



# Lakshmibai National Institute of Physical Education, Gwalior

Deemed to be University, Ministry of Youth Affairs & Sports, Government of India  
(Declared vide Govt. of India MHRD Notification No. F.9-14/92-U.3 dated 21.09.1995 under section 2 of UGC Act, 1956)

Ref No. : CE-16/2025-26/06

Date: 08.04.2026

## NOTICE

### Time Table

**M.P.Ed.-IV Sem., P.G.D.S.C.-II Sem., D.S.C.-II Sem., P.G.D.S.S.C.-II Sem., M.S.S.-II Sem.**  
**(THEORY/THEORY PRACTICAL /ACTIVITY/PRACTICAL/VIVA-VOCE) Examinations, MAY-2026)**

#### Theory Paper Timing: 10:30 AM to 01:30 PM

Class → Date & Day ↓	M.P.Ed. – IV Sem.	P.G.D.S.C.–II Sem.	D.S.C.–II Sem.	P.G.D.S.S.C.–II Sem.	M.S.S.–II Sem.
11/05/2026 (Monday)	❖ Professional Preparation and Curriculum Design	❖ Theory and Science of Game-III	❖ Theory and Science of Game-III	❖ Physiology of Strength Training	❖ Fundamental Strength and Conditioning
13/05/2026 (Wednesday)	❖ Management in Physical Education and Sports ❖ Case Study, Event, Project and Assessment in Sports Management	❖ Theory and Science of Game-IV	❖ Theory and Science of Game-IV	❖ Exercise Nutrition	❖ Applied Statistics
15/05/2026 (Friday)	1. Instrumentation in Allied Areas (PEP) 2. Energy Expenditure, Recovery, Hormones and Hereditary (EP) 3. Biomechanical Analysis of Human Movement (SB) 4. Mental Training and Counseling in Sport Psychology (SP) 5. Health and Environment (HS) 6. Human Resource Management for Sports (SM)	❖ Theory of Sports Training-II	❖ General Methods of Sports Training-II	❖ Assessment and Evaluation of Strength	❖ Fundamental of Sports Psychology
18/05/2026 (Monday)	<b>THEORY PRACTICAL</b> (11:00 AM to 01:30 PM) • Energy Expenditure, Recovery, Hormones and Hereditary (EP) • Mental Training and Counseling in Sport Psychology (SP) • Health and Environment (HS) • Case Study, Event, Project and Assessment in Sports Management (SM)	❖ Sports Psychology	❖ Applied Sports Psychology	.....	❖ <b>Optional Paper (Any one)</b> 1. Professional Practice 2. Fitness and Wellness
20/05/2026 (Wednesday)	.....	❖ Sports Anthropometry	❖ Sports Anthropometry	<b>PRACTICAL</b> • Advance Level Practical Training (External) (07:00 AM to 08:30 AM)	❖ <b>SPORT THEORY (Individual Sports)</b> (10:30 AM to 12:00 PM)
21/05/2026 (Thursday)	.....	<b>TEACHING ABILITY</b> Coaching Lesson (06:30 AM to 08:30 AM) Coaching Lesson (03:30 PM to 05:30 PM) <b>THEORY PRACTICAL*</b> Group-A : Theory of Sports Training-II (11:00 AM to 01:30 PM) Group-B : Sports Psychology (11:00 AM to 01:30 PM) Group-C : Sports Anthropometry (11:00 AM to 01:30 PM)	<b>TEACHING ABILITY</b> Coaching Lesson (06:30 AM to 08:30 AM) Coaching Lesson (04:00 PM to 06:00 PM) <b>THEORY PRACTICAL</b> General Methods of Sports Training-II (11:00 AM to 01:30 PM)	<b>PRACTICAL</b> • Demonstration Ability (External) (07:00 AM to 08:30 AM)	❖ <b>SPORT THEORY (Team Sports)</b> (10:30 AM to 12:00 PM)
22/05/2026 (Friday)	.....	<b>SKILL PROFICIENCY</b> Skills/Performance/Playing ability (06:30 AM to 08:30 AM) Skills/Performance/Playing ability (03:30 PM to 05:30 PM) <b>THEORY PRACTICAL*</b> Group-B : Theory of Sports Training-II (11:00 AM to 01:30 PM) Group-C : Sports Psychology (11:00 AM to 01:30 PM) Group-A : Sports Anthropometry (11:00 AM to 01:30 PM)	<b>SKILL PROFICIENCY</b> Skills/Performance/Playing ability (06:30 AM to 08:30 AM) Skills/Performance/Playing ability (04:00 PM to 06:00 PM) <b>THEORY PRACTICAL</b> Applied Sports Psychology (11:00 AM to 01:30 PM)	.....	• <b>PRACTICAL (SPORTS ACTIVITY)</b> (Individual Sports) Track & Field / Badminton / Yoga / Swimming (06:00 AM to 08:00 AM)
23/05/2026 (Saturday)	.....	<b>THEORY PRACTICAL*</b> Group-C : Theory of Sports Training-II (11:00 AM to 01:30 PM) Group-A : Sports Psychology (11:00 AM to 01:30 PM) Group-B : Sports Anthropometry (11:00 AM to 01:30 PM)	<b>THEORY PRACTICAL</b> Sports Anthropometry (11:00 AM to 01:30 PM)	.....	• <b>PRACTICAL SPORTS SPECIALIZATION</b> (Team Sports) Basketball / Football / Hockey / Cricket (06:00 AM to 08:00 AM)

\* For PGDSC-II Sem. Programme, Group-A consists of Roll No. PGDSC251201 - PGDSC251270, Group-B consists of Roll No. PGDSC251271 - PGDSC251346, Group-C consists of Roll No. PGDSC251347 - PGDSC251421.

**IMPORTANT:** Every care has been taken while finalizing the Time-Table, but the same can be changed at any time in case of any emergency and unavoidable circumstances and in that event the students are required to note the said changes from Institute Website or Students Notice Board and failure on this account will be the responsibility of the students.

(Authority: Hon'ble Vice-Chancellor's Approval dated: 08/04/2026)

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*Amrta*  
08/04/2026  
**Prof. (Dr.) M.K. Singh**  
Controller of Examination  
*Amrta*



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Ref No. : CE-16/2025-26/ 07

Date: 08.04.2026

## NOTICE

### Time Table

**B.P.Ed.–IV Sem., M.A.(Yoga)-II Sem., M.A.(Yoga)-IV Sem., P.G.D.Y.Ed.-II Sem., M.S.M.-II Sem.  
(THEORY/THEORY PRACTICAL /ACTIVITY/PRACTICAL/VIVA-VOCE) Examinations, MAY-2026)**

**Theory Paper Timing: 10:30 AM to 01:30 PM**

Class → Date & Day ↓	B.P.Ed. – IV Sem.	M.A. (Yoga) – II Sem.	M.A. (Yoga) – IV Sem.	P.G.D.Y.Ed.–II Sem.	M.S.M. – II Sem.
11/05/2026 (Monday)	❖ Kinesiology	❖ Upanishad-I	❖ Human Consciousness in Indian Philosophy	❖ Patanjali Yoga Sutra	❖ Sports Law and Risk Management
13/05/2026 (Wednesday)	❖ Basics of Curriculum	❖ Patanjali Yoga Sutra	❖ Fundamentals of Naturopathy	❖ Yoga and Health	❖ Sports Event Management
15/05/2026 (Friday)	❖ Pedagogy of Upper Primary Physical Education	❖ Principles & Practices of Hatha Yoga	❖ Value Education in Yoga	❖ Principles of Psychology and Counseling	❖ Financial Management for Sports
18/05/2026 (Monday)	Optional Paper (Any One) 1. Recreation and Camping 2. Introduction to Social Sciences	❖ Human Anatomy & Physiology-II	Optional Fitness and Wellness / Essential of Education and Technology / Correctives and Rehabilitation	❖ Alternate Therapy	❖ Sports Club Management
20/05/2026 (Wednesday)	Practical Skills (Activities) (06:00 AM to 08:00 AM)  Practical Skills (Activities) (04:00 PM to 06:00 PM)	• PRACTICAL Yoga Practical-III (10:00 AM to 01:30 PM)	• DISSERTATION – VIVA (10:30 AM to 01:30 PM)	• PRACTICAL Yoga Practical-II (06:00 AM to 08:00 AM)	• PRACTICAL Project (06:00 AM to 08:00 AM)
21/05/2026 (Thursday)	Practical Skills (Activities) (06:00 AM to 08:00 AM)  Practical Skills (Activities) (04:00 PM to 06:00 PM)	• TEACHING ABILITY Lesson Plan-I (10:00 AM to 01:30 PM)	• PRACTICAL Yoga Practical (Therapeutic Prescription) (6:30 AM to 7:30 AM)	• PRACTICAL Alternate Therapies Practical (06:00 AM to 08:00 AM)	.....
22/05/2026 (Friday)	.....	.....	• PRACTICAL Naturopathy Practical (6:30 AM to 7:30 AM)	• TEACHING ABILITY-II Lesson Plan-II (10:00 AM to 01:30 PM)	.....

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08/04/2026  
**Prof. (Dr.) M.K. Singh**  
Controller of Examination  
Amato



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Ref No. : CE-16/2025-26/08

Date: 08.04.2026

## NOTICE Time Table

**B.P.Ed.–II Sem., B.P.Ed.–VI Sem., B.P.Ed.–VIII Sem., M.P.Ed.–II Sem.**

**(THEORY/THEORY PRACTICAL /ACTIVITY/PRACTICAL/VIVA-VOCE) Examinations, MAY-2026)**

**Theory Paper Timing: 10:30 AM to 01:30 PM**

Class → Date & Day ↓	B.P.Ed. – II Sem.	B.P.Ed. – VI Sem.	B.P.Ed. – VIII Sem.	M.P.Ed. – II Sem.
12/05/2026 (Tuesday)	❖ Human Anatomy	❖ Test, Measurement and Evaluation in Physical Education	❖ Health Education	❖ Science of Sports Training
14/05/2026 (Thursday)	❖ Pedagogy of Foundation Stage	❖ Basic Research	❖ Management of Physical Education and Sports	❖ Sports Psychology
16/05/2026 (Saturday)	❖ Foundation of Computers and ICT	❖ Self Development	❖ Inclusive and Gender Education	❖ Exercise Physiology
19/05/2026 (Tuesday)	.....	.....	<b>SPORT THEORY</b> (10:30 AM to 12:30 PM)	❖ Advance Pedagogical Practices in Physical Education (PEP) ❖ Neuro-muscular Concept and Doping (EP) ❖ Structural Kinesiology (SB) ❖ Developmental and Cognitive Psychology in Sports (SP) ❖ Health and Nutrition (HE) ❖ Marketing Management (SM)
21/05/2026 (Thursday)	<u>Practical Skills (Activities)</u> (06:00 AM to 08:00 AM)  <u>Practical Skills (Activities)</u> (04:00 PM to 06:00 PM)	<u>Practical Skills (Activities)</u> (06:00 AM to 08:00 AM)  <u>Practical Skills (Activities)</u> (04:00 PM to 06:00 PM)	• <u>Teaching Ability-IV</u> (06:00 AM to 08:00 AM) • <u>Teaching Ability-IV</u> (04:00 PM to 06:00 PM)	❖ Sports Specialization-II (Theory)
22/05/2026 (Friday)	<u>Practical Skills (Activities)</u> (06:00 AM to 08:00 AM)  <u>Practical Skills (Activities)</u> (04:00 PM to 06:00 PM)	<u>Practical Skills (Activities)</u> (06:00 AM to 08:00 AM)  <u>Teaching Ability-I (Activity Teaching)</u> (04:00 PM to 06:00 PM)	• <u>Teaching Ability-IV</u> (06:00 AM to 08:00 AM) • <u>Teaching Ability-IV</u> (04:00 PM to 06:00 PM)	<b>PRACTICAL</b> • Sports Specialization-II (10:00 AM to 01:30 PM)
23/05/2026 (Saturday)	<u>Practical Skills (Activities)</u> (06:00 AM to 08:00 AM)  <u>Practical Skills (Activities)</u> (04:00 PM to 06:00 PM)	<u>Teaching Ability-I (Activity Teaching)</u> (06:00 AM to 08:00 AM)  <u>Teaching Ability-I (Activity Teaching)</u> (04:00 PM to 06:00 PM)	• <u>Coaching Lesson</u> (06:00 AM to 08:00 AM) • <u>Coaching Lesson</u> (04:00 PM to 06:00 PM)	.....

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