

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION  
GWALIOR**

**(Deemed University)**

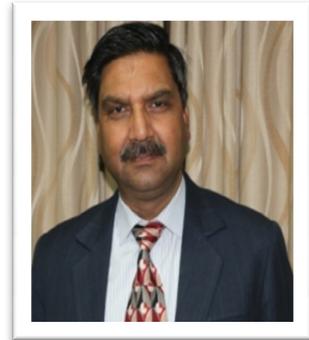
**(ISO 9001:2008 Certified and NAAC Accredited Deemed University)  
Government of India, Ministry of Youth Affairs and Sports**



**PROSPECTUS  
2015-16**

## **MESSAGE FROM THE VICE CHANCELLOR**

Lakshmbai National Institute of Physical Education (LNIFE), founded in 1957, is a National Institution of excellence for teaching, research and application of knowledge in the field of physical education and sports. Since inception, the Institute has achieved many mile stones due to the dedicated and devoted band of teachers, research and quality teaching by adopting innovating approaches. The North-East Regional Centre, Guwahati (Assam) offers only Bachelor of Physical Education (B.P.Ed.) programme. The alumni of the Institute have been placed in very high position in the field of Physical Education and Sports and also in the forces. There is 100% placement today in this field. It will be our endeavor to provide everyone an environment which is conducive to academic excellence in the profession.



**June, 2015**

**Prof. J.P. Verma  
Vice Chancellor**

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# 1. LNIPE AT A GLANCE

## 1.1 HISTORICAL DEVELOPMENT

- 1.1.1 Lakshmibai National Institute of Physical Education (LNIPE), 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 and located at Gwalior, where Rani Lakshmibai of Jhansi, a valiant heroine of the war, had laid down her life during the First Freedom Struggle in 1857.
- 1.1.2 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 the status of National importance, and hence it was renamed as Lakshmibai National College of Physical Education (LNCPE) in 1973. In recognition of its unique services and character and to facilitate its further growth, the college was conferred the status of an 'Autonomous College' of Jiwaji University, Gwalior in 1982.
- 1.1.3 In further recognition of the unique educational services rendered by the institute in the field of Physical Education, Sports and Research, the Govt. 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. Hence, Institute was again renamed as Lakshmibai National Institute of Physical Education (LNIPE). The Institute is the only "Deemed to be University" in the field of Physical Education in India and enjoys a unique place of its kind in South East Asia.
- 1.1.4 The main purpose of establishing this Institute was to upgrade the status of Physical Education by producing quality teachers and leaders through graduate and post-graduate courses. For the first time in the country, three years Bachelor of Physical Education (BPE) was started in 1957 and two years Master of Physical Education (MPE) in 1963. In 1980, the then college reached yet another milestone and became the first institution in India to have offered one-year programme of Master of Philosophy (M.Phil.) in Physical Education. The Institute also admits candidates for the Integrated M.Phil.-Ph.D and Ph.D. programmes on regular basis. Students are also admitted for various certificate/diploma/PG Diploma courses in different disciplines of Physical Education and Sports.
- 1.1.5 The duration of the Bachelor of Physical Education (B.P.E.) course was initially of three years. To bring it at par with other professional degree courses, as also to match the International standards, the duration of the course was extended to four years integrated course and the course was renamed as Bachelor of Physical Education (B.P.Ed.) Integrated. The National Council of Teacher Education (NCTE) has accorded recognition to this course. The 4-Semester M.P.Ed. Degree Course also has recognition from the NCTE.

- 1.1.6 The Institute has opened North East Regional Centre at Guwahati (Assam) from the academic session 2009-10 with the approval of Government of India. The Centre currently offers B.P.Ed. course.
- 1.1.7 The Institute has been accredited by the National Assessment and Accreditation Council (NAAC).
- 1.1.8 The Institute has been certified to the parameters of Integrated Management System (IMS) comprising of ISO 9001 (Quality Management System), ISO 14001 (Environmental Management System) and OHSAS 18001 (Occupational Health and Safety).

## **1.2 CAMPUS**

- 1.2.1 The Lakshmi Bai National Institute of Physical Education (LNIFE) campus is located in Shakti Nagar, on Race Course Road, at a distance of about one kilometer from Gwalior Railway Station. Gwalior is situated on Agra-Mumbai National highway and is on the main North-South rail route, about 320 Km from New Delhi.
- 1.2.2 Institute 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, & administrative block. A state of the art Library building with all modern facilities is available in the campus for use of staff, students, researchers and others. It has seven boys hostels & four girls hostels, separate mess for boys and girls, health center, an indoor swimming pool, an open Olympic size swimming pool, indoor cricket pitch, two indoor gymnasium complexes, judo hall, table tennis hall, weight lifting & weight training halls, squash rackets complex, synthetic hockey field, synthetic track (under construction), air conditioned auditorium and unique multipurpose hall for badminton, basketball and volleyball. It also houses a climbing wall, shooting range, boxing ring and skating rink. The Institute has several other well laid play fields for outdoor games and sports. The Institute's library is stocked with professional books and literature. It subscribes to several professional and research journals/ magazines/periodicals and is undoubtedly the best of its kind in India. The research laboratories are also well equipped with modern and sophisticated equipment to cater to the scholarly needs of the students. Institute also runs a UGC Academic Staff College to conduct orientation and refresher courses for in-service teachers from all over the country.
- 1.2.3 Keeping the expertise and facilities available, the Ministry of Youth Affairs and Sports (MYAS) has established Rajiv Gandhi Khel Abhiyan (RGKA) Resource Centre in the Institute to train Master Trainers'.
- 1.2.4 The campus has sufficient number of residential quarters to house its faculty, officers, and other employees. The campus also has fully furnished guest houses, a facility center, a Bank with ATM facility and a Post Office.

### **1.3 OBJECTIVES**

The objectives for which the Institute is established are:

- 1.3.1 To prepare highly qualified leaders in the field of Physical Education, Sports/Games and other Inter-disciplinary subjects.
- 1.3.2 To serve as a Centre of excellence and innovations in Physical Education and to undertake, promote and disseminate research and also publish literature in this field.
- 1.3.3 To provide professional and academic leadership to other Institutions in the field of Physical Education.
- 1.3.4 To provide vocational guidance and placement service to the people in this field.
- 1.3.5 To promote mass participation in Physical Education activities.
- 1.3.6 To undertake extramural studies, extrusion programmes and field outreach activities to contribute to the development of Society.
- 1.3.7 To develop and promote programme of Physical Education and sports/games in Educational Institutions and other organisations.
- 1.3.8 To provide for instructions and training in such branches of learning as it may deem fit.
- 1.3.9 To do all such other acts and things as may be necessary or desirable to further the objectives of the Institute.

### **1.4 UNDER-GRADUATE PROGRAMME**

The Institute runs 8-Semester Bachelor of Physical Education (Integrated) programme for catering to the growing demand of Physical Education Teachers and Practitioners in Schools and other Institutions. These students will have an opportunity to pursue Master's Degree in Physical Education (M.P.Ed.) with one of the five theory specializations (Physical Education Pedagogy, Exercise Physiology, Sports Psychology, Sports Biomechanics, Health Sciences and Fitness) offered by different departments of the Institute.

This programme is headed by the Director, Under-graduate Studies along with faculties having different specialization.

### **1.5 POST-GRADUATE PROGRAMME WITH SPECIALIZATIONS {Theory and Activity (Game/Sport)}**

The Institute runs Master's Degree in Physical Education (M.P.Ed.) 4-semester Programme in different specialization namely, Physical Education Pedagogy, Exercise Physiology, Sports Psychology, Sports Biomechanics, Health Sciences and Fitness.

These programmes are run by the following departments:

#### **1.5.1 Department of Sports Biomechanics**

The Department of Sports Biomechanics caters to the need of students in the area of analysis of human movements and sports techniques. The Department is offering 4-semester Master's Degree in

Physical Education (M.P.Ed.) course with specialization in Sports Biomechanics and one sports discipline. In addition, the curriculum contains the subjects from other allied areas and research methodology. The stress is laid on the development of in-depth knowledge in the area of science of sports techniques and its practical application. The graduates after passing this course shall be able to analyze the efficiency of human movement and provide scientific backup in the area of sports techniques.

### **1.5.2 Department of Exercise Physiology**

Exercise Physiology is the study of biological and biochemical processes associated with exercise and overload that affects the underlying function of cells and organ systems in the human body. Exercise physiology is a rapidly evolving field that is becoming increasingly important in the delivery of health care/ wellness and care of sports persons. Exercise physiologists work to prevent or delay the onset of chronic disease in healthy participants or to provide therapeutic or functional benefits to patients with known disease.

Research by scientists trained in Exercise Physiology will greatly expand the understanding of the ways in which exercise affects cell function. Advances in research in Exercise Physiology will provide a foundation for many types of exercises related treatment, rehabilitation and bring improvement in the training of sport persons. The area includes cardiovascular, diabetes, aging, sports and female participation, obesity, physiological aspects of extreme sports, disuse atrophy and other ailments too.

The department of exercise physiology has been offering 4-semester Master's Degree in Physical Education (M.P.Ed.), to cater the specialized need of sports person and general population looking for fitness, wellness and highest level of sports performance from the Physiology and Physiology of Exercise perspective.

The major thrust will be on producing post graduate students with specialization in exercise physiology. The aim of the department is to prepare qualified professionals at different levels to promote health and quality of life through the use of appropriate physical activity and lifestyle behaviors.

### **1.5.3 Department of Health Sciences & Fitness**

The Department of Health Sciences and Fitness is offering 4-semester Master's Degree in Physical Education (M.P.Ed.), 4-semester Master's Degree in Yoga, 1-year Post Graduate Diploma in Yoga Education (PGDYEd) and 1-year Post Graduate Diploma in Fitness Management. The Department also takes care of the health needs of the students and staffs. The Department aims to disseminate the knowledge and proficiency in health care, fitness, total health through different courses by adopting multidisciplinary approach. The objective is to re-orient the physical education professionals and other graduates in the field of health and fitness so as to generate vocational opportunities and provide services to the society for wellness quality living.



#### **1.5.4 Department of Sports Psychology**

The Department caters to teach the subject of Sports Psychology by way of offering 4-semester Master's Degree in Physical Education (M.P.Ed.), so as to understand the dynamics behind this subject and its role in the field of Sports and Exercise. Sport psychology is the scientific study of people and their behaviors in sport and exercise setting. The aim of the study of sport psychology is to be able to apply the knowledge learned about these to practical uses. There are two objectives that the field of sport psychology aims to meet. These are: 1) to understand the effects of psychological factors on physical performance; and 2) to understand the effects of participating in physical activity on psychological development, health and well-being. The application of this understanding to real life cases is the essence of sport psychology. The course covers the History, Development (From International Perspective to the National), and Theory of Sports and Exercise Psychology in depth. Emphasis is given on applicability of this knowledge through research for advance programme of Sport Psychology.

#### **1.5.5 Department of Physical Education Pedagogy**

The Department of Physical Education Pedagogy is continuously striving for excellence in Physical Education by improving its faculty in terms of qualification, commitment and innovation; updated curriculum; teaching processes and technology.

The mission of the Department of Physical Education Pedagogy is to facilitate research and scholarly enquiry, the preparation of quality professionals, and the provision of services in Health, Physical Education and Recreation. We embrace lifelong opportunities for discovery, learning and participation that contribute to healthy lifestyle.

#### **1.5.6 Centre for Advanced Studies**

The Centre for Advanced Studies was established in 2009 to administer Ph.D. and M.Phil programmes in Physical Education in order to cater the need of research in the area of Physical Education/Sports and Allied areas and to serve as a nodal agency for research in Physical Education and Sports. This centre runs Integrated M.Phil-Ph.D. programmes & Direct Ph.D. programmes. In addition, the Centre orients the scholars in utilizing various scientific equipments. The centre keeps organizing the research methodology & other specialized research workshops from time to time.

#### **1.5.7 Centre for Sports Coaching & Management**

The Centre offers 1-Year Post Graduate Diploma in Sports Coaching (PGDSC) and 1-Year Diploma in Sports Coaching (DSC) for developing competency and enhancing skills of the participants in the field of sports coaching. The Centre performs with a vision to provide excellence in sports coaching. The Centre seeks to provide highly specialized sports coaching courses, which are based on the latest

technological and professional developments around the world. The main object is to prepare high quality sport coaches and physical fitness trainers in various games/sports with micro specializations, in order to cater to the ever-increasing demand of our Indian society and to uplift the standard of Indian sports.

## **1.6 HOSTEL AND MESS**

It is mandatory for all the students pursuing full-time B.P.Ed., M.P.Ed., M.Phil & Diploma Courses to reside in the hostels and take their meals in the mess. We encourage regular Ph.D. scholar to stay in the campus, however, with prior permission they may stay outside the institute as well. A booklet containing rules and regulations regarding discipline and conduct in the Institute's hostel and mess is given to the students at the time of admission.

### **NOTE:**

- 1. Ragging of any kind is strictly prohibited/ banned in the Institute campus as per the government orders and existing laws. Anybody found indulging in ragging shall be strictly dealt with as per existing laws. As per the orders of Hon'ble Supreme Court of India, if any incident of ragging comes to the notice of the authority, the concerned student/s shall be given liberty to explain and if his explanation is not found satisfactory, the authority would not hesitate to expel such student/s from the Institute.**
- 2. As per the UGC Regulation on Curbing the Menace of Ragging in Higher Educational Institutions 2009 as amended from time to time, all the students enrolled in various courses along with their parents shall submit separate affidavit in prescribed formats, which are available on the Institute website as well as Prospectus.**
- 3. For maintaining peace, tranquility and for disciplinary reasons, no one shall be permitted to keep any motor vehicle in the Hostel. Violation of this rule shall invite severe punishment to the extent of expulsion from the Institute.**

## **1.7 HEALTH CENTRE**

The Institute Health Centre provides treatment on a nominal fee for ordinary injuries and ailments under the supervision of resident doctors. Physiotherapy treatment for sports related injuries is also available. In case of emergency, the students are referred to the government approved hospitals for further treatment. In such cases, they will have to pay the cost of treatment. Medical officers/wardens are authorized to sign on behalf of the parents/guardians for administration of anesthesia or any form of medical treatment involving risk in an emergency. All students are required to follow the Institute's rules regarding health and medical services. Students are also insured under group Medi-claim Policy.

## **1.8 CO-CURRICULAR ACTIVITIES**

The Institute promotes cultural and literary activities through Cultural Club and Literary Society respectively for the students by providing them an opportunity to participate in dramatics, Music, debates, symposia, quiz competition etc. The students are also involved extensively in activities like NCC, NSS, Camping and Adventure programmes to develop leadership qualities and all-round personality.

## 1.9 SPORTS PARTICIPATION

Competitive Sports are an integral part of academic programme of the Institute. After attaining the status of Deemed to be a University, the Institute teams directly participate in the Inter University Tournaments in various games and sports. The Institute teams also participate at different levels as per its policy.

## 1.10 ADMISSION AND RESERVATIONS

The Institute is co-educational and admits candidates from all over India as well as foreign countries. For all courses, reservation policy of Government of India is applicable.

## 1.11 APPLICATION FOR ADMISSION

Application for Admission shall be made **only Online** through the Institute website [www.lnipe.gov.in](http://www.lnipe.gov.in) or through [www.mponline.gov.in](http://www.mponline.gov.in). Detailed information is available in this Prospectus. The fee for online application is payable through Net Banking/Debit Card/Credit Card or Kiosk of MP Online only and the course and admission center wise fee is as under:-

Name of the Course	Test Center	Fees (in rupees)	Remarks
<b>B.P.Ed.</b>	Gwalior, Guwahati	1200/-	Admission form, testing fee and boarding & lodging (without bedding) during the test.
	All other centers	600/-	Admission form and testing fee, (Boarding and lodging to be arranged by the candidates.)
<b>M.P.Ed.</b>	Gwalior, Guwahati	900/-	Admission form, testing fee and boarding & lodging (without bedding) during the test.
<b>All other courses</b>	Gwalior	900/-	Admission form, testing fee and boarding & lodging (without bedding) during the test.

In addition to above fee, the portal charges of MP Online are Rs. 250/- for each Application and Rs. 50/- for Admit Card.

The candidates qualified for counselling in B.P.Ed. and M.P.Ed. Courses will be required to register themselves for counselling, for which portal charges of Rs. 300/- will be payable separately.

**The candidates are advised to go through the instructions given in the application as well as in the Prospectus before submission of application.**

## 1.12 DOCUMENTS REQUIRED AT THE TIME OF ENTRANCE TEST

All eligible candidates (as per the requirement of a particular course) should report for the admission test to the respective test centers on their own along with the following documents:-

- Admit Card (to be generated online);
- Photo Identity Proof in original (as mentioned in the application form); and
- Medical Fitness Certificate in prescribed format.

### **1.13 FOREIGN CANDIDATES**

Foreign candidates applying through diplomatic channels or in personal capacity shall be admitted on the basis of their credentials, attainment of minimum qualifying marks in admission test and meeting acceptable standards in medical examination. No sports bonus marks shall be awarded to foreign candidates. For details, please refer **GUIDELINES FOR ADMISSION OF FOREIGN STUDENTS** at [www.lnipe.gov.in](http://www.lnipe.gov.in).

### **1.14 GENERAL CONDITIONS FOR ADMISSION**

The following conditions of admission shall apply to all the candidates seeking admission in different courses:-

- 1.14.1 Candidates expelled from any other Board/Institute/University or dismissed from Government service on disciplinary grounds and those who are known to have been involved in acts of crime and gross indiscipline or misconduct will not be eligible for admission. The Institute may approach the police for verification in this regard. After admission, if any body found guilty in this regard, he/she will have to discontinue the course.
- 1.14.2 The medium of examination shall be either Hindi or English for all the courses.
- 1.14.3 Admission will be granted to the candidates at their own risk and responsibility as per details furnished by them. If, at any time, it is noticed that the admission has been obtained by giving incorrect or false information or concealing information or oversight, the admission granted will be cancelled and the candidate shall be asked to leave the Institute.
- 1.14.4 All the selected candidates will be required to submit attested copies of the following documents along with their respective originals for verification at the time of taking admission after due process of counselling within the stipulated time period for this purpose:-
  - 1.14.4.1 Mark-sheet of the qualifying examination.
  - 1.14.4.2 Proof of date of birth (Mark-sheet of Secondary/Senior Secondary examination).
  - 1.14.4.3 Character certificate from the Institute last attended.
  - 1.14.4.4 Bonafide SC / ST / OBC certificate, if applicable, in prescribed format.
  - 1.14.4.5 Declaration regarding non-creamy layer (applicable for OBC candidates only) in prescribed format.
  - 1.14.4.6 Sports Participation/Sports Merit Certificate.
  - 1.14.4.7 Migration Certificate from the Board/University/Institute last attended.\*
  - 1.14.4.8 Undertaking in prescribed format.
  - 1.14.4.9 Affidavits of self and parents regarding Anti-Ragging in the prescribed format.
  - 1.14.4.10 Seat Allotment Letter.

\* In case the individual fails to submit Migration Certificate at the time of registration, it can be submitted latest by **30<sup>th</sup> September 2015** in the Academic Section of this Institute.

1.14.5 Physical performance tests during admission process may involve risk of injury or physical strain. The Institute does not take any responsibility in the event of any such eventuality.

1.14.6 Candidates, failing to meet stipulated guidelines in qualifying examination, shall not be eligible to appear in the admission test. Similarly, ineligible candidates (those, who fail to deposit the required documents by the stipulated date) even after attaining position in merit list among provisionally selected candidates, shall not be eligible for admission.

1.14.7 Candidates should be appropriately dressed to undergo Entrance Test/Physical Fitness/Sport Proficiency Tests.

### **1.15 SELECTION OF CANDIDATES**

1.15.1 The selection of candidates on the basis of entrance test shall be made through the process of online off-campus counselling.

1.15.2 The eligibility of candidates to appear in counselling shall be declared in their respective categories, which shall be purely provisional and on the basis of declarations made by the candidates in their application forms. Therefore, the candidates are advised to fill-in the form carefully. If a candidate declares himself/herself belonging to reserved category but the appropriate documents are not up to the satisfaction of the Institute and is not submitted at the time of admission, then his/her provisional selection in that category will stand cancelled.

1.15.3 The selected candidates will be required to undergo a medical test to be conducted by the Institute. All those who are certified as medically fit by the Institute's Doctors, will be finally admitted.

### **1.16 PAYMENT OF FEES**

The finally selected candidates shall be required to pay fee online as mentioned in the fee structure under different **Annexures** for various courses after deduction of Rs. 1000/- which is payable at the time of counseling, which is non-refundable for selected candidates. In case, any student fails to deposit fee within the stipulated period, his/her admission shall stand cancelled and other candidates will be admitted through counseling.

### **1.17 ATTENDANCE, CONDUCT, REFUND OF FEE AND CAUTION MONEY**

1.17.1 Regulations regarding attendance, examinations and results are to be strictly followed by the students as prescribed in the relevant ordinance and also announced from time to time by the Institute. The Institute expects 100% attendance from the students in each subject/activity/area of the total curriculum but, due to medical leave/social engagements leave/personal leave etc., a relaxation of 15% is given. In exceptional and deserving cases, the Vice-chancellor

may give further relaxation up to 10% in attendance. Besides this the students need to abide by the attendance rule of the Institute if it amended by the Institute at any point of time.

- 1.17.2 Students are expected to maintain exemplary conduct inside and outside the Institute. Breach of Institute rules may result in disciplinary action including expulsion from the Institute and the Institute reserves the right to make changes in the rules at any time, which will be notified to the students for their compliance. All the disciplinary cases of the students shall be dealt as per the 'BYE-LAWS ON DISCIPLINE AND PROPER CONDUCT BY STUDENTS'. At the time of admission, every student shall be required to sign a declaration to the effect that he/she submits himself/herself to the disciplinary jurisdiction of the Vice-Chancellor and other bodies/authorities of the Institute.
- 1.17.3 Students involved in gross misconduct and found guilty will be punished suitably, which includes barring them to represent the LNIFE teams in Inter University and other sports competitions for duration of one year or admission to higher courses.
- 1.17.4 Refund of fee to the students shall be regulated as per the UGC norms as revised from time to time.
- 1.17.5 Refund of caution money (if due) shall be made by the Institute only after the declaration of final result of the course and on production of no dues certificate.
- 1.17.6 Students are advised to visit notice boards regularly, displayed at different places pertaining to academic matters. They should also regularly visit "**Student's Corner**" at homepage of Institute website.
- 1.17.7 The students will be supplied a copy of the Institute rule book.

## **1.18 UNIFORM**

Students are required to procure uniform on their own as prescribed by the Institute by way of display in the respective departments, failing which they will not be permitted to undergo the course. The students are therefore, advised to bring sufficient amount of money for procuring the uniform, which is likely to cost around Rs. 6,000/-.

## **1.19 SPORTS EQUIPMENT**

All students have to procure personal equipment as specified for different games/sports at their own cost, depending upon the activity schedule, for instance, rackets for badminton, table tennis, and squash, hockey stick, cricket bat, judo dress, swimming costume etc.

## **1.20 CLOTHING AND OTHER REQUIREMENTS**

Due to extreme weather condition, both at Gwalior and Guwahati, temperature ranges between 35°C and 45°C in summers, and 05°C and 12°C in winters. Hence, the students are advised to bring sufficient warm clothing for winter season.

All the students are supposed to bring bucket, mug, big plate (one each), quarter plates, bowls, tumblers and spoons (two each) for their daily needs.

## **1.21 SCHOLARSHIPS**

### **1.21.1 Merit Scholarship**

This is awarded to the top 10 (ten) students of B.P.Ed. and top 5 (five) students of M.P.Ed courses each year.

### **1.21.2 Fellowship for M.Phil. Scholars**

Rs. 1000/- per month will be awarded to all M.Phil. Scholars subject to the condition that they are non recipient of any kind of financial help from any other source (including salary).

### **1.21.3 Other Scholarships**

Most of the States and Union Territories Governments offer scholarships to their domiciled students like, Assam, Arunachal Pradesh, Gujarat, Himachal Pradesh, Karnataka, Lakshadweep, Tripura, Uttar Pradesh, Maharashtra, Madhya Pradesh, Nagaland, Pondicherry, Punjab, Tamil Nadu and West Bengal. In addition, scholarships are also awarded by North East Council. As per the directives of University Grants Commission, all the eligible SC/ST, OBC students should submit their scholarship form for the academic year by February for processing scholarship.

### **1.21.4 Prof. R.P. Sharma Scholarship**

The best footballers (one Men and one Women) will be awarded this scholarship amounting to Rupees One thousand (Rs. 1000/-) each year from the interest of the fixed deposit made by the family members of (Late) Prof. R.P. Sharma.

#### **NOTE:**

**Award of any scholarship is liable to be withdrawn in case of unsatisfactory work or misconduct.**

## **1.22 AWARD OF DEGREE/DIPLOMA**

The selected candidates shall be awarded Degree/Diploma, to which they have been admitted, subject to successful completion of examination as per requirement prescribed under the rules/Scheme of Examination of relevant Courses, which is available on Institute website [www.lnipe.gov.in](http://www.lnipe.gov.in).

## **1.23 IMPORTANT INSTRUCTIONS**

1.23.1 Candidates must wear proper sports uniform for appearing in the admission test.

1.23.2 Boarding and Lodging arrangements for the candidates during the admission test shall be provided at LNIPE, Gwalior and NERC Guwahati on payment basis which is compulsory, non refundable and included in the cost of online application. Parents accompanying the wards shall make their own boarding and lodging arrangement outside the Institute. The Candidates reporting to other center/s except Gwalior and Guwahati shall be required to make their own boarding and lodging arrangements.

- 1.24 The proposed courses will be run subject to administrative viability. The Institute may decide not to run any course proposed in this prospectus if the number of selected candidates is less than 10 (ten) except for Ph.D. and Integrated M.Phil-Ph.D. programme.**
- 1.25 The Institute has a right to alter or modify contents of the prospectus as per the administrative feasibility in future.**
- 1.26 This prospectus supersedes all previous issues and the contents of this and previous prospectus cannot be produced for any legal purpose. All disputes, however, shall be subject to Gwalior Jurisdiction.**
- 1.27 After grant of admission, no change of study centre from Gwalior to Guwahati or vice-versa shall be permitted at any stage.**
- 1.28 The cost of online application is non-refundable.**
- 1.29 In case of any discrepancies in the English & Hindi Version of the Prospectus, the English version will be authentic and valid.**



### 1.30 Course Information (Academic Session 2015-16)

Name of Course	Course Duration	Total seats	Last Date to receive application	Admission Testing Center	Date of Admission / Eligibility Test
Bachelor of Physical Education (B.P.Ed.)	8 Semesters	150 at LNIPE Gwalior and 100 at NERC, Guwahati	July 8, 2015	Gwalior, Patiala, Kolkata, Dehradun, Guwahati, Jaipur, Ranchi	July 15-18, 2015
Master of Physical Education (Sports Biomechanics)	4 Semesters	80 (16 in each department)	June 22, 2015	Gwalior, Guwahati	June 25-26, 2015
Master of Physical Education (Exercise Physiology)					
Master of Physical Education (Health Education)					
Master of Physical Education (Sports Psychology)					
Master of Physical Education (Physical Education Pedagogy)					
Master of Arts in Yoga	4 Semesters	20	July 23, 2015	Gwalior	July 30-31, 2015
Integrated M.Phil.-Ph.D Programme in Physical Education	7 Semesters	15	July 04, 2015	Gwalior	July 10, 2015
Doctor of Philosophy (Ph.D.) in Physical Education (Regular Programme)	As per UGC Regulations	10 may increase	July 04, 2015	Gwalior	July 07, 2015
Post Graduate Diploma in Yoga Education (PGDYEd)	1 Year	15	July 23, 2015	Gwalior	July 30-31, 2015
Post Graduate Diploma in Fitness Management (PGDFM)		15			
Post Graduate Diploma in Sports Coaching (PGDSC) (Athletics, Basketball, Football, Volleyball, Cricket, Badminton, Lawn Tennis and Hockey)	1 Year	15 (In each Sports/Game)	July 20, 2015	Gwalior	July 27-28, 2015
Diploma in Sports Coaching (DSC) <b>(for in-service Defense personnel only)</b> (Athletics, Basketball, Football, and Volleyball)		15 (In each Sports/ Game)			

## 2. BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.) 8-Semester

### 2.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	July 08, 2015
Availability of Downloading the Admit Card (Online)	July 13, 2015
Reporting Time for Admission Test	10:00 am on July 15, 2015
Dates of Admission Tests	July 15-18, 2015
Admission Test Centers	As per list given in <b>ANNEXURE - I</b>
Total No. of Seats for : LNIPE, Gwalior : NERC, Guwahati	150 100
Entrance Test Result (online)	July 23, 2015

### 2.2 COUNSELLING SCHEDULE

Schedule	I-Phase	Up-gradation of seat after 1-Phase	II-Phase
Online Counselling of qualified candidates	July 23-24, 2015	-	August 05-06, 2015
Seat Allotment Letter (online)	July 27-29, 2015	August 02-03, 2015	August 10-12 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	July 28-29, 2015	August 02-03, 2015	August 10-12, 2015
Registration and Payment of fee (online)	-do-	-do-	-do-
Commencement of classes/orientation	July 31, 2015	-	-

**NOTE:**

**Students should come prepared for the classes when they report for Medical Examination.**

#### A. Division / Reservation of seats at LNIPE Gwalior:

Category	Men	Women	Total
SC (15%)	16	07	23
ST (7.5%)	08	03	11
OBC (27%)	28	12	40
General	53	23	76
<b>TOTAL</b>	<b>105</b>	<b>45</b>	<b>150</b>
Jammu & Kashmir migrants (Supernumerary)	-	-	<b>02</b>

**B. Division / Reservation of seats at NERC, Guwahati:**

<b>Category</b>	<b>Men</b>	<b>Women</b>	<b>Total</b>
SC (15%)	11	04	15
ST (7.5%)	06	02	08
OBC (27%)	19	08	27
General	34	16	50
<b>TOTAL</b>	<b>70</b>	<b>30</b>	<b>100</b>
Jammu & Kashmir migrants (Supernumerary)	-	-	<b>02</b>

**NOTE:**

**The duration of the B.P.Ed. Course is 8 semesters. A candidate must complete the Course and pass the final examination within six academic years from the first admission to B.P.Ed.**

**2.3 ELIGIBILITY FOR ADMISSION:**

A candidate shall be eligible to appear in admission test:

2.3.1 If he/she has passed Senior Secondary Certificate Examination (10+2) or Intermediate/equivalent examination from any recognized Education Board/University etc. with at least 50% Marks for General and OBC categories. 45% Marks for SC/ST category and also for candidates who have participated in International/National/Inter University/School Nationals Games (SGFI) in Sports Competitions or position holders of Inter-Zonal University Games/Sports. No other championship shall be considered.

2.3.2 The reservation of seats and/or relaxation in qualifying marks for SC/ ST/OBC and other categories shall be as per the rule of Government of India.

2.3.3 Before reporting for admission the candidate should read the General Conditions for Admission at para 1.14.

2.3.4 Supplementary/compartments candidate/s in qualifying examinations in the session 2014-15 are not eligible for appearing in entrance test.

2.3.5 The age of the candidate should be below 24 years on 1st July, 2015. The age limit is relaxable up to 29 years in case of SC/ST/OBC/ foreign candidates.

**NOTES:**

**1. Candidates should note that no “call letter” for the entrance test shall be sent to them by post. They should download the admit card online after filling up the online admission form.**

**2. The SC/ST/OBC certificates should bear the issue date.**

**2.4 WOMAN CANDIDATES:**

Married woman is eligible for admission in B.P.Ed. However, if she gets pregnant during course, she will have to discontinue her studies for at least one academic year. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

## 2.5 CHOICE OF STUDY CENTRE

All the candidates applying for B.P.Ed admission shall give their choice of study centre.

Choice – 1 : Gwalior/Guwahati  
Choice – 2 : Guwahati/ Gwalior

### **NOTE:**

**There shall be no migration permitted from one study centre to another study centre.**

## 2.6 TESTING AREAS:

2.6.1 Physical Fitness	-	50 marks
2.6.2 Proficiency in Games & Sports	-	50 Marks
2.6.3 General Awareness, Sports Awareness, Reasoning and Communicative Skills (Written Test)	-	50 Marks

## 2.7 DETAILS OF TESTS

2.7.1 **Physical Fitness:** Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE –II (A-D)**.

2.7.2 **Proficiency in Games & Sports:** Marks will be awarded by a committee on the basis of skills performed and performance in one game/sport, as opted by the candidate. Testing shall be done in following games/sports: Archery, Artistic Gymnastics, Badminton, Basketball, Boxing, Cricket, Football, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Lawn Tennis, Squash Rackets, Softball, Swimming, Diving & Water Polo, Table Tennis, Track & Field, Volleyball, Weight-Lifting, Power Lifting and Best Physique, Wrestling, Yoga, Canoeing / Kayaking and Cycling.

### **NOTE:**

**Archery, Canoeing / Kayaking and Cycling will be tested at Guwahati Centre only.**

2.7.3 The Written Test shall be either in English or in Hindi. The Duration of Test shall be of 90 minutes.

## 2.8 AWARD OF BONUS MARKS

All those candidates who have represented India in any International Championship OR who have won positions during last three academic sessions (i.e. July 2012 to April 2015) in the Junior / Senior National Championships, being organized by respective National Federation / All India or Inter-Zonal Inter-University Tournament or SGFI National meets, will receive Bonus Marks as per the criteria given below:

2.8.1 Represented India in any game/sport Sponsored by IOA/  
Federation : 10 Marks.

2.8.2 Position holders at Inter-State championship Organized by Government Recognized Association/Federation in games and sports

1 <sup>st</sup> Place	:	10 Marks
2 <sup>nd</sup> Place	:	09 Marks
3 <sup>rd</sup> Place	:	08 Marks

2.8.3 Position Holder at All India/Inter-Zonal Inter University Competitions/Junior National Competitions Organized by Government Recognized Association/ Federation in games and sports

1 <sup>st</sup> Place	:	08 Marks
2 <sup>nd</sup> Place	:	07 Marks
3 <sup>rd</sup> Place	:	06 Marks

2.8.4 Position holder at SGFI National Competitions

1 <sup>st</sup> Place	:	06 Marks
2 <sup>nd</sup> Place	:	05 Marks
3 <sup>rd</sup> Place	:	04 Marks

**NOTE:**

**The bonus marks will be given in only those games/sports, which are in the competition list of Association of Indian Universities (AIU) and/or School Games Federation of India (SGFI).**

## **2.9 FEE STRUCTURE**

Each Student shall pay the fee as given in **ANNEXURE-IV**.

## **2.10 UNIFORM**

Students of B.P.Ed. will be required to purchase the Uniform as per Institute rules which are mentioned in **ANNEXURE-VII**

## **2.11 COURSE CONTENTS**

During the eight-semester course, the students will be taught / provided experience in the following areas:

PART-A	:	Theory Subjects
PART-B	:	Activities (Games & Sports)
PART-C	:	Teaching Practice (Activity and Theory)
PART-D	:	Sport/Game Specialization
PART-E	:	Internship

In B.P.Ed.-I, II, III & IV Sem. Part- A and B will be taught. In B.P.Ed.- V & VI Sem. Part-A, B, and C will be taught. In B.P.Ed.- VII & VIII Sem. Part-A, Part- C and Part-D will be taught, whereas practical experience will be provided in Part-E in VII Semester.

### **2.11.1 PART-A: THEORY**

**The following subjects will be taught in B.P.Ed. eight-semester course:** Introduction & History of Physical Education; English & Communication Skills; Fundamentals of Computer & IT; Anatomy & Physiology; Educational Technology; Introduction to Social Science & Environmental Studies; Recreation; Methods in Physical Education; Educational Psychology; Kinesiology; Movement Education; Correctives & Rehabilitation; Fitness Management; Basics of Sports Training; Health Education; Measurement and Evaluation in Physical Education; and Management of Physical Education and Sports.

### 2.11.2 **PART-B: ACTIVITY**

**The following activities will be taught in B.P.Ed. Eight semester course:** Track & Field; Swimming; Basketball; Light Apparatus and Minor Games; Kabaddi; Football; Weight Training; Kho-Kho; Gymnastics; Hockey; Volleyball; Judo; Wrestling (Boys)/ Rhy. Gymnastics (Girls) at Gwalior / Archery at Guwahati; Tennis; Cricket; Yoga; Badminton; Table Tennis; Weight Lifting, Power Lifting & Best Physique; Squash (Gwalior) / Boxing (Guwahati); Movement Training (Gwalior)/ Cycling (Guwahati).

**NOTE:**

**The games/sports/activities mentioned in Part-B can be altered / replaced / deleted keeping administrative feasibility in mind.**

### 2.11.3 **PART-C: TEACHING PRACTICE (V TO VIII SEMESTER)**

Activity Teaching is included in B.P.Ed.- V & VI semesters under Teaching Practice whereas Theory Teaching is included in B.P.Ed. VII & VIII semesters. Activity teaching includes 10 lessons on Skills of Games and Sports, Calisthenics, Light Apparatus, Marching, Handling Primary Class, Rhythmics, Teaching Children with Special needs etc. Theory teaching includes 10 lessons in subjects which are taught in B.P.Ed. and rules and their interpretations pertaining to games and sports.

### 2.11.4 **PART-D: SPORTS SPECIALIZATION**

Sport/Game specialization is offered in B.P.Ed.-VII & VIII semesters and includes any one of the following sports/games keeping administrative feasibility in mind: Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Tennis, Track & Field, Volleyball, Weight Lifting and Yoga. Sports Specialization includes the following three areas:

- a. Theory of Game/Sport
- b. Skill Proficiency
- c. Coaching Lessons

### 2.11.5 **PART-E: INTERNSHIP**

Internship is to be completed in Teaching Physical Education subject and activities in schools after VI Semester but, before joining VII Semester.

**NOTE: The duration of internship shall be about 6 to 8 weeks.**

### **2.12 OTHER ACTIVITIES:**

Besides the above-mentioned subjects and activities, the Institute organizes a Leadership Training Camp of 10-day duration for IV semester students, which is mandatory.

**THE ADMISSIONS TO B.P.Ed. COURSE WILL BE CLOSED ON AUGUST 14, 2015.**

### 3. MASTER OF PHYSICAL EDUCATION (M.P.Ed.) 4-semester

#### 3.1 DISCIPLINE / SPECIALISATION AREAS

Master of Physical Education (M.P.Ed.) shall be available in the following areas:

**3.1.1 Sports Biomechanics**

**3.1.2 Exercise Physiology**

**3.1.3 Health Education**

**3.1.4 Sports Psychology**

**3.1.5 Physical Education Pedagogy**

#### 3.2 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	June 22, 2015
Availability of Downloading the Admit Card (Online)	June 23, 2015
Reporting Time for Admission Test	10:00 am on June 25, 2015
Dates of Admission Tests	June 25-26, 2015
Admission Test Centers	Gwalior & Guwahati
Total No. of Seats for : LNPE, Gwalior	80
Entrance Test Result (online)	June 30, 2015

#### 3.3 COUNSELLING SCHEDULE

Schedule	I-Phase	II-Phase
Counselling of qualified candidates (online)	July 01-02, 2015	July 13-14, 2015
Seat Allotment Letter (Online)	July 07, 2015	July 17, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	July 07-08, 2015	July 20-21, 2015
Registration and Payment of fee (online)	-do-	-do-
Commencement of classes/orientation	July 09, 2015	-

**NOTE:**

Students should come prepared for attending classes when they report physically as per above schedule.

#### 3.4 RESERVATION OF SEATS

Category	Gwalior
SC (15%)	12
ST (7.5%)	06
OBC (27%)	22
GENERAL	40
<b>TOTAL</b>	<b>80</b> (16 each in specialization area)
Jammu & Kashmir migrants (supernumerary)	02

**NOTE:**

A candidate should complete the requirement for obtaining the degree within a period of 3 years from the date of admission to M.P.Ed.

### 3.5 ELIGIBILITY FOR ADMISSION

3.5.1 Bachelor of Physical Education (BPEd) or equivalent with at least 50% marks.

**OR**

Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks.

3.5.2 The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC and other categories shall be as per the rules of the Central Government / State Government whichever is applicable.

3.5.3 Candidates placed in compartment/supplementary in the qualifying examination are not eligible for appearing in admission test.

### 3.6 WOMAN CANDIDATES

Married woman is eligible for admission in M.P.Ed. However, if she gets pregnant during course, she will have to discontinue her studies for at least one academic year. She can join back afresh from the beginning of the semester keeping the guidelines pertaining to the maximum duration of the course in mind.

### 3.7 ADMISSION PROCEDURE

Admission shall be made on merit in the Entrance Test and through online counselling.

### 3.8 ADMISSION TEST : 200 MARKS

The admission test includes the following areas:

<b>Sports Proficiency</b>		
a.	Skill/Playing Ability Test	50 Marks
b.	Sports/Game Theory Test (Written)	25 Marks

(For Sports Proficiency, a candidate may select any one the following sports: Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Table-Tennis, Tennis, Volleyball, Yoga & Weight Lifting).

<b>Knowledge Test (Written)</b>		
a.	General Knowledge & Reasoning	25 Marks
b.	Professional Competence in P.E.& Sports	100 Marks

### 3.9 PROCEDURE FOR CONDUCTING TESTS:

**Skill/Playing Ability Test:** The Sport/Game Proficiency will be assessed on the basis of performance given by the candidate in technique, execution and/or overall playing ability in selected sport/game.



**Written Test:** The duration of Written Test will be **2 hours** and shall comprise of General Knowledge & Reasoning, Professional Competence in Physical Education & Sports and Sports/Game Theory Test in the area of Sport Specialization. For Sports/Game Theory Test, the candidate should select one Sport/Game from the option mentioned at 3.8 above. The Syllabus for Sports/Game Theory Test and professional competence in Physical Education & Sports is placed at **ANNEXURE - VIII (A-B)** respectively. The questions of written test will be objective in nature.

### **3.10 FEE STRUCTURE**

As per **Annexure - IV**.

**THE ADMISSIONS FOR M.P.Ed. COURSE WILL BE CLOSED ON JULY 21, 2015.**

# DEPARTMENT OF HEALTH SCIENCES AND FITNESS

## 4. MASTER OF ARTS IN YOGA (M.A.) – 4-SEMESTER

### 4.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	July 23, 2015
Availability of Downloading the Admit Card (Online)	July 27, 2015
Reporting Time for Admission Test	10:00 am on July 30, 2015 at Yoga Hall, LNIPE, Gwalior
Dates of Admission Tests	July 30-31, 2015
Total No. of Seats	20
Entrance Test Result (online)	August 05, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	August 05-06, 2015
Registration and Payment of fee	-do-
Commencement of classes/orientation	August 10, 2015

### 4.2 RESERVATION OF SEATS:

Category	Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Jammu & Kashmir migrants (supernumerary)	02

### 4.3 ELIGIBILITY FOR ADMISSION

4.3.1 Bachelor in Physical Education(BPE) / BPEd recognized by the University/Institute with 45% aggregate marks (40% for SC/ST candidate), with one year specialization in yoga/Certificate Course (Minimum Six Week) in Yoga.

**OR**

4.3.2 Bachelor Degree recognized by the University/Institute with 45% aggregate marks (40% for SC/ST candidate) with additional requirement of Diploma in Yoga / Certificate Course (Minimum Six Weeks) in Yoga.

### 4.4 WOMAN CANDIDATES

Married woman is also eligible for admission in M.A. in Yoga course. In case, a woman candidate conceives during the course, she will have to discontinue her studies for a minimum period of one year. She can join back afresh from the beginning of the same semester in next year keeping the guidelines pertaining to the maximum duration of the course in mind.

#### **4.5 ADMISSION PROCEDURE**

Admission shall be made on merit in the Entrance Test.

#### **4.6 ADMISSION TEST (100 MARKS)**

The admission test includes the following areas:

**Practical** **50 Marks**

**Written Test** **35 Marks**

**Interview** **15 Marks**

#### **4.7 PROCEDURE FOR CONDUCTING TESTS:**

**Written Test:** Basic Awareness in the field of Yoga (Subjective and Objective questions)

**Practical:** The applicant will be tested in Yogic Practices

**Interview:** General Awareness

#### **NOTE:**

**A candidate should complete the requirement for obtaining the degree within a period of 3 years from the date of admission to M.A. (Yoga).**

#### **4.8 FEE STRUCTURE**

As per **Annexure – IV**.

## 5 POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd) – 1-Year

### 5.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	July 23, 2015
Availability of Downloading the Admit Card (Online)	July 27, 2015
Reporting Time for Admission Test	10:00 am on July 30, 2015 at Yoga Hall, LNIPE, Gwalior
Dates of Admission Tests	July 30-31, 2015
Total No. of Seats	15
Entrance Test Result (online)	August 05, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	August 05-06, 2015
Registration and Payment of fee	-do-
Commencement of classes/orientation	August 10, 2015

### 5.2 RESERVATION OF SEATS:

Category	Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08

### 5.3 ELIGIBILITY FOR ADMISSION

The aspirants should have obtained minimum 45% (40% for SC/ST) Marks in Bachelor Degree in any discipline from a recognized University/Institute.

### 5.4 WOMAN CANDIDATES

Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next Academic Year.

### 5.5 TESTING AREAS

<b>Practical skills (Yogic Practice)</b>	:	<b>50 Marks</b>
<b>Written Test</b> (General Awareness of Yogic Practice & Domain Knowledge)	:	<b>40 Marks</b>
<b>Interview</b>	:	<b>10 Marks</b>

### 5.6 FEE STRUCTURE

As per the **Annexure VI**.

Besides fee, students have to bear all expenses on their own for Internship for Yoga and Naturopathy Training which is a part of the course (Training will be conducted outside Gwalior for a one month period and is compulsory for every student.) Students have to find out their own training centers.

#### **NOTE:**

**A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.**

## 6 POST GRADUATE DIPLOMA IN FITNESS MANAGEMENT (PGDFM) – 1-Year

### 6.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	July 23, 2015
Availability of Downloading the Admit Card (Online)	July 27, 2015
Reporting Time for Admission Test	10:00 am on July 30, 2015 at Yoga Hall, LNIPE, Gwalior
Dates of Admission Tests	July 30-31, 2015
Total No. of Seats	15
Entrance Test Result (online)	August 05, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	August 05-06, 2015
Registration and Payment of fee	-do-
Commencement of classes/orientation	August 10, 2015

### 6.2 RESERVATION OF SEATS:

Category	Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08

### 6.3 ELIGIBILITY FOR ADMISSION

The aspirants should have obtained minimum 45% (40% for SC/ST) Marks in Bachelor Degree in any discipline from a recognized University.

### 6.4 WOMAN CANDIDATES

Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next Academic Year.

### 6.5 TESTING AREAS

**Practical (Physical Fitness Test) : 50 Marks**

The marks will be awarded in Physical Fitness on the basis of performance in 50 meter sprint, standing broad jump, over head back throw (medicine ball) and 1000 meter run/walk.

**General Awareness (Written Test) : 40 Marks**

Basic knowledge on fitness concepts will be tested in the form of a written test of objective type.

**Interview : 10 Marks**

### 6.6 FEE STRUCTURE

As per **Annexure VI**.

Besides fee, students have to bear all expenses on their own for Internship for Fitness Training which is a part of the course (Training will be conducted outside Gwalior for a one month period and is compulsory for every student.) Students have to find out their own training centers.

### **NOTE:**

**A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.**

## CENTRE FOR SPORT COACHING

### 7. POST GRADUATE DIPLOMA IN SPORTS COACHING (PGDSC) – 1-Year

In Athletics, Basketball, Football, Volleyball, Cricket, Badminton, Lawn tennis, Hockey.

#### 7.1 ADMISSION SCHEDULE

Last Date of Receipt of online Application	July 20, 2015
Download Admit Card (Online)	July 24, 2015
Reporting Time for Admission Test	10:00 am on July 27, 2015 at Multipurpose Hall, LNIPE, Gwalior
Dates of Admission Tests	July 27-28, 2015
Total No. of Seats	15 in each Sports/Game
Entrance Test Result (online)	August 03, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	August 03-04, 2015
Registration and Payment of fee	-do-
Commencement of classes/orientation	August 05, 2015

#### 7.2 RESERVATION OF SEATS:

Category	Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08

#### 7.3 ELIGIBILITY FOR ADMISSION TO PGDSC

A candidate shall be eligible to appear in admission test for Post Graduate Diploma in Sports Coaching if he/she has passed any one of the following examinations, conducted by a recognized University, with at least 45% marks (40% in case of International Sports persons and SC/ST):

Bachelor of Physical Education (B.P.Ed./B.P.E.) with Inter – University / National level participation in the concerned game / sport.

OR

A Post Graduate Degree / Diploma in Physical Education of at least one year duration after graduation with Inter – University / National level participation in the concerned game / sport.

OR

Graduates having Physical Education as one of the main subjects with Inter – University / National level participation in the concerned game / sport.

OR

Graduates from any stream from recognized University / Institute with Inter – University / National level participation in the concerned game / sport.

The age of the candidate should be below 35 years on 1st July, 2015. The age limit is relaxable up to 3 years for OBC/in service/foreign candidates and 5 years for SC/ST and International Sports Persons.

#### **7.4 WOMAN CANDIDATES**

Married woman is also eligible for admission. In case, a woman candidate conceives during the course, she will have to discontinue her studies. She can join back in the next Academic Year.

#### **7.5 PROCEDURE FOR ADMISSION TO PGDSC**

Admission to the Post Graduate Diploma in Sports Coaching will be granted on the basis of merit in the Admission Test of 200 Marks as given hereunder:

**Physical fitness Test** : **40 Marks**

The Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, broad jump, over head back throw (medicine ball) and 1000 meters run/walk. The norms are given in **ANNEXURE – III (A) – III (D)**.

**Written Test (One hour duration)** : **50 Marks**

General reasoning : 10 Marks

Sports general knowledge : 10 Marks

Professional Knowledge in relevant game / sport: 30 Marks

**Proficiency in Game / Sports** : **100 Marks**

(Skills and playing ability tests in relevant game / sport

**Personal Interview** : **10 Marks**

#### **7.6 FEE STRUCTURE**

As per **Annexure VI**.

#### **NOTE:**

**A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.**

## 8 DIPLOMA IN SPORTS COACHING (DSC) – 1-YEAR (For In-service Defence Personnel)

In Athletics, Basketball, Football, Volleyball.

### 8.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (online)	July 20, 2015
Availability of Downloading the Admit Card (Online)	July 24, 2015
Reporting Time for Admission Test	10:00 am on July 27, 2015 at Multipurpose Hall, LNIPE, Gwalior
Dates of Admission Tests	July 27-28, 2015
Total No. of Seats	15 in each Sports/Game
Entrance Test Result (online)	August 03, 2015
Reporting in person, verification of original documents and Medical Examination at Study Centre.	August 03-04, 2015
Registration and Payment of fee	-do-
Commencement of classes/orientation	August 05, 2015

### 8.2 PROCEDURE FOR ADMISSION

The admission to Diploma in Sports Coaching is restricted to elite sports persons from defence forces, who are selected and deputed to the course by the Services Sports Control Board (SSCB). The selection Test shall be conducted by the Institute as per the Norms for Admission.

### 8.3 ELIGIBILITY FOR ADMISSION

A candidate shall be eligible to appear in admission test for Diploma in Sports Coaching if he has passed 10+2 examination/equivalent examination conducted by CBSE/State or UT Board/Open School Board and duly forwarded by the Services Sports Control Board (SSCB).

### 8.4 PROCEDURE FOR ADMISSION TO DSC

Admission to the Diploma in Sports Coaching will be granted on the basis of merit in the admission test of 200 marks as given here under:

**Physical Fitness Test** : **40 Marks**

The Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, broad jump, over head back throw (medicine ball) and 1000 meters run/walk. The norms are given in **ANNEXURE – III (A) – III (D)**

**Written Test (One hour duration)** : **50 Marks**

General reasoning : 10 Marks

Sports general knowledge : 10 Marks

Professional knowledge in relevant game/sport : 30 Marks



**Proficiency in Game/Sport** : **100 Marks**  
(Skills and playing ability tests in relevant game / sport)

**Personal Interview** : **10 Marks**

**8.5 FEE STRUCTURE**  
As per **Annexure VI**.

**NOTE:**

**A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.**

# CENTRE FOR ADVANCED STUDIES

## 9. INTEGRATED M.PHIL-PH.D. PROGRAMME IN PHYSICAL EDUCATION

The integrated M.Phil-Ph.D. programme has been designed to upgrade the teaching skills of the masters degree students of physical education in different specialized areas like exercise physiology, health sciences and fitness, sport psychology, sport biomechanics, pedagogy. Besides this the program focuses to enhance the competency of the candidates in research methodology and statistical application in physical education and subject specialization. This program helps them to learn the skills required not only to conceptualize and develop the desired research problem but also to undertake the research study and complete the task of dissertation writing. This program after completion equips the candidate to become a mature teacher who can fulfill the role of a good teacher in the college and university departments of physical education. The prospective candidates are advised to refer to the institute's website [www.lnipe.gov.in](http://www.lnipe.gov.in) for other details of this program.

### 9.1 ADMISSION SCHEDULE FOR INTEGRATED MPhil-PHD

Last Date of Receipt of Application (online)	July 04, 2015
Download Admit Card (online)	July 07, 2015
Date of Research Eligibility Test (RET)	July 10, 2015
Date of Presentation/Interview for Successful candidates in RET, only	July 13, 2015
Declaration of Final Result	July 14, 2015
Date of Registration	July 15-20, 2015
Commencement of Course Work	July 21, 2015

### 9.2 PROGRAM FEATURES

- 9.2.1** The integrated M.Phil-Ph.D. programme is a 7 semesters (three and half year) full time programme offered from LNIPE Gwalior campus.
- 9.2.2** The minimum duration in which the candidate can complete this integrated programme is Three and half years (7 semesters) and the maximum duration is five and half years(11 semesters). Out of this period minimum of 3 semesters should be spent in completing M.Phil phase of the programme for which maximum duration is 5 consecutive semesters.
- 9.2.3** If a candidate fails to qualify the course work in the first semester or any or all the subjects in the second semester he/she may be allowed to reappear only once in the examination conducted by the Institute in the next session. And if the candidate still fails to qualify the exams his/her admission shall stand cancelled without any notice and the candidate will have to apply as a fresh candidate for the programme if so desired.

- 9.2.4** After entering into PhD phase the candidates shall be required to show their research work progress (in PPT slides) in the centre for advanced studies during Mid-term Presentation. The Mid-term presentation dates shall be announced by the centre for Advanced Studies after completion of one year time period.
- 9.2.5** After completion of two years in the PhD phase the candidates can submit their research work for pre submission presentation anytime but before 33 months. In case candidate feels that the research work cannot be submitted for the pre submission presentation before 33 month of joining the PhD phase he/she must apply for one year extension to the Centre for Advanced Studies for approval in the DRC well in advance. The Departmental Research Committee (DRC) after looking to the progress of the research work may recommend for one year extension. After the approval of the DRC the candidates shall be required to submit the research work for pre submission presentation latest by 45 months(three months prior to 4 year time period). If a candidate fails to appear in the pre submission presentation on a date announced by the CAS, he/she will have to request for fresh date after paying the fee of Rs. 500 in the Institute. Usually all pre submission presentation will take place in the last week of the month. Any request received in this regard by the candidate after 15th of any month shall be considered in the following month.
- 9.2.6** Even after the extension and exhausting the four years time period if a candidate is unable to complete the PhD programme, his/her admission into the PhD phase shall stand cancelled without any notice to the candidate.
- 9.2.7** After the successful completion of the MPhil with 60% marks and above along with at least grade B in the course IDPE-5, the PhD phase for the candidate will start automatically. Once the result is out the candidate will have to register for the PhD phase. The minimum time limit to complete the PhD program after the M.Phil. programme is two years and maximum time limit is four years.
- 9.2.8** If a candidate fails to secure the 60% marks or more and at least grade B in the course IDPE-5 in the M.Phil., he/she will not be allowed to go into Ph.D phase and will have to discontinue after getting the M.Phil. degree provided he/she qualifies the programme.
- 9.2.9** In the first semester, all research scholars of this integrated programme and the direct PhD programme will have to undertake a compulsory Course Work as prescribed by the LNIPE. The course work will form the Ist semester.
- 9.2.10** Due to valid reason if a candidate discontinues the programme after the approval from the institute on valid grounds and is readmitted to the programme, the period for which such candidate had discontinued shall not be counted while calculating the maximum

period of 11 semesters(five and half years) as mentioned in clause 2.2. In case of in-service candidate, he/she needs to produce a NOC and relieving certificate from his/her employer at the time of rejoining the programme.

- 9.2.11** In this program a candidate can only be allowed to discontinue either after completing the course work in the first semester, after completing the MPhil phase of the programme or after joining the PhD programme on the written request to the Institute. The maximum period for which the candidate can discontinue the programme shall be one year in MPhil phase and two years in PhD phase. But in no case maximum period for discontinuing the programme can be more than two years in the entire MPhil-PhD integrated program and after that the candidate shall be treated as fresh candidate without any notice.

### **9.3 NUMBER OF SEATS**

The number of seats available to the Integrated MPhil-PhD programme shall be **fifteen**. Reservation in seats as per UGC/Government of India notification.

### **9.4 ELIGIBILITY**

- 9.4.1** The candidate must have obtained M.P.Ed. (Master of Physical Education of two years duration) or any other equivalent degree from a recognized University(recognized by the institute). Further the candidates seeking admission to the integrated M.Phil.-Ph.D. programme must have scored minimum of 55% marks (50% for SC/ST candidates) or equivalent grade in M.P.Ed or equivalent examinations.

- 9.4.2** Candidates who can submit the final year Master's Degree result by the date of registration in the programme are also eligible to apply for the integrated M.Phil-PhD programme, provided they have successfully completed their first year with at least 55% marks(50% in case of SC/ST). However, if the candidate is failed to submit the final marksheet by this date, his/her candidature will not be considered and the final list of the successful candidates will be announced without considering his/her case.

### **9.5 ADMISSION PROCEDURE**

- 9.5.1** Admission to the integrated M.Phil-PhD programme shall be through an Entrance Test comprising of research eligibility test (RET) and presentation. The recipient of JRF from UGC shall be awarded 10 marks as **bonus** upon qualifying the entrance test. On the basis of the merit in the entrance test and presentation/interview the candidates shall be admitted to the programme. The scheme of the entrance test shall be as follows:

### Structure of Entrance Test

- a. Research Methodology : 45 min.
- b. Applied Statistics : 45 min.
- c. Specialization\* : 45 min.  
(Any one out of Exercise Physiology, Sports Psychology, Sports Bio-mechanics, Health Education, Sports Management, Evaluation Techniques in Physical Education)

\* Depending upon the resources number of specialization shall be announced each year.

### The break-up of marks shall be as follows:

#### Part A: RET

a.	Research Methods	30 Marks
b.	Applied Statistics	30 Marks
c.	Specialization	30 Marks
	Total	<b>90 Marks</b>

#### Part B: Presentation/Interview

d.	Presentation/Interview	<b>10 Marks</b>
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**9.5.1.1** The written test shall have questions up to the level of M.P.Ed with specific focus on proposed area of specialization, Research Methods & Applied Statistics. The test shall have mostly objective type questions.

**9.5.1.2** Presentation/Interview will consist of a defense of the 'Statement of Purpose and candidates' understanding of the basic fundamental concepts in the area of specialization in physical education offered in the entrance examination.

**9.5.1.3** Syllabus for entrance test may be seen at the institute website.

**9.5.2** Only those who secure 55% marks(50% for SC/ST) in the RET (Part A) shall be shortlisted for the presentation/Interview.

**9.5.3** Minimum of 55% marks (50% for SC/ST) in Part A and B together shall be mandatory to qualify the entrance examination provided candidate secures at least 55% marks(50% for SC/ST) in Presentation/Interview(Part B) also.

### 9.6 ADMISSION PROCEDURE FOR FOREIGN CANDIDATES

Foreign candidates should apply for the integrated M.Phil-Ph.D program through the concerned Indian Missions abroad with the brief synopsis of the research project to be undertaken in India. The rules of Institute shall be followed in this regard.

## **9.7 OTHER STIPULATIONS AND PROCEDURES FOR ADMISSION**

- 9.7.1** Candidates are required to produce their degrees/certificates/marksheets in original for verification at the time of final admission.
- 9.7.2** The candidates from other than LNIPE institutions are required to submit their migration certificate within three months of joining the programme failing which their results will be withheld.
- 9.7.3** Candidates selected to the programme should register themselves by depositing the prescribed fees. In case they fail to do so by the specified date, their admission will stand cancelled.
- 9.7.4** A No objection certificate on a prescribed format is required to be submitted by the in-service candidates from the Head of Institution, where he/she is employed.
- 9.7.5** Proof of sponsorship/fellowship/clearance from embassy (High Commission) needs to be submitted in case of scholar from foreign country.
- 9.7.6** Certificate of NET/JRF needs to be submitted by the candidates if they have qualified the test.
- 9.7.7** No candidate shall be allowed to register himself/herself for the integrated M.Phil.-Ph.D. programme if he/she is already registered for any other full-time programme of study in this or any other Institution/University.
- 9.7.8** Selected candidates must join the programme on the specified date failing which his/her admission is liable to be cancelled and the caution money shall be forfeited until unless the permission is granted in this regard.
- 9.7.9** The DRC may strike off from the rolls of the Institute, the name of any candidate admitted to the course if his/her progress is found to be unsatisfactory or if any rules are violated.
- 9.7.10** The scholars in this programme will not be permitted to take up any kind of employment during the MPhil Programme.

## **9.8 STRUCTURE OF THE PROGRAMME**

The MPhil phase in the integrated M.Phil-Ph.D. programme is distributed over the following three components:

### Course structure

Semester	Detail structure	Duration
I	a. Two Compulsory courses (2×4 hours per week) b. One Lab (2 hours per week)	July- January
II	a. Two Compulsory courses (2×4 hours per week) b. One Optional paper (4 hours per week)	February - July
III	Dissertation	August - December

**NOTE:**

**Exams of I semester/coursework shall be conducted in January, II semester in August and Dissertation Evaluation/Viva in December/January every year. However, slight reshuffle in the duration may be done if the situation demands.**

#### Semester I Courses

All three courses are compulsory in the first semester. The course detail is as follows:

#### Course Detail

Course code	Semester I Course name
IDPE 1	Research Methods -I
IDPE 3	Advanced Statistics -I
IDPE 5	Instrumentation

#### Semester II Courses

Two compulsory courses and one optional course are taught in Semester II. The course detail is as follows:

Course code	Semester II Course name	
IDPE 2	Research Methods –II	Compulsory Course
IDPE 4	Advanced Statistics –II	
OIDPE 6	Exercise Physiology-I	
OIDPE 7	Exercise Physiology-II	Optional Course
OIDPE 8	Sports Bio mechanics-I	
OIDPE 9	Sports Bio mechanics-II	
OIDPE 10	Sports Psychology-I	
OIDPE 11	Sports Psychology-II	
OIDPE 12	Health Education	
OIDPE 13	Health Education	
OIDPE 14	Evaluation Techniques in Physical Education	
OIDPE 15	Evaluation Techniques in Physical Education	
OIDPE 16	Sports Management-I	
OIDPE 17	Sports Management-II	

IDPE : Compulsory course in integrated degree in physical education

OIDPE : Optional course in integrated degree in physical education

**NOTE:**

**Candidates need to opt for any one specialization which will have two papers as mentioned in the above table.**

## 9.9 PEDAGOGY OF THE PROGRAMME

The course work in this integrated programme is based on class room teaching along with other interactive methods of group discussion, individual and group assignments, case study seminar presentations, and lecture series by the experts and research workshops on specific topics.

## 9.10 EVALUATION OF MPhil PROGRAMME

Assessment of the students in the MPhil phase in the integrated programme shall be done on the basis of their performance in the three components; the courses in first and second semesters and dissertation work in third semester. The students shall be required to submit reports on regular intervals (two times in third semester) about their progress of the research work to the Centre for Advanced Studies with the signature of their research guide. Prior to the submission of final MPhil dissertation each student is required to make a pre submission presentation on the research done. Three copies of the hardbound dissertation duly signed by the Director(CAS) have to be submitted to the examination section for evaluation. Besides this one copy of the dissertation along with soft copy of the dissertation in CD including data needs to be submitted to the CAS. The evaluation of the dissertation or research work would be as per the norms and regulations of the UGC.

**9.10.1** The assessment in the first and second semesters shall be done on the basis of the performance in the examinations/term papers, seminar presentations or any other forms of evaluation methods adopted for the purpose. Whereas the dissertation evaluation shall be done by the dissertation supervisor and external examiner. It is must that at least one external expert is present during the evaluation. The break-up of the evaluation in all the courses in the first and second semesters and the dissertation evaluation shall be as follows:

### (A) First Semester Courses

#### Break-up of marks

Course Code	Course Name	Sessional (B)	Semester End Exam (B)	Total Marks (A+B)
IDPE-1	Research Methods – I	60	40	100
IDPE-3	Advanced Statistics –I	60	40	100
IDPE-5	Instrumentation	Assessment in Grading only by the teachers		
	<b>Total</b>			<b>200</b>

**NOTE: The grading in IDPE-5 shall be based on the following guidelines**



### Assessment of Grade in IDPE-5

Grade	Competency Level
A	Highest level of understanding the functioning of at least 90% equipments related to the specialization.
B	Above average level in understanding the functioning of at least 90% equipments related to the specialization
C	Average level in understanding the functioning of at least 90% equipments related to the specialization
D	Below average level in understanding the functioning of at least 90% equipments related to the specialization

#### (B) Second Semester Courses

##### Break-up of Marks

Course Code	Course Name	Sessional (B)	Semester End Exam (B)	Total Marks (A+B)
IDPE-2	Research Methods – II	60	40	100
IDPE-4	Advanced Statistics–II	60	40	100
IDPE-6 to 17	Specialization			
	Paper-I	60	40	100
	Paper-II	60	40	100
	<b>Total</b>			<b>400</b>

**9.10.2** Concerned teacher may take as many pop tests, assignments as possible and at least two minor tests but the breakup of the sessional marks shall remain as shown in the below mentioned table.

**9.10.3** Faculty will submit the breakup of sessional marks (pop test, minor test, assignment and seminar) to the CAS. The centre will forward the consolidated sessional marks to the controller of examination for processing the results.

**9.10.4** Presentation date of the seminar (component of sessional) may be announced by the CAS or teacher concerned in which one outside expert may be present.

Sessional components	Marks
Pop test	10
Minor test	20
Assignment	5
Seminar	25
<b>Total</b>	<b>60</b>

### (C) Dissertation Evaluation

#### Award of Marks

Component	Sessional	Viva/Presentation	Total Marks
Dissertation	50	100	150
	Awarded by the supervisor	Awarded by the examiner and supervisor during open viva/presentation	

**9.10.5** If a candidate fails to qualify any paper(s) in the first semester he cannot go to the second semester. He will be allowed to appear in the failed paper(s) only after one year with next batch. Similarly the candidate shall be allowed to appear only in fourth semester (after one year) for the papers which he/she fails to qualify in the second semester.

**9.10.6** The dissertation for the M.Phil will be evaluated only after qualifying both the semesters however the process of approving the dissertation proposal would start in the second semester.

**9.10.7** The performance of the candidate shall be assessed on the basis of the marks awarded out of 750 distributed in the six papers of the semester I and II and marks in the dissertation along with the grade assessment in the Instrumentation paper(IDPE-5) .

**9.10.8** To qualify each paper one must secure at least 50% marks (both sessional and semester end examinations combined) provided he/she gets at least 40% marks in both the components separately. To qualify the MPhil course the candidate must secure at least 50% marks in each semester as well as in dissertation along with at least grade C in the Instrumentation paper (IDPE-5). Thus, overall 50% marks along with grade C in the course IDPE-5 is required to qualify the M.Phil exam.

**9.10.9** The marks shall be mentioned in the mark sheet with the result as pass/fail. No division shall be awarded.

**9.10.10** Certificate may be issued to the candidates who successfully qualify the Ist Semester/Course work.

### 9.11 MEDIUM OF INSTRUCTION

The medium of instruction shall be English. However, candidates will be permitted to take their examination in English or Hindi.

## **9.12 ATTENDANCE**

- 9.12.1** The scholar is required to maintain 85% attendance of the lectures delivered in each course. The candidate shall not be permitted to take the final written examination in case of short attendance.
- 9.12.2** Professional leave for attending the workshops, seminars and conferences may be allowed by the Centre for Advanced Studies in the MPhil phase by looking to the merit of the case and in PhD phase such leaves may be granted by the centre on the recommendation of the supervisor(s) and merit of the case.
- 9.12.3** During the PhD phase the candidate shall be allowed to avail 30 days leave in a year besides leave for data collection.

## **9.13 AWARD OF M.PHIL. DEGREE**

The candidate shall be declared pass in M.Phil. if he/she secures at least 50% marks overall and qualify in all the papers along with at least grade C in the course IDPE 5. The MPhil dissertation shall be evaluated by the outside examiner. Presentation/Viva-voce examinations will be conducted and successful candidates will be awarded M.Phil degree. After successful completion of the M.Phil programme the degree shall be awarded in the annual convocation.

## **9.14 STARTING OF PHD PHASE IN THE INTEGRATED M.PHIL.-PH.D. PROGRAMME**

Once the candidate in this integrated programme is declared successful in M.Phil in the month of December/January with 60% marks or more along with at least grade B in the course IDPE-5, he/she will automatically go into the PhD phase and will be required to submit the synopsis of the PhD dissertation within the deadline issued by the Centre for Advanced Studies. However, if the candidate fails to secure 60% marks or more and at least grade B, he/she will be awarded M.Phil degree provided the candidate is declared pass and will not be allowed to join the PhD phase and the program for them would end. After the approval of the research topic the candidate will be treated as regular P.hD. candidate and they will be governed by all the regulations of UGC/Institute similar to the P.hD. candidates admitted directly in the Institute.

## **9.15 UNETHICAL PRACTICES INCLUDING PLAGIARISM**

- 9.15.1** The supervisor(s) must report in writing to the DRC about the neglect of research work and indiscipline that include unethical practices such as plagiarism and misrepresentation of data by the candidate. Such offences will attract the severe penalties including failure and/or expulsion from the course and/or integrated M.Phil-Ph.D programme.

**9.15.2** At the time of submission of the dissertation students shall be required to certify that the submitted work is their own and original has not been plagiarized, and has not been submitted for the award of any other degree.

### **9.16 Evaluation of Ph.D. Dissertation and conferring Ph.D. Degree**

Under the integrated M.Phil-Ph.D. programme students writing PhD thesis would be those who have already completed their course work/I Semester as M.Phil student and qualify the MPhil with stipulated percentage of marks required for entering into the Ph.D. phase. The evaluation of the Ph.D. thesis would be as per the norms and regulations of the UGC. Before submission of the Ph.D. thesis (hard and soft copy) students would require to ensure the following:

- i. Publish at least one research paper in a peer reviewed journal
- ii. Make two formal seminar presentation during mid-term and pre-submission presentation in the Centre for Advanced Studies.
- iii. Present two papers in the seminar/conference of all India level.

The thesis would be evaluated by 2 examiners, of which at least one will have to be from outside the state. On the receipt of satisfactory evaluation reports, the scholar will have to give viva-voce examination along with PPT presentation and defend one's thesis successfully. The degree will be conferred at the annual convocation of the Institute.

### **9.17 FEE STRUCTURE**

As per **Annexure V (A)**.

#### **How to Apply**

Students desirous of applying for the integrated M.Phil.-Ph.D. programme should apply through online application form available at [www.lnipe.gov.in](http://www.lnipe.gov.in). A copy of the filled-in application form along with the option for specialization, Statement of Purpose and all required documents is required to be submitted to the Registrar, LNIPE, Gwalior on or before 10<sup>th</sup> July 2015. The statement of purpose should not be more than 2 pages and should focus on the area of specialization opted.

#### **For any help and guidance kindly contact**

##### **Centre for Advanced Studies**

Lakshmibai National Institute of Physical Education  
Shakti Nagar, Gwalior – 474002, M.P., India  
Ph. +91 751 4000946

## 10. PHD PROGRAMME IN PHYSICAL EDUCATION

The doctoral program in physical education is designed to prepare individuals for academic positions in departments of physical education at universities and colleges. Those who complete the doctoral program assume leadership roles in teaching different areas of physical education. This regulation provides information to the prospective students about the admission requirements, programme features, and the process of undergoing the PhD programme. The PhD program of this institute is full time and is governed by the Institute's rule for the Doctor of Philosophy in Physical Education. This regulation is in line with the UGC regulation 2009. The prospective candidates are advised to refer to the institute's website [www.lnipe.gov.in](http://www.lnipe.gov.in) for other details of this program.

### 10.1 ADMISSION SCHEDULE FOR PHD

Last Date of Receipt of Application (online)	July 04, 2015
Download Admit Card (online)	July 06, 2015
Date of Research Eligibility Test (RET)	July 07, 2015
Date of Presentation/Interview for Successful candidates in RET, only	July 08, 2015
Declaration of Final Result	July 09, 2015
Date of Registration	July 15-20, 2015
Commencement of Course Work	July 21, 2015

### 10.2 DURATION

- 10.2.1** The Ph.D. programme is a two and half year full time programme offered from LNIPE Gwalior campus.
- 10.2.2** The minimum duration in which the candidate can complete the PhD programme is Two and half years(5 semesters) including course work and maximum duration is four and half years(9 semesters).
- 10.2.3** If a candidate fails to qualify the course work in the first semester, he/she may be allowed to reappear only once in the examination conducted by the Institute in the next session. And if the candidate still fails to qualify the exams his/her admission shall stand cancelled without any notice and the candidate will have to apply as a fresh candidate for the programme if so desired.
- 10.2.4** After completing the course work the candidate shall be enrolled for pursuing the PhD programme. After approving the research topic and allotment of guides the candidates shall be required to show their progress in research work (in PPT slides) in the centre for advanced studies during Midterm Presentation. The Midterm presentation dates shall be announced by the centre for Advanced Studies after completion of one year time period.

- 10.2.5** After completion of two years in pursuing the PhD work candidates can submit their research work for pre submission presentation anytime but before 33 months. In case candidate feels that the research work cannot be submitted for the pre submission presentation before 33 month of joining the PhD phase he/she must apply for one year extension to the Centre for Advanced Studies for approval in the DRC well in advance. The Departmental Research Committee (DRC) after looking to the progress of the research work may recommend for one year extension. After the approval of the DRC candidates shall be required to submit the research work for pre submission presentation latest by 45 months(three months prior to 4 year time period). If a candidate fails to appear in the pre submission presentation on a date announced by the CAS, he/she will have to request for fresh date after paying the fee of Rs. 500 in the Institute. Usually all pre submission presentation will take place in the last week of the month. Any request received in this regard by the candidate after 15th of any month shall be considered in the following month.
- 10.2.6** Even after the extension and exhausting the four years time period if a candidate is unable to complete the PhD programme, his/her admission into the PhD phase shall stand cancelled without any notice to the candidate.
- 10.2.7** In the first semester, all candidates will have to undertake a compulsory Course Work as prescribed by the LNIFE.
- 10.2.8** Due to valid reason if a candidate discontinues the programme after the approval from the institute on valid grounds and is readmitted to the programme, the period for which such candidate had discontinued shall not be counted while calculating the maximum period of 9 semesters(four and half years) as mentioned in clause 2.2. In case of in-service candidate, he/she needs to produce a NOC and reliving certificate from his/her employer at the time of rejoining the programme.
- 10.2.9** In this program a candidate can only be allowed to discontinue either after completing the course work or after PhD registration. The maximum period for which the candidate can discontinue the programme shall be two years. But in no case maximum period for discontinuing the programme can be more than two years in the entire programme and after that the candidate shall be treated as fresh candidate without any notice.

### **10.3 NUMBER OF SEATS**

The number of seats for Ph.D. Programme shall be 10 (ten), however, it may increase depending upon the availability of seats during allotment of guide.

## **10.4 ELIGIBILITY**

In order to appear in the entrance examination for direct Ph.D. programme a candidate must have passed Master Degree in Physical Education (M.P.Ed.) or its equivalent degree from recognized University/Institute in India or abroad with at least 55% marks (50% for SC/ST) or equivalent grade.

## **10.5 DIRECT ADMISSION**

A candidate who fulfils the following conditions may be considered for direct admission for the Ph.D. Program. However, appearance in presentation/interview shall remain a mandatory requirement for admission to course work.

**10.5.1** A candidate who is a recipient of National Doctoral Fellowship or other fellowships from government/semi-government organizations (through All-India selection procedure conducted by the agency/organization for award of research fellowships such as Council of Scientific and Industrial Research (CSIR).

**10.5.2** A foreign national who is a recipient of fellowship by the Indian Council for Cultural Relations (ICCR), Government of India and who is sponsored by his/her Government, subject to fulfilling conditions as mentioned in University Ordinance.

**10.5.3** A self-financing International/national who is admitted through the Embassies/High commission of his/her country or admitted under a MOU with due clearance from the Indian Mission abroad. As per revised guidelines/instructions of the Department of Higher Education, MHRD, GOI on grant of research visa, the foreigners who desire to undertake research in India, should therefore, apply to the concerned Indian Missions abroad with the brief synopsis of the research project to be undertaken in India. The details of places to be visited, previous visits, whether the scholar has secured admission into a recognized or reputed institution and evidence of financial resources, subject to fulfilling conditions as mentioned in Institute's ordinance.

### **NOTE:**

**The Research Entrance Test (RET) shall be compulsory for all the candidates except for those who are eligible for direct admission.**

## **10.6 ADMISSION PROCEDURE**

The Institute shall admit the PhD candidates at least once in a year in the month of July. However, depending upon the resources and availability of faculty the Institute may admit PhD candidates twice in a year in July and January. In order to apply for direct PhD programme a candidate has to appear in the Research Eligibility Test, to be referred hereafter as RET, followed by Presentation/Interview. During Presentation/Interview candidates are required to defend a research proposal submitted by them at the time of submitting the

application. The research proposal in any area needs to be submitted in eight to ten pages and presentation shall be through six to eight PPT slides. The presentation shall be done in front of the DRC in which focus would be to explore the candidate's understanding of the research topic/area, and his/her research temperament and acumen. The RET examination will be based upon the course content of M.P.Ed level. The syllabus of RET can be seen on the institute's website.

**10.6.1** Admission to the direct Ph.D. programme shall be through an Entrance Test comprising of research eligibility test (RET) and Presentation/Interview. The recipient of JRF from UGC shall be awarded 10 marks as **bonus** upon qualifying the entrance test. On the basis of the merit in the entrance test and Presentation/Interview the candidates shall be admitted to the programme. The scheme of the entrance test shall be as follows:

**Structure of Entrance Test**

**Time: 2 Hr. 30 Min.**

- a. Research Methodology
- b. Applied Statistics

**The break-up of marks shall be as follows**

**Part A: RET**

I	Research Methodology	40 Marks
II	Applied Statistics	40 Marks
	<b>Total</b>	<b>80 Marks</b>

**Part B: Presentation/Interview**

III	Presentation/Interview	20 Marks
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**10.6.1.1** The written test shall have questions which assess the conceptual clarity of candidate about different aspects of research and applied statistics. The test shall have mostly objective type questions.

**10.6.1.2** Presentation/Interview will consist of a defense of the "Research Proposal" submitted by the candidate along with the application form. The focus would be to explore the research acumen of the candidate.

**10.6.1.3** Syllabus for entrance test may be seen at the institute website.

**10.6.2** Only those who secure 50% marks(45% for SC/ST) in each paper of the RET (Part A) shall be shortlisted for the presentation/Interview.

**10.6.3** Minimum of 55% marks (50% for SC/ST) in Part A and B together shall be mandatory to qualify the entrance examination provided candidate secure at least 50% marks in each of the two components that is RET(Part A) and Presentation/Interview(Part B).



- 10.6.4** Admission to PhD program will be made according to the merit from the qualified candidates considering the available seats in various specialty areas for the academic year.

## **10.7 OTHER STIPULATIONS AND PROCEDURES FOR ADMISSION**

- 10.7.1** Candidates are required to produce their degrees/certificates/marksheets in original for verification at the time of final admission.
- 10.7.2** The candidates from the institutions other than LNIPE are required to submit their migration certificate within three months of joining the programme failing which their results will be withheld.
- 10.7.3** Candidates selected to the programme should register themselves by depositing the prescribed fees. In case they fail to do so by the specified date, their admission will stand cancelled.
- 10.7.4** A No objection certificate on a prescribed format is required to be submitted by the in-service candidates from the Head of Institution, where he/she is employed.
- 10.7.5** Proof of Sponsorship/Fellowship/Clearance from embassy (High Commission) needs to be submitted in case of scholar from foreign country.
- 10.7.6** Certificate of NET/JRF/SLET needs to be submitted by the candidates if they have qualified the test.
- 10.7.7** No candidate shall be allowed to register himself/herself for the PhD. programme if he/she is already registered for any other full-time programme of study in this or any other Institution/University.
- 10.7.8** Selected candidates must join the programme on the specified date failing which his/her admission is liable to be cancelled and the caution money shall be forfeited if he/she does so without the prior permission of the institute.
- 10.7.9** The DRC may strike off from the rolls of the Institute, the name of any candidate admitted to the course if his/her progress is found to be unsatisfactory or if any rules are violated.
- 10.7.10** The scholars in this programme will not be permitted to take up any kind of employment during the PhD programme.

## **10.8 STRUCTURE OF THE PROGRAMME**

The candidates in Ph.D. programme are supposed to undergo a one semester course work. Only after successful completion of the course work in the first semester the candidates shall be allowed to proceed further. After successfully

qualifying the course work candidates are required to face the DRC and defend his/her research proposal. After the approval of the thesis by the DRC the candidates will proceed to carry out their research work. The candidates shall be registered for the PhD programme immediately after qualifying the course work. The experts in specialized area/subjects may be invited as per the requirements in the DRC during its meeting.

**10.8.1** The structure of the course work and course detail in the first semester shall be as follows:

<b>Course Structure</b>	
<b>Semester</b>	<b>Detail Structure</b>
I	a. Two Compulsory courses
	b. One Lab

<b>Course Detail</b>	
<b>Course Code</b>	<b>Semester I Course name</b>
IDPE -1	Research Methods -I
IDPE-3	Advanced Statistics -I
IDPE-5	Instrumentation

**10.8.2** During course work and thereafter the candidates will have to attend the lecture series on different research topics, specialized workshops on research methods, advanced statistics, different specializations such as sports psychology, exercise science, sport biomechanics etc.

## **10.9 EVALUATION OF COURSE WORK**

The assessment of the students in the course work shall be done on the basis of their performance in the three subject; Research Methods, Advanced Statistics (including computer application) and Instrumentation.

**10.9.1** The assessment of performance in all the papers shall be done on the basis of their performance in the examinations/term papers, assignments, seminar presentations, or any other form of evaluation methods adopted for the purpose. The break-up of the evaluation in all the courses in the course work shall be as follows:

### **One Semester Course Work**

<b>Break-up of marks</b>				
<b>Course Code</b>	<b>Course Name</b>	<b>Sessional (B)</b>	<b>Semester End Exam (B)</b>	<b>Total Marks (A+B)</b>
IDPE-1	Research Methods – I	60	40	100
IDPE-3	Advanced Statistics– I	60	40	100
IDPE-5	Instrumentation	Assessment in Grading only by the teachers		
	<b>Total</b>			<b>200</b>

**NOTE: The grading in IDPE-5 shall be based on the following guidelines:**

### Assessment of Grade in IDPE-5

Grade	Competency Level
A	Highest level of understanding the functioning of at least 90% equipments related to the specialization.
B	Above average level in understanding the functioning of at least 90% equipments related to the specialization
C	Average level in understanding the functioning of at least 90% equipments related to the specialization
D	Below average level in understanding the functioning of at least 90% equipments related to the specialization

**10.9.1.1** Concerned teacher may take as many pop tests, assignments as possible and at least two minor tests but the breakup of the sessional marks shall remain as shown in the below mentioned table.

**10.9.1.2** Faculty will submit the breakup of sessional marks (pop test, minor test, assignment and seminar) to the CAS. The centre will forward the consolidated sessional marks to the controller of examination for processing the results.

**10.9.1.3** Presentation date of the seminar (component of sessional) may be announced by the CAS or teacher concerned in which one outside expert may be present.

Sessional components	Marks
Pop test	10
Minor test	20
Assignment	5
Seminar	25
<b>Total</b>	<b>60</b>

**10.9.2** If a candidate fails to qualify any or more papers in the course work in the first semester he will be allowed to appear in the failed papers only once in the next session.

**10.9.3** The assessment in the paper IDPE-5 shall be done through grading. The grading in this paper shall be based on the following concept:

### Assessment of Grade in IDPE-3

Grade	Competency Level
A	Highest level of understanding the functioning of at least 90% equipments related to the specialization.
B	Above average level in understanding the functioning of at least 90% equipments related to the specialization
C	Average level in understanding the functioning of at least 90% equipments related to the specialization
D	Below average level in understanding the functioning of at least 90% equipments related to the specialization

- 10.9.4** For declaring the candidate to be successful in the course work he/she should secure at least 50% marks in each paper and at least grade B in the course IDPE-5 (Instrumentation).
- 10.9.5** To qualify each paper one must secure at least 50% marks (both sessional and semester end examinations combined) provided he/she gets at least 40% marks in both the components separately. To qualify the Course work the candidate must secure overall 50% marks in both the papers as well as at least grade C in the Instrumentation paper (IDPE-5).
- 10.9.6** Certificate shall be issued to the candidates after successfully qualifying the course work in the first semester.

#### **10.10 ALLOTMENT OF SUPERVISOR**

After the approval of research topic the allocation of supervisor shall be decided by the DRC in a formal manner depending on the number of students per faculty member, the available specialization among the faculty supervisors, and the research interest of the students. The allotment/allocation of supervisor shall not be left to the individual students or teacher. To become guide a faculty must have PhD degree and five years teaching experience before consideration of supervisor. In order to improve the quality of research the DRC may appoint one co-guide from other Institutes/Universities/Organizations/National laboratories/Research establishments etc provided he/she has put in at least five years of service as class I officer or equivalent. Depending upon the nature of research problem DRC may allot two supervisors to the candidate. In case DRC allots person from outside the LNIPE as supervisor then in that case one supervisor will have to be from the LNIPE. The students are encouraged to interact with the centre faculty members to discuss their research interest.

Normally students would be encouraged to pursue their research work in their area of interest as indicated at the time of admission, however, after the completion of the course work if somebody becomes interested working in other specialization the same may be permitted by the DRC on the merit of the case.

#### **10.11 WORKING FOR Ph.D. THESIS**

After successful completion of the course work the candidates shall be required to submit their research proposal as per the schedule announced by the Centre for Advanced Studies, and defend in front of the DRC for approval.

- 10.11.1** After the approval of research topic, the thesis supervisor(s) shall be allotted to the research scholar by the DRC.
- 10.11.2** After allotment of the supervisor(s) the candidate shall start working for their research work with his/her Supervisor(s). The candidates are required to be under the supervision of their supervisor(s) on day to day basis.

**10.11.3** The candidates are required to submit reports about the progress of their research work to the Centre for Advanced Studies with the signature of the research guide on regular intervals as stipulated in the Institute regulations.

**10.11.4** The students are required to give seminar on their research work during mid-term presentation as well as during pre submission presentation in front of the DRC or its standing committee along with the subject expert(s) as suggested by the Centre for Advanced Studies and approved by the vice chancellor. The Centre for Advanced Studies may take any other remedial measures for checking the quality of the research work as suggested by the DRC.

## **10.12 ASSISTANTSHIP FOR THE PHD SCHOLARS**

All the candidates who are registered for the PhD programme is supposed to provide academic support to the department/centres to which his/her guide is affiliated. The academic support shall be in the form of taking tutorial classes, organizing seminars/workshops and other academic activities of the department/centre. Besides this the candidate may take up some paid assignments in the Institute for some hours in a week in the form of research assistantship or paid classes etc. The academic assignment shall be assigned to the candidate by the concerned guide only. The following guidelines must be observed in this regard.

**10.12.1** No academic responsibility/paid assignment can be given to the candidate while doing the course work.

**10.12.2** After the course work only the guide can assign the academic responsibility to his/her candidate maximum up to five hours in a week in the form of tutorial classes, workshop/seminar activities or any other academic activity.

**10.12.3** The candidate can assume at the most 10 hours of paid assignment in a week in the Institute. For assuming the paid assignment the candidate should forward his application through the guide and the Centre for Advanced Studies. While giving approval the guide must ensure that the research work of the candidate should not suffer for which he/she is enrolled.

## **10.13 PEDAGOGY OF THE PROGRAMME**

The course work in PhD programme is based on class room teaching along with other interactive methods of group discussion, individual and group assignments, case study seminar presentations, lecture series, invited lectures by the experts and research workshops on specialized topics.

## **10.14 MEDIUM OF INSTRUCTION**

The medium of instruction shall be English only. However, candidates will be permitted to take their examination in English or Hindi.

## **10.15 ATTENDANCE**

- 10.15.1** The scholar is required to maintain the attendance as per the UGC regulations. The department/centre will maintain the attendance register for all the PhD scholars allotted to different faculty associated with their department. Only after verifying the attendance by the concerned faculty the JRF/scholarship shall be reimbursed to the scholar by the Institute.
- 10.15.2** Professional leave for attending the workshops, seminars and conferences may be allowed by the CAS on the merit of the case after the recommendation from the guide.
- 10.15.3** During the PhD phase the candidate shall be allowed to avail 30 days leave in a year besides leave for data collection.

## **10.16 UNETHICAL PRACTICES INCLUDING PLAGIARISM**

- 10.16.1** The supervisor(s) must report in writing to the Departmental Research Committee about the neglect of research work and indiscipline that include unethical practices such as plagiarism and misrepresentation of the data by the candidate. Such offences will attract the severe penalties including failure and/or expulsion from the course and/or Ph.D programme.
- 10.16.2** At the time of submission of the thesis students shall be required to certify that the submitted work is their own and original, has not been plagiarized, and has not been submitted for the award of any other degree.

## **10.17 EVALUATION OF DISSERTATION AND CONFERRING PH.D. DEGREE**

The evaluation of the Ph.D. thesis would be as per the norms and regulations of the UGC/Institute. Three copies of the thesis along with the soft copy in 2 CD's have to be submitted in the Institute through the Centre for Advanced Studies. The evaluation of the thesis or research work would be as per the norms and regulations of the UGC. Before submission of the Ph.D. thesis students would require to ensure the following:

- i. Publish at least one research paper in a peer reviewed journal
- ii. Make two formal seminar presentation during mid-term and pre submission presentation in the Centre for Advanced Studies.
- iii. Present two papers in the seminar/conference of all India level.

The thesis would be evaluated by 2 examiners, of which at least one will have to be from outside the state. On the receipt of satisfactory evaluation reports, the scholar will have to give viva-voce examination along with PPT presentation and defend one's thesis successfully. The degree will be conferred at the annual convocation of the Institute.

## **10.18 FEE STRUCTURE**

As per **Annexure V (B)**.

### **How to Apply**

Students desirous of applying for the Ph.D. programme should apply through online application form available at [www.lnipe.gov.in](http://www.lnipe.gov.in). A copy of the filled-in application form along with the option for specialization and three copies of the Tentative Research Proposal and all required documents is required to be submitted to the Registrar, LNIFE, Gwalior on or before 6<sup>th</sup> July 2014. The Tentative research proposal should be in between 8 to 10 pages.

### **For any help and guidance kindly contact**

Centre for Advanced Studies  
Lakshmibai National Institute of Physical Education  
Shakti Nagar, Gwalior – 474002, M.P., India  
Ph. +91 751 4000946

**ADMISSION TEST CENTERS FOR B.P.Ed.**

<b>TEST CENTER</b>
<p><b>GWALIOR</b> Lakshmibai National Institute of Physical Education (LNIPE), Shakti Nagar, Race Course Road, Gwalior, 474002 (M.P.)</p>
<p><b>PATIALA</b> Director Sports, Punjabi University, Patiala- 147 002 (Punjab)</p>
<p><b>KOLKATA</b> Sports Authority of India (SAI), Netaji Subhash National Institute of Sports (NSNIS), Salt Lake City, Sector-3, Kolkata 700 091 (West Bengal)</p>
<p><b>DEHRADOON</b> Maharana Pratap Sports College, Raipur, Near Ordinance Factory Dehradun- 248 008 (Uttarakhand)</p>
<p><b>GUWAHATI</b> North East Regional Center Lakshmibai National Institute of Physical Education Tepasia Sports Complex, Sonapur Guwahati- 782 402 (Assam)</p>
<p><b>JAIPUR</b> Department of Physical Education University of Rajasthan, Jaipur – 302 055 (Rajasthan)</p>
<p><b>RANCHI</b> SAI Training Center Sahid Birsa Munda Stadium Morabadi, Ranchi- 834 008 (Jharkhand)</p>



**BACHELOR OF PHYSICAL EDUCATION**  
**PERFORMANCE CONVERSION TABLE**  
**50 METERS SPRINT**

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
6.0 and Below	100	8.9	38	7.0 and Below	100	9.9	38
6.1	97	9.0	37	7.1	97	10.0	37
6.2	95	9.1	36	7.2	95	10.1	36
6.3	93	9.2	35	7.3	93	10.2	35
6.4	90	9.3	34	7.4	90	10.3	34
6.5	87	9.4	33	7.5	87	10.4	33
6.6	85	9.5	32	7.6	85	10.5	32
6.7	83	9.6	31	7.7	83	10.6	31
6.8	80	9.7	30	7.8	80	10.7	30
6.9	77	9.8	29	7.9	77	10.8	29
7.0	75	9.9	28	8.0	75	10.9	28
7.1	73	10.0	27	8.1	73	11.0	27
7.2	70	10.1	26	8.2	70	11.1	26
7.3	68	10.2	25	8.3	68	11.2	25
7.4	66	10.3	24	8.4	66	11.3	24
7.5	64	10.4	23	8.5	64	11.4	23
7.6	62	10.5	22	8.6	62	11.5	22
7.7	60	10.6	21	8.7	60	11.6	21
7.8	58	10.7	20	8.8	58	11.7	20
7.9	56	10.8	19	8.9	56	11.8	19
8.0	54	10.9	18	9.0	54	11.9	18
8.1	52	11.0	17	9.1	52	12.0	17
8.2	50	11.1	16	9.2	50	12.1	16
8.3	48	11.2	15	9.3	48	12.2	15
8.4	46	11.3	14	9.4	46	12.3	14
8.5	44	11.4	13	9.5	44	12.4	13
8.6	42	11.5	12	9.6	42	12.5	12
8.7	40	11.6	11	9.7	40	12.6	11
8.8	39	11.7 and Above	10	9.8	39	12.7 and Above	10

**ANNEXURE – II (B)**

**BACHELOR OF PHYSICAL EDUCATION**  
**PERFORMANCE CONVERSION TABLE**  
**STANDING BROAD JUMP**

<b>Men</b>		<b>Women</b>	
<b>Distance (Meters)</b>	<b>Points</b>	<b>Distance (Meters)</b>	<b>Points</b>
2.75 and Above	100	2.25 and Above	100
2.70-2.74	96	2.20-2.24	96
2.65-2.69	92	2.15-2.19	92
2.60-2.64	88	2.10-2.14	88
2.55-2.59	84	2.05-2.09	84
2.50-2.54	80	2.00-2.04	80
2.45-2.49	77	1.95-1.99	77
2.40-2.44	74	1.90-1.94	74
2.35-2.39	71	1.85-1.89	71
2.30-2.34	68	1.80-1.84	68
2.25-2.29	65	1.75-1.79	65
2.20-2.24	62	1.70-1.74	62
2.15-2.19	59	1.65-1.69	59
2.10-2.14	56	1.60-1.64	56
2.05-2.09	53	1.55-1.59	53
2.00-2.04	50	1.50-1.54	50
1.95-1.99	48	1.45-1.49	48
1.90-1.94	46	1.40-1.44	46
1.85-1.89	44	1.35-1.39	44
1.80-1.84	42	1.30-1.34	42
1.75-1.79	40	1.25-1.29	40
1.70-1.74	38	1.20-1.24	38
1.65-1.69	36	1.15-1.19	36
1.60-1.64	34	1.10-1.14	34
1.55-1.59	32	1.05-1.09	32
1.50-1.54	30	1.00-1.04	30
1.45-1.49	28	0.95-0.99	28
1.40-1.44	26	0.90-0.94	26
1.35-1.39	24	0.85-0.89	24
1.30-1.34	22	0.80-0.84	22
1.25-1.29	20	0.75-0.79	20
1.20-1.24	19	0.70-0.74	19
1.15-1.19	18	0.65-0.69	18
1.10-1.14	17	0.60-0.64	17
1.05-1.09	16	0.55-0.59	16
1.00-1.04	15	0.50-0.54	15
0.99 and Below	14	0.49 and Below	14

**ANNEXURE - II (C)****BACHELOR OF PHYSICAL EDUCATION  
PERFORMANCE CONVERSION TABLE  
OVER HEAD BACK THROW**

<b>Men (3 Kg.)</b>		<b>Women (2 Kg.)</b>	
<b>Distance (in meters)</b>	<b>Points</b>	<b>Distance (in meters)</b>	<b>Points</b>
14.00 and above	100	11.50 and above	100
13.50	94	11.00	94
13.00	89	10.50	87
12.50	84	10.00	81
12.00	79	9.50	76
11.50	74	9.00	71
11.00	69	8.50	66
10.50	66	8.00	61
10.00	63	7.50	57
9.50	60	7.00	53
9.00	57	6.50	49
8.50	54	6.00	45
8.00	51	5.50	41
7.50	48	5.00	38
7.00	45	4.50	35
6.50	42	4.00	32
6.00	39	3.50	29
5.50	36	3.00	26
5.00	33	2.50	23
4.50	30	2.00 and below	20
4.00	28		
3.50	26		
3.00	24		
2.50	22		
2.00 and below	20		

**ANNEXURE – II (D)**

**BACHELOR OF PHYSICAL EDUCATION  
PERFORMANCE CONVERSION TABLE  
1000 METERS RUN / WALK**

<b>Men</b>				<b>Women</b>			
<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>
3:00 and Below	100	3:41-3:42	59	4:00 and Below	100	4:41-4:42	59
3:01	99	3:43-3:44	58	4:01	99	4:43-4:44	58
3:02	98	3:45-3:46	57	4:02	98	4:45-4:46	57
3:03	97	3:47-3:48	56	4:03	97	4:47-4:48	56
3:04	96	3:49-3:50	55	4:04	96	4:49-4:50	55
3:05	95	3:51-3:52	54	4:05	95	4:51-4:52	54
3:06	94	3:53-3:54	53	4:06	94	4:53-4:54	53
3:07	93	3:55-3:56	52	4:07	93	4:55-4:56	52
3:08	92	3:57-3:58	51	4:08	92	4:57-4:58	51
3:09	91	3:59-4:00	50	4:09	91	4:59-5:00	50
3:10	90	4:01-4:02	49	4:10	90	5:01-5:02	49
3:11	89	4:03-4:04	48	4:11	89	5:03-5:04	48
3:12	88	4:05-4:06	47	4:12	88	5:05-5:06	47
3:13	87	4:07-4:08	46	4:13	87	5:07-5:08	46
3:14	86	4:09-4:10	45	4:14	86	5:09-5:10	45
3:15	85	4:11-4:12	44	4:15	85	5:11-5:12	44
3:16	84	4:13-4:14	43	4:16	84	5:13-5:14	43
3:17	83	4:15-4:16	42	4:17	83	5:15-5:16	42
3:18	82	4:17-4:18	41	4:18	82	5:17-5:18	41
3:19	81	4:19-4:20	40	4:19	81	5:19-5:20	40
3:20	80	4:21-4:22	39	4:20	80	5:21-5:22	39
3:21	79	4:23-4:24	38	4:21	79	5:23-5:24	38
3:22	78	4:25-4:26	37	4:22	78	5:25-5:26	37
3:23	77	4:27-4:28	36	4:23	77	5:27-5:28	36
3:24	76	4:29-4:30	35	4:24	76	5:29-5:30	35
3:25	75	4:31-4:32	34	4:25	75	5:31-5:32	34
3:26	74	4:33-4:34	33	4:26	74	5:33-5:34	33
3:27	73	4:35-4:36	32	4:27	73	5:35-5:36	32
3:28	72	4:37-4:38	31	4:28	72	5:37-5:38	31
3:29	71	4:39-4:40	30	4:29	71	5:39-5:40	30
3:30	70	4:41-4:43	29	4:30	70	5:41-5:43	29
3:31	69	4:44-4:46	28	4:31	69	5:44-5:46	28
3:32	68	4:47-4:49	27	4:32	68	5:47-5:49	27
3:33	67	4:50-4:52	26	4:33	67	5:50-5:52	26
3:34	66	4:53-4:55	25	4:34	66	5:53-5:55	25
3:35	65	4:56-4:58	24	4:35	65	5:56-5:58	24
3:36	64	4:59-5:01	23	4:36	64	5:59-6:01	23
3:37	63	5:02-5:04	22	4:37	63	6:02-6:04	22
3:38	62	5:05-5:07	21	4:38	62	6:05-6:07	21
3:39	61	5:08-5:10	20	4:39	61	6:08-6:10	20
3:40	60	5:11 and Above	19	4:40	60	6:11 and Above	19

**NOTE:** The performance in four items will be converted into point on the basis of above tables and the required weightage of final points will be considered as performance scores.

**ANNEXURE – III (A)**

**PGDSC, PGDFM, DSC  
PERFORMANCE CONVERSION TABLE  
50 METERS SPRINT**

<b>Men</b>				<b>Women</b>			
<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>	<b>Timing (Seconds)</b>	<b>Points</b>
5.7 and Below	100	8.6	38	6.7 and Below	100	9.6	38
5.8	97	8.7	37	6.8	97	9.7	37
5.9	95	8.8	36	6.9	95	9.8	36
6.0	93	8.9	35	7.0	93	9.9	35
6.1	90	9.0	34	7.1	90	10.0	34
6.2	87	9.1	33	7.2	87	10.1	33
6.3	85	9.2	32	7.3	85	10.2	32
6.4	83	9.3	31	7.4	83	10.3	31
6.5	80	9.4	30	7.5	80	10.4	30
6.6	77	9.5	29	7.6	77	10.5	29
6.7	75	9.6	28	7.7	75	10.6	28
6.8	73	9.7	27	7.8	73	10.7	27
6.9	70	9.8	26	7.9	70	10.8	26
7.0	68	9.9	25	8.0	68	10.9	25
7.1	66	10.0	24	8.1	66	11.0	24
7.2	64	10.1	23	8.2	64	11.1	23
7.3	62	10.2	22	8.3	62	11.2	22
7.4	60	10.3	21	8.4	60	11.3	21
7.5	58	10.4	20	8.5	58	11.4	20
7.6	56	10.5	19	8.6	56	11.5	19
7.7	54	10.6	18	8.7	54	11.6	18
7.8	52	10.7	17	8.8	52	11.7	17
7.9	50	10.8	16	8.9	50	11.8	16
8.0	48	10.9	15	9.0	48	11.9	15
8.1	46	11.0	14	9.1	46	12.0	14
8.2	44	11.1	13	9.2	44	12.1	13
8.3	42	11.2	12	9.3	42	12.2	12
8.4	40	11.3	11	9.4	40	12.3	11
8.5	39	11.4 and Above	10	9.5	39	12.4 and Above	10

**ANNEXURE – III (B)**

**PGDSC, PGDFM, DSC  
PERFORMANCE CONVERSION TABLE  
STANDING BROAD JUMP**

<b>Men</b>		<b>Women</b>	
<b>Distance (Meters)</b>	<b>Points</b>	<b>Distance (Meters)</b>	<b>Points</b>
2.80 and Above	100	2.30 and Above	100
2.75-2.79	96	2.25-2.29	96
2.70-2.74	92	2.20-2.24	92
2.65-2.69	88	2.15-2.19	88
2.60-2.64	84	2.10-2.14	84
2.55-2.59	80	2.05-2.09	80
2.50-2.54	77	2.00-2.04	77
2.45-2.49	74	1.95-1.99	74
2.40-2.44	71	1.90-1.94	71
2.35-2.39	68	1.85-1.89	68
2.30-2.34	65	1.80-1.84	65
2.25-2.29	62	1.75-1.79	62
2.20-2.24	59	1.70-1.74	59
2.15-2.19	56	1.65-1.69	56
2.10-2.14	53	1.60-1.64	53
2.05-2.09	50	1.55-1.59	50
2.00-2.04	48	1.50-1.54	48
1.95-1.99	46	1.45-1.49	46
1.90-1.94	44	1.40-1.44	44
1.85-1.89	42	1.35-1.39	42
1.80-1.84	40	1.30-1.34	40
1.75-1.79	38	1.25-1.29	38
1.70-1.74	36	1.20-1.24	36
1.65-1.69	34	1.15-1.19	34
1.60-1.64	32	1.10-1.14	32
1.55-1.59	30	1.05-1.09	30
1.50-1.54	28	1.00-1.04	28
1.45-1.49	26	0.95-0.99	26
1.40-1.44	24	0.90-0.94	24
1.35-1.39	22	0.85-0.89	22
1.30-1.34	20	0.80-0.84	20
1.25-1.29	19	0.75-0.79	19
1.20-1.24	18	0.70-0.74	18
1.15-1.19	17	0.65-0.69	17
1.10-1.14	16	0.60-0.64	16
1.05-1.09	15	0.55-0.59	15
1.04 and Below	14	0.54 and Below	14

**ANNEXURE - III (C)****PGDSC, PGDFM, DSC  
PERFORMANCE CONVERSION TABLE  
OVER HEAD BACK THROW**

<b>Men (3 Kg.)</b>		<b>Women (2 Kg.)</b>	
<b>Distance (in meters)</b>	<b>Points</b>	<b>Distance (in meters)</b>	<b>Points</b>
15.00 and above	100	12.50 and above	100
14.50	94	12.00	94
14.00	89	11.50	87
13.50	84	11.00	81
13.00	79	10.50	76
12.50	74	10.00	71
12.00	69	9.50	66
11.50	66	9.00	61
11.00	63	8.50	57
10.50	60	8.00	53
10.00	57	7.50	49
9.50	54	7.00	45
9.00	51	6.50	41
8.50	48	6.00	38
8.00	45	5.50	35
7.50	42	5.00	32
7.00	39	4.50	29
6.50	36	4.00	26
6.00	33	3.50	23
5.50	30	3.00	20
5.00	28		
4.50	26		
4.00	24		
3.50	22		
3.00 and below	20		

**ANNEXURE – III (D)**

**PGDSC, PGDFM, DSC  
PERFORMANCE CONVERSION TABLE  
1000 METERS RUN / WALK**

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
2:50 and Below	100	3:31-3:32	59	3:50 and Below	100	4:31-4:32	59
2:51	99	3:33-3:34	58	3:51	99	4:33-4:34	58
2:52	98	3:35-3:36	57	3:52	98	4:35-4:36	57
2:53	97	3:37-3:38	56	3:53	97	4:37-4:38	56
2:54	96	3:39-3:40	55	3:54	96	4:39-4:40	55
2:55	95	3:41-3:42	54	3:55	95	4:41-4:42	54
2:56	94	3:43-3:44	53	3:56	94	4:43-4:44	53
2:57	93	3:45-3:46	52	3:57	93	4:45-4:46	52
2:58	92	3:47-3:48	51	3:58	92	4:47-4:48	51
2:59	91	3:49-3:50	50	3:59	91	4:49-4:50	50
3:00	90	3:51-3:52	49	4:00	90	4:51-4:52	49
3:01	89	3:53-3:54	48	4:01	89	4:53-4:54	48
3:02	88	3:55-3:56	47	4:02	88	4:55-4:56	47
3:03	87	3:57-3:58	46	4:03	87	4:57-4:58	46
3:04	86	3:59-4:00	45	4:04	86	4:59-5:00	45
3:05	85	4:01-4:02	44	4:05	85	5:01-5:02	44
3:06	84	4:03-4:04	43	4:06	84	5:03-5:04	43
3:07	83	4:05-4:06	42	4:07	83	5:05-5:06	42
3:08	82	4:07-4:08	41	4:08	82	5:07-5:08	41
3:09	81	4:09-4:10	40	4:09	81	5:09-5:10	40
3:10	80	4:11-4:12	39	4:10	80	5:11-5:12	39
3:11	79	4:13-4:14	38	4:11	79	5:13-5:14	38
3:12	78	4:15-4:16	37	4:12	78	5:15-5:16	37
3:13	77	4:17-4:18	36	4:13	77	5:17-5:18	36
3:14	76	4:19-4:20	35	4:14	76	5:19-5:20	35
3:15	75	4:21-4:22	34	4:15	75	5:21-5:22	34
3:16	74	4:23-4:24	33	4:16	74	5:23-5:24	33
3:17	73	4:25-4:26	32	4:17	73	5:25-5:26	32
3:18	72	4:27-4:28	31	4:18	72	5:27-5:28	31
3:19	71	4:29-4:30	30	4:19	71	5:29-5:30	30
3:20	70	4:31-4:33	29	4:20	70	5:31-5:33	29
3:21	69	4:34-4:36	28	4:21	69	5:34-5:36	28
3:22	68	4:37-4:39	27	4:22	68	5:37-5:39	27
3:23	67	4:40-4:42	26	4:23	67	5:40-5:42	26
3:24	66	4:43-4:45	25	4:24	66	5:43-5:45	25
3:25	65	4:46-4:48	24	4:25	65	5:46-5:48	24
3:26	64	4:49-4:51	23	4:26	64	5:49-5:51	23
3:27	63	4:52-4:54	22	4:27	63	5:52-5:54	22
3:28	62	4:55-4:57	21	4:28	62	5:55-5:57	21
3:29	61	4:58-5:00	20	4:29	61	5:58-6:00	20
3:30	60	5:01 and Above	19	4:30	60	6:01 and Above	19

**NOTE:** The performance in four items will be converted into points on the basis of above tables and the required weightages of final points will be considered as performance scores.



**SEMESTER-WISE FEE STRUCTURE FOR B.P.Ed., M.P.Ed., and M.A. (YOGA) 2015-16**

Particulars of Head	B.P.Ed.				M.P.Ed.				M.A. (Yoga)			
	Indian Students (In Rupees)		Foreign Students (In Rupees)		Indian Students (In Rupees)		Foreign Students (In Rupees)		Indian Students (In Rupees)		Foreign Students (In Rupees)	
	I Sem.	II Sem.	I Sem.	II Sem.	I Sem.	II Sem.	I Sem.	II Sem.	I Sem.	II Sem.	I Sem.	II Sem.
Tuition Fee	3000/-	3000/-	8000/-	8000/-	3000/-	3000/-	8000/-	8000/-	3000/-	3000/-	8000/-	8000/-
Identity Card Fee	200/-	00	200/-	00	200/-	00	200/-	00	200/-	00	200/-	00
Medi-claim Insurance	600/-	00	600/-	00	600/-	00	600/-	00	600/-	00	600/-	00
Caution Money (Refundable)	2000/-	00	2000/-	00	2000/-	00	2000/-	00	2000/-	00	2000/-	00
Registration/ Immigration Fee	600/-	00	6000/-	00	600/-	00	6000/-	00	600/-	00	6000/-	00
Hostel cum Electricity Fee	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-
Syllabus Fee	150/-	150/-	150/-	150/-	150/-	150/-	150/-	150/-	150/-	150/-	150/-	150/-
Admission Fee	1000/- *	00	5000/- *	00	1000/- *	00	5000/- *	00	1000/-	00	5000/-	00
Examination Fee	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-	1200/-
Mess Fund	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-
Sports Fund	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-
Development Fund	750/-	750/-	2500/-	2500/-	1000/-	1000/-	2500/-	2500/-	1000/-	1000/-	2500/-	2500/-
Medical Fund	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-
Students Cultural/ Literary Society Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-
Student Welfare Fund	50/-	50/-	250/-	250/-	100/-	100/-	250/-	250/-	100/-	100/-	250/-	250/-
Library Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-
<b>TOTAL</b>	<b>28850/-</b>	<b>24450/-</b>	<b>45200/-</b>	<b>31400/-</b>	<b>29150/-</b>	<b>24750/-</b>	<b>45200/-</b>	<b>31400/-</b>	<b>29150/-</b>	<b>24750/-</b>	<b>45200/-</b>	<b>31400/-</b>

(\*) Non refundable and payable at the time of counselling in addition to portal charges.

**NOTE:**

1. Prescribed uniform to be purchased by the students themselves.
2. Above fee schedule applicable for the current year only. Scheduled for subsequent year as decided will prevail.
3. Mess Charges will be subject to Institute's discretion and review.

**ANNEXURE – V (A)**

**Proposed Fees Structure for the Integrated M.Phil.-Ph.D Programme 2015-16**

Name of Head	July 2015 Semester I		January 2016 Semester II		July 2016 Semester III		January 2017 Semester IV		July 2017 Semester V		January 2018 Semester VI		July 2018 Semester VII		Remark
	Proposed		Proposed		Proposed		Proposed		Proposed		Proposed		Proposed		
	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	
	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	
Tuition Fee	8000/-	15000/-													One time
Academic Fee							4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	
Identity Card Fee	200/-	200/-													one time for three and half year. Refund caution money after submitting the ID card if left in between
Medi-claim Insurance	600/-	600/-			600/-	600/-			600/-	600/-			600/-	600/-	Every July (I, III,V and VII semester)
Caution Money (Refundable)	2000/-	2000/-													Once in three and half year
Registration/ Immigration Fee	600/-	6000/-					600/-	6000/-							Once in I semester and once in IV semester if moved into PhD phase
Hostel cum Electricity Fee	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	Every semester
Syllabus Fee	300/-	300/-													Once in three and half year in the course
Admission Fee	1000/-	5000/-													Once in three year and half
Examination Fee	1000/-	1000/-					5000/-	5000/-							1000 in I semester 5000 in IV semester if moved into PhD phase
Mess Fund	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	In every semester
Sports Fund	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	In every semester
Development Fund	1000/-	2500/-													Once in three and half year
Medical Fund	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	In every semester
Students Cultural/ Literary Society Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	In every semester
Student Welfare Fund	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	In every semester
Library Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	In every semester
<b>TOTAL</b>	<b>34100/-</b>	<b>52150/-</b>	<b>19400/-</b>	<b>19550/-</b>	<b>20000/-</b>	<b>20150/-</b>	<b>29000/-</b>	<b>34550/-</b>	<b>24000/-</b>	<b>24150/-</b>	<b>23400/-</b>	<b>23550/-</b>	<b>24000/-</b>	<b>24150/-</b>	

**NOTE:** 1. Prescribed uniform to be purchased by the students themselves. 2. Above fee schedule applicable for the current year only. Scheduled for subsequent year as decided will prevail.  
3. Mess Charges will be subject to Institute's discretion and review.

**ANNEXURE – V (B)**

**Proposed Fees Structure for the Ph.D. Programme 2015-16**

Name of Head	July 2015 Semester I		January 2016 Semester II		July 2016 Semester III		January 2017 Semester IV		July 2017 Semester V		Remark
	Proposed		Proposed		Proposed		Proposed		Proposed		
	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	Indian Student	Foreign Student	
	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	Amount in Rupees	
Tuition Fee	4000/-	7500/-									One time
Academic Fee			4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	4000/-	
Identity Card Fee	200/-	200/-									one time for three and half year. Refund caution money after submitting the ID card if left in between
Medi-claim Insurance	600/-	600/-			600/-	600/-			600/-	600/-	Every July (I, III,V and VII semester)
Caution Money (Refundable)	2000/-	2000/-									Once in three and half year
Registration/ Immigration Fee	600/-	6000/-									Once in I semester and once in IV semester if moved into PhD phase
Hostel cum Electricity Fee	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	2000/-	Every semester
Syllabus Fee	300/-	300/-									Once in three and half year in the course
Admission Fee	1000/-	5000/-									Once in three year and half
Examination Fee	5000/-	5000/-									1000 in I semester 5000 in IV semester if moved into PhD phase
Mess Fund	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	15000/-	In every semester
Sports Fund	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	1000/-	In every semester
Development Fund	1000/-	2500/-									Once in three and half year
Medical Fund	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	300/-	In every semester
Students Cultural/ Literary Society Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	In every semester
Student Welfare Fund	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	100/-	250/-	In every semester
Library Fund	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	500/-	In every semester
<b>TOTAL</b>	<b>34100/-</b>	<b>48650/-</b>	<b>23400/-</b>	<b>23550/-</b>	<b>24000/-</b>	<b>24150/-</b>	<b>23400/-</b>	<b>23150/-</b>	<b>24000/-</b>	<b>24150/-</b>	

**NOTE:** 1. Prescribed uniform to be purchased by the students themselves. 2. Above fee schedule applicable for the current year only. Scheduled for subsequent year as decided will prevail.  
3. Mess Charges will be subject to Institute's discretion and review.

**PROPOSED FEE STRUCTURE FOR ALL PG DIPLOMA/DIPLOMA  
COURSES 2015-16**

<b>Particulars of Head</b>	Indian student	Foreign Student
	Amount in Rupees	Amount in Rupees
Tuition Fee	6000/-	16000/-
Identity Card Fee	200/-	200/-
Medi-claim Insurance	600/-	600/-
Caution Money (Refundable)	2000/-	2000/-
Registration/Immigration Fee	600/-	6000/-
Hostel cum Electricity Fee	4000/-	4000/-
Syllabus Charge	200/-	200/-
Admission Fee	1000/-	5000/-
Examination Fee	1200/-	1200/-
Mess Fund	30000/-	30000/-
Sports Fund	2000/-	2000/-
Development Fund	2000/-	5000/-
Medical Fund	600/-	600/-
Students Cultural/Literary Society Fund	1000/-	1000/-
Student Welfare Fund	100/-	500/-
Library Fund	1000/-	1000/-
<b>TOTAL</b>	<b>52500/-</b>	<b>75300/-</b>

**NOTE:**

- 1. Prescribed uniform to be purchased by the students themselves.**
- 2. Above fee schedule applicable for the current year only. Scheduled for subsequent year as decided will prevail.**
- 3. Mess Charges will be subject to Institute's discretion and review.**

**PRESCRIBED UNIFORM****B.P.Ed.**

<b>S. No.</b>	<b>Items</b>	<b>Boys</b>	<b>Girls</b>
1.	T. Shirt (Light Gray)	Four	Four
2.	T. Shirt (White)	Two	Two
3.	Track Suit	One Set	One Set
4.	Short (Gray)	Four	Two (Skirts)
5.	Stocking	Two pairs	Two pairs
6.	Shirt (Full Sleeves) (White)	One	-
7.	Pant (Black)	One	-
8.	Tie	One	-
9.	Blazer	One	One
10.	Saree (Cream)	-	One
11.	Gray Pullover	One	One
12.	Bag	One	One

**M.P.Ed./M.A. (Yoga)**

1.	T. Shirt (Sky Blue)	Two	Two
2.	Short (Navy Blue)	Two	-
3.	Track Suit	One Set	One Set
4.	Skirt (Navy Blue)	-	Two
5.	Shirt (Full Sleeves) (White)	One	-
6.	Pant (Black)	One	-
7.	Saree (Cream)	-	One
8.	Bag	One	One

**INTEGRATED M.PHIL.-PH.D PROGRAMME**

1.	T-Shirt (Maroon)	Two	Two
2.	Short (White)	One	-
3.	Skirt (White)	-	One
4.	Track Suit	One set	One set
5.	Shirt (White)	One	-
6.	Pant (White)	One	-
7.	Saree (White)	-	One

**PG DIPLOMA/DIPLOMA**

1.	T - Shirt	Two	Two
2.	Track suit	One set	One set
3.	Shorts	Two	Two
4.	Tie	One	One
5.	Socks/Stockings	Two pairs	Two pairs
6.	Bag	One	One
7.	Black Pant	One	One
8.	White shirt (Full Sleeves)	One	One
9.	Blazer	One	One

**SYLLABUS FOR M.P.ED. ADMISSION TEST – SPORTS/GAME THEORY TEST  
(25 Marks)**

**ATHLETICS**

1. History of Track & Field Athletics.
2. Technique of Track & Field events.
  - 2.1 Sprints, hurdle events, Relays, Middle distance and Long distance races
  - 2.2 Tactics in Middle and Long distance events.
  - 2.3 Jumps – Long jump, High jump, Triple jump and Pole vault.
  - 2.4 Throws – Shot put, Discus throw, Javelin throw, Hammer throw.
3. Introduction of combined events.
4. Track & Field Competition rules.
5. Marking for Track & Field events.
6. Principles of Sports training for Track & Field events.

**BADMINTON**

**1. Introduction to Badminton, Equipment and Facilities**

- 1.1 History: Introduction of the game, history and development of the game with reference to India, Asia and World
- 1.2 Equipment and Facilities: The Racket, Shuttle Cock, Clothing, The Court, Checklist for Game or Practice equipment

**2. Organizational Set-Up:**

- 2.1 Structure and Functions of Controlling Bodies: International Body (BWF) and their affiliated units National Bodies (BAI) and their affiliated units
- 2.2 Major International and National competitions.
- 2.3 Technical requirement for conduct of National Tournament

**3. Officiating and Specification of Indoor Hall**

- 3.1 Laws and Rules of Badminton. Their Interpretation
- 3.2 Mechanics of officiating (Duties of Referee(S), Umpire, Service Judge and Line Judges).
- 3.3 Indoor Hall requirement (Court Marking, Flooring, Height, Lighting System and it's maintenance)

**4. Fundamental Techniques/ Skills and their Development**

- 4.1 Classification and Importance
- 4.2 Development of Basic and Advance Skills
- 4.3 Grips (Forehand, Backhand, Multipurpose, Pan Handle, Short and Long)
- 4.4 Services (Short, Long or High Service, Drive and Flick Service)
- 4.5 Strokes (Forehand, Backhand, Overhead, Over-arm, Underhand, Round the head)
  - 4.5.1 Foot work
  - 4.5.2 Body Skills
- 4.6 Drills and lead-up activities.

- 4.7 Tactics and Strategy
  - Basic Strategy
  - 4.7.1 Application of basic techniques to tactics (Serve-Receive and Strokes).
  - 4.7.2 Tactics and Strategy Singles, Doubles and Mixed Doubles.

## **5. Training**

- 5.1 Training (Principles), Methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility), Co-ordinative ability,
- 5.2 Systematization of training process for a beginner, Intermediate and High performance sports persons.
- 5.3 Training Load and adaptation distribution of training load, overtraining and overload).
- 5.4 Psychological/ Mental Preparation during training

## **6. Planning**

- 6.1 Short term and long term training plans.
- 6.2 Fundamental Concepts of training planning (Training Volume, time frequency, intensity, Principle of super- compensation)
- 6.3 Periodization (Preparatory, Competitive & Transition Period-Macro-cycle and Micro-Cycle, Meso Cycle).

## **7. Evaluation**

- 7.1 Training Diary
- 7.2 Fitness Tests (General and Specific)
- 7.3 Skill Tests
- 7.4 Performance Assessment and Monitoring

# **BASKETBALL**

## **1. History**

- 1.1 Historical development of Basketball at:
  - a) International Level (World history, Olympics, World Championship, Asian Games )
  - b). National Level (India)
- 1.2 Organization: Structure and functions of different bodies governing Basketball at various levels:
  - a) FIBA
  - b) ABC
  - c) BFI
- 1.3 Brief introduction of major National and International Basketball Competitions.

## **2. Facilities and equipment in Basketball.**

- 2.1 Construction of court. (Cemented, synthetic and wooden)
- 2.2 Marking of court.
- 2.3 Various technical equipments (specifications and purpose)

### **3. Rules**

- 1.1 Rules and their Interpretation.
- 1.2 Introduction of officiating

### **4. Basic qualities and qualification of Basketball coach.**

### **5. Warm up and Limber down.**

- 5.1. Importance
- 5.2 Principles
- 5.3 Types (general and specific)
- 5.4 Means and methods.

### **6. Motor abilities required for Basketball players and their developments.**

- 6.1 Specific motor abilities.
- 6.2 Means and methods of developing specific these motor abilities.

### **7. Technique / skill**

- 7.1 Classification of techniques in Basketball
- 7.2 Technique training (phases, methods)

### **8. Tactics**

- 8.1 Classifications of tactics (Group and team)
- 8.2 Training means and methods.

### **9. Fitness test for Basketball players and officials (specific fitness)**

## **CRICKET**

### **1. History:**

Historical development of the Cricket at national and international levels.

### **2. Organization:**

- 2.1 Foundation of B.C.C.I
- 2.2 Foundation of I.C.C
- 2.3 Major National and International competitions.

### **3. Officiating and Layout of Play field:**

- 3.1 Rules and their interpretations.
- 3.2 Mechanics of officiating.
- 3.3 Layout and marking of cricket field.

### **4. Techniques/Skills:**

- 4.1 Classification of Techniques/Skills. Bating, Bowling and Fielding.
- 4.2 Technical/Skill training.
  - 4.2.1 Preparatory Exercise.
  - 4.2.2 Basic Exercise.



4.2.3 Supplementary Exercise.

**5. Tactics and Strategy:**

- 5.1 Selection of players/teams for different tournament of Cricket
- 5.2 Different tactical concepts applicable to the game of cricket
- 5.3 Tactical training in cricket

**6. Training:**

- 6.1 Systematization of training process for a beginner, intermediate and high performance crickets.
- 6.2 Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility.)
- 6.3 Load dynamics (Principles of Training load, distribution of training load)
- 6.4 Basic Concept of preparation of training schedules.

**7. Planning:**

- 7.1 Short term and long term training plans.
- 7.2 Periodisation (Prep. Camp & Transition).

**8. Evaluation:**

- 8.1 General Fitness Tests
- 8.2 Specific Fitness Tests
- 8.3 Performance and Skill Tests.

**FOOTBALL**

**1. History, development, organization and management of the game at:**

- a. World level
- b. Asia level
- c. India level

**2. Structure and functions of controlling bodies of football:**

- a. FIFA
- b. AFC
- c. AIFF

**3. Organization and management of various competitions:**

System including qualifying system followed in the game:

- i. World Cup
- ii. Olympic Games
- iii. Asian Games
- iv. National Championship (Santosh Trophy-Men & Women)
- v. Inter-University Competitions (Men & Women)

**4. Laws of the game and layout of play field:**

- a. Laws and their interpretations
- b. Mechanics of officiating
- c. Construction/ Layout, Marking and maintenance of play field.

d. Maintenance of training equipments.

## **5. Technique and Skill**

### **a. Classification of Techniques/ Skill**

- I. Methodical Phase of teaching technique in football
- II. Practical training of technique under easier conditions
- III. Basic development of technique

## **6. Description of tactics**

### **a. General Tactics and Applied Tactics**

### **b. Individual Tactics**

- i. In Attack
- ii. In Defence

### **c. Group Tactics**

- i. In Attack
- ii. In Defence

## **7. Warm up types and means:**

### **7.1 General and specific warm-up and means of warm up**

### **7.2 General training**

- a. Speed Reaction speed. Starting speed, acceleration speed
- b. Endurance- General and specific: speed endurance.
- c. Strength- General strength, strength endurance and explosive strength

### **7.3 Talent identification and development of talent**

- a. Principles
- b. Development of talent on long term basis

## **8. 8.1. Periodisation**

- i. Basic Concepts

## **8.2 Evaluation**

- i. General and specific fitness tests
- ii. Performance and skill test.

## **GYMNASTICS**

## **1 Historical Development of Gymnastics:**

### **1.1. At International Level:**

- 1.1.1 Development of Gymnastics in Germany.
- 1.1.2 Development of Gymnastics in Switzerland.
- 1.1.3 Development of Gymnastics in France.
- 1.1.4 Development of Gymnastics in Denmark.

### **1.2 At National Level (India):**

- 1.2.1 Pre Independence.

1.2.1 After Independence.

**2. Organization:**

- 2.1 International Bodies controlling sports and their functions.
- 2.2 National Bodies controlling sports and their functions.
- 2.3 Major International and National competitions.

**3. Measurements and specifications of Artistic Gymnastics Apparatuses (Men & Women):**

Parallel Bars, Pommel Horse, Horizontal Bar, Vaulting Table, Floor Exercise, Rings and Spring Board, Uneven Parallel Bars, Balancing Beam.

**4. Regulation for Gymnast and Coaches:**

- 4.1 Rights for the Gymnast.
- 4.2 Responsibilities of the Gymnast.
- 4.3 Right and Responsibilities of Coaches.

**5. Functions and responsibilities of officials:**

President, General Secretary, Technical members, superior, Apparatus Supervisor etc.

**6. Regulations for Judges:**

- 6.1 Apparatus Jury.
  - 6.1.1 Functions of D Panel Judges.
  - 6.1.2 Functions of E Panel Judges.
  - 6.1.3 Functions of Secretary and Assistant.

**7. Evaluation of the Exercises:**

- 7.1 Components of the evaluation:
  - 7.1.1 Difficulty Value.
  - 7.1.2 Composition requirement / Exercise Presentation.
  - 7.1.3 Connection Value.
- 7.2 General Faults and Penalties:
  - 7.2.1 By E Panel Judges.
  - 7.2.2 By D Panel Judges.

**8. Specific requirements in relation to Apparatus (Men Artistic Gymnastics)**

- 8.1 Vault.
- 8.2 Parallel Bars.
- 8.3 Pommel Horse.
- 8.4 Horizontal Bar.
- 8.5 Floor Exercise.
- 8.6 Rings.

**9. Specific requirements in relation to Apparatus (Women Artistic Gymnastics)**

- 9.1 Floor Exercise.
- 9.2 Vault.
- 9.3 Balancing Beam.

9.4 Uneven Parallel Bars.

**10. Classification of swinging elements:**

- 10.1 Rolling movements.
- 10.2 Upstart movements.
- 10.3 Uprise movements.
- 10.4 Balance Over Movements.
- 10.5 Take off movements.
- 10.6 Leg Swing movements.
- 10.7 Hip circle movements.
- 10.8 Upward swing and rotatory movements.

**11. Different Phases of vaults jumps in Gymnastics.**

**HOCKEY**

- 1. Historical development of the Hockey in the World, Asia and India.
- 2.
  - 2.1 National Body controlling Hockey and its affiliated units.
  - 2.2 World Body controlling Hockey and their affiliated units.
  - 2.3 Major National and International competitions.  
Beighton Cup, Rangaswamy Cup, National Games Olympic Games, World Cup, Asian Games
- 3.
  - 3.1 Rules and their interpretations.
  - 3.2 Mechanics of officiating.
  - 3.3 Layout and marking of play areas.(Grass, Synthetic Surface).
  - 3.4 Impact of Latest Rules Changes on the Game.
- 4.
  - 4.1 Classification of Techniques/Skills- Explanation of Push, Stop, Hit, Flick, Dribble.
  - 4.2 Definition of Pass, Types and Maxims of Passing.
  - 4.3 Steps of Skill training
    - 4.3.1 Phase I
    - 4.3.2 Phase II
    - 4.3.3 Phase III
- 5.
  - 5.1 Selection of players/teams
  - 5.2 Different tactical concepts applicable to the game/sport
    - 5.2.1 Total Hockey.
    - 5.2.2 Systems of Play (Formations).
    - 5.2.3 Principles of Offence.
    - 5.2.4 Principles of Defense.
  - 5.3 Tactical training- Offensive and Defensive duties of Players.
- 6.
  - 6.1 Systematization of training process for a beginner, intermediate and high performance Hockey Players.
  - 6.2 Training methods and means for the development of motor abilities for hockey players (Strength, Speed, Endurance and Flexibility.)
  - 6.3 Load dynamics (Principles of Training load, distribution of training load)
  - 6.4 Basic Concept of preparation of training schedules.
  - 6.5 Functional Training of Goalkeepers, Forwards, Midfields and Defense.

7. 7.1 Short term and long term training plans.
- 7.2 Periodisation (Prep. Camp & Transition).

## **JUDO**

### **1. History**

- 1.1 Historical development of the Judo at national and International Level
- 1.2 Principle of Judo
- 1.3 Articles of Judo

### **2. Organization:**

- 2.1. National Bodies controlling judo and their affiliated units.
- 2.2. International bodies controlling judo and their affiliated units.
- 2.3. Major national and international competition.

### **3. Qualifying system of major national and international competition.**

### **4. Officiating and layout of play field.**

- 4.1 Rules and their interpretations.
- 4.2 Mechanics of officiating
- 4.3 Preparation for competition arena
- 4.4 Role of officials and their duties and responsibilities.

### **5. Techniques/ Skills**

- 5.1 Classification of Techniques/ Skills.
- 5.2 Technical/ Skill Training
  - 5.2.1 Preparatory Exercise
  - 5.2.2 Basic Exercise
  - 5.2.3 Supplementary Exercise

### **6. Drills of nage komi and uchi komi**

### **7. Tactics and Strategy:**

- 7.1 Selection of players/ team
- 7.2 Different tactical concepts applicable to the judo.
- 7.3 Tactical training

### **8. Evaluation:**

- 8.1 General fitness test.
- 8.2 Specific fitness test.

## **SWIMMING**

1. Historical development of swimming at national and international levels.
2. Working of SFI (Swimming Federation of India) Paralympic swimming Federation international de natation(FINA).

3. Major national and International swimming competitions.
4. Swimming rules and their interpretations.
5. Duties and responsibilities of various officials.
6. Constructions, maintenance and supervision of swimming pool.
7. Significance of swimming as an activity.
8. Health, hygiene and safety rules to be followed at swimming pool.
9. Teaching stages of swimming to beginners.
10. Classification of swimming techniques and their theory (strokes, starts and turns).
11. Land training for swimmers,
12. Water training for competitive swimming
13. Planning and periodization in swimming.
14. Strategy and tactics involved in swimming and relay races.
15. Tests for evaluating swimming strokes and performance related factors.

### **TENNIS**

1. Historical development of Tennis at National & International level.
2. Development of equipment of Tennis.
3. Organizational Structure & Functions of All India Tennis Association (AITA) & International Tennis Federation (ITF).
4. Major National and International Competitions in Tennis.
5. Basic and advanced techniques in Tennis.
6. Offensive and defensive tactics.
7. Observation of trainees and opponents for assessing strengths and weaknesses.
8. Drills for fundamental strokes.
9. Rules and their interpretations.
10. Mechanics of officiating.
11. Training methods and means for the development of motor abilities (Strength, Speed, Endurance and Flexibility).
12. Principles and distribution of training load.
13. Skill test.

## **VOLLEYBALL**

### **1. Historical development of the game/sport at national and International levels.**

### **2. Organization:**

- 2.1 National bodies controlling sports and their affiliated units.
- 2.2 International Bodies Controlling Sports and their affiliated units
- 2.3 Qualifying system of Major International Competitions
  - 2.3.1 World Cup
  - 2.3.2 Olympics

### **3. Officiating and Lay-Out of Play Field**

- 3.1 Rules and their Interpretations
  - 3.1.1 Facilities and Equipment
  - 3.1.2 Participants
  - 3.1.3 Playing Format
  - 3.1.4 Playing Actions
  - 3.1.5 Interruption, Intervals and Delays
  - 3.1.6 Libero Player
  - 3.1.7 Participant's Conduct
  - 3.1.8 Referees
- 3.2 Layout and marking of Play Areas

### **4. Classification of Technique/Skill**

- 4.1 Teaching Stages of Technique
  - 4.1.1 Underhand Pass
  - 4.1.2 Overhand Pass
  - 4.1.3 Service
  - 4.1.4 Spike
  - 4.1.5 Block
  - 4.1.6 Forward Dive
  - 4.1.7 Sideward Roll
- 4.2 Correction and Faults of Technique
- 4.3 Recreation and Lead up Activities

### **5. Tactics and Strategy**

- 5.1 System of Play and Selection of Players
- 5.2 Individual Tactics and Team Tactics
- 5.3 Tactical Training
- 5.4 Systematization of training process for a beginner, Intermediate and High Performance
- 5.5 Training Means and Method for the development of Motor Abilities in Volleyball

## **6 Planning**

- 6.1 Short Term and Long Term Training Plans
- 6.2 Periodization (Preparatory, Competition and Transition)
- 6.3 Basic Concept of Preparation of Training Schedules

## **WEIGHT LIFTING**

### **1 History**

- 1.1 Historical development of Weight Lifting at National and International level.

### **2 Organization**

- 2.1 National bodies controlling weight lifting its objectives and obligation towards IWF.
- 2.2 International Body controlling weight lifting it's objectless and obligation towards the National Federation.
- 2.3 Major National and International competitions in weightlifting.

### **3. Technical Rules**

- 3.1 Programme of Weightlifting competition.
- 3.2 Apparatus and documents for a weightlifting competition.
- 3.3 Outfits of the competitor in Weightlifting.
- 3.4 Weightlifting competition and officials of the competition and their responsibilities.
- 3.5 Layout the competition stage/area.

### **4. Techniques/skills in Weightlifting.**

- 4.1 Techniques / skills in weightlifting.
- 4.2 Classifications of techniques / skills in Weightlifting.
- 4.3 General rules for all lifts.
- 4.4 Incorrect movements and positions for all lifts.
- 4.5 Mechanical Principal of techniques in weight lifting
- 4.6 Assistance exercise/ supplementary exercise and hydria exercise for Weightlifting.

### **5. Training and preparation of Weightlifters.**

- 5.1 Training for Weightlifting competition.
- 5.2 Training the beginners, intermediate and advanced weightlifters.
- 5.3 Development of strength and flexibility for a weightlifter.
- 5.4 Principles of training load in Weightlifting.
- 5.5 Basis concept about the preparation of weightlifting training schedule.

### **6. Weightlifting ergogenies.**

- 6.1 Effects of weight Lifting on the body
- 6.2 Energy system used in weight lifting.
- 6.3 Weight lifting and its affects on blood pressure and pulse rate.
- 6.4 Common injuries in weight lifting, its causes and prevention.



## YOGA

- Scope and importance of Yoga.
- Types of Yoga.
- Yoga and Text
  - a. Yoga and Patanjali.
  - b. Different Sutras.
  - c. Yoga and Astang Yoga.
  - d. Yoga with Yama & Niyama.
  
- Relationship of Yoga and Digestive System.
- Relationship of Yoga and Respiratory System.
- Relationship of Yoga and Circulatory System.
- Meaning of Yogic Diet.
- Difference between Yogic and Normal Diet.
- Meaning of Yogic Therapy
- Types of Yogic Therapy
- Meaning, Scope, types and Methods of Meditation.
- Effect of Meditation on Human Body
- Present status of Yoga in Schools, Colleges and Universities
- Asanas
  - a. Scope and Principles of Asanas
  - b. Types of Asanas
  - c. Characteristics of Asanas
  - d. Difference between Asanas and Physical exercise
  
- Pranayamas
  - a. Definition, Scope and Principles of Pranayamas
  - b. Characteristics of Pranayamas
  - c. Types of Pranayamas
  
- Cleansing Process
  - a. Meaning, Types and Principles of Cleansing Process
  - b. Methods of Cleansing Process
  - c. Effect of Cleansing Process on human body
  
- Bandha
  - a. Meaning, Scope and Types of Bandhas
  - b. Principles of Bandhas
  - c. Effect of Bandhas during Pranayama Practice
  
- Rules and regulation of Yogic competitions

## **TABLE TENNIS**

### **1. History, Equipment & Officiating:**

- 1.1 History & development of Table Tennis in India, Asia and world.
- 1.2 Development of Equipment of Table Tennis- Table, Racket & ball.
- 1.3 Laws & Regulation of Table Tennis.
- 1.4 Mechanics of Officiating- Recommended Procedures for Match Officials (Umpire & Assistant Umpire).

### **2. 2.1 Federation & Associations:**

- 2.1.1 Organizational Structure & Functions of International Table Tennis Federation (ITTF).
- 2.1.2 Organizational Structure & Functions of Table Tennis Federation of India (TTFI).

### **2.2 Competitions:**

- 2.2.1 Types of Competition- Open, Restricted & other International Competitions.
- 2.2.2 National Competitions- Open National Championships, All India Inter-University, Inter- Institutional, S.G.F.I.

### **3. Techniques/Skills and their development:**

- 3.1. Basic Techniques/Skills- Grip, Stance (offensive & defensive), Push, Counter Attack, Service & Receive, Drive, Block, Chop, Lob.
- 3.2 Advance Technique/Skill- Footwork, Service Variations, Drive Variations, Flick, Smash.

### **4. Tactics and Strategy:**

- 4.1. Description of Tactics & Strategy.
- 4.2 Different tactical & strategically concepts applicable to the Table Tennis- Offensive & Defensive, Placement, X point, Anticipation, Observation (Identify the Weakness & Strength of Trainees & Opponents).
- 4.3 Various Tactical Drills.

### **5. 5.1 Training & Coaching:**

- 5.1.1 Coaching process for a beginner, intermediate and Advance Table Tennis Players. (Ball Control, Shadow Practice, wall Practice, Multi Ball Training, Iron Racket Training)
- 5.1.2 Requirement of Specific Motor Ability for Table Tennis
- 5.1.3 Methods and means for the development of Specific Motor Abilities of Table Tennis Players.
- 5.1.4 Training Plans used in Table Tennis:

### **5.2 Evaluation:**

- 5.2.1 General Fitness Tests
- 5.2.2 Specific Fitness Tests
- 5.2.3. Performance and Skill Tests.

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**SYLLABUS FOR M.P.Ed. ADMISSION TEST**  
**Professional Competency in Physical Education & Sports (100 Marks)**

**1. Introduction, Foundations and Management of Physical Education**

- 1.1 Aims and objectives of Education and Physical Education and Contribution of Physical Education to Education
- 1.2 Biological, Psychological and Sociological Principles and their Application in Physical Education.
- 1.3 Different Schools of Philosophy and their relevance to Physical Education.
- 1.4 Meaning, Phases, Nature and Importance of Management.
- 1.5 Location, Preparation, Layout and Maintenance of Play Fields Construction, Care and Maintenance of Gymnasium and Swimming Pool.
- 1.6 Equipments in Physical Education Criteria of selection, procedure of purchase, care and maintenance of equipments.
- 1.7 Intramural and Extramural Programmes.
- 1.8 Budget for Physical Education -Budget making and accounting

**2. Health Education**

- 2.1 Definition of Health and Description of its components.
- 2.2 Definition, Scope and Principles of Health Education.
- 2.3 Health Problems in India
- 2.4 School Health Programme
- 2.5 Nutrition, Assessment of Nutrition, Classification of Food, Balance Diet.

**3. Anatomy, Physiology and Physiology of Exercise**

- 3.1 Essential properties of Living Matter
- 3.2 Cell, Tissues, Organs and Systems-Structure and Function
- 3.3 Bio-Electric Potential.
- 3.4 Study of following systems and processes with a view to understand the effect of exercise on Different systems of the Body.
  - 3.4.1 Cardio-Vascular System
  - 3.4.2 Respiratory System
  - 3.4.3 Nervous System
  - 3.4.4 Metabolism and Temperature Regulation
  - 3.4.5 Sensory System.

**4. Educational Methods and Educational Technology**

- 4.1 Teaching Technique in Education.
- 4.2 Principles of Teaching, Commands and Class Management
- 4.3 Lesson Planning- Physical Education and Coaching Lessons
- 4.4 Tournaments-Knockout, League, Combination and Challenge types.
- 4.5 Audio-Visual aids-values, criteria for selection and suggestion for use.
- 4.6 Presentation Techniques in Physical Education.
  - 4.6.1 Preparation, Comment and Formation.
- 4.7 Micro Teaching, Simulation Teaching.
- 4.8 Definition of Components of an Instruction System, Advantages of System Approach.

## **5. Educational Psychology**

- 5.1 Growth and Development: Meaning, Stages of Growth and Development, Individual Difference, Causes of Individual Difference
- 5.2 Learning: Theories of Learning, Laws of learning, Learning Curve, Plateau in Learning, Transfer of learning / Training
- 5.3 Motivation and Emotion: Meaning and type of Motivation and Emotion, Concept of Need, Drive, motive.
- 5.4 Personality: Definition and Meaning, Personality Types
- 5.5 Memory: Definition and Meaning. Types of memory.

## **6. Kinesiology and Corrective Physical Education**

- 6.1 Types of Joints & Muscles.
- 6.2 Major Terminologies of Fundamental Movements.
- 6.3 Location and Action of Major Muscles.
- 6.4 Motor Unit and all and Non-law.
- 6.5 Reciprocal Innervation.
- 6.6 Equilibrium and Friction.
- 6.7 Prevention of Injuries
- 6.8 Massage
- 6.9 Postural Deformities.
- 6.10 Therapeutic Exercises
- 6.11 Rehabilitation of Sports Injuries.

## **7. Tests & Measurements**

- 7.1 Tests, Measurements, Evaluation, Statistics, their Meaning?
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and Correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness Tests, Skill Tests of different Games & Sports.

## **8. Adapted Physical Education**

- 8.1 Types of Disability, their causes and functional limitations.
- 8.2 Behavioral problems associated with disability.
- 8.3 Principles for adapted Physical Education Programme.
- 8.4 Rehabilitation of various types of disability.
- 8.5 Functional & occupational rehabilitation.
- 8.6 Psychological Rehabilitation.

## **9. Sports Training**

- 9.1 Meaning, Definition and Principles of Sports Training.
- 9.2 Definitions, types and factors of training load.
- 9.3 Meaning and Classification of speed, strength and endurance.
- 9.4 Training method of speed, strength and endurance.
- 9.5 Definition and method of teaching training.
- 9.6 Meaning, types & importance of periodisation.

## **10. General Awareness.**

- 10.1 Reasoning.
- 10.2 Sports Knowledge.
- 10.3 Current Affairs.

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**ANNEXURE - IX**

**SYLLABUS FOR INTEGRATED M.PHIL.-PH.D PROGRAMME ENTRANCE TEST**

**Selection (A) Research Methodology**

**30 Marks**

- i.** a Characteristics of research worker.  
b Types of research –basic, applied and action research.
- ii.** a Formulation of research problem.  
b Location and criteria of selection a research problem.  
c Limitations and delimitations.
- iii.** a Meaning and definition of Hypothesis.  
b Significance of Hypothesis.  
c Types of Hypothesis.
- iv. Non-Laboratory research.**
  - 1. Historical research-meaning, historical sources and their evaluation.
  - 2. Survey studies-Questionnaire, Interview and case studies.
- v. Laboratory research.**
  - 1. Experimental research.
  - 2. Meaning designs and control of experimental factors.
  - 3. Experimental designs and control of experimental factors.

**Section (B) Applied Statistics**

**30 Marks**

- i.** Statistical processes and their application in research.
- ii.** Understanding nature of Data: Measures of central tendency and measures of variability, coefficient of variation
- iii.** Graphs: different types of graphs and its application
- iv.** Probability and its Application in physical education; different Definitions, addition and multiplication theorem. Methods of computing probability, Binomial expansion and computing probability, problems on dice.
- v.** Normal curve-definition and properties of normal curve; Divergence from normality – Skewness and kurtosis; percentiles scales and ranks.
- vi.** Correlation: product moment , partial and multiple;
- vii.** Regression Analysis: Simple regression equation. Computing regression coefficients and solving problems based on it.
- viii.** Sampling: methods of drawing samples, sampling error, sampling distribution, Size of sample etc.

- ix. Testing of Hypothesis and: Different types of hypotheses, Meaning and definition of Hypothesis, Degree of freedom, Type I and type II errors, One and two tailed tests, Level of significance. Z, t and F test, p-value.
- x. Analysis of variance (one way), post hoc tests

**Section (C) Specialization - Only one to be chosen**

**30 Marks**

**1. Sports Psychology**

- i. Motor Learning
  - a. Meaning of motor learning.
  - b. Factors affecting motor learning.
  - c. Motor development in various periods of childhood and Adolescence.
- ii. Psychological aspects of Competition
  - a. Defining of competition.
  - b. Determinates of competitive behaviour.
  - c. Characteristics-pre-competition, and post competition state.
  - d. Selected psycho-regulative techniques for relaxation and activation.
- iii. Psychological aspects of long term and short-term preparation for competition.

**2. Exercise Physiology**

- i.
  - a. Fuel for muscular work (ATP.)
  - b. Energy of muscular contraction.
  - c. Various changes during muscular contraction.
  - d. Aerobic and anaerobic muscular activity.
  - e. Aerobic and anaerobic muscular activity.
- ii. Physiological changes due to exercise.
  - a. Immediate effect of exercise/work on various systems of body, Cardio-respiratory muscular and thermo-regulatory system,
  - b. Effect of conditioning and training:
    - (i) Heart and circulatory training.
    - (ii) Respiratory system.
    - (iii) Brief discussion on other system during rest, sub-maximal and work.
  - c. Oxygen debt, forced expiratory volume, breathing capacity, recovery rate.
  - d. Blood supply to skeletal muscle and regulation of blood flow during exercise.

**3. Sports Biomechanics**

- i. Linear, angular and general motion
  - a. Distance and displacement (liner and angular)
  - b. Speed and velocity (liner and angular)
  - c. Acceleration for liner and angular motion.
  - d. Relationship for linear and angular.
  - e. Centrifugal and centripetal forces.
  - f. Newton's laws of motion as applicable to liner and angular motion.

- II.**
  - a. Force – meaning, units of force, effects of force, sources of force, components and resultant.
  - b. Work, power and energy.
  - c. Projectiles, momentum and Impulse
  - d. Stability (Static and Dynamic)
  - e. Spin, impact and elasticity.

**III.** Mechanical analysis of fundamental movements.

#### **4. Evaluation Techniques in Physical Education**

- i.** Selection and construction of tests.
  - a. Criteria of test Selections- Selections authenticity, (Reliability, validity, objective, norms) administrative feasibility and education application.
  - b. Classification of tests: Standardized and teacher made tests (Objective and subjective tests)
  - c. Construction of test: Knowledge tests (Written test) and skill tests.
- ii.** Critical evaluation of tests for Physical fitness, motor fitness and sports skill tests.
- iii.** Anthropometric measurement.
- iv.** Social & Psychological testing.
- v.** Health related Physical fitness.

#### **5. Sport Management**

- i.**
  - a. Management of sports in schools, colleges and Universities.
  - b. Inter- University, District, State and National levels.
  - c. India and International Olympic association.
  - d. Sports authority of India.
- ii.**
  - a. Changed process for the future: Theory and technique, system's approach, marketing and sponsorship approach for competitive sports, successful management in future.
  - b. Selected problems in management/administration, professional preparation, professional ethics, class discipline and students teaching.

##### **1. Health Education**

- a. Concept of Health and Health education
- b. Various levels of Health
- c. Contents of Health education
- d. School Health services
- e. Nutrients and their role
- f. Balanced diet and malnutrition
- g. Housing and air programmes
- h. Family welfare programmes
- i. Sex education
- j. Drugs and alcoholism
- k. Communicable diseases: TB. Malaria, AIDS
- l. Non-Communicable diseases: Heart diseases and diabetes

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**SYLLABUS FOR RESEARCH ELIGIBILITY TEST FOR Ph.D. PROGRAMME**

**UNIT-I  
RESEARCH METHODOLOGY**

- 1.** 1.1 Need and importance of Research in General and with special reference to Physical Education & Sports.  
1.2 Characteristics of Research and Research Worker.  
1.3 Classification of Research in relation to Nature, Methods and Nature of data.
- 2.** 2.1 Formulation of Research Problem.  
2.2 Location and criteria of selecting a Research problem.  
2.3 Limitations and Delimitations.
- 3.** 3.1 Reasons for surveying related literature.  
3.2 Allied and critical Literature
- 4.** 4.1 Hypothesis.  
4.2 Significance of Hypothesis.  
4.3 Types of Hypothesis.
- 5.** 5.1 Historical Research – Meaning, Historical sources and their Evaluation.  
5.2 Survey Studies – Tools of Survey and Case Studies.  
5.3 Philosophical Studies - Meaning, Steps in Critical Thinking
- 6.** 6.1 Experimental Research.  
6.2 Meaning and Nature of Experimental Research.  
6.3 Sources of Experimental Invalidity  
6.3 Experimental Designs: Pre, True and Quasi Experimental designs.
- 7.** 7.1 Research proposal.  
7.2 Research Report.

**UNIT II  
APPLIED STATISTICS**

Application of Statistics in Physical Education.

- i.** Describing Measures of central tendency and measures of variability, coefficient of variation
- ii.** Graphs: different types of graphs and its application
- iii.** Probability and its Application in physical education; different Definitions, addition and multiplication theorem. Methods of computing probability, Binomial expansion and computing probability, problems on dice.



- iv.** Normal curve-definition and properties of normal curve; Divergence from normality – Skewness and kurtosis; percentiles scales and ranks, testing normality of data.
- v.** Correlation: product moment , partial and multiple;
- vi.** Regression Analysis: Simple regression equation. Assumptions, computing regression coefficients and solving problems based on it.
- vii.** Sampling: methods of drawing samples, sampling error, sampling distribution, Size of sample etc.
- viii.** Testing of Hypothesis and: Different types of hypotheses, Meaning and definition of Hypothesis, Degree of freedom, Type I and type II errors, One and two tailed tests, Level of significance. Z, t and F test, p-value.
- ix.** Theory of estimation; computing reliability limits of mean in small and large sample. Characteristics of a good estimator.
- x.** Analysis of variance (one way and two way), post hoc tests.

**NOTE:** Question may also ask on calculation of statistical concept involved in the syllabus.

**ANNEXURE – XI (A)**

**(Government of India orders communicated vide letter No. 14-94/2014-SP-IV dated 19.11.2014 should be taken care regarding abolition of affidavits and promotion of self-certification)**

**AFFIDAVIT BY THE STUDENT FOR ANTI-RAGGING**

I, \_\_\_\_\_ s/o d/o Mr./Mrs. \_\_\_\_\_, having been admitted to **Lakshmibai National Institute of Physical Education, Gwalior**, have received a copy of the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009, (hereinafter called the “Regulations”) carefully read and fully understood the provisions contained in the said Regulations.

- 2) I have, in particular, perused clause 3 of the Regulations and am aware as to what constitutes ragging.
- 3) I have also, in particular, perused clause 7 and clause 9.1 of the Regulations and am fully aware of the penal and administrative action that is liable to be taken against me in case I am found guilty of or abetting ragging, actively or passively, or being part of a conspiracy to promote ragging.
- 4) I hereby solemnly aver and undertake that
  - a) I will not indulge in any behaviour or act that may be constituted as ragging under clause 3 of the Regulations.
  - b) I will not participate in or abet or propagate through any act of commission or omission that may be constituted as ragging under clause 3 of the Regulations.
- 5) I hereby affirm that, if found guilty of ragging, I am liable for punishment according to clause 9.1 of the Regulations, without prejudice to any other criminal action that may be taken against me under any penal law or any law for the time being in force.
- 6) I hereby declare that I have not been expelled or debarred from admission in any institution in the country on account of being found guilty of, abetting or being part of a conspiracy to promote, ragging; and further affirm that, in case the declaration is found to be untrue, I am aware that my admission is liable to be cancelled.

Declared this \_\_\_\_\_ day of \_\_\_\_\_ month of \_\_\_\_\_ year.

\_\_\_\_\_  
Signature of deponent  
Name:

**VERIFICATION**

Verified that the contents of this affidavit are true to the best of my knowledge and no part of the affidavit is false and nothing has been concealed or misstated therein.

Verified at \_\_\_\_\_ on this the \_\_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_.

\_\_\_\_\_  
Signature of deponent

Solemnly affirmed and signed in my presence on this the \_\_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_ after reading the contents of this affidavit.

OATH COMMISSIONER

**ANNEXURE – XI (B)**

**AFFIDAVIT BY PARENT/GUARDIAN FOR ANTI-RAGGING**

I, Mr./Mrs. \_\_\_\_\_ father/mother/guardian of \_\_\_\_\_, having been admitted to **Lakshmibai National Institute of Physical Education, Gwalior**, have received a copy of the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009, (hereinafter called the “Regulations”), carefully read and fully understood the provisions contained in the said Regulations.

- 2) I have, in particular, perused clause 3 of the Regulations and am aware as to what constitutes ragging.
- 3) I have also, in particular, perused clause 7 and clause 9.1 of the Regulations and am fully aware of the penal and administrative action that is liable to be taken against my ward in case he/she is found guilty of or abetting ragging, actively or passively, or being part of a conspiracy to promote ragging.
- 4) I hereby solemnly aver and undertake that
  - a) My ward will not indulge in any behaviour or act that may be constituted as ragging under clause 3 of the Regulations.
  - b) My ward will not participate in or abet or propagate through any act of commission or omission that may be constituted as ragging under clause 3 of the Regulations.
- 5) I hereby affirm that, if found guilty of ragging, my ward is liable for punishment according to clause 9.1 of the Regulations, without prejudice to any other criminal action that may be taken against my ward under any penal law or any law for the time being in force.
- 6) I hereby declare that my ward has not been expelled or debarred from admission in any institution in the country on account of being found guilty of, abetting or being part of a conspiracy to promote, ragging; and further affirm that, in case the declaration is found to be untrue, the admission of my ward is liable to be cancelled.

Declared this \_\_\_\_ day of \_\_\_\_\_ month of \_\_\_\_ year.

\_\_\_\_\_  
Signature of deponent  
Name:  
Address:  
Telephone/ Mobile No.:

**VERIFICATION**

Verified that the contents of this affidavit are true to the best of my knowledge and no part of the affidavit is false and nothing has been concealed or misstated therein.

Verified at \_\_\_\_\_ on this the \_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_.

\_\_\_\_\_  
Signature of deponent

Solemnly affirmed and signed in my presence on this the (day) of (month), (year ) after reading the contents of this affidavit.

OATH COMMISSIONER

## Certificate for Scheduled Castes and Scheduled Tribes

### **THE FORM OF CERTIFICATE TO BE PRODUCED BY SCHEDULED CASTES AND SCHEDULED TRIBES CANDIDATES APPLYING FOR APPOINTMENT TO POSTS AND FOR ADMISSION IN EDUCATIONAL INSTITUTES UNDER GOVERNMENT OF INDIA**

This is to Certify that Shri/Shrimati/Kumari\*.....  
 Son/daughter\* of.....of Village/Town\*.....  
 .....in District/Division\*.....  
 of the State/Union Territory\*.....belongs  
 to the.....caste/tribe\* which is recognized  
 as a Scheduled Caste/Scheduled Tribe\* under :-

- @ The Constitution (Scheduled Castes) Order, 1950
- @ The Constitution (Scheduled Tribes) Order, 1950
- @ The Constitution (Scheduled Castes) Union Territories Order, 1951
- @ The Constitution (Scheduled Tribes) Union Territories Order, 1951  
 [As amended by the Scheduled Castes and Scheduled Tribes List (Modification) Order, 1956; the Bombay Reorganization Act, 1960, the Punjab Reorganization Act, 1966, The State of Himachal Pradesh Act, 1970, the North Eastern Areas (Reorganization) Act, 1971, The Scheduled Caste and Scheduled Tribes Order (Amendment) Act, 1976, The State of Mizoram Act, 1986, the State of Arunachal Pradesh Act, 1986 and the Goa, Daman and Diu (Reorganization) Act, 1987.]
- @ The Constitution (Jammu & Kashmir) Scheduled Castes Order, 1956
- @ The Constitution (Andaman and Nicobar Islands) Scheduled Tribes Order, 1959 as amended by the Scheduled Castes and Scheduled Tribes Order (Amendment) Act, 1976.
- @ The Constitution (Dadar and Nagar Haveli) Scheduled Castes Order, 1962
- @ The Constitution (Dadar and Nagar Haveli) Scheduled Tribes Order, 1962
- @ The Constitution (Pondicherry) Scheduled Castes Order, 1964
- @ The Constitution (Uttar Pradesh) Scheduled Tribes Order, 1967
- @ The Constitution (Goa, Daman and Diu) Scheduled Castes Order, 1968
- @ The Constitution (Goa, Daman and Diu) Scheduled Tribes Order, 1968
- @ The Constitution (Nagaland) Scheduled Tribes Order, 1970
- @ The Constitution (Sikkim) Scheduled Castes Order, 1978
- @ The Constitution (Sikkim) Scheduled Tribes Order, 1978
- @ The Constitution (Jammu & Kashmir) Scheduled Tribes Order, 1989
- @ The Constitution (SC) Order (Amendment) Act, 1990
- @ The Constitution (ST) Order (Amendment) Act, 1991
- @ The Constitution (ST) Order (Second Amendment) Act, 1991
- @ The Scheduled Caste and Scheduled Tribes Orders (Amendment) Act 2002
- @ The Constitution (Scheduled Castes) Order (Amendment) Act, 2002
- @ The Constitution (Scheduled Caste and Scheduled Tribes) Order (Amendment) Act, 2002
- @ The Constitution (Scheduled Caste) Order (Second Amendment) Act, 2002

% 2. Applicable in the case of Scheduled Castes/Scheduled Tribes persons who have migrated from one State/Union Territory Administration to another.

This Certificate is issued on the basis of the Scheduled Caste/Scheduled Tribes certificate issued to Shri/Shrimati\*.....Father/Mother of Shri/Shrimati/Kumari\*.....of Village/Town .....in District/Division\*.....of the State/Union Territory.....Who belongs to the caste/tribe\* which is recognized as a Scheduled Caste/Scheduled Tribe in the State/Union Territory\* of.....issued by the..... dated.....

% 3. Shri/Shrimati/Kumari\*.....and/or\* his/her\* family ordinarily resides in village/town\*.....of ..... District/Division\* of the State/Union Territory of.....

Signature.....

Place: .....

\*\*Designation.....

Date .....

(With Seal of Office)

\*please delete the words which are not application.

@Please quote specific Presidential Order.

%Delete the paragraph which is not applicable.

**Note :** The term “Ordinarily reside(s)” used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

\*\*List of authorities empowered to issue Scheduled Caste/Scheduled Tribe Certificate.

- (i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Deputy Collector/1<sup>st</sup> Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner.  
(#not below of the rank of 1<sup>st</sup> Class Stipendiary Magistrate)
- (ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate /Presidency Magistrate.
- (iii) Revenue Officers not below the rank of Tehsildar.
- (iv) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides.
- (v) Administrator/Secretary to Administrator/Development officer (Lakshadweep).

## **Certificate for Other Backward Classes**

### **THE FORM OF CERTIFICATE TO BE PRODUCED BY OTHER BACKWARD CLASSES CANDIDATES APPLYING FOR APPOINTMENT TO POSTS AND FOR ADMISSION IN EDUCATIONAL INSTITUTES UNDER GOVERNMENT OF INDIA**

This is to Certify that Shri/Shrimati/Kumari\*.....  
 Son/daughter\* of Shri.....of Village/Town\*.....  
 .....in District/Division\*.....of the State/Union  
 Territory\*.....belongs to the.....Community  
 which is recognized as a backward class under :-

- @ Government of India, Ministry of Welfare Resolution No. 12011/68/93-BCC (C) dated 10<sup>th</sup> September, 1993 published in the Gazette of India Extraordinary Part-I, Section-1, No. 186 dated 13<sup>th</sup> September 1993.
- @ Government of India, Ministry of Welfare Resolution No. 12011/9/94-BCC dated 19<sup>th</sup> October, 1994, published in the Gazette of India Extraordinary Part-I, Section-1, No. 163 dated 20<sup>th</sup> October 1994.
- @ Government of India, Ministry of Welfare Resolution No. 12011/7/95-BCC dated 24<sup>th</sup> May, 1995 published in the Gazette of India Extraordinary Part-I, Section-1, No. 88 dated 25<sup>th</sup> May 1995.
- @ Government of India, Ministry of Welfare Resolution No. 12011/96/94-BCC dated 09<sup>th</sup> March, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 60 dated 11<sup>th</sup> March 1996.
- @ Government of India, Ministry of Welfare Resolution No. 12011/44/96-BCC dated 06<sup>th</sup> December, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 11<sup>th</sup> December 1996.
- @ Government of India, Ministry of Welfare Resolution No. 12011/99/94-BCC dated 11<sup>th</sup> December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 236 dated 12<sup>th</sup> December 1997.
- @ Government of India, Ministry of Welfare Resolution No. 12011/13/97-BCC dated 03<sup>rd</sup> December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 239 dated 17<sup>th</sup> December 1997.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/68/98-BCC dated 27<sup>th</sup> October, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 241 dated 27<sup>th</sup> October 1999.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/88/98-BCC dated 06<sup>th</sup> December, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 270 dated 06<sup>th</sup> December, 1999.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/36/99-BCC dated 04<sup>th</sup> April, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 71 dated 04<sup>th</sup> April, 2000
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/44/99-BCC dated 21<sup>st</sup> September, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 21<sup>st</sup> September, 2000.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12015/9/2000-BCC dated 06<sup>th</sup> September, 2001 published in the Gazette of India Extraordinary Part-I, Section-1, No. 246 dated 06<sup>th</sup> September, 2001.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/1/2001-BCC dated 19<sup>th</sup> June, 2003 published in the Gazette of India Extraordinary Part-I, Section-1, No. 151 dated 20<sup>th</sup> June, 2003.

- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/4/2002-BCC dated 13<sup>th</sup> January, 2004 published in the Gazette of India Extraordinary Part-I, Section-1, No. 09 dated 13<sup>th</sup> January, 2004.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/14/2004-BCC dated 12<sup>th</sup> March, 2007 published in the Gazette of India Extraordinary Part-I, Section-1, No. 67 dated 12<sup>th</sup> March, 2007.

Shri/Shrimati/Kumari\*.....and/or\* his/her\* family ordinarily resided in Village/Town.....of..... District/Division\* of the State/Union Territory\* of.....

This is also to certify that he/she\* does not belong to the person/sections\* (Creamy layer) mentioned in column 3 of the Schedule to the Government of India, Department of Personnel & Training O.M. No. 36012/22/93-Estt. (SCT) dated 08<sup>th</sup> September 1993, O.M. No. 36033/3/2004-Estt (Res.) dated 09<sup>th</sup> March 2004 and O.M. No. 36033/3/2004-Estt. (Res) dated 14<sup>th</sup> October 2008.

Place: .....

Signature.....

Date .....

\*\*Designation.....

(With Seal of Office)

\*please delete the words which are not application.

@Strike out whichever is not applicable.

**Note :** The term “Ordinarily reside(s)” used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

\*\*List of authorities empowered to issue OBC Certificate.

- (vi) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Deputy Collector/1<sup>st</sup> Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner.  
(#not below of the rank of 1<sup>st</sup> Class Stipendiary Magistrate)
- (vii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
- (viii) Revenue Officers not below the rank of Tehsildar.
- (ix) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides.
- (x) Administrator/Secretary to Administrator/Development officer (Lakshadweep).

**Note 1:** Candidates claiming to belong to OBCs should note that the name of their caste (including its spellings) as indicated in their certificates, should be exactly the same as published in the lists notified by the Central Government from time to time. A certificate containing any variation in the caste name will not be accepted.

**Note 2:** The OBC claim of a candidate will be determined in relation to the State (or part of the State) to which his/her father originally belongs. A candidate who has migrated from one State (or part of the State) to another should, therefore, produce an OBC certificate which should have been issued to him/her based on his/her father’s OBC certificate from the State to which he (father) originally belongs.

**Form of declaration to be submitted by the OBC candidate  
(in addition to the community certificate)**

I..... Son/Daughter of  
Shri.....resident of Village/Town/City  
.....District.....State.....here  
by declare that I belong to the.....community which is  
recognized as a backward class by the Government of India for the purpose of reservation  
in services as per orders contained in Department of Personnel and Training Office  
Memorandum No. 36102/22/93-Estt. (SCT) dated 08<sup>th</sup> September 1993. **It is also  
declared that I do not belong to persons/sections/sections (Creamy Layer)  
mentioned in column 3 of the Schedule to the Government of India, Department of  
Personnel & Training O.M. No. 36012/22/93-Estt. (SCT) dated 08<sup>th</sup> September 1993,  
O.M. No. 36033/3/2004-Estt. (Res.) dated 09<sup>th</sup> March 2004, O.M. No. 36033/3/  
2004-Estt. (Res.) dated 14<sup>th</sup> October 2008 and O.M. No. 36033/1/2013 (Res.)  
dated 27<sup>th</sup> May 2013.**

Address (Ordinary Residence)

Signature:.....

Full Name:.....

Date:.....