



Physical Education Section

Indian Institute of Technology (IIT) Kanpur

Information Brochure for Physical Exercise Courses (UG Y-25 Batch)

Overview:

The PE 111/112 course is designed to promote the overall well-being of students by encouraging regular physical activity as an integral part of campus life. It aims to develop physical fitness, instill discipline, and foster essential values such as teamwork and sportsmanship. By offering structured exercise and exposure to a variety of sports and wellness activities, the course helps students build healthy lifestyle habits, manage academic stress, and enhance mental and emotional resilience. In addition, the course provides access to world-class sports infrastructure and opportunities to participate in prestigious events such as the Inter-IIT Sports Meet, Udghosh (Sports Fest), and district-level tournaments. Outstanding performers are recognized through sports scholarships, medals, and institute-level awards, further motivating students to pursue excellence in athletics alongside academics.

PE-111 (Sem I) and PE-112 (Sem II)

Instructor In-Charge PE Course: Dr. Rahul Mangal

Faculty In-Charge, Physical Education Section
specchair@iitk.ac.in, 4701

PE Course Coordinator: Mr. Pankaj Pandey

Physical Training Instructor
ppankaj@iitk.ac.in, 4702

Weekly engagement: 0-0-3-0 (3 hrs. per week)

Grading: S (Satisfactory) / X (Unsatisfactory)

Course Policy:

- 75% attendance (no more than 25% absence, including medical/SUGC-approved). *The students can't miss more than 25% of classes including medical/ any other SUGC approved leave.*
- Use of cell-phones during physical activity is strictly prohibited.
- Every possible effort will be made to run the classes as per the pre-announced schedule. However, in case of unforeseen circumstances, the final decision will be taken by the Instructor In-Charge of the PE courses.

Different modes of physical activity:

	Activity	Description	Available Seats	
			Boys	Girls
Sports <ul style="list-style-type: none"> ○ Two 1.5 hr slots per week ○ Limited seats in each activity ○ Selection based on trials 	Athletics	• Attendance	18	12
	Badminton	• Warm-up & stretching	6	6
	Basketball		10	10
	Cricket		15	0
	Football	• Specific drills	16	10
	Hockey		15	0
	Swimming & water polo		16	6
	Table Tennis	• Cooling down Exercises	6	4
	Tennis		5	5
	Volleyball		16	16
	Weightlifting		10	0
Other Activities <ul style="list-style-type: none"> ○ Two 1.5 hr slots per week ○ Limited seats in each activity ○ Selection based on trials ✓ Attendance ✓ Warm-up & stretching ✓ Specific drills ✓ Cooling down Exercises 	Aerobics	• Attendance	30	20
	Tae-Kwon-Do	• Warm-up & stretching	40	20
	Wall Climbing	• Specific drills	10	6
	Yoga	• Cooling down Exercises	40	20
NCC + Physical Exercise <ul style="list-style-type: none"> ○ 2 hr slots on Saturdays ○ No trials *Foreign nationals not allowed 	<ul style="list-style-type: none"> • NCC specific activities • PE activities 		320	0
NSS + Physical Exercise <ul style="list-style-type: none"> ○ Typically, one session per week (may vary) ○ No trials 	<ul style="list-style-type: none"> • NSS specific activities • PE activities 		80	30
Physical Exercise <ul style="list-style-type: none"> ○ 3 hrs per week ○ No trials 	<ul style="list-style-type: none"> • Assembly & Attendance • Warm-up • Own-body weight exercises • Running and jogging • Recreational games • Cooling down Exercises • Intramural competitions 		Rest	Rest

Schedule

Activity Type	Sem I	Sem II
Physical Exercises	T,W, Th 06:00-07:00 AM	T, Th, F 07:30 - 08:30 PM
Sports & Other Activities (except Yoga*)	M,W 07:00- 08:30 PM	Monday & Wednesday 07:00 - 08:30 PM
NCC + PE	(NCC) Sat 08:40-11:40 AM	Saturday 08:40-11:40 AM
	(PE) F 06:00-07:00 AM	(PE) F 07:00 - 08:00 PM
NSS	One session per week As per NSS Coordinator	One session per week As per NSS Coordinator
	(PE) F 06:00-07:00 AM	(PE) F 07:00 - 08:00 PM

*Note:

1. **Yoga (Other Activities):** - Classes will be held on Tuesday, Thursday & Friday at 07:30-08:30 pm

Dress Code:

- PE & NSS: Shorts/lower (no pants/jeans) + T-shirt + sports shoes
- NCC: Collar shirt/T-shirt + pants/lower (no jeans) + sports shoes
- Sports & Other Activities: Short/Lower (no pants/jeans) + T-Shirt + Activity specific shoes

Sports and other activities Trials

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



<https://forms.gle/Jco4mpXKe6Pf8t198>

Deadline: 30th July 2025, 11:59 PM

- Allotment of activities will be done based upon the choices and selection trials. It will be intimated to the students well before the start of the course.
- If NCC and NSS seats are not filled through the google form (as per the choice) the same will be done through random distribution.
- No changes will be allowed from one stream to the other stream or from one activity to another activity. However, to ensure smooth functioning of the course, Instructor In-Charge may permit changes.

Name	Designation	Area of specialization	Mobile No	Email @iitk.ac.in	Phone
PE-111 & 112 Instructor In- charge					
Dr. Rahul Mangal	Faculty In-charge PES	Chemical Engineering	---	specchair@	4701
Mr. Pankaj Pandey	PTI	Cricket	9795569340	ppankaj@	4702
Mr. Pradeep Kr. Mishra	PTI	Basketball	8800131448	pmishra@	4706
Mr. Alok Kumar Yadav	PTI	Badminton	7987726578	yadavak@	4547
Mr. Vivek Rao Vadi	APEO GR-1	Swimming	9651969591	vrvadi@	2007
Dr. Ram Narain	APEO GR-1	Athletic	9621672007	rnarain@	4709
Mr. Amit Doharey	Sr. PTI	Volleyball	9794424881	damit@	4530
Mr. Sunil Kumar	PTI GR-1	Football	8787092036	sunil@	4540
Mr. Kuldeep Sharma	PTI	Weightlifting	7607005501	kuldeep@	4713
Mrs. Anjani Dubey	PTI	Athletics	9648016016	anjanid@	4507
Mr. Deepak Dhanowa	PTI	Athletics	8006780032	ddhanowa@	4714
Mr. Rajat Tomar	Instructor	Hockey	9452317308	hockey_pes@	4541
Mr. Anmol Chandra	Instructor	Table Tennis	7992138790	tabletennis_pes@	4541
Mr. Nawaid	Instructor	Tennis	7980715950	tennis_pes@	4711
Ms. Deepali Wadhwani	Instructor	Aerobics	9839183151	deepaliw@	4543
Dr. Sohan Lal Yadav	Instructor	Yoga	9455841642	yoga_pes@	4541
Mr. Pushpender Singh	Instructor	Wall Climbing	9015720126	prsingh@	4541
Col. Shishir Srivastava	Commanding Officer	NCC Office	-----	concc@	7219
Dr. Niraj Mohan Chawake	Coordinator	NSS	-----	nchawake@	2181
Mr. Md. Tahseen Akhtar	Jr. Superintendent	PES Office	9852985443	tahseen@	4705
Mrs. Seema Yadav	Sr. Assistant	PES Office	8840767180	seemay@	4703
Mr. Manoj Pal	Jr. Assistant	PES Office	8114453530	manojp@	4705

Trial Schedule

Activity	Trial Dates & Time	Instructors/Coaches	Venue
Athletics	2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM	Dr. Ram Narain, Mrs. Anjani Dubey Mr. Deepak Dhanowa	Main Sports Stadium
Badminton	1 st Aug. 6:00–7:30 AM & 6:30–8:30 PM. 2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM.	Mr. Alok Kumar Yadav	New Sports Complex
Basketball	2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM	Mr. Pradeep Kumar Mishra	Main Sports Stadium
Cricket	1 st Aug. 6:00–7:30 AM & 6:30–8:30 PM. 2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM.	Mr. Pankaj Pandey	Main Sports Stadium
Football	2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM	Mr. Sunil Kumar	Football Field
Hockey		Mr. Rajat Tomar	Hockey Field
Table Tennis		Mr. Anmol Deep Chandra	New Sports Complex
Swimming & Water Polo		Mr. Vivek Rao Vadi	Swimming Pool
Tennis		Mr. Nawaid Alameen	Tennis Courts
Volleyball		Mr. Amit Doharey	Volleyball Courts, OSC
Weightlifting		Mr. Kuldeep Sharma	Old Sports Complex

Yoga	2 nd and 3 rd Aug. 7:00–9:00 AM & 6:30–8:30 PM	Dr. Sohan Lal Yadav	New Sports Complex
Taekwondo		Mr. Tushar Yadav	Main Sports Stadium
Wall Climbing	3 rd Aug. 04:30PM–06:30 PM	Mr. Pushpender Singh	New Sports Complex
Aerobics		Ms. Deepali Wadhwani	New Sports Complex

Important Notes:

- Cricket and Badminton: Aug 1st, 2nd and 3rd (3 days)
- All other games: Aug 2nd and 3rd (2 days)
- Aerobics and Wall Climbing: Aug 3rd (1 day)
- No change of stream or activity is allowed after final allotment.
- Allotments will be published within three days after the conclusion of trials.
- If NCC and NSS seats are not filled through option of choice the same will be done through random distribution.