08.1984)

Dr. N.N. Mall
Dean
(01.09.1984 to 29.08.1988)

Dr. Ajmer Singh
Dean/Principal
(26.04.1990 to 30.04.1993)
(07.07.1997 to 11.05.1999)

Dr. A.K. Uppal
Dean
(29.10.1993 to 11.04.1999)

Dr. J.S. Naruka
Director
(11.10.1999 to 22.08.2001)

Prof. K.K. Verma
Vice Chancellor
(23.08.2001 to 13.09.2004)

Maj. Gen. S.N. Mukherjee
Vice Chancellor &
Colonel Commandant
(From 23rd March, 2005)

Maj. Gen. S.S. Pawar, VSM.
Vice Chancellor

Prof. Dilip Kumar Dureha
Vice Chancellor
(Joined on 30.09.2015)
Team Leaders 2020-21

Prof. DILIP KUMAR DUREHA
Vice Chancellor,
LNIPE, Gwalior

Prof. M.K. Singh
I/c Registrar
HoD, Dept. of Sports Psychology

Dr. S. Mukherjee
PROFESSOR
Dean Academic and
Advisor IQAC
& HOD Phy. Edu. Pedagogy

Dr. L.N. Sarkar
PROFESSOR
Dean Students Welfare
Members, Students Welfare

Dr. A.S. Sajwan
PROFESSOR
Dean Faculty of Sports
Science

Dr. L.W. Vaz
PROFESSOR
Dean Faculty of Phy. Edu.
and Applied Areas,
Advisor Extension Services
& Placement Cell

Dr. B. Basumatyary
PROFESSOR
Dean NERC, Guwahati

Dr. Vivek Pandey
PROFESSOR
HOD, Exercise Physiology
& Director, IQAC

Dr. G.D. Ghai
PROFESSOR
Controller of Examination

Dr. Joseph Singh
Professor
HoD, Department of
Sports Biomechanics

Dr. K.K. Sahu
ASSO. PROFESSOR
HoD, Dept. of Sports
Management & Coaching

Dr. B. K. Prashad
ASSOCIATE PROFESSOR
HOD,
Department of Health
Education

Dr. Anurodh Singh Sisodia
Professor
Director, UGC- HRDC

Dr. N.R. Krishna
ASSOCIATE PROFESSOR
HoD, Deptt. of Yogic Science

Dr. Y.S. Rajpoot
Asso. PROFESSOR
Director, Extension Services
& Coordinator Placement Cell

Dr. C.P. Singh Bhati
ASSOCIATE PROFESSOR
Director Sports
(Extramural)
Catering to Diverse Needs of Students
Sports

Achievements

2019-20
Dr. Yatendra Ku. Singh was appointed as Manager & Selector of Combined University Hockey Team.

Ajeet Singh (Javelin)
Gold Medal
(World Para Athletics Grand Prix Beijing China)
Bronze Medal
(World Para Athletics Championship, Dubai)

Nima Doma represented Indian Women Basketball Team at Pre-Olympic Qualifier.

Sahil Tiwari mid fielder represented
- Combined University Hockey Team in Nehru Gold Cup
- Sr. National, Org. by Hockey India
- Khelo India Youth Games

Kirtiraj Singh Gaur Goal Keeper represented
- Combined University Hockey Team in Nehru Gold Cup
- Sr. National, Org. by Hockey India
- Khelo India Youth Games

- Dr. Amar Kumar (Coach)
- Amit Kumar Malviya
- Rajnish Singh
- Abhishek Nirwal
Represented Combined University Volleyball Team, Chittorgarh, Rajasthan
DIRECTOR OF SPORTS
Annual Report for Session 2019-20

The Institute teams participated in the under mentioned National University Games and students got following positions in All India / Inter Zonal/ West Zone Inter University Levels.

INTERNATIONAL LEVEL

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Sports</th>
<th>Name of Students</th>
<th>Class</th>
<th>Level</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Athletics</td>
<td>Ajeet Singh</td>
<td>Ph.D.</td>
<td>Inter National Level (World Para Athletics Grand Prix Beijing China)</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>02</td>
<td>Athletics</td>
<td>Ajeet Singh</td>
<td>Ph.D.</td>
<td>Inter National Level (World Para Athletics Championship Dubai)</td>
<td>Bronze Medal</td>
</tr>
<tr>
<td>03</td>
<td>Basketball</td>
<td>Nima Doma Bhutia</td>
<td>MPEd III Sem</td>
<td>Inter National Level FIBA Pre Olympic Qualifiers Championship Malaysia (Indian Senior Basketball Team)</td>
<td>Participation</td>
</tr>
</tbody>
</table>
### ALL INDIA INTER UNIVERSITY LEVEL

(A) Power Lifting (Individual Participation)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Students</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Mr. Sandeep Gupta</td>
<td>1st</td>
</tr>
</tbody>
</table>

(B) Athletics (Individual Participation)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Students</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Mr. Prince Raj Mishra</td>
<td>2nd</td>
</tr>
</tbody>
</table>

(C) Aquatics (Individual Participation)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Students</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Mr. Chetan Rathore</td>
<td>2nd</td>
</tr>
</tbody>
</table>

(D) Gymnastics (Individual Participation)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Students</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Mr. Akshat</td>
<td>2nd</td>
</tr>
</tbody>
</table>

(E) Karate (Individual Participation)

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of Students</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>01.</td>
<td>Ku.Vaishnavi Pandey</td>
<td>2nd</td>
</tr>
</tbody>
</table>
**INTER ZONE INTER UNIVERSITY LEVEL**

Basketball (Women)-3rd Place

**WEST ZONE INTER UNIVERSITY LEVEL**

Basketball (Women)-1st Place

Handball (Men)-1st Place

Football (Men)-1st Place

Handball (Women)-1st Place

Football (Women)-2nd Place

Hockey (Men)-2nd Place

Table Tennis (Women)-4th Place

Volleyball (Men)-4th Place

**CENTRAL ZONE INTER UNIVERSITY LEVEL**

Youth Festival (Women)-
Ku. Leela Kumari, 2nd Place (Rangoli)
The Following Sports Organized By The University For The Session 2019-20

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of The Activity</th>
<th>Section</th>
<th>Date of Tournament</th>
<th>Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hockey</td>
<td>Men</td>
<td>23.10.2019 to 29.10.2019</td>
<td>WZ</td>
</tr>
<tr>
<td>3</td>
<td>Handball</td>
<td>Men</td>
<td>30.12.2019 to 03.01.2020</td>
<td>WZ</td>
</tr>
</tbody>
</table>

Participation in West Zone, Central Zone, Inter Zone and All India Inter University Competition

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of The Activity</th>
<th>Date of Tournament</th>
<th>Place of Tournament</th>
<th>Section</th>
<th>Zone</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Athletics</td>
<td>02-06 Jan.20</td>
<td>Karnataka</td>
<td>10</td>
<td>07</td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mr. Prince Raj Mishra (2nd Position)</td>
</tr>
<tr>
<td>2</td>
<td>Aquatics</td>
<td>01-04 Nov.19</td>
<td>Jalandhar</td>
<td>14</td>
<td>07</td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mr. Chatan Bhatore (2nd Position)</td>
</tr>
<tr>
<td>3</td>
<td>Aquatics</td>
<td>06-08 Nov.19</td>
<td>Jalandhar</td>
<td>03</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>4</td>
<td>Archery</td>
<td>26-29 Dec.19</td>
<td>Bhubaneswar</td>
<td>03</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>5</td>
<td>Badminton</td>
<td>26-30 Jan.20</td>
<td>Meerut</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>6</td>
<td>Cross Country</td>
<td>09 Oct.19</td>
<td>Mangalore</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>7</td>
<td>Cycling</td>
<td>10 Oct.19</td>
<td>Angira</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>8</td>
<td>Cycling</td>
<td>02-05 Jan.20</td>
<td>Bilメーカー</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>9</td>
<td>Cycling</td>
<td>30 Oct.-02 Nov.19</td>
<td>Amritsar</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>10</td>
<td>Gymnastics &amp; Martial Arts</td>
<td>14-16 Mar.19</td>
<td>Amritsar</td>
<td>13</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mr. Akshat (2nd Position)</td>
</tr>
<tr>
<td>11</td>
<td>Judo</td>
<td>26-28 Dec.19</td>
<td>Kanpur</td>
<td>09</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mr. Kuldip (1st Position)</td>
</tr>
<tr>
<td>12</td>
<td>Judo</td>
<td>21-24 Dec.19</td>
<td>Kanpur</td>
<td>08</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>13</td>
<td>Karate</td>
<td>08-13 Jan.20</td>
<td>Chennai</td>
<td>04</td>
<td>01</td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ku. Vashnawala Pandey (2nd Position)</td>
</tr>
<tr>
<td>14</td>
<td>Power Lifting</td>
<td>27-31 Jan.20</td>
<td>Mumbai</td>
<td>08</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mr. Sandeep Gupta (1st Position)</td>
</tr>
<tr>
<td>15</td>
<td>Power Lifting</td>
<td>22-25 Jan.20</td>
<td>Delhi</td>
<td>05</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>16</td>
<td>Pistol Shooting</td>
<td>12-15 Nov.20</td>
<td>Faridabad</td>
<td>06</td>
<td>05</td>
<td>AI</td>
</tr>
<tr>
<td>17</td>
<td>Squash Racquets</td>
<td>16-18 Feb.20</td>
<td>Jaipur</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>18</td>
<td>Taekwondo</td>
<td>14-17 Mar.20</td>
<td>Patiala</td>
<td>04</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>19</td>
<td>Taekwondo</td>
<td>10-13 Mar.20</td>
<td>Patiala</td>
<td>02</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>20</td>
<td>Wrestling</td>
<td>14-18 Nov.19</td>
<td>Hisar</td>
<td>08</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>21</td>
<td>Weightlifting</td>
<td>15-19 Dec.19</td>
<td>Mohali</td>
<td>11</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>22</td>
<td>Weightlifting</td>
<td>28-30 Dec.19</td>
<td>Tamlukhanda</td>
<td>06</td>
<td></td>
<td>AI</td>
</tr>
<tr>
<td>23</td>
<td>Yoga</td>
<td>06-10 Jan.20</td>
<td>Nuzvid (A.P.)</td>
<td>06</td>
<td>06</td>
<td>AI</td>
</tr>
<tr>
<td>24</td>
<td>Badminton</td>
<td>25-29 Nov.19</td>
<td>Kota</td>
<td>04</td>
<td></td>
<td>WZ</td>
</tr>
<tr>
<td>25</td>
<td>Basketball</td>
<td>15-19 Dec.19</td>
<td>Gwalior</td>
<td>12</td>
<td>12</td>
<td>WZ</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(1st Position)</td>
</tr>
<tr>
<td>26</td>
<td>Basketball</td>
<td>02-06 Jan.20</td>
<td>Mahrath</td>
<td>12</td>
<td>12</td>
<td>WZ</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(3rd Position)</td>
</tr>
<tr>
<td>27</td>
<td>Cricket</td>
<td>28 Dec-07 Jan.20</td>
<td>Bhopal</td>
<td>15</td>
<td></td>
<td>WZ</td>
</tr>
<tr>
<td>28</td>
<td>Football</td>
<td>16-21 Dec.19</td>
<td>Jabalpur</td>
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**Total** | **Grand Total** | **339** | **587** |
## Participation in West Zone, Central Zone, Inter Zone and All India Inter University Competition

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GRAND TOTAL: 570
Sports Achievers

This Photographs will go with sports participation
PARTICIPATION IN KHELO INDIA YOUTH GAMES
National & International Collaboration 2019-20
Hon’ble VC
Prof. Dilip Kumar Dureha
Signed MOU with
Kazak University of
Sports

Prof. Dilip Kumar Dureha
Vice Chancellor
LNIPE, Gwalior & Prof. G.D. Ghai
visit to Kazakhsthan
LNIPE, Gwalior was awarded Member of International Association of Universities of Physical Culture and Sports
LNIPE Gwalior signed MOU with All India Football Federation

LNIPE Gwalior signed MOU with Jiwaji University, Gwalior
Training Programmes & Workshops Organized 2019-20
**In Service Course for Tribal Welfare Department of M.P.**

LNIPE Gwalior successfully conducted course for Physical Education Teachers, Instructors & coaches of Tribal Welfare Department of Madhya Pradesh. The details of courses are as follows:

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<th>Dates</th>
<th>Duration</th>
<th>Candidates</th>
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<tr>
<td>Physical Education Teachers &amp; Instructor and Coaches (Tribal Welfare Department) M.P.</td>
<td>13 Nov. 2019</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
In Service Course

In Service Course for Tribal Welfare Department of M.P.
10 Day Refreshers Course for Physical Education Teachers / Coaches of Jammu & Kashmir

LNIPE Gwalior Successfully conducted course for Physical Education Teachers, Instructors & coaches of Jammu & Kashmir Region. The Course was specially designed for up gradation of recent trends in the field of Physical Education & Sports. The details of the course is given below-

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Duration</th>
<th>Candidates</th>
</tr>
</thead>
<tbody>
<tr>
<td>J&amp;K (Course-1)</td>
<td>20 Feb. 2020 to 29 Feb.2020</td>
<td>10</td>
<td>47</td>
</tr>
<tr>
<td>Physical Education Teachers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>J&amp;K (Course-2)</td>
<td>02 Mar. 2020 to 11 Mar.2020</td>
<td>10</td>
<td>49</td>
</tr>
<tr>
<td>Physical Education Teachers</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
10 Day Refresher Course for Physical Education Teachers / Coaches of Jammu & Kashmir

Jammu & Kashmir Physical Education Teachers were engaged in various sports activities namely Volleyball, Football, Aerobics, Yoga, Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis, Shooting etc.
IN HOUSE FITNESS WORKSHOP

International Workshop on Advanced Strength & Conditioning for Sports 20th to 26th August 2019
INTERNATIONAL WORKSHOP

Department of Sports Management & Coaching organized in house fitness workshop on modern trends of Fitness, 27th to 29th February 2020.
National Workshop on Yoga

Department of YOGA, LNIPE, Gwalior organized National Workshop on Traditional Yoga & Yoga Therapy, 24 Feb. - 01st March 2020

Keynote speaker - Dr. Manmath Gharote
LEVEL 1 COURSE
in
Officiating Coaching and Training in
HANDBALL

Handball level 1 course in officiating Coaching & Training in Handball

Was organized in association with Handball Federation of India
Special Protection Group (SPG) Training Programme

A Training Programme was conducted for Special Protection Group (SPG) Special Protection Group Training Course on Basic Principles of Physical Fitness and Injury Management, 6 January 2020 to 18 January 2020.
Developing Future Leaders
"A leader takes people where they would never go on their own."
-Hans Finzel

Leader's Training Camp for B.P.Ed. IV semester students of LNIPE, Gwalior 2019-20 was held at Thurman park, National Training Center, Bharat Scouts and Guides, Pachmarhi (M. P.).

The camp was organised from 21st January to 28th January 2020, in which 10 faculty members and supporting staff from LNIPE, Gwalior, had gone with a strength of 100 students of B.P.Ed. IV semester and was very successfully completed. All students were divided into 6 groups (4 male & 2 female) for administrative and competition purposes.

Various camp activities were organised for the students starting from the morning with flag hosting, physical jerks, meditation and devotion, community singing, camp games & stunts, tent cleanliness, camp art & craft etc.

During the day, various hikes in the surrounding areas and competitions such as treasure hunt, scavenger hunt, flag snatching, cook out, were regular part of the camp. Camp fire programmes were organized every evening in informal and formal mode which were also a part of the competition. Camp fire programmes were organized by the Students unit wise, along with night patrolling duty. These involvements of students were done to infuse in the campers the spirit of co-operation, discipline and to learn the sense of responsibility.

The campers were blessed by the benign presence of Hon'ble Vice Chancellor Prof. D. K. Dureha, along with Head of Department (PEP) Prof. S. Mukherjee in the last two days known as 'Visitors' Day'. Their arrival was a morale booster for the campers and brought more cheer to the camp. They both shared their experience, took part in various camp activities whole heartedly and finally distributed the prizes to the campers. The camp saw its culmination fruitfully on 28th January, 2020 with return of everyone as train party and bus party back to the alma mater.
Leader's Training Camp (2019-2020)

Students display their cooking skills on Special Cookout day.
Leader’s Training Camp
(2019-2020)

Students of BPEd IV Sem exploring Panchmari sights

Faculty Leading from the Front
Leader’s Training Camp

(2019-2020)

Students are engaged in various camp activities and Cultural activities along with camp life
Students are engaged in various camp activities and Cultural activities along with camp life. The Students of BPEd VI Sem as part of their internship Programme visit the school of Gwalior region and participate in Inter School Mass display and march past competition organized by LNIPER, Gwalior. This activity not only provides opportunity to the students to learn teamwork but also provides platform based on practical learning.
Events & Activities
Foundation Day

Felicitation of alumni of LNIPE, Gwalior on Foundation Day

Shri Vijay Singh Chauhan
Ironman of Asia

Brig.(Retd.) Labh Singh former Olympian

Prof.(Retd.) Abhinash Siddhu
former International Player
Hindi Rashtrabhasha Week
National Sports Day Celebration

Faculty and Students Hockey Match was organized on National Sports Day
National Sports Day Celebration
National Unity Day

31st October 2019

[Images of the event and participants]
Visit of State HRD Minister

Shri Sanjay Shamrao Dhotre, State HRD Minister visited LNIPE campus on 14th Feb. 2020
Visit of Secretary Sports

Shri Radheshyam Julaniya, Secretary Sports
MYAS visited LNIPE campus
5th International Yoga Day

21st June 2019
Swacha Bharat Abhiyan
Plastic Cleanliness Drive Swacha Bharat Abhiyaan
NSS & NCC Activities
National Cadet Corps (NCC) was established with an aim for raising a second line of defence and to create a large pool of trained youth available for Armed Forces during the First World War. In India, NCC was raised with an aim of grooming both the boys and the girls, nurture them and direct their energy towards nation building by making them responsible citizens.

After independence, the present day NCC formally came into existence on 15 July 1948 through XXXI Act of Parliament. The Army NCC unit in Girls Division was introduced in 1949. The NCC Head quarter is located in New Delhi. Control and coordination are exercised through 17 State Directorates. NCC Officers Training Academies are located at Kamptee for Male Officers and Gwalior for Women Officers.

The word ‘NCC’ brings a strange sense of courage, discipline and pride among many of us. We look up to those students who are a part of NCC and admire them, whose motto is 'Unity and Discipline'.

In Our Institute we have 3MP Girls Battalion Gwalior Unit MP & CG Directorate. NCC have beautiful and remarkable history in NCC Girls Wing. First Lady officer of Institute Dr. Gayatri Pandey completed his Pre-Commissioning Training Course (PRCN) at OTA Gwalior From 16/12/2019 to 14/03/2020 and got commissioned on 14 March 2020 as Lt. (Dr.) Gayatri Pandey Associate NCC Officer. In PRCN she is awarded with Trophy of outstanding trainee officer in Leadership Qualities and Motivation, received two silver medals one for standing 2nd in Order of Merit and in Map Reading skills not only this she also received 5 more certificates of Excellence.

Under the guidance of Col. M S Chahal Commanding officer 3MP Girls Bn and Lt. Dr. Gayatri Pandey 53 cadets are registered and carried out their Institutional training and CATC camp for the session 2019-2020. During this session we had organized various programmes likes rallies on Swachhta Pakhwada, Aids Day, No Tobacco Day etc. For the success of Swachh Bharat Abhiyan cadets had done the Cleaning of Parks, Health Centre, Statues and Tree Plantation. In this Pandemic Condition COVID-19 being at home they had prepare 2 videos regarding Awareness and Precaution against Covid-19 and 1 video on Yoga Asanas so that people can do practice at home to enhance their immunity and live stress-free life.

Achievements of our cadets for the session 2019-20 are as follows.

- SUO Preeti Choudhary 3rd Year attended the RCTC Camp Gwalior and received 2nd place in Rock Climbing Competition.
6 Cadets of 2nd year attended IGC- camp namely Avantika Nayak, Shreya Tripathi, Jupitara Haloi, Gayatri Lodhi, Priyanka Gautam and Pooja Malviya.

1 Cadet Sanyogita Vishwakarma selected for RDC (Flag Area and PM Rally)

Cadet Aashna Rajput participated in Poetry Competition conducted by Indian Olympic Education Committee on Occasion of “International Olympic Day”. She selected among the top 8 participants by IOA.

The credit for success of Girls NCC Wing in Institute goes to our Dynamic Vice Chancellor Prof. D. K Dureha sir and Former Registrar Col. Janak Singh Shekhawat sir both are always ready to support our cadets in any circumstances.

Now a day’s student sare very versatile in nature full of abundant of energy and new ideas they only need channel and discipline which they can got after joining NCC. NCC camp taught and class taught them discipline, to accept people the way they are, infused courage and strength, motivated them to do something for motherland and respect her and ultimately it made them a better person. The fuel that lights the fire of continuing in this organization would be the adventure activities of shooting, rock-climbing, trekking, horse-riding, etc, along with a huge diversity of friends who would later be there to tell their stories in every part of our country and of course the final destination of being the country’s backbone in the army or the air-force or the navy.

Jai Hind
The Trailblazers Women of Institute

Cadet Ms. Sanyogita Vishwakarma of 3 MP Girls BN attended RDC parade 2019-20 in flag area

Leading the RDC Parade Cadet Ms. Garima Singh Bhadoriya was awarded as best cadet of MP & CG Directorate
PLASTIC CLEANLINESS DRIVE

NSS & unit of LNIPE, Gwalior organized plastic cleanliness drive in the city on the occasion of 2nd Oct. & Gandhi Jayanti

लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान में गांधी जयंती पर स्टूडेंट्स ने साइकिल चलाकर दिया स्वच्छता का संदेश।
Annual NSS Meeting 2019

The officials of NSS, Gwalior unit were felicitated by hon’ble Vice Chancellor, LNIPE, Gwalior
Guest speakers were invited to deliver talk on N.S.S. and impact of Gandhian Philosophy
NSS Blood Donation Camp

LNIPE, NSS Unit Organized Blood Donation Camp on 24th Jan. 2020 at LNIPE Health Center were 200 Unit Blood was donated by the students and faculty of LNIPE.
NSS unit of LNIPE, Gwalior organized recreation and sports camp for specially abled children of Gwalior
Visit of Minister MHRD

NSS Programmes on Gandhi Ji ka Prabhaav
Visit of Minister MHRD

LNIPE NSS Unit Celebrating Vivekanand Jayanti
Community Service by NSS

One Day Camp at Ramua Village
Faculty & Students Thinkers
Cycling for Happy and Healthy Life

- Cycling can help to protect you from serious disease such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.
- Riding a bike is healthy, fun and a low-impact form of exercise for all ages.
- Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.

Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day – for transport, recreation and sport.

Cycling for Health and Fitness

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:
- Low impact – it causes less strain and injuries than most other forms of exercise.
- A good muscle workout – cycling uses all of the major muscle groups as you pedal.
- Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don’t forget.
- Good for strength and stamina – cycling increases stamina, strength and aerobic fitness.
- As intense as you want – cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.
- A fun way to get fit – the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or pieces.
- Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

Health Benefits of Regular Cycling

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:
- increased cardiovascular fitness
• increased muscle strength and flexibility
• improved joint mobility
• decreased stress levels
• improved posture and coordination
• strengthened bones
• decreased body fat levels
• prevention or management of disease
• reduced anxiety and depression.

**Cycling and specific health issues**

Cycling can improve both physical and mental health, and can reduce the chances of experiencing many health problems.

**Obesity and weight control**

Cycling is a good way to control or reduce weight, as it raises your metabolic rate, builds muscle and burns body fat. If you’re trying to lose weight, cycling must be combined with a healthy eating plan. Cycling is a comfortable form of exercise and you can change the time and intensity – it can be built up slowly and varied to suit you. Research suggests you should be burning at least 8,400 kilojoules (about 2,000 calories) a week through exercise. Steady cycling burns about 1,200 kilojoules (about 300 calories) per hour. If you cycle twice a day, the kilojoules burnt soon add up. British research shows that a half-hour bike ride every day will burn nearly five kilograms of fat over a year.

**Cardiovascular disease and cycling**

Cardiovascular diseases include stroke, high blood pressure and heart attack. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of cardiovascular diseases. Cycling strengthens your heart muscles, lowers resting pulse and reduces blood fat levels. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved. A Danish study conducted over 14 years with 30,000 people aged 20 to 93 years found that regular cycling protected people from heart disease.

**Cancer and cycling**

Many researchers have studied the relationship between exercise and cancer, especially colon and breast cancer. Research has shown that if you cycle, the chance of bowel cancer is reduced. Some evidence suggests that regular cycling reduces the risk of breast cancer.

**Diabetes and cycling**

The rate of type 2 diabetes is increasing and is a serious public health concern. Lack of physical activity is thought to be a major reason why people develop this condition. Large-scale research in Finland found that people who cycled for more than 30 minutes per day had a 40 per cent lower risk of developing diabetes.

**Bone Injuries, arthritis and cycling**

Cycling improves strength, balance and coordination. It may also help to prevent falls and fractures. Riding a bike is an ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints. Cycling does not specifically help osteoporosis (bone-thinning disease) because it is not a weight-bearing exercise.

**Mental illness and cycling**

Mental health conditions such as depression, stress and anxiety can be reduced by regular bike riding. This is due to the effects of the exercise itself and because of the enjoyment that riding a bike can bring.

**Hand cycling and health**

Hand cycles are similar to recumbent tricycles, but they are powered with hand instead of foot pedals. Velcro straps can be used to secure the hands to the pedals if necessary. This style of tricycle allows amputees, people with spinal injuries and those recovering from certain conditions such as stroke to cycle as a form of exercise and recreation. Hand cyclists get cardiovascular and aerobic benefits similar to those of other cyclists.

**Where to get help**

• Your doctor
• Bicycle Network Victoria Tel. (03) 8376 8888 or 1800 639 634 (for country callers)

**Things to remember**

• Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.
• Riding a bike is healthy, fun and a low-impact form of exercise for all ages.
• Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

Dr. C.P. Singh
Director, Sports
I AM A_ TEACHER...
I May be a School Teacher,
I May be a College Lecturer,
I May be a University Professor!
Behind That Doctor,
It is Me, a Teacher
Behind That Engineer,
It is Me, a Teacher
Behind That Statistician,
It is Me, a Teacher
Behind That Nuclear Physicist,
It is Me, a Teacher
Behind That Mathematician,
It is Me, a Teacher
Behind That Scientist,
It is Me, a Teacher
Behind That Zoologist,
It is Me, a Teacher
Behind That Entomologist,
It is Me, a Teacher

Behind That Botanist,
It is Me, a Teacher
Behind That Economist,
It is Me, a Teacher
Behind That Entrepreneur,
It is Me, a Teacher
Behind That Lawyer,
It is Me, a Teacher
Behind That Political Scientist,
It is Me, a Teacher
Behind That Psychologist,
It is Me, a Teacher
Behind That Architect,
It is Me, a Teacher
Behind That Astrologer,
It is Me, a Teacher
Behind That Astronomer,
It is Me, a Teacher

I Carry the Light Even though they mostly make Fun of Me by their Uncharitable Jokes
But I am a Teacher I don't Qualify for a Bungalow or a Villa nor Earn enough to buy an Expensive House or a Car like Corrupt Officers and Corrupt Politicians. But Yes, I am a Teacher

Some Think or even Say that I have too many Holidays. They never know that I Spend those Holidays either correcting Papers or Planning what and how I am going to Teach when I go back to Blackboard or Whiteboard ...

Because I am a Teacher

Sometimes I get Confused and even get Stressed by the Ever-changing Policies over what and how I have to Teach ...

Despite All That, I am a Teacher and I Love to Teach and I am Teaching

On Pay-days I don't Laugh as Corrupt Officers and Others do, But by the Next day I Love to come with a Smile to those that I Teach ...

Because I am a Teacher

The main Source of My Satisfaction is when I see them Grow. I See them Succeed. I See them having all those Assets. I See them Bravely Face the World and its Challenges. And I Say yes I have Taught in Spite of Living in a World Opened by Google ...

Because I am a Teacher Yes I am a Teacher

It doesn't Matter how they Look at Me, It doesn't Matter how much more they Earn than I Do.
It Doesn't Matter that they Drive while I walk*
Whether they Acknowledge Me or Not ... I am a Teacher ....
हैण्डबॉल टीम को समर्पित

HANDBALL

जब सुना था लोगों की जुबानी,
देखा था टीबी पर,
न सोचा, न समझा
बस उठ गया इस धरती पर
धोड़ा देखा तो कुछ समझ आया,
खेल के देखा तो पूरा समझ आया,
मैदान में जंग के समान देखा दो टीमों को,
तो लगा कि यह युद्ध का नज़ारा था,
जब देखा कि एक बॉल लेकर धोड़ा शेर हमारा था,
आगे खड़ा एक टीम का
‘गोलकीपर’
जब देखा मैंने वह नज़ारा था,
मन में विचार आया, क्या यह वहीं नज़ारा था,
जब उसने छलाग लगायी,
तो मारा गोल हमारा था,
जीत की खुशी का नज़ारा,
वह जशन हमारा था,
यारों ज्यादा सोचना नहीं,
वह खेल हमारा था।

Yash Dua
BPEd VIII Sem
COVID-19 RESPONSE

VARIOUS MEASURES DURING COVID-19

Distribution of Homeopathic Medicine to Students & Staff

Covid awareness talk by Dr. Rajesh Gupta

Distribution of Food Packets for Corona Warriors

Distribution of Food Packets to the migration labourers
Felicitations of Corona Warriors

**LNIPE owes special thanks to**

- Health Center Staff
- Administrative Officers
- Mess Workers
- Housekeeping Staff
- Security Staff
- Drivers
लाइनिंग मैनेजमेंट सिस्टम से लग रही है
उपरितिथि, मिल लेने की शैक्षणिक सामग्री

कोरोना वायरस संक्रमण के समय पर है पढ़ाई
भारत में कोर्स पूरा करने के लिए क्लास यूनिवर्सिटी

हम साक्षात्कारी के साथ निम्नलिखित होगी अपनी जिम्मेदारी
Media Presence
एलएनआईपीई लगातार चौथी बार चैम्पियन, 6 साल में जीते 5 खिताब
केंट और इंडस्ट्री वुडविंडिटी बाक्सेटबॉल: मेलबरन आईपीई की टीम उपविजेता रही

हमारे जीवन का महत्वपूर्ण हिस्सा है खेल
एलएनआईपीई में परिषद के जीवन अंतर विश्वविद्यालयी बाक्सेटबॉल स्पर्धा कल से

महात्मा गांधी के दर्शन से राष्ट्रीय योजना का जन्म हुआ: अशोक कुमार
एलएनआईपीई में सरकार के विभागों ने विद्वानों पर काम आरंभित

एलएनआईपीई ने राजस्थान विभाग की टीम प्रतियोगिता के शौक बार में पहुंची
अंतर विश्वविद्यालयीन जिम्नास्टिक में एलएनआईपीई ने जीता मेडल

एलएनआईपीई में अफरा-तफरी

ईडिया के लिए किया क्वालीफाई, एलएनआईपीई के लिए मेडल, और दुनिया के लिए जीता सिल्वर मेडल

एलएनआईपीई की टीम का प्रथम स्थान पर कब्जा

आईटीएम यूनिवर्सिटी की टीम का प्रथम स्थान पर कब्जा

एलएनआईपीई के टीम की दूसरी स्थान पर हासिल करी 14 गोल दिखाई दिए।
LNIPES Courses & Programmes 2020-2021
## Programs/Courses Offered

### Physical Education Pedagogy
- Exercise Physiology
- Sports Biomechanics
- Sports Psychology
- Health Sciences
- Sports Management & Coaching
- Yogic Sciences

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Department</th>
<th>Programs/Courses</th>
</tr>
</thead>
</table>
| 1.     | Department of Physical Education Pedagogy | • Ph.D  
        |                                            | • Master of Physical Education  
        |                                            | • Bachelor of Physical Education (Integrated) |
| 2.     | Department of Exercise Physiology         | • Ph.D  
        |                                            | • Master of Physical Education  
        |                                            | • M.Sc. in Exercise Physiology            |
| 3.     | Department of Sports Biomechanics         | • Ph.D  
        |                                            | • Master of Physical Education  
        |                                            | • M.Sc. in Sports Biomechanics           |
| 4.     | Department of Sports Psychology           | • Ph.D  
        |                                            | • Master of Physical Education  
        |                                            | • M.A. in Sports Psychology              |
| 5.     | Department of Health Sciences             | • Ph.D  
        |                                            | • Master of Physical Education      |
| 6.     | Department of Yogic Sciences              | • Ph.D  
        |                                            | • M.A. in Yoga  
<pre><code>    |                                            | • Post Graduate Diploma in Yogic Education (PGDYEd) |
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<table>
<thead>
<tr>
<th>S.No.</th>
<th>Department</th>
<th>Programs/ Courses</th>
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<tbody>
<tr>
<td>6.</td>
<td>Department of Sports Management &amp; Coaching</td>
<td>• Ph.D</td>
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<tr>
<td></td>
<td></td>
<td>• Master of Physical Education</td>
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<td>• M.A. in Sports Management</td>
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<td>• M.A. in Sports Journalism</td>
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<td>• Post Graduate Diploma in Sports Management (Online)</td>
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<td>• Post Graduate Diploma in Sports Journalism (Online)</td>
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<td>• Post Graduate Diploma in Fitness Management (PGDFM)</td>
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<td>• PG-Post Graduate Diploma in Sports Management (PGDSM)</td>
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<td>• PG-Post Graduate Diploma in Sports Coaching (PGDSC)</td>
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<td>• Diploma in Sports Coaching (DSC) (for In-service Defense Personnel only) (Football, Volleyball, Basketball, Athletics)</td>
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<td>• Diploma in Sports Event Management (Online)</td>
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<td>• B.A.(Program) Sports &amp; Performance (Online)</td>
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<td>• Post Graduate Diploma in Sports Management (PGDSM) (Online)</td>
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<td>• Post Graduate Diploma in Sports Journalism (PGDSJ) (Online)</td>
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<td>• Diploma in Sports Management (DSM) (Online)</td>
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</tbody>
</table>
Special Thanks

Mr. Tarun Pratap Singh Tomar
Film Projectist cum Photo Grapher
LNIPE, Gwalior

Mr. Amar Singh Kushwah
Graphic Designer
LNIPE, Gwalior
संस्थान गीत

नदी जवानी, नदी रचानी, नदी कहानी
शक्ति नगर के सेनानी हम हंसते गाते आये हैं।
नदी जवानी जिन्दाबाद, नदी रचानी जिन्दाबाद, नदी कहानी जिन्दाबाद,
ये सेनानी जिन्दाबाद, ये बलिदानी जिन्दाबाद,

एक समन्वय की लहरें हम, एक गान के तारे हैं।
लोह-तालाब लक्ष्मी के हम, भगत के पंचारे हैं। (2)
एक धर्म है, एक ध्येय है, सब जलते आंगारे हैं।

नये देश के निमाता हम, भारत के सबकार्य हैं। हम (2)
अनुशासन में कुदन बन बनने हमने कदम बढ़ाये हैं। ।। 1 ।।

लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

पूरब पशिचत मिले हमारे, खेलों के मैदानों में।
गीत अकर से धिरकर रहे हैं, देखो इन मुस्कानों में। (2)
वाह बनाते हैं अपनी हम, आंधी में तृक्षानों में।

नदी बिन्दु से बने हम, हुजूम ने इन जनानों में। हम (2)
माननीयता के आवानों के हमने शीश चढ़ाये हैं। ।। 2 ।।

लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

नये देश की नैया हम सब, मन्वल तक ले जाएंगे।
आने वाले संग-सवेरे, गीत हमारे गायेंगे। (2)
इसी तरह से कदम बढ़ाये, इसी तरह मुस्कान बढ़ाये।

बक्त पड़ा तो आजादी पर, हंसकर शीश चढ़ाये गे। हम (2)
खून पसीना देकर हमने, नेते जवानों रे,
खून पसीना देकर हमने, लाखों बचन खिलायें हैं। ।। 3 ।।

लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

सभी बक्तारे सभी सरीखे, क्या गोरा क्या काला रे।
डिशा-दिशा में गुज़र रहा है, आज हमारा नारा रे। (2)
गीत हमारे गाता, आज एक्शन सारा रे।

इसी शान से फहरायेगा, झांडा सवा हमारा रे।। झांडा (2)।।
बलिदानी इतिहास हमारे, नये जवानों रे,
बलिदानी इतिहास इतने हमारे नहीं भूलाये हैं।। 4 ।।

लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

शरीर माखूम, खुलु धर्म साधनम्
- खाल कबी बेरागी
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for Nation
by Inspiring youth
through Physical Education

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