



Physical Education (PE) Section IIT Kanpur

Introduction to PE 111/112

Jul. 28th, 2025

A healthy mind resides in a healthy body

- o To promote the overall well-being of students by encouraging regular physical activity
- o To develop physical fitness, instil discipline, and foster teamwork and sportsmanship
- o Offering structured exercise and exposure to a variety of sports and wellness activities
- o 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.

Instructor In-Charge:

Dr. Rahul Mangal
Physical Education Section
specchair@iitk.ac.in, 4701

Course Coordinator:

Mr. Pankaj Pandey
Physical Training Instructor (PTI)
ppankaj@iitk.ac.in, 4702

Co-Coordinators:

Mr. Pradeep Kr. Mishra, PTI (pmishra@iitk.ac.in)
Mr. Alok Kr. Yadav, PTI (yadavak@iitk.ac.in)

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

Grading: S (Satisfactory) / X (Unsatisfactory)

75% attendance mandatory

Activities Include:

- ✓ Sports (limited seats, selection based trials)
- ✓ Yoga/Aerobics/Taekwondo (limited seats)
- ✓ NCC/NSS + PE (enough seats, no trials)
- ✓ PE (no trials)

SPORTS



Aquatics



Mr. Vivek Rao Vadi
(Asst. Physical Education Officer GR-1)
DOJ- 16-07-2003



vrvadi@iitk.ac.in



Athletics



Dr. Ram Narain
(Asst. Physical Education Officer GR-1)
DOJ: 11-02-2013



rnarain@iitk.ac.in



Athletics



Mrs. Anjani Dubey
(Physical Training Instructor)
DOJ: 17-12-2012



anjanid@iitk.ac.in



Athletics



Mr. Deepak Dhanowa
(Physical Training Instructor)
DOJ: 08-05-2015



ddhanowa@iitk.ac.in



Badminton



Mr. Alok Kumar Yadav
(Physical Training Instructor)
DOJ: 08-08-2022



yadavak@iitk.ac.in



Basketball



Mr. Pradeep Kumar Mishra
(Physical Training Instructor)
DOJ: 02-08-2022



pmishra@iitk.ac.in



Cricket



Mr. Pankaj Pandey
(Physical Training Instructor)
DOJ: 25-03-2019



ppankaj@iitk.ac.in



Football



Mr. Sunil Kumar
(Physical Training Instructor GR-1)
DOJ: 10-10-2002



sunil@iitk.ac.in

Hockey



Mr. Rajat Singh Tomar
(Hockey Instructor)
DOJ: 01-09-2023



hockey_pes@iitk.ac.in



Table-Tennis



Mr. Anmol Deep Chandra
(Table Tennis Instructor)
DOJ: 01-08-2022



tabletennis_pes@iitk.ac.in



Tennis



Nawaid Alameen
(Tennis Instructor)
DOJ: October 2023



tennis_pes@iitk.ac.in



Volleyball



Mr. Amit Doharey
(Senior Physical Training Instructor)
DOJ: 10-10-2002



damit@iitk.ac.in



Weightlifting



Mr. Kuldeep Sharma
(Physical Training Instructor)
DOJ: 13-09-2012



kuldeep@iitk.ac.in

Other Activities

Aerobics



Ms. Deepali Wadhwani
(Aerobics Instructor)
DOJ: 27-01-2012



deepaliw@iitk.ac.in

Wall-Climbing



Mr. Pushpender Singh
(Wall Climbing Instructor)
DOJ: 01-11-2017



prsingh@iitk.ac.in



Dr. Sohan Lal Yadav
(Yoga Instructor)
DOJ: 08-08-2004



yoga_pes@iitk.ac.in

Tae-Kwon-Do



Tushar Kumar
Tae-Kwon-Do Instructor
DOJ: 01-08-2025



tkd_pes@iitk.ac.in



Col. Shishir Srivastava
(NCC Coordinator)



concc_pes@iitk.ac.in



Prof. Neeraj Mohan Chawake
(NSS Coordinator)



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PES Office Staff



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Inter-IIT Events





THANK YOU