

**INDIAN INSTITUTE OF TECHNOLOGY KANPUR
PHYSICAL EDUCATION SECTION**

**CALENDAR FOR PE-111 & 112 PHYSICAL EXERCISE CLASSES
SEMESTER-2 (2024-25)**

Second Semester: **January 15, 2025 to April 23, 2025.**

Class days: **Tuesday and Thursday for Group "A"** Class Timing: **06:00PM to 07:30PM**
Wednesday and Friday for Group "B" Class Timing: **06:00PM to 07:30PM**

Group A & B for PE Classes are being allotted as per Academic Class Schedule. These groups will further be divided into Sections to run the course smoothly.

SI. No.	Months and Dates of the Classes	Activities
1	January 2025 A- 16, 21, 23, 28 and 30 Total 05 classes B- 15, 17, 22, 24, 29 and 31 Total 06 classes	1. Assembly 2. Attendance 3. Warm-up run 2-3 laps 4. Calisthenics 5. Basic speed, endurance, strength, coordination & flexibility exercises 6. 2 Cool-down jogging laps & stretching exercises
2	February 2025 A- 4, 6, 11, 13, 18 and 20 Total 06 classes B- 5, 7, 12, 14 and 19 Total 05 classes	1. Assembly 2. Attendance 3. Warm-up run 3-4 laps 4. Calisthenics 5. Physical fitness trials 6. 2 Cool-down jogging laps & stretching exercises
3	March 2025 A- 4, 6, 18, 20, 25 and 27 Total 06 classes B- 5, 7, 19, 21, 26 and 28 Total 06 classes	1. Assembly 2. Attendance 3. Warm-up run 3-4 laps 4. Calisthenics 5. Intra-section Informal games 6. 2 Cool-down jogging laps & stretching exercises
4	April 2025 A- 1, 3, 8, 15, 17 and 22 Total 06 classes B- 2, 4, 9, 11, 16 and 23 Total 06 classes	1. Assembly 2. Attendance 3. Warm-up run 3-4 laps 4. Calisthenics 5. Intra-section Lead up games 6. 2 Cool-down jogging laps & stretching exercises
# On each day of the class, one section will be doing Yoga alternatively #		

Note: - 01 combined / make-up class will be there for both groups to make total 24 classes each

NCC classes for PE-112 Course in UG Y-24 Second Semester

Sl No	Date & week day	Venue	Duration of classes
1	<u>January 2025</u> Saturday: 18 & 25	NCC Unit	08:40am to 11:40am
2	<u>February 2025</u> Saturday: 01 & 15		
3	<u>March 2025</u> Saturday: 01 & 29		
4	<u>April 2025</u> Saturday: 19		

Important Note: -

1. Physical Exercises, NCC & NSS classes will be suspended during the following periods: -

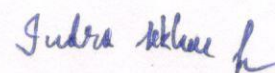
1. All the Gazetted holidays mentioned in Institute Calendar for 2025 or declared by the Institute.
2. Mid Semester Examination February 21-28, 2025.
3. Mid Semester Recess March 08-16, 2025.
4. End Semester Examination April 26 to May 06, 2025.
5. Last class for PE – 111 & PE-112 for the Second Semester will be on April 23, 2025.

All students should come in proper kit prescribed by the Dean of Students Affairs.

1. Kit: - All the students must wear Shorts / Lower, T-shirt and Sports shoes.
2. The students for NCC class have to wear collar Shirt / T-shirt, lower / pant (no jeans pant) and sports shoes
3. Mobile phones are strictly prohibited in the class.
4. Contacts in case of any query: -
Instructor In-charge: isen@iitk.ac.in
PE Coordinator: rnarain@iitk.ac.in

The details of the activities can also be found on PE Course web site: -

<https://www.iitk.ac.in/pes/pe-courses> and through email to pe111@iitk.ac.in & pe112@iitk.ac.in



(Dr. Indra Sekhar Sen)
Instructor In-charge PE Course

Date: 13th January 2025

PE-111 & PE-112 Instructor In-charge, Coordinators and Coaches/ Instructors

Sl No	Name	Designation	Area of specialization	Mobile No	Office No
Instructor In- charge					
1	Dr. Indra Sekhar Sen	Faculty In-charge PES	Earth Science	---	4701
PE Coordinator					
1	Dr. Ram Narain	APEO GR-1	Athletics	9621672007	4709
Co-Coordiators					
1	Mr. Amit Doharey	PTI GR-1	Volleyball	9794424881	4538
2	Mr. Deepak Dhanowa	PTI	Athletics	9169932550	4511
Coaches / Instructors					
1	Mr. Vivek Rao Vadi	APEO GR-1	Swimming	9651969591	2007, 4662
2	Mr. Sunil Kumar	PTI GR-1	Football	8787092036	4540
3	Mr. Kuldeep Sharma	PTI	Weightlifting	7607005501	4713
4	Mrs. Anjani Dubey	PTI	Athletics	9648016016	4507
5	Mr. Pankaj Pandey	PTI	Cricket	9795569340	
6	Mr. Pradeep Kr. Mishra	PTI	Basketball	9793584135	4705
7	Mr. Alok Kumar Yadav	PTI	Badminton	7987726578	4541
8	Mr. Pushpender Singh	Instructor	Wall Climbing	9015720126	4541
9	Dr. Sohan Lal Yadav	Instructor	Yoga	9455841642	4541
NCC & NSS Coordinators					
1	Col. Shishir Srivastava	Commanding Officer	NCC Office	-----	0512-679-7219
2	Dr. Niraj Mohan Chawake	Coordinator	NSS	-----	2181

Indra sekhar sen

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