

UGC-Human Resource Development Centre
Lakshmibai National Institute of Physical Education,
Gwalior-474002 (M.P)

Best Practices

- a) Fitness Programme is compulsory for all participants.
- b) Yoga as pronounced by UNO is mandatory for all the participants.
- c) All the participants are taken in human performance lab of the institute for testing.
- d) Health center facilities are made available for all the participants.
- e) All the participants participate in cultural activities at the institute.