

PT, Organization and Sports



PT course, Organization schedule and Sports information

Physical Training Course

Daily Schedule		
Day	Workout type	Game
Monday	Lower Body Strength	Football, Hockey
Tuesday	Upper Body Strength	Basketball, Volleyball
Wednesday	Speed, Agility and Balance	Cricket, Throwball
Thursday	Flexibility and ABs	Table Tennis, Badminton
Friday	General Fitness	Kho-Kho, Gym
Saturday	Endurance	Long run (No game)

Table 1: Physical Training Daily Schedule

PT is conducted every semester, for a minimum of 90 to a maximum of 110 days per semester. Each new batch has to complete 4 credits of Physical Training Course (2 credits in one semester), in the first two years. 20 days of attendance of Yoga is compulsory to pass the PT course.

Class Timings

Monday to Saturday
0615 hours to 0715 hours

Each Student has to complete 4 credits within 2 years and need to get the required attendance to pass (80% attendance for girls and 85% for boys to get 2 credits in a semester). They should satisfy all the requirements of credit programme.

Organization of games and sports

Department of Physical Education and Sports Science is organizing no of sports activities to all the students and having regular sports calendar to take part. Physical Education department is a place where one can recreate mentally, physically and socially.

Year-long Schedule	
Time of the year	Organized event
January - April	Inter-Batch Competitions, Premier Leagues in different games, Inter-College and Inter-University tournaments, Long distance cycling (February), Futsal (Felicity); Talks on Sports and Health
August - November	Inter-House Competitions, Long distance runs (September); Talks on Sports and Health, Inter-College tournaments (September/October), Friendly Matches, Sports Meet, Carnivals, Club Events (November)

Table 2: Organization year-long schedule

Important instructions regarding Sports at IIIT-H

- Student must come with ID card and enter his/her details in the issue form before collecting the material. Gym material will not be issued.
- Student must wear sports uniform including sports shoes to collect the sports material from the store. With improper uniform he/she will not be allowed to play.
- Issue starts from 1700 hours to 1830 hours on all working days at store room available near the football field.
- Material should be returned before 1930 hours on the same day.
- If a material required on holidays he/she should contact PEC office at room number 29 of Kadamba Nivas cellar opposite to stationery shop on all working days between 1900 hours to 2000 hours.
- No one is allowed to play in the hostel rooms/class rooms/corridors etc.
- Institute is not providing shuttle cocks, tennis balls to be issued to the students.
- For learning games like :
 - Football, Hockey, Badminton and Table Tennis : Dr. K S Kamalakar (9440223033)
 - Volley Ball : Mr. Anjaneya Prasad (9959611518)
 - Basket Ball : Mr. Syed Iliyad (9848916603)
 - Throw Ball : Miss Shiva Shalini (9100316515)
 - Taekwando : Mr. U Madhu (9700727459) and
 - Gym : Mr. Kanaka Raju (9550609438)
- Contact Grounds men in case of any requirement like ground preparation, material issues and any other sports purpose. Contact numbers :

- Mr. Sathiah (8019687506)
 - Mr. Ashok (7036171785)
 - Mr. Rangaiah (9603112578)
 - Mr. Anjaiah (9959997942)
 - Mr. Srinivas (9701413876)
- For Signature on no dues form student must submit the no dues form in the evening after 1700 hours at store room available near Football field and can receive the same form next day at 1000 hours after verification.