

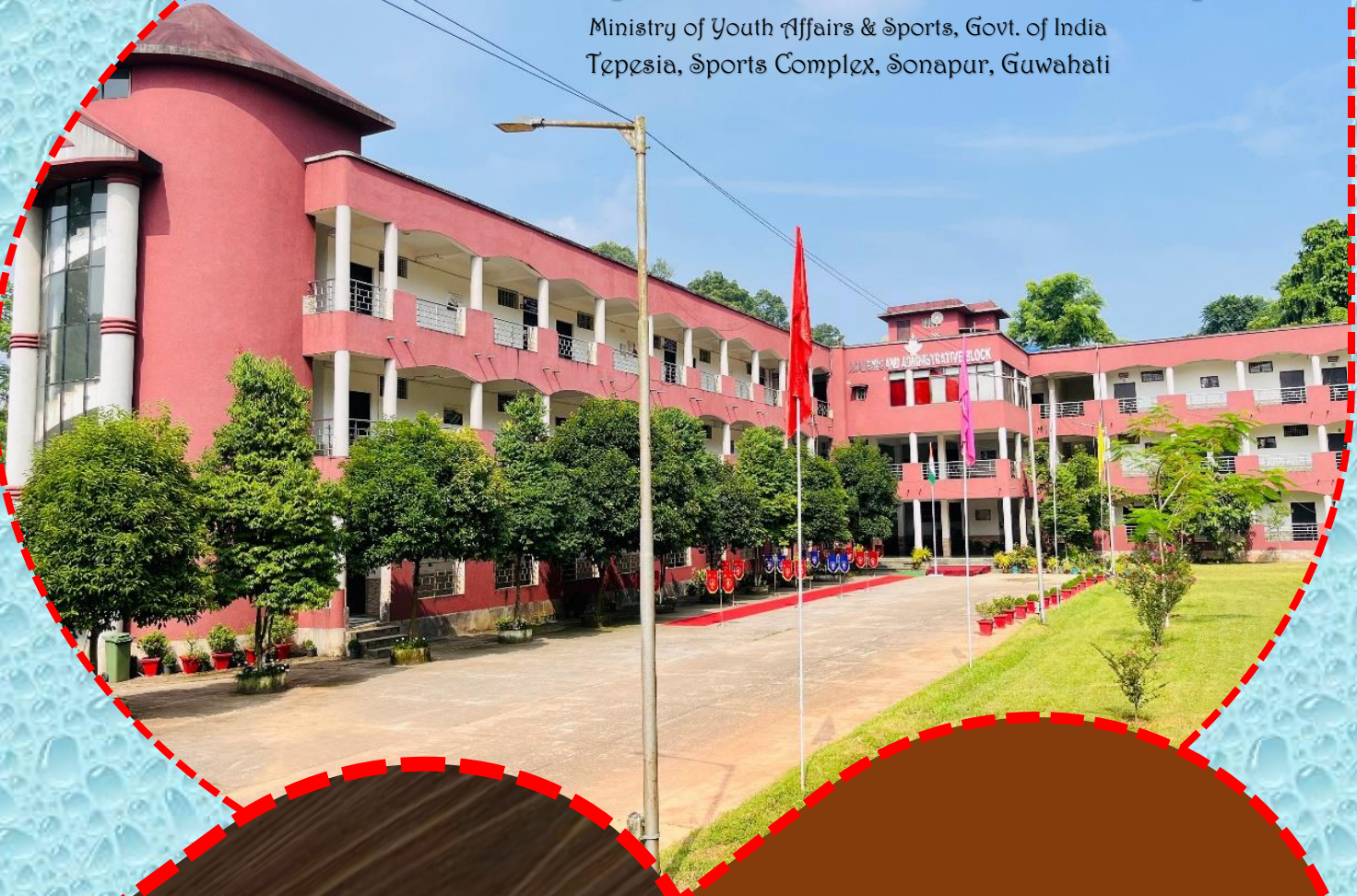


युवा कार्यक्रम  
एवं खेल मंत्रालय  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS

सत्यमेव जयते

## Lakshmi Bai National Institute Of Physical Education NERC, Ghy

Ministry of Youth Affairs & Sports, Govt. of India  
Trepzia, Sports Complex, Sonapur, Guwahati



**THE NERC BULLETIN**

**2023 - 2024**

**Excellence in  
Physical  
Education  
& Sports**



## प्रार्थना

हे जग त्राता विश्व विधाता, हे सुख शांति निकेतन हे।  
प्रेम के सिंधु दीन के बंधो, दुःख दरिद्र विनाशन हे।  
हे जग त्राता विश्व विधाता, हे सुख शांति निकेतन हे।  
नित्य अखंड अनंत अनादि, पुराण ब्रह्म सनातन हे।  
हे जग त्राता विश्व विधाता, हे सुख शांति निकेतन हे।  
जग आश्रय जगपति जगवंदन, अनुपम अलख निरंजन हे।  
हे जग त्राता विश्व विधाता, हे सुख शान्ति निकेतन हे।  
प्राण सखा त्रिभुवन प्रतिपालक, जीवन के अवलम्बन हे।  
हे जग त्राता विश्व विधाता, हे सुख शांति निकेतन हे।



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Assistant Profesor  
LNIPE,NERC,Ghy

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**Miss Prachi Rawat**

Class: B.P.Ed -IV Sem  
Roll No : B-2010



## MESSAGE

**Smt. Nandita Gorlosa**  
**Minister, Assam**  
**Power, Cooperation, Sports & Youth**  
**Welfare and Indigenous & Tribal Faith &**  
**Culture (Archaeology) Departments**  
**Government of Assam**



It gives me immense pleasure to extend my warm greetings to the faculty students and all members of the Lakshmibai National Institute of Physical Education, Guwahati, as you prepare the latest edition of your esteemed institute magazine.

Yours institute's journey stands as a testament to the power of education and sports in shaping our youth and our nation's future. Your commitment to academic and athletic excellence sets a high standard across India, fostering discipline, perseverance and teamwork essential to national progress.

The achievements and events showcased here reflect a spirit of dedication and growth within your community. Such milestones inspire all of us, highlighting the importance of continuous learning and innovation.

As you look ahead, I encourage each of you to seize the opportunities provided by this institute, aiming not only for personal success but for positive contributions to society. The energy and skills of our youth are India's backbone and I am confident your efforts will bring pride to our nation.

My best wishes to the entire team behind this magazine and to everyone at the institute for continued success and prosperity in all your endeavors.

*Nandita Gorlosa*  
(Nandita Gorlosa)

## VICE CHANCELLOR'S MESSAGE

**Prof. (Mrs) Indu Bora**  
**Vice Chancellor (Officiating), LNIPE**  
प्रो. (श्रीमती) इंदु बोरा,  
कुलपति (कार्यवाहक), एलएनआईपीई



It gives me immense pleasure to learn that LNIPE, NERC is bringing forth the latest edition of its institute magazine, *The NERC Bulletin*, for the session 2023-24. This magazine stands as a vibrant reflection of the dynamic campus life, showcasing not only the outstanding extramural achievements but also the rich spectrum of extracurricular activities that highlight the talent and potential of our students.

I am confident that *The NERC Bulletin* is testament to the holistic growth and development fostered within the LNIPE, NERC fraternity, encapsulating the essence of collective dedication and accomplishments.

My heartfelt congratulations to the editorial team, coordinators, and everyone involved in this commendable endeavour. I extend my best wishes for the continued success of this initiative and for all future prospects of the institute.

**(Prof. Indu Bora)**  
**Officiating Vice Chancellor**  
**LNIPE, Gwalior**

## EDITOR IN-CHIEF'S MESSAGE

**Dr. Shankarjyoti Basumatary**

**DEAN, NERC**

डॉ शंकरज्योति बसुमतारी

डीन, एनईआरसी



It gives me an immense pleasure to know that L.N.I.P.E., NERC is bringing out its institute magazine for the academic year 2023-24 to showcase its successes in both the curriculum and extracurricular sectors brings me great delight. The Campus provides a perfect atmosphere for nurturing talent, cultivating skills and maintaining values of life. The LNIFE is a prestigious institute in the field of physical education and sports. Our mission is to make quality education accessible to the new generation, who are the future of our country.

The entire purpose of education is not to restrict itself to imparting bookish knowledge only but inculcate humanitarian values like wisdom, compassion, courage, humility, integrity, and reliability in a student. We, just like you, *believe in holistic education for the students, encompassing- academics, co-curricular activities, sports education, and life skills learning.* Our endeavor is to strike a balance between state-of-the-art infrastructures, internationally acceptable education and also to propose to face globally constructively and particularly any challenges in life.

I congratulate the entire team for its concerted effort in reemphasizing the core value of moral education and wish that the process will continue and go a long way in enriching the educational heritage for the holy city.

Finally, I must add that the students of our campus are making us ever so proud by the conduct of their educational and social aspects of life. They are bringing glory to themselves, their families, to us and above all to the nation. I wish them all the success in life.

**Dr. Shankarjyoti Basumatary**  
**DEAN, LNIFE, NERC**

## MESSAGE

**Mr Bhaskarjyoti Sarma**  
**Assistant Registrar**  
श्री भास्करज्योति शर्मा  
सहायक कुलसचिव



I am very Happy to know that LNIPE, NERC is publishing a Magazine aiming to highlight the significance in Achievements, Organizing Events and Collective Spirit of Academic Community.

I have a tremendous believe that the magazine will help in developing a powerful tool for all kind of subscriber with a positive change in pushing the limit of a Educator and ignite passion to young profession by encouraging to create a Healthy and fit community through Physical Education & Sports.

I extend my greetings and warm wishes to chief Editor, Faculty, students and assure all the support on Publishing of Institute Magazine.

A handwritten signature in black ink, appearing to read 'Bhaskarjyoti Sarma'.

**Mr. Bhaskarjyoti Sarma**  
**Assistant Registrar**



**M.P.ED. CO-ORDINATOR'S MESSAGE**

**Dr. Satpal Yadav**  
**Assistant Professor**  
**डॉ. सतपाल यादव**  
**सहायक प्रोफेसर**



I am indeed happy and delighted to learn that our institute has decided to print the Institute magazine to bring out the explore-talent of our staff and students.

Lakshmibai National Institute of Physical Education, North East Region is a unique experience in quality professional education and has already made a significant impact on the academic, research and sports milieu of our country. The institute's magazine is a mirror of its academic, historical moments, great achievements by Lnipian's, Characteristics hallmark of LNIFE and extra-curricular life. The present endeavour is a tribute to the holy symbol of Lakshmibai National Institute of Physical Education, North East Region as the same was long precious aspiration. At the same time, institute's faculty get a chance to share their knowledge and expertise with the students in a different forum outside the walls of classroom.

I am sure the institute magazine will inspire young minds of our institute to rekindle their minds come out with their best in the area is concern.

I congratulate all the writers and those associated in bringing out this issue, but for their dedicated effort this would not have been possible.

I wish the magazine achieves the aim for which it has been published.

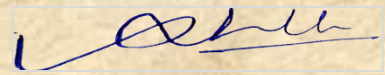
God bless us all.

**Dr Satpal Yadav**  
**Co-ordinator (M.P.Ed) 2023-24**

**B.P.ED. CO-ORDINATOR'S MESSAGE****Dr. Shailesh Kumar Singh****Assistant Professor****डॉ. शैलेश कुमार सिंह****सहायक प्रोफेसर**

The B.P.Ed. Program at LNIPE, NERC, Guwahati, stands as a vibrant journey of discovery, passion, and growth. This year, students have excelled across all arenas, from academic pursuits to competitive sports and community initiatives. Classrooms resonate with curiosity and innovation, where theory meets practice, empowering students with the skills needed for tomorrow's challenges. On the field, sportspersons showcased unparalleled spirit and grit, bringing home awards and setting new benchmarks. Beyond academics and sports, students led impactful community outreach programs and environmental drives, reinforcing a commitment to a healthier, sustainable world.

The program fosters not only champions in sports but champions in life—driven by integrity, resilience and purpose. Special appreciation goes to the Visionary Dean, exceptional faculty, dedicated staff, and inspiring students who continue to elevate the B.P.Ed. Program to new heights. Here's to another year of milestones and memorable achievements.



**Dr Shailesh Kumar Singh**  
**Co-ordinator (B.P.Ed) 2023-24**

## MANAGING EDITOR'S MESSAGE

**Dr. Hem Chandra Joshi**

**Assistant Professor**

डॉ. हेम चंद्र जोशी

सहायक प्रोफेसर



As we present another edition of our institute magazine, I want to take a moment to highlight the power of collaboration that thrives within our walls. This issue features a collection of voices—from students and faculty to alumni—each contributing to the rich tapestry of our academic experience.

You'll find articles that challenge conventional thinking, creative works that spark imagination, and stories that remind us of the strength we find in unity. Let's celebrate the diversity of ideas and perspectives that make our institute unique.

Thank you for being an integral part of our community. I look forward to your continued contributions and feedback!

A handwritten signature in black ink, enclosed in a white rectangular box. The signature appears to be 'Hem Joshi'.

**Dr. Hem Chandra Joshi**

**Editorial Chief**

## WHAT WE ARE



The Planning Commission sanctioned establishment of four Regional Centres of LNPIE, Gwalior (in four regions of the country) in the 11th Five-year plan. The UPA-II Government included establishment of NERC of the Institute in their 100-day programme. The Lakshmibai National Institute of Physical Education, North East Regional Centre, Guwahati has been established in 2009-10 after approval of Government of India vide letter No. 2-10/2009-ID dated 20.08.2009 and signing of a Memorandum of Understanding between Government of Assam and LNPIE on 14th May 2010.

The LNPIE, NERC, Guwahati is located at Tepesia Sports Complex, Sonapur, Guwahati on the outskirts of Guwahati City at  $\frac{1}{2}$  km. distance away from Guwahati – Dimapur Road (NH-37), which was one of the venues of 33rd National Games, 2007, initially had an Indoor Stadium, Velodrome, Kho-kho and Kabaddi Ground and Archery Centre. The complex is built in an area of 274 bighas of land.

## OBJECTIVE OF THE CENTRE



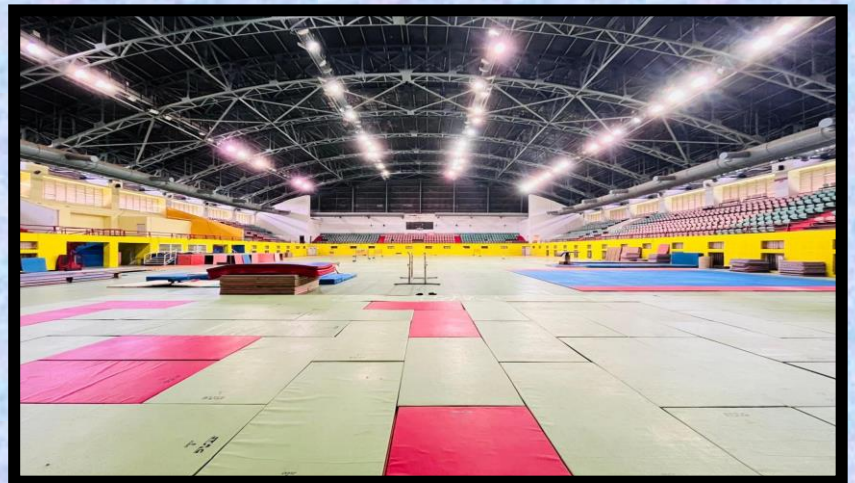
- To Prepare highly qualified leaders in the field of Physical Education and sports.
- To serve as a center of excellence and innovation in Physical Education and to undertake, promote and disseminator research in this field.
- To provide professional and academic leadership to other institutions in the field of Physical Education.
- To provide vocational guidance and placement services to the professionals in Physical Education.
- To promote mass-participation in Physical education and sports
- To Develop and promote programs of Physical Education and Sports in the country.
- To encourage and produce scientific contemporary literature in the field of Physical Education and Sports.
- To provide community services in the field of Physical Education and Sports.

**FACILITIES OF LNIPE, NERC**



**Administrative Block**

**Multipurpose Hall**



**Velodrome & Academic Hostel**



FACILITIES OF LNIPE, NERC



FACILITIES OF LNIFE, NERC



Track & Field



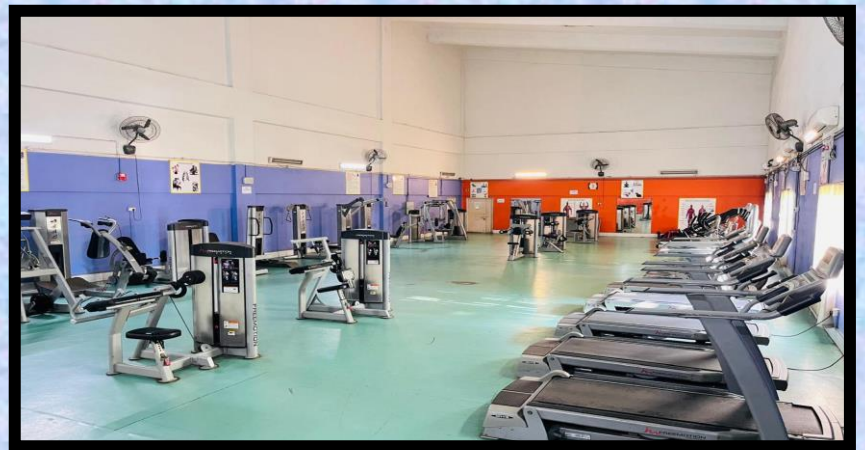
Table Tennis Court



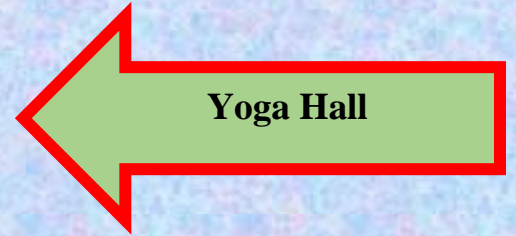
Basketball Court



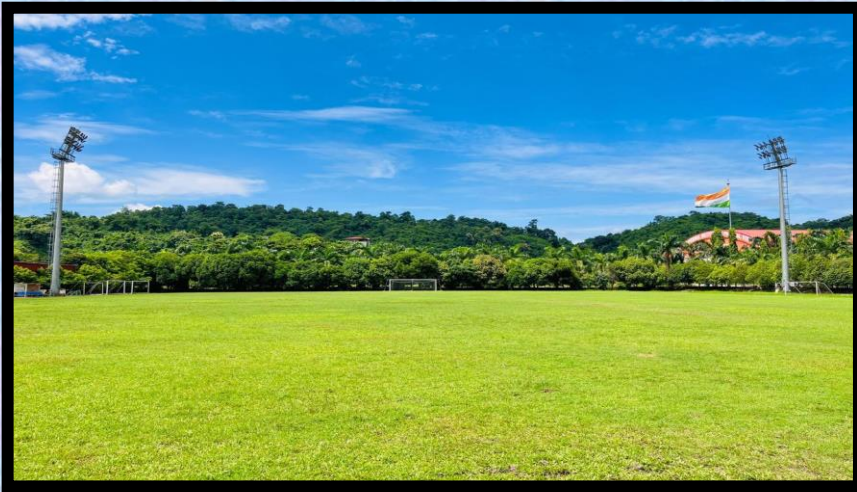
**FACILITIES OF LNIPE, NERC**



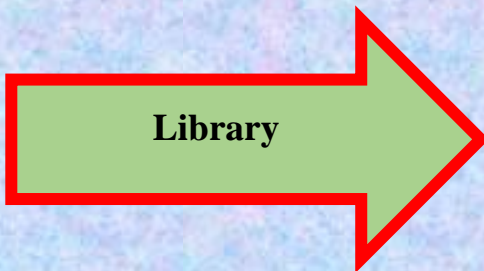
FACILITIES OF LNIPE, NERC



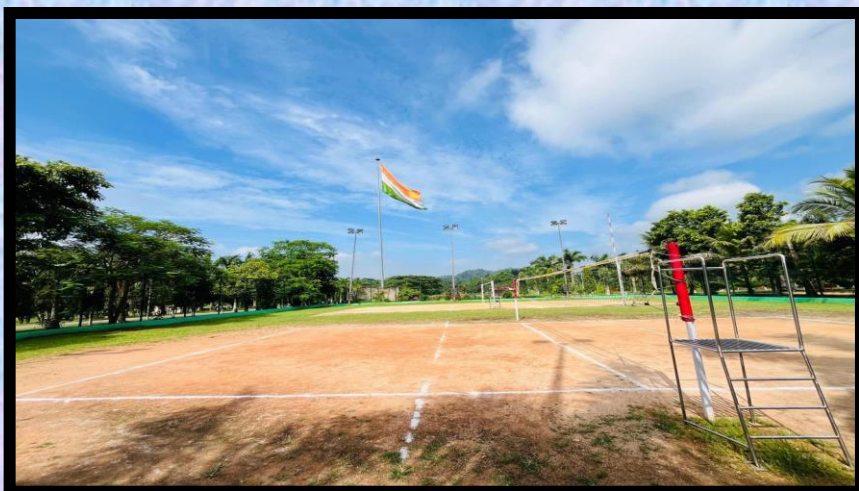
**FACILITIES OF LNIPE, NERC**



**Football Field**



**Library**



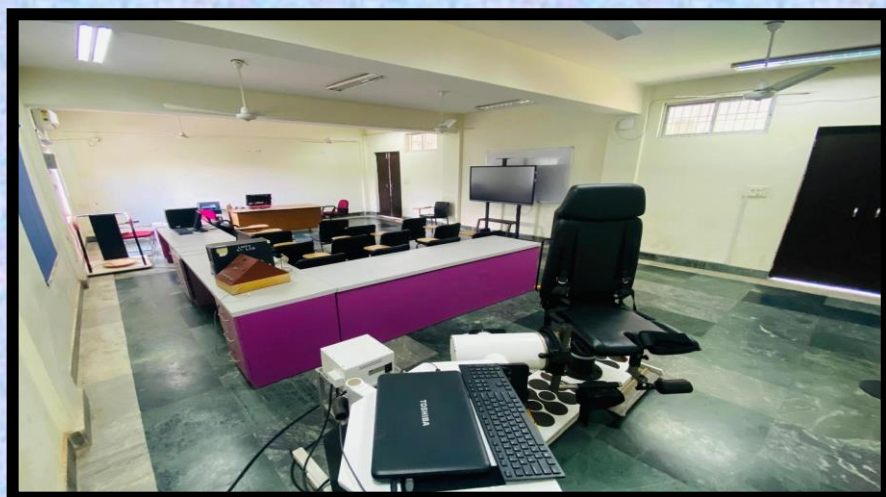
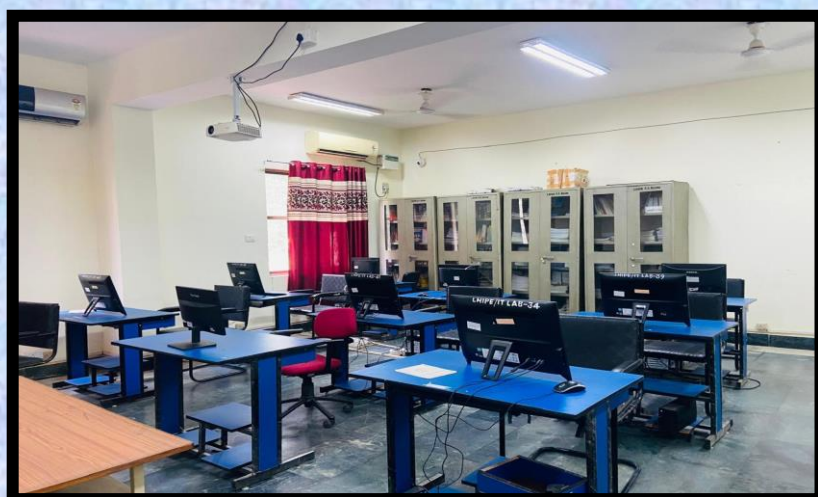
**Volleyball Court**

FACILITIES OF LNIPE, NERC



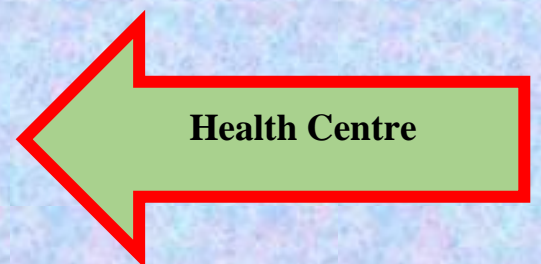
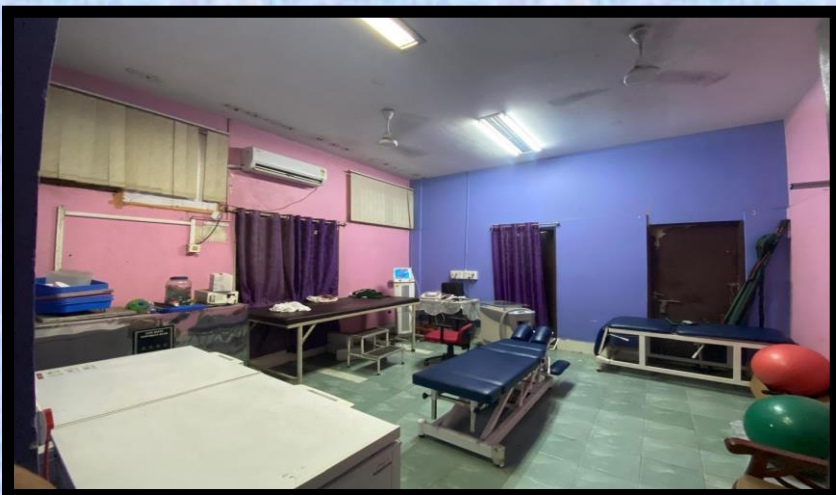
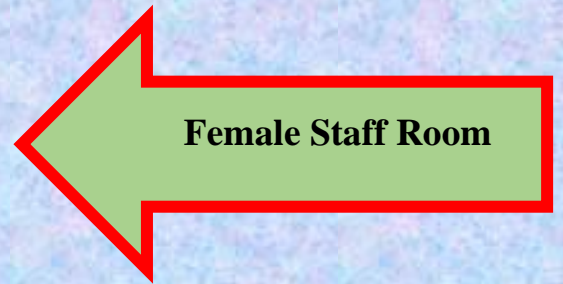
Exercise Physiology Lab

Language Lab

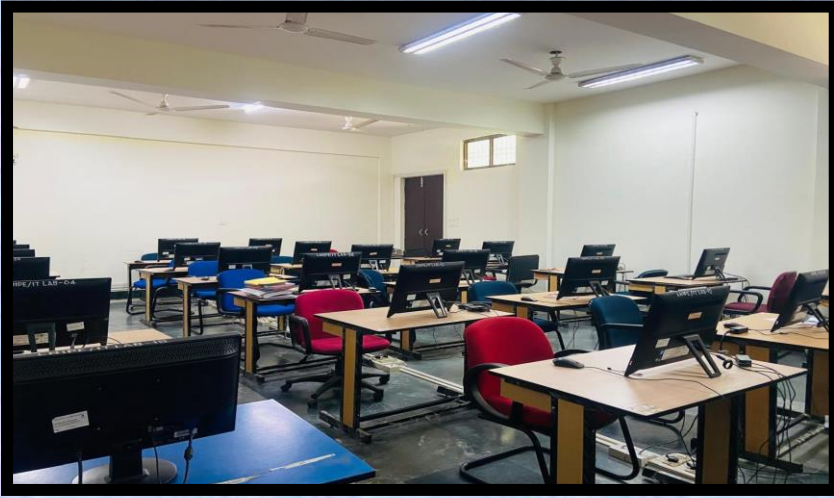


Measurement and Sports Training Lab

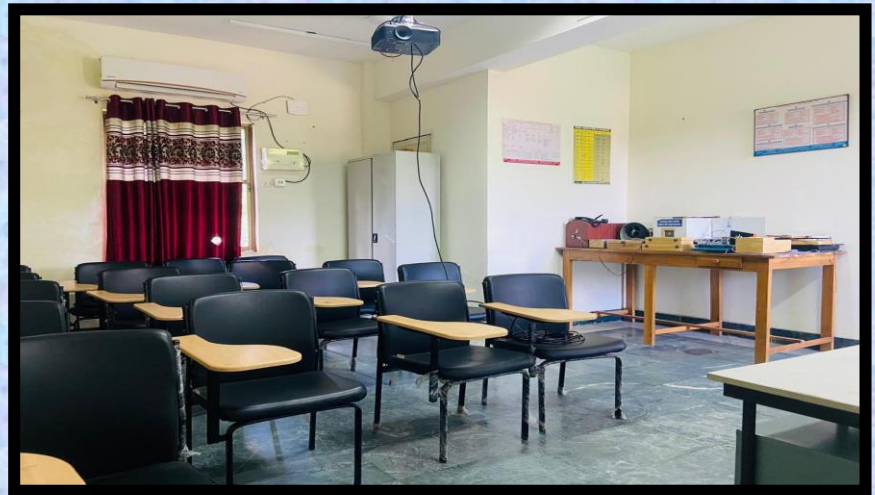
**FACILITIES OF LNIPE, NERC**



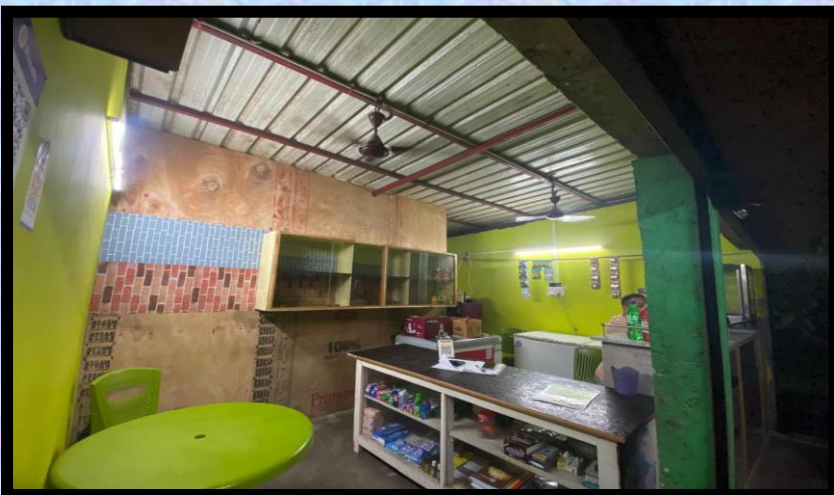
**FACILITIES OF LNIPE, NERC**



**IT Lab**



**Psychology Lab**



**College Canteen**

## FOUNDER FACULTY MEMBER'S



**Prof. S. Mukharjee (Retd.)**  
Former DEAN,  
LNIPE, NERC, Ghy  
Deputed from LNIPE, Gwalior



**Dr. Birendra Jhajharia**  
Associate Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy



**Prof. Indu Mazumdar (Retd.)**  
Former DEAN,  
LNIPE, NERC, Ghy  
Deputed from LNIPE, Gwalior



**Dr. Nibu R. Krishna**  
Associate Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy



**Dr. L.W.Vaz (Retd.)**  
Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy



**Dr. Y.S.Rajput**  
Associate Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy



**Dr. Pramod Das**  
Associate Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy



**Late Prof. Biswajit Basumatary**  
Former DEAN,  
LNIPE, NERC, Ghy  
Deputed from LNIPE, Gwalior



**Dr. J.P.Bhukar**  
Former Asst. Professor LNIPE, Gwalior  
Deputed to LNIPE, NERC, Ghy

## TEAM LEADERS 2023-2024



**Dr. Shankarjyoti Basumatary**  
DEAN,  
LNIPE, NERC, Ghy



**Mr. Bhaskar Jyoti Sarma**  
Assistant Registrar  
LNIPE, NERC, Ghy



**Dr. Satpal Yadav**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Shailesh Kr Singh**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Sujay Bisht**  
Assistant Professor  
LNIPE, NERC, Ghy



**Mr. Thepfu Kolie Punyu**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. N. Suhindar Singh**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Pulen Das**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Saon Sanyal Bhowmik**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Ramesh Ch. Yadav**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Hem Ch. Joshi**  
Assistant Professor  
LNIPE, NERC, Ghy



**Dr. Meriline Gogoi**  
Assistant Professor  
LNIPE, NERC, Ghy



**CATERING TO DIVERSE NEEDS  
OF STUDENTS**







## ACADEMIC ACHIEVEMENTS



## Merit Scholarship of LNIPE, NERC (Session : 2022-2023)

B.P.Ed - 1<sup>st</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-2097	Mr Shivam Singh	1 <sup>st</sup>
2	B-2020	Mr Aditya Negi	2 <sup>nd</sup>
3	B-2010	Miss Prachi	4 <sup>th</sup>
4	B-2016	Mr Aakarsh Decinie Takhellambam	7 <sup>th</sup>
5	B-2004	Miss Asrita Goswami	9 <sup>th</sup>

B.P.Ed - 2<sup>nd</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-2097	Mr Shivam Singh	1 <sup>st</sup>
2	B-2010	Miss Prachi	7 <sup>th</sup>
3	B-2062	Miss Prachi Ahlawat	9 <sup>th</sup>
4	B-2006	Miss Isha Nama	10 <sup>th</sup>

B.P.Ed - 3<sup>rd</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-21/13	Miss Riya Singh	1 <sup>st</sup>
2	B-21/12	Miss Riya Sharma	2 <sup>nd</sup>
3	B-21/79	Mr Dinesh Choudhury	6 <sup>th</sup>
4	B-21/22	Mr Akshat Singhal	9 <sup>th</sup>

B.P.Ed - 4<sup>th</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-21/13	Miss Riya Singh	1 <sup>st</sup>
2	B-21/12	Miss Riya Sharma	2 <sup>nd</sup>
3	B-21/67	Mr Simran Dubey	3 <sup>rd</sup>
4	B-21/54	Miss Akansha Katare	4 <sup>th</sup>
5	B-21/93	Mr Priyanshu Khole	5 <sup>th</sup>
6	B-21/49	Mr Sourabh Mishra	6 <sup>th</sup>
7	B-21/61	Miss Pratiksha Boruah	7 <sup>th</sup>
8	B-21/80	Mr Gaurav Ganeriwal	9 <sup>th</sup>

B.P.Ed - 5<sup>th</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-1015	Miss Yoshita Jammula	10 <sup>th</sup>

B.P.Ed - 6<sup>th</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-1015	Miss Yoshita Jammula	1 <sup>st</sup>
2	B-1005	Miss khushi Sen	3 <sup>rd</sup>
3	B-1006	Lakshita Parihar	8 <sup>th</sup>
4	B-1014	Miss Shivangi Rai	10 <sup>th</sup>

B.P.Ed - 8<sup>th</sup> Semester

SI No	Roll No	Name of Student	Rank
1	B-943	Mr Shivam Kumar	8 <sup>th</sup>
2	B-911	Miss Sanjwmai Brahma	9 <sup>th</sup>

M.P.Ed - 4<sup>th</sup> Semester

SI No	Roll No	Name of Student	Rank
1	M-535	Mr Rahul Arora	2 <sup>nd</sup>
2	M-501	Miss Nidhi Kuhar	4 <sup>th</sup>
3	M-521	Mr Piyush Vats	5 <sup>th</sup>



# Sports Achievements



SPORTS ACHIEVEMENTS

TOP Performer of the Year 2023-24



**Mr Vivek Rathi (B.P.Ed- II sem)**  
Participated in Khelo India University Game 2023  
Coach : Mr Piyush Vats

**Mr Manish Yadav (B.P.ed- II sem)**  
Participated in Khelo India University Game 2023  
Coach : Mr Piyush Vats



**Miss Kriti Raj Singh (B.P.Ed- IV sem)**  
Selected for Commonwealth Wealth Classic Power Lifting Championship Auckland



**Miss Kriti Raj Singh (B.P.Ed- IV sem)**  
Three Bronze Medals in National Equipped Power Lifting Championship at Hyderabad



**SPORTS ACHIEVEMENTS**



**Miss Sheetal Kumari (B.P.Ed – VI sem)**  
Gold Medal in 16<sup>th</sup> Asian Women Junior  
Handball Championship 2023

**Miss Harshita Verma (B.P.ed- II sem)**  
Bronze Medal in All India Inter University  
Gymnastics Championship in Amritsar-2023  
Coach – Dr Hem Chandra Joshi




**DIRECTORATE OF SPORTS**

## Details of The Students Participated in Zonal and Inter-University Tournament in Different Games 2023-2024

Sl. No.	Name of the Activity	Date of Tournament	Place of Tournament	Gender		Zone	Positions
				Men	Women		
1	Athletics	26-29Dec.23	Bhubaneswar	5		WZ	
2	Athletics	26-29Dec.23	Bhubaneswar		4	WZ	
3	Aquatics	2-4 Jan.24	Chennai	1		SWZ,	
4	Aquatics	2-4Feb.24	Chennai	1		IZ	
5	Aquatics	2-4 Jan.24	Chennai		1	SWZ,	
6	Aquatics	2-4Feb.24	Chennai		1	IZ	
7	Archery	28-31Dec.23	Patiala		1	WZ	
8	Badminton	25-29Dec.23	Indoor	2		WZ	
9	Badminton	21-25Nov.23	Indoor		3	WZ	
10	Basketball	3-10Dec.23	Punjab	3		SWN	
11	Basketball	26-30Dec.23	Rajasthan	6		WZ	
12	Boxing	29-31Dec.23	Chandigarh		2	SWZ	
13	Cricket	19-29 Feb.23	Kanpur	4		WZ	
14	Cricket	3-11 Feb.24	Rewa		5	WZ	
15	Cross Country	10-Mar-24	Nader	3		AI	
16	Cross Country	10-Mar-24	Nader		1	AI	
17	Fencing	23-26Dec.23	Aurangabad	1		SWZ	
18	Fencing	13-15Jan.24	Amritsar	1		IZ	
19	Football	26-31Dec.23	Maroth	4		MZ	
20	Football	22-26Dec.23	Gwalior		7	WZ	1 <sup>st</sup> Position
21	Football	9-13Jan.24	Midnapur		5	WZ	
22	Gymnastics	22-23Mar.24	Amritsar	1		AI	
23	Gymnastics	22-23Mar.24	Amritsar		1	AI	3 <sup>rd</sup> Position (Individual)
24	Handball	8-12May23	Kottayam	9		IZ	
25	Handball	10-13 Jan.24	Sagar, M.P.	9		WZ	
26	Handball	7-11Mar.24	U.P.		10	WZ	
27	Hockey	2-8 Jan.24	Bhopal	7		WZ	
28	Hockey	13-17Jan.24	Gwalior		8	WZ	
29	Judo	5-6 Feb.24	Amritsar		2	SWZ	
30	Kabaddi	4-8 Nov.23	Indoor	2		WZ	
31	Kabaddi	10-13Dec.23	Punjab		1	SWZ	
32	Karate	18-20 Jan.24	Bhopal	2		SWZ	
33	Karate	18-20 Jan.24	Bhopal		2	SWZ	
34	Kayaking & Canoeing	19-22Mar.24	Punjab		1	AI	
35	Kho-Kho	19-23Jan.24	Nanded	6		WZ	
36	Kho-Kho	24-27Jan.24	Karhi, Satna		7	WZ	
37	Mallakhamb	23-26Dec.24	Jaipur	1		AI	
38	Power Lifting	20-22May24	Chennai		1	SWZ	
39	Table Tennis	21-23Dec.23	Bhopal	2		WZ	
40	Table Tennis	26-30Nov.23	Banasthali		3	WZ	




**DIRECTORATE OF SPORTS**

Sl. No.	Name of the Activity	Date of Tournament	Place of Tournament	Gender		Zone	Positions
				Men	Women		
41	Taekwondo	2-5 Nov.23	Jhunjhunu	1		SWZ	
42	Taekwondo	9-12Jan24	Jhunjhunu	1		IZ	
43	Tennis	30 Nov-4 Dec.23	Gwalior	2		WZ	
44	Tennis	27-29Nov.23	Mumbai		2	WZ	
45	Tennis	1-4Dec.23	Murthal		2	IZ	
46	Volleyball	25-28Feb.24	Assam	2		Khelo India	
47	Volleyball	14-18Dec.23	Naded	4		WZ	1 <sup>st</sup> position
48	Volleyball	8-11Dec.23	Chattarpur		5	WZ	
49	Volleyball	9-13 Jan.24	Oddisa		4	WZ	
50	Beach Volleyball	26-29Dec.23	Chennai		1	IZ	
51	Weight Lifting	9-12Dec.23	Andhra Pradesh	5		SWZ	
52	Wrestling (GR)	28Nov-01Dec. 24	Mohali	1		SWZ	
53	Yoga	1-4Dec.23	Chennai	1		SWZ	
54	Yoga	1-4Dec.23	Chennai		1	SWZ	
55	Open Throws	22-Mar-24	Patiala	1		IOTC	





**Dr. N. Suhindar Singh**  
Care taker officer (CTO), LNIPE NERC

### The Pioneering NCC Cadets of the Institute

*National Cadet Corps (NCC) was established with an aim for raising a second line of defence and to create a large pool of trained youth available for Armed Forces during the First World War. In India, NCC was raised with an aim of grooming both the boys and the girls, nurture them and direct their energy towards nation building by making them responsible citizens.*

*After independence, the present day NCC formally came into existence on 15 July 1948 through XXXI Act of Parliament. The AIR NCC unit in Boys Division was introduced in 1948. The NCC Head quarter is located in New Delhi. Control and co- ordination are exercised through 17 State Directorates.*

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

*Our institute has a 50 Air Squadron Flying NCC wing. In 2022, under the leadership of Group Captain Robin Vishoyi from 50 Air Squadron Flying NCC, LNIPE NERC received 50 vacancies to enroll cadets in NCC for the first time. During the academic session from 2022 to 2024, under the guidance of Dr. N. Suhindar Singh, the Caretaker Officer (CTO) of LNIPE NERC, institute cadets participated in the Diamond Jubilee celebration at AFS Digaru. The event was honored by the presence of Air Marshal SP Dharkar, AOC-in-C EAC, along with other senior officers from HQ EAC. For the first time, the institute organized an NCC ATC camp with 600 cadets. Throughout this session, various programs were conducted, including rallies for Swachh Bharat Pakhwada, road safety, blood donation, unity run, and tree plantation drives. As part of the Swachh Bharat Abhiyan, cadets carried out a cleanliness drive within the institute campus and nearby communities. They also actively participated in events related to Azadi Ka Amrit Mahotsav.*

#### **Achievements of Our Cadets in the 2022-24 Session:**

- *For the first time, LNIPE NERC cadets attained the highest ranks in the 50 Air Squadron Flying NCC Wing:*
  - **Cadet Under Officer (CUO)**- Indra Kumar Yadav
  - **Cadet Warrant Officer (CWO)** -Shivansh Tripathi
  - **Sergeant** -Mitali Sarmah
  - **Corporal**-Siddarth Sagwan, Jatin Kumar, Kaushik, Prashant, Pratiksha
- *CUO Indra Kumar Yadav attended the Air Force Attachment Camp (AFAC) at AFS Borjhar, Assam.*
- *Corporal Siddarth Sagwan participated in the Ek Bharat Shreshtha Bharat Camp (EBSB) and Pre-Vayu Sainik Camp (PREVSC).*
- *All cadets successfully completed the Annual Training Camp (ATC) and Combined Annual Training Camp (CATC) for the B & C Certificate exams.*
- *Eligible cadets successfully performed the flying event for the NCC Air Wing as part of the mandatory requirements for the B & C Certificate exams.*
- *Cadet Joyshree secured 1<sup>st</sup> position in the Elocution competition at Yuva Samvad, organized by Gauhati University's NSS cell.*

*The success of our Institute's NCC wing is credited to our esteemed Dean, Dr. Shankarjyoti Basumatary, and Assistant Registrar, Mr. Basker Jyoti Sharma, for their unwavering support and encouragement to our cadets in all circumstances.*

**JAI HIND**

NATIONAL CADET CORPS



NATIONAL CADET CORPS





# LEADERSHIP

## TRAINING CAMP

## LEADERS' TRAINING CAMP

Leadership is not merely about holding a position of authority; it embodies the ability to inspire and guide others toward a common vision. A true leader possesses qualities such as empathy, integrity, and resilience, enabling them to navigate challenges while fostering collaboration and trust within their team. Effective leadership involves active listening, encouraging diverse perspectives, and empowering individuals to reach their full potential. In today's rapidly changing world, leaders must adapt and innovate, embracing new ideas and approaches to drive positive change. Ultimately, leadership is about creating an inclusive environment where everyone feels valued and motivated to contribute to shared goals, ensuring the collective success of the community.

For the session 2023-2024, our institute held an impactful Leadership Camp in Rupa, Arunachal Pradesh. Designed to empower students, the camp focused on building essential leadership skills and fostering a spirit of collaboration.

Over the course of the camp, participants engaged in a series of workshops and activities focused on leadership skills, teamwork, and effective communication. Expert facilitators led sessions that challenged attendees to step out of their comfort zones and develop critical thinking abilities.

The breath-taking natural surroundings provided an ideal backdrop for reflection and connection, encouraging participants to bond over shared experiences. Students bonded through team-building activities, sharing insights and experiences that enriched their understanding of leadership.

This camp not only equipped our future leaders with essential skills but also instilled a sense of responsibility to lead with integrity and purpose. Feedback from participants has also been overwhelmingly positive, with many expressing a newfound confidence and clarity in their leadership aspirations.

B.P.ED-2<sup>ND</sup> YEAR BATCH

## Camp Organizer



Prof. (Mrs) Indu Bora  
I/C Vice Chancellor



Dr. Sanjeev Yadav  
I/C Registrar, Gwalior



Dr. Shankarjyoti Basumatary  
DEAN, NERC



Mr. Bhaskar Jyoti Sarma  
Asst. Registrar, NERC



Dr. Pulen Das  
Camp Director



Dr. N. Suhindar Singh  
Program Director



Mr. Lakhyajyoti Saikia  
Unit - I Director



Dr. Srikant  
Unit - II Director



Mr. Piyush Vats  
Unit - III Director



Mr. Varun Gupta  
Unit - IV Director



Dr. Sapna Mandoli  
Unit - V Director



Mrs. S.S. Srivastava  
Unit - VI Director



Mr. Gyandeep Buragohain  
Health Director



Dr. Hem Chandra Joshi  
Mess Director



Mr. Nima Lama (Everester)  
Adventure of Sports & Activities



B.P.ED- 2<sup>ND</sup> YEAR BATCH



UNIT- I



UNIT- II

Sl. No	Name of Students	Sl. No	Name of Students
1	Mr. Aakarsh Decinie Takhellambam	11	Mr. Bikram Rahang
2	Mr. Abhimanyu Dwivedi	12	Mr. Deepjyoti Das
3	Mr. Abhishek Kumar	13	Mr. Devesh Singh
4	Mr. Abhishek Yadav	14	Mr. Gaurav Singh Yadav
5	Mr. Aditya Negi ( <b>Dy. Leader</b> )	15	Mr. Harsh Dwivedi
6	Mr. Akshat Sharma	16	Mr. Priyanshu Chand
7	Mr. Anjan Kumar Gogoi	17	Mr. Kanhaiya Kumar
8	Mr. Archit Yadav ( <b>Leader</b> )	18	Mr. Kartik Malik
9	Mr. Aryan Malik	19	Mr. Krishna Karki
10	Mr. Bibin Rose S	20	-----

Sl. No	Name of Students	Sl. No	Name of Students
1	Mr. Navneet Minz	11	Mr. Sidharth Bagdi
2	Mr. Orison Tamulary	12	Mr. Sonu Kumar
3	Mr. Pradeep Sharma	13	Mr. Sukran Tindya
4	Mr. Ranjan Kumar Singh	14	Mr. Suryabhan Singh
5	Mr. Rohan Gupta	15	Mr. Thazo Thisa ( <b>Dy. Leader</b> )
6	Mr. Sahil Dhani	16	Mr. Uttam Kumar Giri
7	Mr. Saksham Tomar	17	Mr. Vivek Garg
8	Mr. Sanmarg Bhattacharjee	18	Mr. Dhruvamani Sarbagya
9	Mr. Shivam Singh ( <b>Leader</b> )	19	Mr. Abhijit Kumar Singh
10	Mr. Shivanshu Ranjan Singh	20	Mr. Sidharth Bagdi



UNIT- III



UNIT- IV

Sl. No	Name of Students	Sl. No	Name of Students
1	Mr. Kunal	11	Mr. Rohit Kumar
2	Mr. Mahesh M	12	Mr. Sachin
3	Mr. Manjeet Singh Bais ( <b>Leader</b> )	13	Mr. Sanyam
4	Mr. Nishit Sharma	14	Mr. Saurabh Kumar
5	Mr. Prabhat Kumar	15	Mr. Shahzad
6	Mr. Praveer Kumar Singh	16	Mr. Shivom Langhtasa
7	Mr. Jagbir Singh	17	Mr. Sidhant Shrivastav
8	Mr. Rahul Iswary	18	Mr. Tanish Sahu
9	Mr. Rajat Choudhary ( <b>Dy. Leader</b> )	19	Mr. Abhijit Basumatari
10	Mr. Rituraj Chakraborty	20	-----

Sl. No	Name of Students	Sl. No	Name of Students
1	Mr. Aniket Kumar Singh	11	Mr. Hariom Bhatt
2	Mr. Abhimanyu Singh Rawat	12	Mr. Ishwar Sangule
3	Mr. Abhishek Kumar	13	Mr. Jayesh Singh Rawat
4	Mr. Aditya Raj	14	Mr. Kamal Singh
5	Mr. Aditya Shukla ( <b>Dy. Leader</b> )	15	Mr. Karan Kumar
6	Mr. Aman Mishra	16	Mr. Kausik Roy
7	Mr. Chirag Chouhan	17	Mr. Lakhavir Singh
8	Mr. Devbrat Singh Rajput	18	Mr. Navjit Deka
9	Mr. Devvart Baliyan	19	Mr. Harin Saini
10	Mr. Gagan Singh ( <b>Leader</b> )	20	-----

B.P.ED- 2<sup>ND</sup> YEAR BATCH

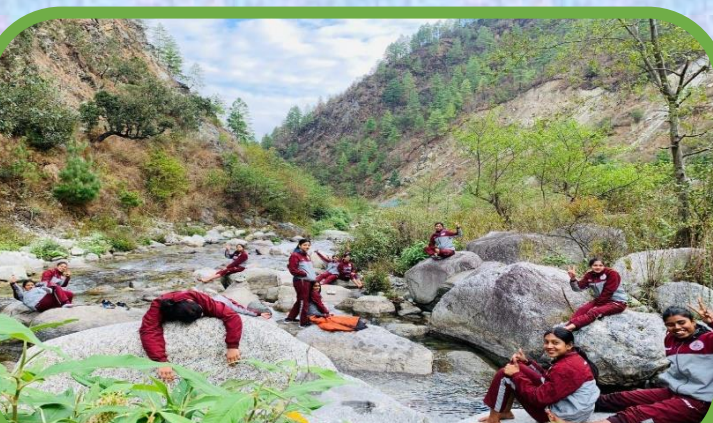
Sl. No	Name of Students	Sl. No	Name of Students
1	Ms. Aditi Sharma	9	Ms. Patricia Borah ( <b>Leader</b> )
2	Ms. Ananya Singh	10	Ms. Prachi
3	Ms. Anshika	11	Ms. Prerna Singh
4	Ms. Asrita Goswami	12	Ms. Priyanshi Sharma
5	Ms. Diya Borah	13	Ms. Shayeri Bhowmick
6	Ms. Isha Nama	14	Ms. Simran Kushwaha
7	Ms. Muskan Verma	15	Ms. Subhasmita Mishra ( <b>Dy. Leader</b> )
8	Ms. Neha Ekka	16	Ms. Kritya Raj Singh

Sl. No	Name of Students	Sl. No	Name of Students
1	Ms. Anisha Chhetri	9	Ms. Prachi Ahlawat
2	Ms. Anjali Basera	10	Ms. Reizetuonuo Miasalhou
3	Ms. Disha Choudhary	11	Ms. Monika
4	Ms. Emilina Chhetri	12	Ms. Riya Kalita ( <b>Leader</b> )
5	Ms. Keerti Prajapati	13	Ms. Sakshi
6	Ms. Neha Bharti	14	Ms. Sargamkumari
7	Ms. Nidhi Kumari	15	Ms. Shruti Pandey
8	Ms. Pooja Ahlawat	16	Ms. Sonia ( <b>Dy. Leader</b> )

B.P.ED- 2<sup>ND</sup> YEAR BATCH



B.P.ED- 2<sup>ND</sup> YEAR BATCH



B.P.ED- 2<sup>ND</sup> YEAR BATCH



**B.P.ED-4<sup>TH</sup> YEAR BATCH**

**Camp Organizer**



**Prof. (Mrs.) Indu Bora  
I/C Vice Chancellor**



**Dr. Sanjeev Yadav  
I/C Registrar**



**Dr. Shankarjyoti Basumatary  
DEAN, NERC**



**Mr. Bhaskar Jyoti Sarma  
Asst. Registrar, NERC**



**Dr. N. Suhindar Singh  
Camp Director**



**Mr. Lakhya Jyoti Saikia  
Program Director**



**Ms. Puja Kumari  
Unit I Director**



**Ms. Punam Pradhan  
Unit II Director**



**Dr. Twinkle Dwarah  
UNIT III Director**



**Mr. Sumit Deori  
Unit IV Director**



**Dr. Shrikant  
Unit V Director**



**Mr. Abhishek Kr. Singh  
Unit VI Director**



**Mr. Gyandeep Buragohain  
Health Director**



**Mr. BijenKachary  
Mess Director**



**Mr. Nima Lama (Everester)  
(Adventure Sports & Activities)**

B.P.ED-4<sup>TH</sup> YEAR BATCH

## UNIT- I



Sl No	Name of Students	Sl No	Name of Students
1	Ms. Anjali Shekhawat	9	Ms. Priyanka Shekhawat
2	Ms. Arpita Pal	10	Ms. Riya Sharma
3	Ms. Aveley Marleen Warjri	11	Ms. Riya Singh
4	Ms. Ayushi Narwariya	12	Ms. Salakha Kumari
5	Ms. Khushi Patel	13	Ms. Swastika Ganguly
6	Ms. Lavanya Chandrayan	14	Ms. Tanu Dhangar
7	Ms. Minakshi Boro	15	Ms. Usha Maurya
8	Ms. Nikita Das	---	-----

## UNIT- II



Sl No	Name of Students	Sl No	Name of Students
1	Ms. Akanksha Katare	9	Ms. Ritisha Solanki
2	Ms. Amanshi Yadav	10	Ms. Sandhya
3	Ms. Arundhathi S	11	Ms. Sheetal Kumari
4	Ms. Maithili Pal	12	Ms. Shraddha Katariya
5	Ms. Navmiti	13	Ms. Simran Dubey
6	Ms. Nisha Yadav	14	Ms. Sugandha Tirkey
7	Ms. Pratiksha Boruah	15	Miss Ngwang Chozom
8	Ms. Pratiksha Laharey		

## UNIT- III



Sl. No	Name of Students	Sl No	Name of Students
1	Mr. Aadarsh Donni Takhellambam	10	Mr. Aayush Malik
2	Mr. Bharat Brahma	11	Mr. Ambar Singh Rajput
3	Mr. Dhiraj Mahendra Gaikwad	12	Mr. Chirag Khatri
4	Mr. Harsh Dehari	13	Mr. Gopal Singh Thakur
5	Mr. LalmalsawmZote	14	Mr. Krishna Pal Singh
6	Mr. Mohit Sharma	15	Mr. Prikshit
7	Mr. Ronak	16	Mr. Sahil Kumar Yadav
8	Mr. Sayan Biswas	17	Mr. Sourabh Mishra
9	Mr. Vishal Singh	18	Mr. Vishwajeet Kumar Prajapati

## UNIT- IV



Sl No	Name of Students	Sl No	Name of Students
1	Mr. Aditya Singh Rajput	9	Mr. Adarsh Rai
2	Mr. Bishal Das	10	Mr. Anish Raj
3	Mr. Dinesh Choudhary	11	Mr. Deepak Singh
4	Mr. Kapil Gautam	12	Mr. Gyanendra Bharti
5	Mr. Madhav Nishad	13	Mr. Lakshya Kukreja
6	Mr. Nitish Moirangthem	14	Mr. R Vibhakar Shivaram
7	Mr. Rounak Ghosh	15	Mr. Saurabh Yadav
8	Mr. Siddhartha Kumar Nath	16	Mr. Uday Raj

B.P.ED-4<sup>TH</sup> YEAR BATCH

UNIT- V



UNIT- VI

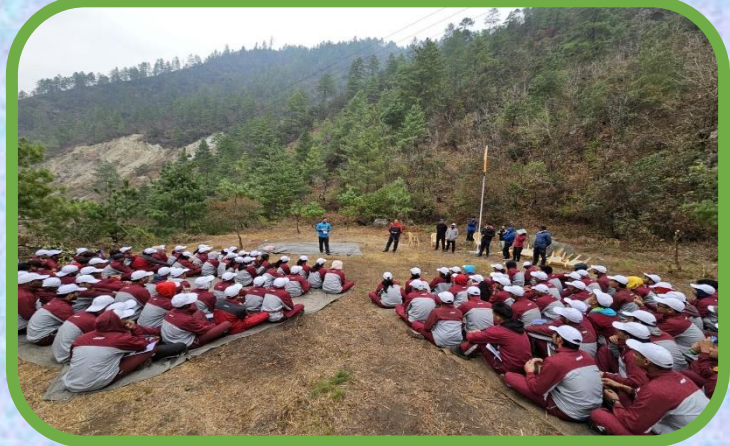


Sl No	Name of Students	Sl No	Name of Students
1	Mr. Alakesh Saikia	9	Mr. Yash Jasaiwal
2	Mr. Debashis Baruah	10	Mr. Akshat Gupta
3	Mr. Gaurav Ganeriwal	11	Mr. Anuj Goswami
4	Mr. Kartikey Mahar	12	Mr. Dev Mahanta
5	Mr. Meghadri Roy	13	Mr. Jatin Kumar Singh
6	Mr. Priyanshu Khole	14	Mr. Manish Sahoo
7	Mr. Sagar Arya	15	Mr. Rahul Singh Tomar
8	Mr. Tushar Rathee	16	Mr. Shubham Kumar

Sl No	Name of Students	Sl No	Name of Students
1	Mr. Ayan Das	9	Mr. Akshat Singhal
2	Mr. Debashrish Borah	10	Mr. Arko Hazra
3	Mr. Harin Saini	11	Mr. Dhruv Vadhavana
4	Mr. Kumar Siddharth	12	Mr. Khriesizo Yase
5	Mr. Mohit Patidar	13	Mr. Prashant
6	Mr. Pronab Mondal	14	Mr. Sagar Brahma
7	Mr. Sarthak Yadav	15	Mr. Siddhartha Pandey
8	Mr. Vaibhav Sharma	16	Mr. Ved Prakash Raj



B.P.ED-4<sup>TH</sup> YEAR BATCH



B.P.ED-4<sup>TH</sup> YEAR BATCH



B.P.ED-4<sup>TH</sup> YEAR BATCH



# INTRAMURAL (Girls)



# INTRAMURAL (Girls)



# INTRAMURAL (Girls)



# INTRAMURAL (Boys)



# INTRAMURAL (Boys)







# FOUNDATION DAY



# HINDI PAKHWARA



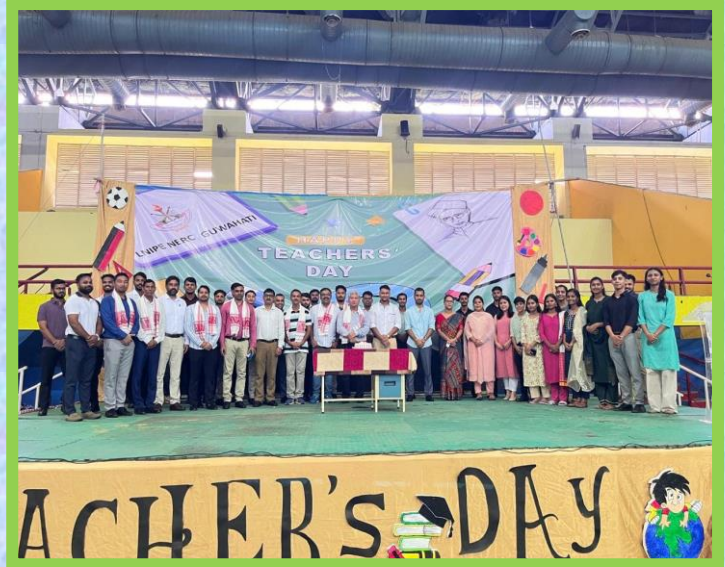
# HINDI PAKHWARA



LITERACY SOCIETY



# TEACHERS DAY



# CULTURAL PROGRAMS FRESHERS NIGHT



# INITIATION CEREMONY





MASS PASS INTER SCHOOL



# NATIONAL SPORTS DAY



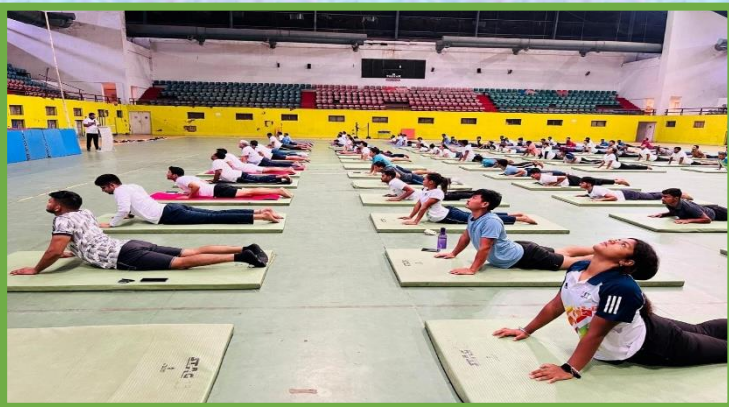
PLANTATION WITH NCC



REPUBLIC DAY



# YOGA DEY



Swachh  
Bharat  
Abhiyan  
\*\*\*



SWACHH BHARAT ABHIYAN



CAMPUS ARTIST & THEIR ART



**Dhrub Vadhavana**  
B.P.Ed: 6<sup>th</sup> sem



**Chanchal Jagat**  
B.P.Ed : 8<sup>th</sup> sem



**Pratiksha Laharey**  
B.P.Ed : 6<sup>th</sup> sem



**Adhishree Pandit**  
B.P.Ed : 4<sup>th</sup> sem



**Vibhuti Sharma**  
B.P.Ed : 8<sup>th</sup> sem



**Tanu Dhangar**  
B.P.Ed : 8<sup>th</sup> sem



CAMPUS ARTIST & THEIR ART



**Mr Ashish Jha**  
**B.P.Ed: 1<sup>st</sup> sem**



**Mr Kumar Siddharth**  
**B.P.Ed : 7<sup>th</sup> Sem**



**Miss Aditi Sharma**  
**B.P.Ed: 3<sup>rd</sup> sem**



**Miss Aditi Sharma**  
**B.P.Ed: 3<sup>rd</sup> sem**

CAMPUS ARTIST & THEIR ART



**Patricia Borah**  
B.P.Ed : 4<sup>th</sup> sem



**Tanu Dhangar**  
B.P.Ed : 8<sup>th</sup> sem



**Mr Sonu**  
B.P.Ed : 6<sup>th</sup> sem



**Diya Borah**  
B.P.Ed : 6<sup>th</sup> sem



**Tanu Dhangar**  
B.P.Ed : 8<sup>th</sup> sem



**Mr Abhijit Kumar Singh**  
B.P.Ed : 4<sup>th</sup> sem

## आभास

आमतौर पर आभास शब्द का मतलब भविष्य में होनेवाली घटना के बारे में पहले से ही महसूस हो जाना ही माना जाता है। यह एक अलौकिक अदृश्य शक्ति के कारण ही संभव होता है। यह शक्ति हर प्राणी में कम या अधिक मात्रा में विद्यमान रहती है। जो प्राणी के विवेक पर ही निर्भर करती है। जब कोई व्यक्ति अपनी विवेक शक्ति को खो देता है या उसका दमन कर देता है तो वह गलत कार्य के बुरे परिणाम का आभास होते हुए भी उसे नकार देता है और गलत कार्य कर डालता है।

कभी-कभी किसी वस्तु की अधिकता में भी उलटा आभास होने लगता है। जैसे एक ही झूठी बात की उसकी चरम चीमा से परे बार-बार प्रसारित करते रहने से उसी झूठ में सच्चाई का आभास होने लगता है, जो चुनाती दोरे में अत्यधिक मात्रा में दिखाई पड़ता है। भिन्न-भिन्न प्रकार के बादों में सच्चाई प्रतीत होने लगती है। और भोली जनता लालाचित हो जाती है, तथा इसी लालच के फलस्वरूप चतुर लोग सत्ता तक हासिल कर भोली जनता पर शासन करने में सक्षम हो जाते हैं परंतु यह सब तभी संभव होता है कि कलाकार जनता को किस हद तक सच्चाई का आभास करा सकता है। घने रेगिस्थान में मृगों को कुछ दूरी पर पानी होने का आभास गर्मी की चरमसीमा के कारण ही होता है। जो मृग को एक स्थान से दूसरे स्थान तक बार-बार दौड़ने को मजबूर कर देता है परंतु जल नहीं मिलता इसी को मृग तृष्णा भी कहते हैं। इसी आभासीप जल की खोज में मृग दौड़-दौड़ कर प्यासा ही मर जाता है। ठीक झूठे वादों की तरह।

Mr. Akshat Singhal  
B.P.Ed- VI sem  
Roll No: B- 21/22

## कुछ कहना था तुमसे

सुनो कुछ कहना था तुमसे,  
आओ ले चंलू तुम्हे एक ऐसे सफर पे,  
जहां तुम उनकी कदर करना सीखोगे जिन्हें हम मां – बाप कहते हैं। दुनिया की इस भीड़ में,  
जो हमेशा तुम्हारे साथ है,  
तुम चाहे उनसे कितना ही दूर चले जाओ  
जो हमोशा तुम्हारे दिल के पास है।  
जब इस दुनिया में चलना तुम्हें कठिन लग रहा हो  
याद रखना मेरे दोस्त खो मत जाना इस दुनिया की इस चक्का चोंद रोशनी में,  
अपने मां-बाप के बुढ़ापे का सहारा हो तुम।  
टूट मत जाना मेरे दोस्त,  
अपनी मां की आखों का तारा हो तुम अपनी मां की आखों का तारा हो तुम।।

Mr Abhijeet Kumar Singh  
B.P.Ed - VIII sem  
Roll No: B-1016

**आदम जात चाहता हूं**

दायरो में बाँधली तुम जिंदगी मेरी,  
मैं बस एक दायरा अपना चाहता हूं।  
मेरी तारीफ से गमगीन न करो मुझे,  
काबिल ए तारीफ मैं खुद को जानता हूं।  
क्या पता तु बोले गधा या घोड़ा कल मुझे,  
काबिल ए तारिफ मैं तुम्हें चाहता हूं।  
उम्र काफी हो गई, थोड़ा ही जिन्दा बचा हूं,  
पुन्य काफी कर लिए, कुछ पाप चाहता हूं।  
शीखा बहुत कम है, तालिम है अधुरी,  
इस धन जंगल में, आदत जात चाहता हूं।  
शायद तुम्हारी हसरत मैं बन ना पाऊंगा,  
मैं हसरत अपनी आबाद चाहता हूं।  
एक खुली हुई मैं किताब सा, मनघड़त कहानी बनाता नही,  
मैं नदियों सा शांत हूं, उफान करू तो किनारा नहीं।

**Mr Dhruv Vadhavana**  
**B.P.Ed- VI sem**  
**Roll No : B-21/31,**

**Topic Name ?**

Tuje Koi Rok De Na Kisi Ki Aukaat  
Tu Kr Mehnat Waqt Tere Pass  
Kam Neend Khat Pr Khanna Hamesha Baat Ke  
In Sapno K Peeche Krde Yarra  
Din Raat Aak  
Kamyabi K Aak Hi Hai Mantr  
Tu Peeche Pdh Ja Nishane K  
Deeth Ban Kr  
Na Sochta Sikandar  
Na Jeeti Jati Duniya  
Tu Bhi Banda Mai Bhi Banda  
Thoda Bi Na Antaar  
Fark Sirf Soch Ka  
Tu Seddhiya Na Gin  
Dictionary S Hata De Namumkin  
It It Jodh Yaara Banta Ha Ghr  
Sabar Kr Mehal Banega Aak Din...

**Mr Kartikey Mahar**  
**B.P.Ed : VI Sem**  
**Roll No: B-21/84**

**JOURNEY**

In the halls of LNIPE, where dreams take flight,  
Amidst boundaries fields of knowledge's might,  
Where athletes strive and scholars delve,  
In the hearts of learning we excel.

With every step, a story told,  
Inspiration shared, ambitions unfold.  
On fields of play, we show our grace,  
In classrooms, we seek wisdom 's embrace.

From dawn till dusk, our spirits soar,  
In the pursuit of excellence, we explore.  
With passion burning, we chase our goal,  
In LNIPE's embrace, we find our role.

United we stand, in friendship bond,  
In the journey of life, we respond.  
For in LNIPE's embrace, we find our voice,  
I every endeavour, we rejoice.

**Ms Priyanka Shekhawat**  
**B.P.Ed : VI sem**  
**Roll No- B-21/11**

**BAARISH**

Jab baarish aati hai  
Ek aawaj jo kaano ko sukoon de jaati hai  
Wo aawaj sath aati hai  
Jab baarish aati hai  
Main apne kamre mein khidki ke kareeb  
Chaadar odh kar neend ko le kar ke  
Aankho pe baarsih ki boond ki aahat  
Aur mann mein ek thand si raahat  
Sone ke taiyari mein sapno ko le kar ke  
Main apne kamre mein khidki ke kareeb  
Chadar odh kar neend ko le kar ke

**Ms Niti Shikharwal**  
**B.P.Ed : VIII Sem**  
**Roll No: B-1064**

**“HERE’S TO THE WOMEN READING THIS”**

Your strength is beyond your imagination,  
 You are a lioness who roars back being more brave and strong  
 Every time you fall,  
 Your smile is not less than a sparkling shining star,  
 Your potential is something which can't be describe in just words,  
 You are worthy just the way you are,  
 You are capable for everything comes in your way,  
 You are beautiful in your own way,  
 You are a blessing for your existence,  
 You are strong and powerful enough to handle everything out there,  
 You are just the best in your own way,  
 Your positivity is your strength just don't let anything bother you  
 Negatively at any cost  
 Hats off to you for never giving up after everything you gone through  
 of go through in daily life from all aspects  
 Be proud of who you are,  
 Be proud of who you are,  
 Be proud of how you manage and balance everything,  
 Be proud of doing much more better than before,  
 Be proud of just being you,  
 Just don't ever doubt yourself  
 Keep going keep moving keep smiling keep shining keep rising don't  
 Stop don't look back don't give up  
 Make yourself more strong and prepare mentally emotionally  
 Physically for each and every upcoming thing ahead,  
 Love yourself, Heal yourself, Respect yourself, Motivate yourself,  
 Grow yourself, know yourself  
 Stand for yourself,  
 Fight for yourself,  
 You aren't less than anything  
 Never ever underestimate yourself  
 You are a precious gem  
 with much more and more strength positivity love and respect  
 I want to repeat that  
 Yes your strength is beyond your imagination.

**Ms Joyashree Rai**  
**B.P.Ed : III Sem**  
**Roll No.: B-2205**

### “MANZIL TUMHARI HAI”

Tum ek ek kaadam abhi se  
Sambhalke Lena seeklo  
Taki agle kadam me  
Agar gir bhi jao,  
To uthana na pade  
Aakar tumhe kisi ko.....  
Waqt se tum bevajah na daro  
Balki uskiwaqt ke sath tum aage chalo,  
Kyuki manzil tumhari hai  
Tum bass aage badho.....  
Raah chahe jitni bhi lambi ho  
Par safar to tay tumhe he karna hai,  
Kyuki manzil tumhari hai  
Tum bass aage badho....  
Kadam kadam badhate chalo  
Apni manzil ko tum choote chalo,  
Aur jabtak na mile vo manzil tumhe  
Tum apni himmat kabhi na haaro  
Kyuki manzil tumhari hai  
Tum bas aage badho.....  
Saamna karna seekho tum  
Us har ek mushkil ka,  
Taki koi bhi mushkil soch na sake  
Aakar tumhe darane ka,  
Aane wale toofano se bhi tum  
Datkar saamna karna,  
Kyuki chahe kuch bhi ho  
Tumhe tumhari manzil ki taraf,  
Har ek mushkil se ladkar aage hai badhna  
Tumhe girna hai- tumhe uthna hai,  
Tumhe hasna hai aur tumhe rona bhi hai  
Par himmat nahi harna hai, kyuki manzil tumhari hai  
Tumhe to bas aage badhna hai.....

**Ms Joyashree Rai**  
B.P.Ed- III sem  
Roll No: 2205

### दो पल

दो पल ठहर जा,  
मुझे खुद से रूबरू होना है।  
मुझे खुद की सोहबत में रहना है।  
दो पल ठहर जा,  
मुझे खुद की अल्फाज बनना है।  
देबे एहसास को दुनिया से रूबरू कराना है।  
दो पल ठहर जा  
मुझे खुद से लड़ना है  
दो पल ठहर जा  
मुझे खुद से जीतना है।  
दो पल ठहर जा  
मुझे कासिद बनना है  
दो पल ठहर जा  
मुझे बेशुमार होना है ।  
दो पल ठहर जा  
मुझे तुझमें खोना है ।  
दो पल ठहर जा  
मुझे खुद में रहना है।  
मुझे खुद की पहचान बनना है ।  
दो पल ठहर जा  
मुझे तेरी जान बनना है !!

**Ms Nisha Kumari**  
B.P.Ed : VIII sem  
Roll No: 1063

### **This is what I called- ' A new Start''**

The past few months were not easy for me as they had brought a drastic change into my life. It was a February winter day, I was sitting in the hospital's wheelchair, nervously waiting for my MRI reports. Since it was a hospital, the waiting area was fully crowded but I don't know why something was really happening to me that made me feel lonely and more anxious. Finally, I got my reports. "MRI of the left knee joint-Partial mid substance tear of anterior cruciate ligament with diffuse background sprain and Bucket handle tear of medial Meniscus with displaced fragment in intercondylar region", all it was written there. Not being familiar with the medical terms had made it more difficult for me to analyse what's really happening in my left knee.

"Beta, You need surgery", these were the exact words I had heard from the doctor and they had left nothing but lot of pain and tears in my eyes. And finally the day had arrived, when I was taken to the Operation theatre. With some medical instruments all around, I was laying on the OT's bed and praying God for a successful surgery. I would say that really I'm a blessed kid as everything went really well and the surgeon had assured a 100% recovery. It's been almost 2 months of my surgery, I have been using the crutches. Now they have become my best friend !! Haha....

Life is like a rollercoaster. Sometimes it goes up and sometimes it goes down. Currently, my life's rollercoaster is in the downswing but definitely one day it is going to catch its speed and will move upwards. Yes, I totally agree that it is not easy to handle an operative leg. But maybe these are the situations that are going to make me more stronger than earlier. And in the recent days what I had learnt is to have a big smile on the face and move ahead.

This is what I called-"A new Start"

**Ms Nistha Saikia**  
**B.PEd : III sem**  
**Roll No : 2209**

## Corruption

PAISA hi paisa hoga.....It is true that corruption is increasing but awareness is also increasing, the day the common man becomes completely empowered, corruption will be curbed.

It has become one of the most speedily increasing social issues in the Indian society. It is generally initiated and promoted by the opportunistic leaders. They never think about the nation's benefits and do lots of damage to the nation through their corruption even for their small advantage. They sell their country properties in the wrong hands and spread wrong beliefs about India in the people's mind living in other countries. They are spoiling the old traditions and cultures of India for their personal benefits. Now-a-days people who are working in right direction using right principles considered as foolish in the modern society and the people who are working wrong and making wrong promises are good for the society. However, in turn it is true that corrupted people cheating the simple, ordinary and innocent people. They are ruling the mind of innocent people.

Corruption is everywhere in every department whether it hospitals, education, job, government offices, nothing is left of corruption. Everything has become a business and the source of earning money in wrong way. Educational institutions are also involved in the corruption and they give seat to those students only who have paid for, whether they are good students with good marks or not. Very weak students are given admission in the top colleges and universities only on the basis of money paid for wrong admission and the topper student with good marks and lack of money gets back in the life or take admission in any simple college.

Not only other persons are facing this problem sports person also. Corruption in sports is a growing problem that is affecting the integrity of many sports around the world. This type of corruption can take many forms, from match-fixing and illegal betting to doping. While there are some efforts in place to combat this issue, such as tougher enforcement of existing laws and increasing education about the risks associated with these crimes, more needs to be done to prevent this form of corruption from continuing to harm our sports communities.

**Thank you**

**Mr Rushikes Pawar**  
**B.P.Ed : VIII sem**  
**Roll No : B-1092**



## Global Warming

Since the Industrial Revolution, the global annual temperature has increased in total by a little more than 1 degree Celsius, or about 2 degrees Fahrenheit. Between 1880—the year that accurate recordkeeping began—and 1980, it rose on average by 0.07 degrees Celsius (0.13 degrees Fahrenheit) every 10 years. Since 1981, however, the rate of increase has more than doubled: For the last 40 years, we've seen the global annual temperature rise by 0.18 degrees Celsius, or 0.32 degrees Fahrenheit, per decade.

The result? A planet that has never been hotter. Nine of the 10 warmest years since 1880 have occurred since 2005—and the 5 warmest years on record have all occurred since 2015. Climate change deniers have argued that there has been a “pause” or a “slowdown” in rising global temperatures, but numerous studies, including a 2018 paper published in the journal *Environmental Research Letters*, have disproved this claim. The impacts of global warming are already harming people around the world.

Now climate scientists have concluded that we must limit global warming to 1.5 degrees Celsius by 2040 if we are to avoid a future in which everyday life around the world is marked by its worst, most devastating effects: the extreme droughts, wildfires, floods, tropical storms, and other disasters that we refer to collectively as climate change. These effects are felt by all people in one way or another but are experienced most acutely by the underprivileged, the economically marginalized, and people of color, for whom climate change is often a key driver of poverty, displacement, hunger, and social unrest.

What causes global warming?

A: Global warming occurs when carbon dioxide (CO<sub>2</sub>) and other air pollutants collect in the atmosphere and absorb sunlight and solar radiation that have bounced off the earth's surface. Normally this radiation would escape into space, but these pollutants, which can last for years to centuries in the atmosphere, trap the heat and cause the planet to get hotter. These heat-trapping pollutants—specifically carbon dioxide, methane, nitrous oxide, water vapor, and synthetic fluorinated gases—are known as greenhouse gases, and their impact is called the greenhouse effect.

Though natural cycles and fluctuations have caused the earth's climate to change several times over the last 800,000 years, our current era of global warming is directly attributable to human activity—specifically to our burning of fossil fuels such as coal, oil, gasoline, and natural gas, which results in the greenhouse effect. In the United States, the largest source of greenhouse gases is transportation (29 percent), followed closely by electricity production (28 percent) and industrial activity (22 percent). Learn about the natural and human causes of climate change.

**Mr Shubham Mangain**  
B-2499  
BPED 1<sup>st</sup> Sem

## SAMAY AA GAYA!!

Zimmedari Lene Ka Samay Aa Gaya Hai

1. Jab Ghar Ko Pehli Baar Chora Toh Samjh Aaya Ki Ab Samay Aa Gaya Hai
  2. Shauk Toh Bahut Bada Tha Dusari Duniya Se Milne Ka Jab Shuru Kiya Toh Darr Bhi Utna Hi Tha
  3. Bahar Se To Duniya Badi Rangeen Lagti Thi Par Jab Tajurba Mila To Toh Pata Chala Ki Kesi Berang Duniya Ki Hum Khwaish Kar Bethe The
  4. Ye Berang Duniya Pasand Toh Bilkul Nahi Thi Par Aadat Bhi Iski Daal Ni Thi
  5. Haaa 4 Din Ki Chamak Aati Zaroor Hai Jab Hum Apni Bachpan Ki Duniya Yaanj Iss Berang Duniya Se Chutti Leke Jaate
  6. Par Vo Chamak Bhi Eid Ka Uss Chand Ke Jesi Hi Reh Jaati Hai
  7. Zimmedari Toh Bahut H Iss Nazuk Se Kandhe Par Iss Se Acha Toh Vo Kitab Se Bahar Basta Hi Acha Lagta Hai Kam Se Kam School Ke Baad Utar Toh Dete The
  8. Par Jesa Bhi Hai Ab Samay Aa Gaya Hai
- Sahi Kehte Hai Log Bachpan Toh Gaya Jawani Bhi Gayi Ek Pal Toh Ab Hume Jeene Do Jeene Do Ooo

**Miss Prerna Singh**  
B-2011  
BPED 3<sup>rd</sup> Sem

## HIGH ALTITUDE TRAINING

High altitude training is the practice of training at high elevations. In sports, high altitude typically means at least 7,000 to 8,000 feet above sea level.

At this elevation, there's less oxygen in the air. Your workout will feel more difficult, and you'll get tired more quickly.

The idea is that high altitude training forces your body to adapt to the lack of oxygen. In turn, this could improve your performance when you compete at sea level.

Athletes who commonly practice high altitude training include:

runners

cyclists

mountain bikers

cross-country skiers

swimmers

'Live high, train low' approach

One popular method of high-altitude training is the "live high, train low" (LHTL) approach. It involves living at high elevations, which allows your body to get used to low oxygen levels. You can also lightly train at this altitude.

You do more intense training at low altitudes, however. The goal is to gain the benefits of high-altitude adaptations while maintaining a high-intensity training routine.

What are the benefits of high-altitude fitness training?

Though research is ongoing, there are several benefits of high-altitude training.

More oxygen flow to muscles

When you work out, your blood delivers oxygen to your muscles. The oxygen is used to produce energy, which helps your muscles move and perform activity.

But as you continue exercising, your blood won't be able to keep up with the oxygen demands of your muscles. Your muscles will eventually become fatigued.

Mr Raunak Mishra

B-2443

BPED 1<sup>st</sup> Sem

## Friendship Goals

**1. Building Strong and Lasting Connections:** Friendships provide a vital support system, helping us cope with stress, anxiety, and life's challenges

**2. Building Stronger:** Connection friendships are some of the most valuable relationships we can have in life. They offer emotional support, create lasting memories, and even help improve our physical health.

### What Are Friendship Goals?

Friendship goals are the intentional actions and aspirations we set to deepen our connections with friends. These goals might vary from person to person, but they all share a common thread: a desire to strengthen the bond, improve communication, and create positive experiences together.

### Friendship goals can be related to:

**Emotional support:** Becoming a better listener and providing encouragement during tough times.

**Shared experiences:** Planning adventures, activities, or regular meet-ups to create lasting memories.

**Personal growth:** supporting each other's personal development and offering honest feedback for self-improvement.

**Mutual respect and understanding:** Cultivating trust, respect, and empathy in the friendship.

### Why Friendship Goals Matter?

#### 1. Nurturing Emotional Well-being

Friendships provide a vital support system, helping us cope with stress, anxiety, and life's challenges.

#### 2. Building Stronger Connections

As life becomes busier, it's easy to drift apart from friends. Setting friendship goals ensures we remain proactive in nurturing our relationships.

#### 3. Creating Lasting Memories

Shared experiences and memories are the foundation of any meaningful friendship.

### How to Set and Achieve Friendship Goals?

#### 1. Communicate Openly and Honestly

#### 2. Make Time for Each Other

#### 3. Support Each Other's Goals and Dreams

### Friendship Goals for Every Stage of Life

Mr Sagar Debbarma  
B-2496  
BPED 1<sup>st</sup> Sem

## INSTITUTE COLUMN

## MAA

Mai Likh Du Uspe  
 Per Kaise Likhu  
 Usne To Mujhko Likha Hai  
 Vo Maa Hai Meri  
 Jishne Khud Ka Pet Kat Ke  
 Mera Pet Bhara Hai  
 Vo Maa Hai Meri  
 Jisne Mere Liye  
 Bahut Se Gum Ko  
 Muskurate Hue Chakha Hai  
 Vo Kahati Nahi  
 Par Mai Jaanta Hun  
 Usne Har Mushkil Mod Pe  
 Khud Se Pehle  
 Mujhko Rakha Hai  
 Vo Maa Hai Meri  
 Jisne Aansu Pee Ke  
 Mujhe Amrit Ke Do Ghoont  
 Pilaye Hain  
 Vo Maa Hai Meri  
 Jisne Apne Sapno Ko  
 Bhul Kar  
 Mera Sapna Sajaya Hai  
 Vo Maa Hai Meri

**Mr Abhijit Singh Rathore**  
**B-21/70**  
**BPED 5th Sem**

## चलना हमारा काम है।

गति प्रबल पैरों में भरी  
 फिर क्यों रूहं दर दर खड़ा  
 जब आज मेरे सामने  
 है रास्ता इतना पड़ा  
 जब तक न मंजिल पा सकूँ,  
 तब तक मुझे न विराम है,  
 चलना हमारा काम है।

कुछ कह लिया, कुछ सुन लिया  
 कुछ बोझ अपना बंट गया  
 अच्छा हुआ, तुम मिल गई  
 कुछ रास्ता ही कट गया  
 क्या राह में परिचय कहूँ,  
 राही हमारा नाम है,  
 चलना हमारा काम है।

जीवन अपूर्ण लिए हुए  
 पाता कभी खोता कभी  
 आशा निराशा से घिरा,  
 हँसता कभी रोता कभी  
 गति-मति न हो अवरूद्ध,  
 इसका ध्यान आठो याम है,  
 चलना हमारा काम है।

इस विशद विश्व-प्रहार में  
 किसको नहीं बहना पड़ा  
 सुख-दुख हमारी ही तरह,  
 किसको नहीं सहना पड़ा  
 फिर व्यर्थ क्यों कहता फिरूँ,  
 मुझ पर विधाता वाम है,  
 चलना हमारा काम है।

मैं पूर्णता की खोज में  
 दर-दर भटकता ही रहा  
 प्रत्येक पग पर कुछ न कुछ  
 रोड़ा अटकता ही रहा  
 निराशा क्यों मुझे?  
 जीवन इसी का नाम है,  
 चलना हमारा काम है।

साथ में चलते रहे  
 कुछ बीच ही से फिर गए  
 गति न जीवन की रूकी  
 जो गिर गए सो गिर गए  
 रहे हर दम,  
 उसी की सफलता अभिराम है,  
 चलना हमारा काम है।

**Mr Abhijit Singh Rathore**  
**B-21/70**  
**BPED 5th Sem**

## INSTITUTE COLUMN

पिता

पिता के बिना जीवन अधूरा सा,  
उनके बिना सपने बेहद कमजोरा सा।

उनकी ममता और प्यार निर्मल होता है,  
उनकी सीख और संघर्ष सच्चा उपहार होता है।

जिंदगी के हर मोड़ पर, हर दरवाज़े पर,  
पिता होते हैं हमारे साथ, हमारे साथी और सहारे।

उनकी ममता और बुद्धिमत्ता से हमें सिखाते हैं,  
अपने सपनों को पूरा करने का जूनून जगाते हैं।

जीवन के हर मौसम में, हर पल में,  
पिता का साथ बना रहता है, एक सुनहरा रिश्ता, एक अनमोल कविता।

पिता के बिना जीवन अधूरा सा,  
पिता की कविता हूँ मैं, उसका गुणगान करता हूँ।

Mr Chanakya Nath  
LDC  
LNIPE, NERC, Ghy

### My Oblivion

The light of austerity, passion and gloom is in me,  
The darkness of all knowledge that immersed on me.  
    Though I'm not unsighted from birth,  
    I'm not perfect and never will be.  
    I'm always deeply flawed,  
As there is no perfect job that suits me.  
    I can't make happy one and all,  
Though I climb up but momentarily I fall.  
My failure lies on my inevitable mistakes,  
    I feel pain for each that grieves.  
I want to move forward with sureness,  
    I can't copy other's success  
    Someone loves, I break their heart,  
    I feel it, yet no one can predict.  
Life is an emotional roller coaster  
And a turbulent journey, not a destination.  
Let me invoke at present the effulgent powers  
    of the radiant rising of the sun.  
    All the tactics to get ahead in life,  
    Wasting the precious time is too late.  
Time flies over me, leaves its shadow behind,  
Spacing out the truth of time already submerged.  
    The hard truths in life I ignored to perceive,  
Defeat and change results of relentless force of time.

Dr. Ashis Kumar Acharjee  
Internal Audit Officer  
LNIPE, NERC

## LNIFE – NOT A COLLEGE BUT AN EMOTION

Everyone is talking about the first day but I am going to tell about the later on adventures and journey of this college.

First time I am seeing this kind of college where discipline plays an important role. Generally school going students wants to go in a college for more freedom but here we already full with our schedule which is very interesting and knowledgeable. Here are some elements which makes this college full of adventure which includes leadership camp. I went to Rupa Arunachal Pradesh with my batchmates. We camped there for 1 week and faced so many challenges like living in that weather is like you are bathing in ice water. The winter was wintering there. We went on hiking of 22 Km. It felt so amazing. I don't think so that I can ever go in this type of adventure. Now I am in 3rd year. Yes, now I am in second senior most year of UG. My little juniors came with the same hope I came with that feels like heartwarming.

At last I just want to say LNIFE is not just a college it's an emotion for us being here for several years. I wish I could come here for PG too. That's all from my side.

**Miss Arpita pal**  
**Roll no- B21/02**

## FIRST DAY OF COLLEGE

The first day of college is the reason why students are happy but then some cry. The first day of college can be a fear for our little ones that are so dear. After they go holding mom's hand but they would rather be playing in the ground. With eyes so wide they look around. But their focus is on the playground. The senior approaches with a smile, she welcomes the little ones with style. There are a lot of students in the room

" I'll be back in a little while,

Says to mom with a smile,

Go and hang out with new friends and seniors,

Off to college, the mom does send. "

**Miss Sargam Kumari**  
**BPED 2<sup>ND</sup> Sem**  
**B-2067**

## Hisab Vs Leotards Vs Bikini:

### *Challenging the Status Quo of Female Athletes*

#### **Background:**

“Let the women play in more feminine clothes like they do in volleyball. They could, for example, have tighter shorts”. Sepp Blatter former FIFA president outburst in 2013 at Guardian

A very timely and sensitive topic! The intersection of women, hijab, and sports has been a subject of controversy and debate in recent years. The hijab, a headscarf worn by many Muslim women as a symbol of modesty and faith, has become a point of contention in the sports world. While some sports organizations and countries have embraced the hijab as a symbol of diversity and inclusion, others have banned it, citing safety and uniformity concerns.



Doaa Elghobashy, left, of Egypt and Kira Walkenhorst of Germany compete in the women's preliminary beach volleyball during the Olympics in Rio. Credit...Lucy Nicholson/Reuters

#### **Controversies and Debates:**

One of the most notable controversies surrounding the hijab in sports was the ban imposed by the International Football Association Board (IFAB) in 2007. The ban prohibited players from wearing the hijab during matches, citing safety concerns. However, the ban was lifted in 2014, allowing women to wear the hijab during games. Similarly, the International Basketball Federation (FIBA) lifted its ban on the hijab in 2017, allowing women to wear the headscarf during competitions. However, the controversy surrounding the hijab in sports is not limited to the playing field. In 2019, the French government passed a law banning the hijab in sports competitions, citing concerns about "religious neutrality."

#### **Arguments for and Against the Hijab in Sports:**

Proponents of the hijab in sports argue that it is a matter of personal choice and freedom of religion. They also argue that the hijab does not pose a safety risk and that women should be able to compete without being forced to choose between their faith and their sport. On the other hand, opponents of the hijab in sports argue that it is a symbol of religious extremism and that it may be used to "politicize" sports. They also argue that the hijab may pose a safety risk, particularly in contact sports.



## RESEARCH INSIGHTS

**Impact on Women Athletes:**

The controversy surrounding the hijab in sports has had a significant impact on women athletes who wear the headscarf. Many have been forced to choose between their faith and their sport, leading to feelings of exclusion and discrimination. However, the lifting of bans on the hijab in sports has also had a positive impact on women athletes. It has allowed them to compete without having to compromise their faith, and has paved the way for greater inclusion and diversity in sports.

The gymnastics dress controversy in the recent Olympic Games has sparked a heated debate about the sexualization of female athletes, the objectification of their bodies, and the need for greater autonomy and agency in their choice of attire. At the 2021 Tokyo Olympics, the German women's gymnastics team made a bold statement by wearing full-body suits instead of the traditional leotards. This decision was seen as a move against the sexualization of gymnasts and to allow athletes to compete without being sexualized. The full-body suits, which covered the athletes' legs and arms, were allowed according to the rules of the International Gymnastics Federation (FIG) and were seen as a way to challenge the traditional leotards that are worn by female gymnasts. The traditional leotards are often revealing and have been criticized for being sexually suggestive. The German team's decision was supported by many in the athletic community, including Olympic great Simone Biles. Biles, who has been a vocal advocate for athletes' rights and body autonomy, praised the German team for taking a stand against the sexualization of female athletes. However, not everyone was supportive of the German team's decision. Some critics argued that the full-body suits were not aesthetically pleasing and detracted from the beauty of the sport. Others argued that the suits were not necessary, as the traditional leotards were not inherently sexualizing. Despite the criticism, the German team's decision sparked a necessary conversation about the objectification of female athletes and the need for greater autonomy and agency in their choice of attire. The controversy highlighted the need for a more nuanced understanding of the relationship between athletic performance and sexualization.



Germany's Kim Bui performing in the unitard at the Tokyo Olympics with fullsuit dress.

## RESEARCH INSIGHTS

In the world of gymnastics, athletes are often objectified and sexualized, with their bodies being scrutinized and critiqued. This objectification can lead to body shaming, low self-esteem, and mental health issues. By wearing full-body suits, the German team was able to reclaim their bodies and challenge the status quo. The controversy also highlighted the need for greater diversity and inclusivity in the sport of gymnastics. The traditional leotards are often designed with a specific body type in mind, and athletes who do not conform to this body type may feel self-conscious and excluded. The full-body suits, on the other hand, offer a more inclusive and diverse option for athletes of all body types.

The bikini in sports controversy has been a longstanding debate that has sparked intense discussion and disagreement. At its core, the issue revolves around the requirement for female athletes to wear bikini-cut uniforms in certain sports, such as beach volleyball and handball. On one hand, proponents of the bikini argue that it is a traditional and practical choice for beach sports, allowing for freedom of movement and comfort. They also argue that the bikini is a symbol of the sport's beach culture and aesthetic. On the other hand, critics argue that the bikini requirement is sexist, objectifies female athletes, and prioritizes appearance over performance. They argue that the bikini reduces female athletes to their physical appearance, rather than their skills and abilities. One of the most notable incidents in the controversy was in 2021, when the Norwegian women's beach handball team was fined for wearing athletic shorts instead of bikini bottoms during a match. The incident sparked widespread outrage and criticism, with many arguing that the fine was sexist and unfair.

The controversy has also highlighted the issue of gender equality in sports. While male athletes are often allowed to wear loose-fitting shorts and tank tops, female athletes are required to wear revealing bikinis. This disparity has led many to argue that the bikini requirement is a form of sexism and discrimination. In response to the controversy, some sports organizations have relaxed their uniform requirements, allowing female athletes to wear more modest attire. However, others have maintained the bikini requirement, arguing that it is an integral part of the sport's tradition and culture. Ultimately, the bikini in sports controversy highlights the need for ongoing discussions about gender equality, athlete autonomy, and uniform requirements in sports. As the debate continues, it is essential to prioritize the needs and concerns of female athletes, ensuring that they are treated with respect and dignity.

The bikini in sports controversy refers to the debate surrounding the requirement for female athletes to wear bikini-cut uniforms in certain sports, such as beach volleyball and handball. Here are some key points:

- In 2012, the International Volleyball Federation (FIVB) relaxed its rules to allow female players to wear shorts and tops instead of bikinis.
- However, in 2021, the Norwegian women's beach handball team was fined for wearing athletic shorts instead of bikini bottoms during a match.
- Critics argue that the bikini requirement is sexist, objectifies female athletes, and prioritizes appearance over performance.
- Supporters argue that the bikini is a traditional part of the sport and does not detract from the athletes' skills.
- The controversy highlights the ongoing debate about gender equality, objectification, and uniform requirements in sports.

### **Some notable incidents and opinions:**

- In 2011, the FIVB faced criticism for requiring female players to wear bikinis during the World Championships in Brazil.
- In 2019, the European Handball Federation (EHF) faced backlash for fining the Norwegian women's team for wearing shorts instead of bikini bottoms.
- Olympic gold medalist Kerri Walsh Jennings has spoken out against the bikini requirement, calling it "degrading" and "sexist".
- Others argue that the bikini is a practical choice for beach sports, allowing for freedom of movement and comfort.

The controversy surrounding the bikini in sports highlights the need for ongoing discussions about gender equality, athlete autonomy, and uniform requirements in sports.

## RESEARCH INSIGHTS

Here are some of the dress controversies in sports

1. In the 2020 Olympic Games, British Paralympic athlete Olivia Breen was told that her sprint briefs were “too short and inappropriate.”
2. In the same year, the swimming cap designed for thick, curly and voluminous hair was banned by FINA for not following “the natural form of the head.”
3. Norway’s women’s beach handball team was fined for wearing athletic shorts instead of bikini bottoms in a bronze-medal match against Spain.
4. In 2019, the French Tennis Federation president said the full-body catsuit worn by American tennis star Serena Williams at the French Open will no longer be accepted at the tournament.
5. In 2018, Frenchwoman Alize Cornet got a code violation warning of “unsportsmanlike behaviour” for changing her top behind the baseline on the court, revealing a sports bra.
6. In 1985, American tennis player Anne White was also told to wear something more “appropriate” by the Wimbledon referee after she played her first round in a long-sleeved white spandex bodysuit.
7. Ahead of the 2021 Tokyo Olympics, the German women's gymnastics team wore full-body suits instead of the traditional leotards.

**Conclusion: -**

Look at former FIFA president Mr. Sepp Butter's views about women's clothing. We can conclude that women's sports are likely to be sexual events with profitable business due to audience rights through various media.

The controversy surrounding women, hijab, and sports is a complex and sensitive issue. While there are valid arguments on both sides, it is important to recognize the importance of inclusion and diversity in sports. By allowing women to wear the hijab during competitions, sports organizations can promote greater understanding and acceptance of different cultures and faiths. I hope this response has provided a detailed analysis of the controversy surrounding women, hijab, and sports. Please let me know if you have any further questions or need clarification on any points. In conclusion, the gymnastics dress controversy in the recent Olympic Games has sparked a necessary conversation about the sexualization of female athletes, the objectification of their bodies, and the need for greater autonomy and agency in their choice of attire. The German team's decision to wear full-body suits has challenged the status quo and offered a more inclusive and diverse option for athletes of all body types. As we move forward, it is important that we continue to prioritize the needs and desires of athletes and work towards creating a more inclusive and equitable sport for all.

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## STUDENTS CARRIER

## Students of LNIPE, NERC getting Appointment at Various Dept, session (2023-2024)

Sl No	Name of Students	Department	Address of Posting
1	Miss Srishti Arora	PET	Rajshree Institute of Management and Technology (Bareilly)
2	Mr Abhishek Singh	Basketball Coach	Modern English School, Kahilipara (Guwahati- Assam)
3	Miss Lozi Begum	TGT PET Female in EMRS	EMRS Dhanarabhata, Odisha
4	Mr Rushikesh Pawar	PRT (Sports & Phy Education)	DHRUV Global School-Sus, (Pune)
5	Mr Angraj Singh	TGT PET Male in EMRS	EMRS Pungar, Odisha
6	Miss Naincy Bharti	PET Faculty	NER School of Excellence, Andhra Pradesh
7	Mr Gouranga Pathak	TGT (P & HE)	KV, Silchar
8	Miss Pushpa Patel	BPSC TGT	Bihar
9	Mr Manas Jyoti borah	Physical Instructor	o/o District sports Officer,(Sivasagar - Assam)
10	Mr Chinmaya Sahoo	Facilitator (PE)	Mussoorie International School, Uttarakhand
11	Mr Akash Paswan	Assistant Teacher	Little flower School, Kalyan Bhadarsa, Ayodha, Gorakhpur
12	Mr Dushmanta Morang	Part Time Sports Instructor	IIT, Ghy
13	Miss Neha Deka Raja	Physical Instructor	PKM English Medium School,Bongaigaon (Assam)
14	Mr Prabhkar Gautam	Coach (Badminton)	IIT, Patna
15	Mr Anurag Choudhury	TGT PET in EMRS	Dhar , (MP)



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# LNIPE COURSES & PROGRAMMES 2023-2024


 PROGRAMS / COURSES OFFERED


**Physical Education Pedagogy**



**Exercise Physiology**



**Sports Biomechanics**



**Sports Psychology**

<b>SI No</b>	<b>Department</b>	<b>Programs/ Courses</b>
1	Department of Physical Education Pedagogy.	<ul style="list-style-type: none"> <li>• Ph.D</li> <li>• Master of Physical Education.</li> <li>• Bachelor of Physical Education (Integrated)</li> </ul>
2	Department of Exercise Physiology	<ul style="list-style-type: none"> <li>• Ph.D</li> <li>• Master of Physical Education.</li> </ul>
3	Department of Sports Biomechanics	<ul style="list-style-type: none"> <li>• Ph.D</li> <li>• Master of Physical Education.</li> </ul>
4	Department of Sports Psychology	<ul style="list-style-type: none"> <li>• Ph.D</li> <li>• Master of Physical Education.</li> </ul>

# SPECIAL THANKS



**Mr Chanakya Nath**  
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**LNIFE,NERC**



**Mr Jwngsar Mochahary**  
**Photo Grapher**  
**LNIFE,NERC**

## संस्थान गीत

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

एक समन्दर की लहरें हम, एक गगन के तारे हैं।  
लौह-लाइले लक्ष्मी के हम, धरती के उजियारे हैं। (2)  
एक धर्म है, एक ध्येय है, सब जलते अंगारे हैं।  
नये देश के निर्माता हम, भारत के रखवारे हैं। हम (2)  
अनुशासन में कुन्दन बनकर नये जवानों रे,  
अनुशासन में कुन्दन बनकर हमने कदम बढ़ाये हैं ॥ 1 ॥  
लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

पूरब पश्चिम मिले हमारे, खेलों के मैदानों में।  
गीत अमन के थिरक रहे हैं, देखो इन मुस्कानों में। (2)  
राह बनाते हैं अपनी हम, आंधी में तूफानों में।  
नयी जिन्दगी भर देंगे हम, दुनिया के इन्सानों में। हम (2)  
मानवता के आव्हानों को हमने शीश चढ़ाये हैं॥2॥  
लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

नये देश की नैया हम सब, मन्जिल तक ले जायेंगे।  
आने वाले सांझ-सबेरे, गीत हमारे गायेंगे। (2)  
इसी तरह से कदम बढ़ेंगे, इसी तरह मुस्कायेंगे।  
वक्त पड़ा तो आजादी पर, हंसकर शीश चढ़ायेंगे। हम (2)  
खून पसीना देकर हमने, नये जवानों रे,  
खून पसीना देकर हमने, लाखों चमन खिलायें हैं॥3॥  
लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

सभी बराबर सभी सरीखे, क्या गोरा क्या काला रे।  
दिशा -दिशा में गूंज रहा है, आज हमारा नारा रे, (2)  
गौरव गीत हमारे गाता, आज एशिया सारा रे।  
इसी शान से फहरायेगा, झंडा सदा हमारा रे। ॥ झंडा (2)॥  
बलिदानी इतिहास हमारे, नये जवानों रे,  
बलिदानी इतिहास हमारे हमने नहीं भुलाये हैं॥4॥  
लो शक्ति नगर के सेनानी हम, हंसते गाते आये हैं।

शरीर माध्यम् खलु धर्म साधनम्

- बाल कवि बैरागी



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