

Proposal 1:

Outdoor Fitness Stations

Need

Covid pandemic has disrupted our lifestyles to an extent that physical fitness has taken a backseat and have forced us to live a sedentary lifestyle. With steps being taken to restore the normalcy of the pre-Covid era, it is imperative to structure these steps such that they contribute to the general well being of the population. Considering the fact that the majority of the students of IIT Kharagpur are not part of any sports contingent, this proposal intends to cater to those students, who are keen on keeping themselves physically fit despite not being a part of any sports team. While the set of gyms located at the Students' Activity Centre in the Technology Students Gymkhana building might fulfil this requirement for a selected few from this contingent, the gym is often reported to be overcrowded and lacks diverse equipment. This has resulted in a large number of students simply not pursuing their fitness ambitions as they feel uncomfortable within the gym premises. A set of outdoor gyms and fitness centres dedicated to simple but effective exercises would solve this issue.

Implementation

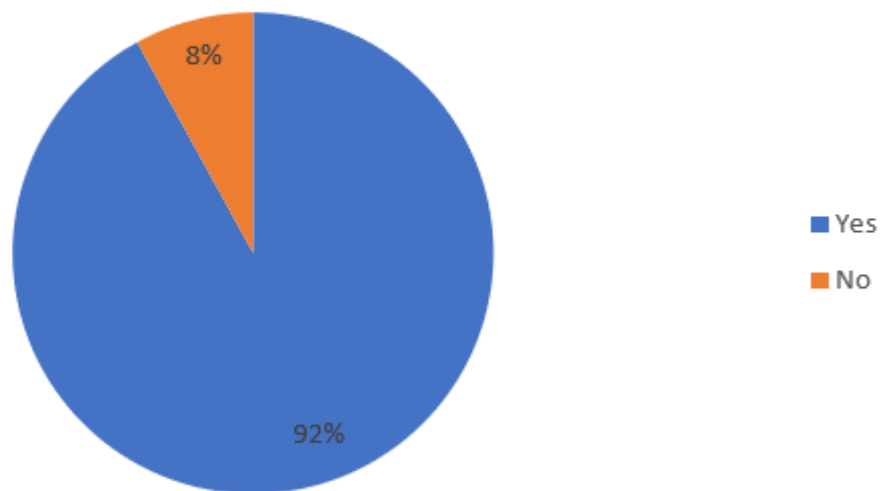
- There will be 7 fitness stations in total, with a total circumference of approximately 1km. Each station will focus on a different muscle group or aspect of personal fitness. Each fitness station will have dedicated equipment as listed below :
 - Leg Station - Air walker, Baby Hurdles
 - Core Station - Bony Rider Machine, Situp Trainer, Dip Leg Raiser
 - Arms Station - Double Pull Up Bars
 - Jumping Station - 2 Red Sand Pits for Squat Jumps and other jumps
 - Pushup Station - Push-Up Bars
 - Burpy Jump Station
 - Flexibility Development Station - Leg Stretcher
- Running Club - In addition to the fitness stations, the introduction of a dedicated IIT Kharagpur Running Club is also proposed. This club is meant to provide cardiovascular training to the KGP population, free of cost. A committee of Physical Training Instructors will be formed to head the club, who will appoint a Captain and Vice Captain. This club will organise weekly long-distance runs and quarterly marathons.
- Physical Training Instructors will be present at the fitness stations at stipulated times to provide additional training and guidance to those who avail this facility.
- There is no need for storage as the equipment in question is designed to be attached to the ground.
- Security guards will perform regular patrols of the fitness stations to ensure the safety of the students as well as the fitness equipment.
- Entry System - Students will be assigned slots on particular days of their choosing where they can practice activities of their choice under proper guidelines. For safety purposes, the passing of a fitness test conducted by the dedicated Physical Training Instructors is necessary to avail the fitness station facilities.

Groundwork

Survey

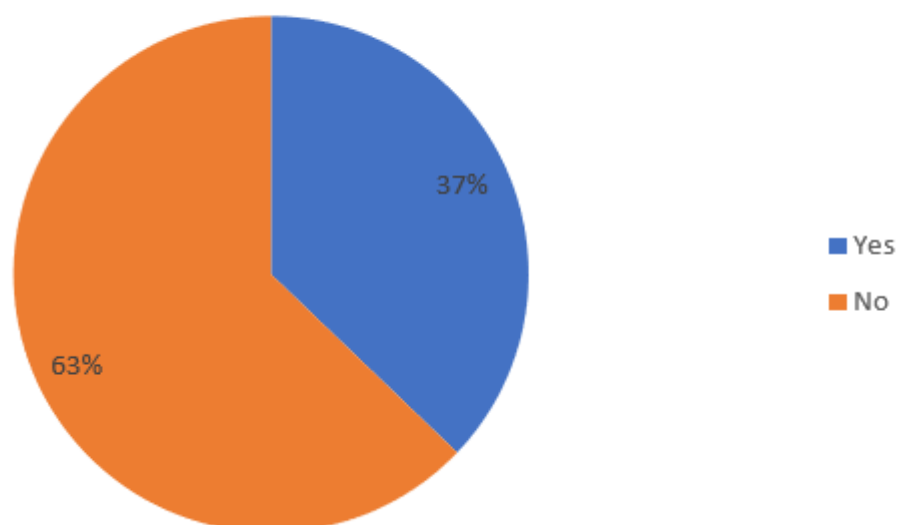
A survey was distributed among my hall's residents. With 200+ responses, the following results were obtained :

Are You Interested in Physical Fitness?



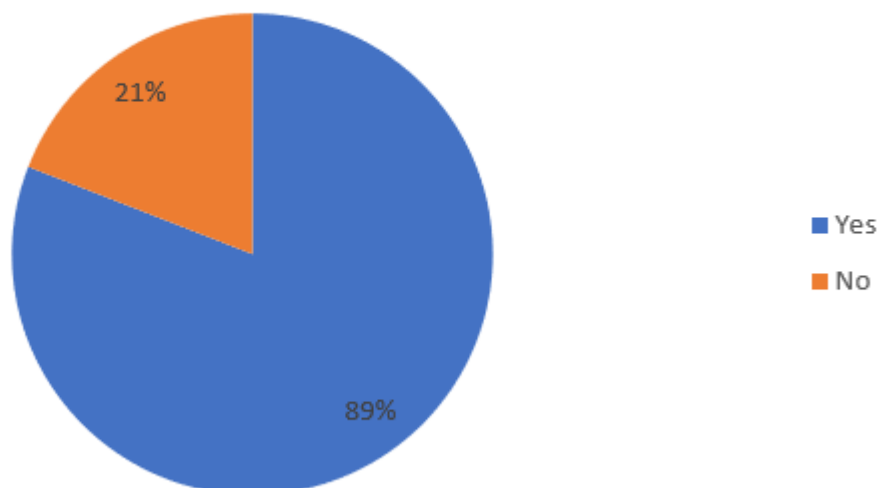
Among those who answered yes, here are the results for whether they use the TSG gym :

Do you use the TSG Gym?



Further, those who answered yes were asked whether they were in any sports team, be it Inter IIT or Inter Hall.

Are you in any Sports Team?



As we can see, a majority of the student population is interested in maintaining fitness. However, usage of the TSG gym is almost entirely limited to athletes. While usage of the gym is not physically restricted to athletes, many students I talked to stated that they were uncomfortable using the overcrowded equipment. Hence, the proposal for outdoor fitness stations would greatly benefit this large segment of the KGP population.

Cost Estimation

S.No.	Equipment	Cost
1.	Double Air Walker	₹42,000
2.	Bony Rider	₹28,000
3.	Situp Trainer	₹38,000
4.	Double Pullup Bars	₹22,000
5.	Arm Shaper	₹30,000
6.	Dip Leg Raiser	₹26,000
7.	Leg Stretcher	₹48,000
8.	Baby Hurdles	₹5,000
	Total	₹2,39,000

Impact

The students of IIT Kharagpur would now have additional options to pursue physical fitness. In comparison to the gymnasiums at TSG, the outdoor fitness station facility would be provided free of cost. Additionally, this should alleviate some of the overcrowding observed in the TSG gymnasium complex.

Proposal 2: Conducting In-House tournaments for Inter IIT practice

Need

Our Inter IIT teams need to regularly compete with other talented athletes/teams to hone their skills. Owing to several constraints, logistical and otherwise, it is not always feasible for our team to regularly travel for practice matches and tournaments. I hence propose conducting practice matches within our campus against other district and state-level teams.

Implementation

- Respective Physical Training Instructors shall be asked to find suitable opponents for practice matches in collaboration with the secretary of the concerned subcommittee.
- The concerned Secretary along with volunteers present in the concerned subcommittee shall contact the teams and schedule matches on feasible days.
- The logistics of the practice tournament along with any requests from the invited teams will be handled by the concerned secretary.
- The invited teams will be provided transportation via buses under the IIT Kharagpur Transport Unit.
- Additionally, refreshments, accommodation and meals would be provided to the visiting athletes.
- Referees/umpires and other necessary requirements and equipment shall be arranged by the respective Physical Training Instructor, assisted by the Secretary of the concerned subcommittee.
- Arrangement of match facilities and any other requirements would be handled in a similar manner to previously conducted events or tournaments.

Ground work

I had interacted with several Physical Training Instructors and took due note of their suggestions. They stressed on the need for more practice matches during Inter IIT preparation and found the suggestion to invite other district and state-level teams appealing. Additionally, I interacted with several Inter IIT athletes to learn about the problems faced by them. Their main concern was the low number of practice matches, and the disruption of their academics due to their relatively rare outstation practice matches.

Cost Estimation :

S. No.	Requirement	Estimated Cost
1.	Accommodation	₹17,000
2.	Food	₹56,000
3.	Transport	₹5,000
4.	Match Officials	₹18,000
5.	Miscellaneous	₹13,000
	Total	₹1,09,000

Impact

Our teams will gain exposure while playing against other top-level athletes within their sport. This will also provide our athletes with much-needed experience which will bear fruit during the Inter IIT Sports Meet. Playing against relatively unknown and novel opponents will present our Inter IIT teams with real-life match situations, which would help them cope better with the pressure felt during actual Inter IIT events. Further, the detrimental impact of practice matches on the academics of the Inter IIT athletes would be minimised, with practice matches occurring within the campus boundaries.

**Proposal 3:
Establishment of Sports Alumni Association****Needs**

Ever since the onset of the pandemic, a distance has emerged between our experienced senior alumni and the junior batches. Bridging this gap would allow our players to receive the guidance they need to push their game to the next level.

Implementation

- There shall be a dedicated Subunits within the formed Sports Alumni Association, each dedicated to an individual sport or game.
- Each subunit shall comprise of the concerned captains, vice captains, Gymkhana secretaries, and Physical Training Instructors.
- The association shall operate in conjunction with relevant Physical Training Instructors to reach out to our esteemed sports alumni.
- The Association will operate with the goal of conducting meets with former Inter IIT players and other experienced sportspersons to discuss and solve the issues faced by athletes.

- Additionally, the Association will work to arrange interactive training sessions between our former and current Inter IIT athletes. These training sessions would go a long way in providing motivation and guidance to our athletes.

Groundwork

I have contacted a number of relevant Physical Training Instructors in relation to this proposal. They suggested a number of plausible sports alumni to contact and showed willingness to reach out to them to aid with the association's goal.

Additionally, I held talks with a few of our current Inter IIT athletes. They believe the formation of such an association could potentially go a long way in solving many of the problems plaguing our current sports scenario.

Impact

The guidance and insights offered by the former players will be crucial in tackling many of the problems currently faced by our Inter IIT contingent. This will in turn translate to enhanced performance of the athletes. Establishing more fruitful engagement with our alumni would additionally motivate the student population of IIT Kharagpur to more actively involve themselves in sports and games.