INDIAN INSTITUTE OF TECHNOLOGY KANPUR
PHYSICAL EDUCATION SECTION

CALENDAR FOR COMPULSORY PHYSICAL EXERISE CLASSES
PE -112, ACADAMIC YEAR 2023-24

Dated: January 8, 2024

Second Semester: January 09, 2024 to April 18, 2024.
Timing: 06:30 PM to 8:00 PM

Days: Tuesday & Thursday

<table>
<thead>
<tr>
<th>SI. No.</th>
<th>Months and Dates of the Classes</th>
<th>Activities</th>
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</thead>
<tbody>
<tr>
<td>3.</td>
<td>March, 2024 05,07 12,14 19,21</td>
<td>3. Own body weight Strengthening exercises related to upper body parts (Core &amp; Arms).</td>
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Note: Physical Exercise and the other Personality Development Activity classes will be suspended during the periods given below: -

1. Mid Semester Examination February 19 – 24, 2024.
3. End Semester Examination April 22- May 01, 2024.
4. Institute holidays on January, February, March, April 2024

Important
1. All students should come in proper kit prescribed by the Dean of Students Affairs.
2. Kit -Shorts, T-shirt and Sports shoes are compulsory.
3. Mobiles phones are not allowed in the class.
4. In case of any enquiry you may contact us on isen@iitk.ac.in (faculty In-charge, PE 112) Or anjanid@iitk.ac.in(Pe coordinator).

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