

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

**CALENDAR FOR COMPULSORY PHYSICAL EXERCISE 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**

SI. No.	Months and Dates of the Classes	Activities
1.	January, 2024	1. Physical Fitness Test. Sit-ups, Push-ups, standing broad jump, 30m run, 800m run. 2. Warning-up Jogging, Running. Followed by General & Specific exercises. 3. Own body weight Strengthening exercises related to upper body parts (Core & Arms). 4. Shorts Sprints. (30m & 50m) 5. Recreational games will be conducting. 6. Exercises for development of Physical Fitness Component like: - a. Strength, b. Speed, c. Endurance, d. Flexibility e. Coordinative abilities. 7. Intramural Meet.
	09,11	
	16,18	
	23,25	
2.	30	
	February, 2024	
	01	
	06,08	
3.	13,15	
	27,29	
	March, 2024	
	05,07	
4.	12,14	
	19,21	
	April,2024	
02,04		
09		
16,18		

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.
2. Recess Break March 23-31, 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