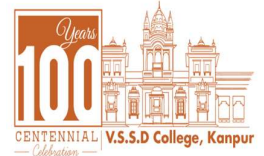




Department of Physical Education & Sports
Vikramajit Singh Sanatan Dharma College, Kanpur

Grade "A" Accredited By NAAC in 2009 & 2016



Mentor - mentee report
Academic Session: 2025-26

Mentors contacted students on every last Saturday of the month to identify and resolve problems related to examinations, physical fitness, stress, participation in sporting activities, sports injuries, practical, assignments, projects, and attendance. Mentors systematically reached out to mentees through calls and messages to ensure consistent communication and timely support for academic pressures, fitness goals, and extracurricular involvement.

The interactions included discussions on exam preparation and study strategies to reduce anxiety, physical fitness assessment and personalized exercise planning, and stress management techniques including relaxation methods. Students were encouraged to participate in sports activities and events, and were guided on the prevention and management of sports injuries. Clarifications were provided regarding practical sessions, assignments, and project deadlines, along with monitoring and improvement of attendance.

Most issues were addressed promptly, contributing to improved student performance and well-being. Follow-ups were conducted whenever required, and records were maintained for departmental review. This ongoing process helped in building stronger mentor-mentee relationships.

Tutor Guardian List 2025-26
Department of Physical Education

(16)

Name	Father	Mobile	Email	Teachers
VINEET SHUKLA	VINESH KUMAR SHUKLA	8467882844	vineetshukla60674@gmail.com	DR. NAMAN YADAV
VIRAJ	RAJESH KUMAR	7800032637	virajrawat08@gmail.com	DR. NAMAN YADAV
VIRENDRA	SHYAM BINARI PRAJAPATI	8601127804	juirandeeji7005@gmail.com	DR. NAMAN YADAV
VISMAL	RAJESH KUMAR	9369446090	vermavishal33574@gmail.com	DR. NAMAN YADAV
VISHANT AWASTHI	virod kumar awasthi	7706844559	smartdurgashsir@gmail.com	DR. NAMAN YADAV
VIVEK SINGH	VIMAL SINGH	8867624884	vimal3singh382@gmail.com	DR. NAMAN YADAV
vivek yadav	manoj kumar yadav	8299483480	vivekyada81@gmail.com	DR. NAMAN YADAV
YASH NISHAD	LAXMI SHANKER NISHAD	9250290086	rishabhnishad153@gmail.com	DR. NAMAN YADAV
YASH RAJ GUPTA	Ajay Kumar Gupta	9026827551	yashraj9692@gmail.com	DR. NAMAN YADAV
Yashi Gupta	Arvind	7307060213	hasil.vb1rwa79@gmail.com	DR. NAMAN YADAV
YATI DUBEY	SHAIKENDRA DUBEY	9277085814	YATINDUBEY1982@GMAIL.COM	DR. NAMAN YADAV
YUVRAJ VERMA	MADAN BABU	9335647369	yuvrajardhya11@gmail.com	DR. NAMAN YADAV

Dr. Naman Yadav
Head of the Department
Physical Education