

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

**Information Brochure: PE-111 & PE-112 Course for UG Y-24 Students
Academic Year 2024-25**

Physical Exercise Courses are senate approved courses for B.Tech. / B.S. students. These courses are offered in first two semesters of academic program under course numbers PE-111 & PE-112 for the year 2024-25 as follows: -

SI No	Activities	Scheduled class timing	Class days
1	Physical Exercises (other than NCC & NSS)	Morning (6:00am-07:30am)	Two classes per week Group 'A'= Tuesday & Thursday Group 'B'= Wednesday & Friday
2	NCC (320 boys only)	Saturday classes: 08:40am to 11:40am Tuesday & Thursday classes: 06:00am to 07:30am	As per schedule
3	NSS (110= 80 boys & 30 girls)	As per the instructions of NSS Coordinator	One session per week with a total of minimum 24 hours during semester

The Chairman, Sports & Physical Education Committee (SPEC) is the Instructor in-charge of PE Course. The courses are graded as **S (Satisfactory) / X(Unsatisfactory)**. The grade will be given after the end semester examination. **A minimum of 75% attendance is compulsory to pass the course. The student can't miss more than 25% classes including medical / any other SUGC approved leave.**

It has been observed during previous PE Courses that a number of fresh students are lacking basic level of physical fitness which in turn affects their personality and overall development. In view of this, the Physical Education Section has devised the schedule of physical exercises to improve the fitness level of students for which common fitness workouts will be executed throughout the course. The most disciplined and punctual students in the course will be appreciated.

Since the students undergoing this course will be developed to the mental and physical fitness level that will make them capable to tackle the challenging situations and to take-up any sports / game to represent IITK in various sports competitions like Udghosh, Inter IIT Sports Meets etc., a satisfactory response to and performance in course contents and a high degree of discipline is demanding throughout the course.

All UG Y-24 students must fill up their self-preference wise choices for the 03 (Three) streams of PE-111 (i.e. Physical Exercises, NCC and NSS). The preference-1, preference-2, preference-3 should be according to previous experience or interest of the student in the stream.

Following is the google form link for filling up the choices: -

<https://forms.gle/81VEByVuDK12S3fq9>

Important Notice: -

All the students have to fill up their choices till 23:59hrs of 26th July 2024 positively. After that the google form link will gets closed.

1. Physical Exercises (Boys & Girls): -

All the UG first-year students (other than NCC & NSS) will be divided in two groups i.e. Group 'A' and Group 'B'. Physical Exercise classes will be held from 06:00am to 07:30am, 02 (two) days per week (Group 'A'= Tuesday & Thursday and Group 'B'= Wednesday & Friday) in the Main Sports Stadium.

This schedule will run during August – November. Details of the activities are mentioned in the Calendar for PE-111 Physical Exercise Classes for the Academic year 2024-25.

Any change in the venue, class schedule etc. will be made available on pes web site <https://www.iitk.ac.in/pes/pe-courses> and will also be sent to the students through email.

2. NCC (Coordinator: Col Shishir Srivastava, CO, NCC Unit)

Seats = 320 (Boys only)

Any student, except foreign nationals, can opt NCC. NCC activities will be conducted by the NCC Unit in its premises at IIT Kanpur 06:00am onwards on Tuesday & Thursday and 9:00am onwards on Saturday. There will be 02 classes on Tuesday & Thursday and 05 classes on Saturday as per schedule or as per instructions of CO, NCC Unit.

3. NSS (Coordinator: Dr. Niraj Mohan Chawake)

Seats = 110 (80 Boys & 30 Girls)

NSS will be conducted once a week with a total of 24 hours of activity during the semester. Seats will be filled on the basis of option given.


- (a) Allotment of activities will be done and intimated to the students well before start of the course.
- (b) If NCC and NSS seats are not filled through option of choice the same will be done through random distribution.
- (c) No change will be allowed from one stream to the other stream or from one activity to other activity.

These activities are for all the first-year students of B.Tech. / B.S. students. Since these students are found to be medically fit at the time of registration, they are deemed fit to take part in these courses and as such these requirements cannot be condoned on medical ground.

PE-112 for Second Semester

The course PE- 112 will run similarly in the second semester during January – April 2024 with the course structure as mentioned herein above. NCC & NSS opted / allotted in first semester will be the same for second semester. No separate choices will be obtained for second semester.

“WITH BEST WISHES FOR A MEMORABLE AND FRUITFUL STAY AT IIT KANPUR”


(Dr. Indra Sekhar Sen)
Faculty In-charge
PE Section, IIT Kanpur

Date: 20 July 2024

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

**CALENDAR FOR PE-111 PHYSICAL EXERCISE CLASSES
ACADAMIC YEAR 2024-25**

First Semester: **August 06, 2024 to November 14, 2024.**

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

Group A & B will be allotted after distribution of students among Physical Exercises, NCC and NSS. These groups will further be divided into Sections to run the course smoothly.

SI. No.	Months and Dates of the Classes	Activities
1	August 2024 A – 6, 8, 13, 20, 22, 27 and 29 Total 07 classes B – 7, 9, 14, 16, 21, 23, 28 and 30 Total 08 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	September 2024 A – 3, 5, 10, 12, 24 and 26 Total 06 classes B – 4, 6, 11, 13, 25 and 27 Total 06 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	October 2024 A – 1, 3, 15, 17, 22, 24 and 29 Total 07 classes B – 4, 16, 18, 23, 25 and 30 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	November 2024 A – 5, 7, 12 and 14 Total 04 classes B – 1, 6, 8 and 13 Total 04 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 #		

NCC classes for PE-111 Course in UG Y-24 First-Semester

Sl No	Date & week day	Venue	Duration of classes
1	August 2024 Classes on Saturday: 03, 17, 24 & 31 Classes on Tuesday: 13 Classes on Thursday: 08 & 22	NCC Unit	Saturday classes: 08:40am to 11:40am Tuesday & Thursday classes: 06:00am to 07:30am.
2	September 2024 Classes on Saturday: 28 Classes on Tuesday: 03 Classes on Thursday: 05 & 26		
3	October 2024 Classes on Saturday: 26 Classes on Tuesday: 01 & 22		
4	November 2024 Classes on Tuesday: 05		

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 2024 or declared by the Institute.
2. Mid Semester Examination September 17 – 22, 2024.
3. Mid Semester Recess October 05 – 13, 2024
4. End Semester Examination November 17 – 26, 2024.
5. Last class for PE - 111 for the first semester will be on November 14, 2024.


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: specchair@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>

PE – 112 Course Physical Exercise and other activity classes will be conducted similarly during January - April 2025 for which the dates for classes will be announced later.


(Dr. Indra Sekhar Sen)
Faculty In-charge
PE Section, IIT Kanpur

Date: 19 July 2024

PE-111 & PE-112 Coordinators, Coaches/ Instructors and Physical Education Section Staff

Sl No	Name	Designation	Area of specialization	Mobile No	Office No
PE-111 & 112 Instructor In- charge					
1	Dr. Indra Sekhar Sen	Faculty In-charge PES	Earth Science	---	4701
PE Coordinator					
1	Dr. Ram Narain	APEO GR-I	Athletics	9621672007	4709
Co-Coordiators					
1	Mr. Amit Doharey	PTI GR-I	Volleyball	9794424881	4538
2	Mr. Deepak Dhanowa	PTI	Athletics	9169932550	4511
Coaching Staff / PE Instructors					
1	Mr. Vivek Rao Vadi	APEO GR-I	Swimming	9651969591	2007, 4662
2	Mr. Sunil Kumar	PTI GR-I	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. Rajat Tomar	Instructor	Hockey	9452317308	4541
9	Mr. Ansh Gupta	Instructor	Squash	9621919829	4541
10	Mr. Anmol Chandra	Instructor	Table Tennis	7992138790	4541
11	Mr. Nawaid	Instructor	Tennis	7980715950	
12	Ms. Deepali Wadhvani	Instructor	Aerobics	9839183151	4543
13	Dr. Sohan Lal Yadav	Instructor	Yoga	9455841642	4541
14	Mr. Pushpender Singh	Instructor	Wall Climbing	9015720126	4541
NCC & NSS Coordinators					
1	Col. Shishir Srivastava	Commanding Officer	NCC Office	-----	0512-679-7219
2	Dr. Niraj Mohan Chawake	Coordinator	NSS	-----	2181
Office Staff					
1	Mr. Hemant Kumar Tiwari	Project Manager	PES Office	9838189697	4705
2	Mrs. Seema Yadav	Sr. Asst.	PES Office	8840767180	4703
3	Mr. Pradeep Yadav	Jr. Asst.	PES Office	9455192333	4705
4	Mr. Manoj Pal	Jr. Asst.	PES Office	8114453530	4703

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Faculty In-charge
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Date: 19 July 2024