



Contesting for
General Secretary Sports and Games
Kaushal
20ME30076
Department of Mechanical Engineering

PROPOSALS

1. Reimplementation of SHAURYA
2. Workshops on Diet, Fitness and Physical Training.
3. Organising Fitness Drive
4. Workshops and initiatives for women regarding various sports.

PROPOSAL 1: Reimplementation of SHAURYA

Aim:

SHAURYA was the inter-collegiate sports fest of Indian Institute of Technology, Kharagpur. The Sports equivalent of Spring Fest (Social and Cultural) and Kshitij (Technology) needs revival to rekindle the spark of sporting fraternity in the institute. This would provide a common platform to showcase one's talent and compete with the best upcoming sports persons in the country in a highly charged and competitive setup with well equipped sports facilities.

Plan of Action:

- A Sports Organising Committee(SOC) will be initiated for managing the event on all the fronts, be it accommodation, budget and event management.
- The Sports Organising Committee would consist of the core team for organising the event, the marketing team for fund management and various other essential entities. This Committee will constitute volunteer students to provide quick responses on any hassle during the event.
- Managing the logistics of the event such as scheduling fixtures and handling the resources of different sports tournaments will be managed by the respective secretaries of various sports and games under the Technology Students' Gymkhana.
- A dedicated Sponsorships team will also be made under the Sports Organising Committee(SOC) to rope in various sports' companies for event conduction and eventually procure sports equipment at a subsidised rate.
- The guest rooms of various Halls of Residence can be used to provide the required accommodation.
- The following events can be conducted during festival:
Athletics (M and W), Sports Quiz, Badminton (M and W), Squash (M and W), Basketball (M and W), Table Tennis, Carrom, Tennis, Football, Volleyball, Hockey, Weight Lifting and Cricket.

- It will be a three day event tentatively to be conducted in the second week of october.

Benefits:

- The fest would inculcate a better sporting temperament in IIT Kharagpur by exposing the students to national level talent. This would be beneficial for aspiring and upcoming players.
- This would provide the Inter-hall and Inter-IIT contingents with the required exposure and enhance the competitive spirit of these sportspersons.
- This will leverage the existing sports facilities to set us closer to the likes of sports fests such as Udghosh(IIT Kanpur) and Spardha(IIT BHU).

PROPOSAL 2: Workshops on Diet, Fitness and Physical Training.

Aim:

To conduct various workshops for sports contingents and recommend various diet and fitness plans for optimum performance. This would also include seminars arranged for the student community in general highlighting the importance of an ideal diet and physical activity for better academic performance.

Plan of Action:

- Workshops by trained professionals for diet plans, fitness regiments and training info specific to different sports contingents.
- Conducting seminars for the general student community on the importance of diet, physical activity and personal hygiene.

Benefits:

- The overall knowhow of optimum diet, hydration, training and recovery will enhance the sportspersons' athletic performance
- This will also encourage students to adopt physical activity in their everyday life and inculcate better mental health and well being.
- Instances of injury and mishaps among sportspersons will be considerably reduced during the season.

PROPOSAL 3: Organising Fitness Drive

Aim:

To conduct a month-long series of events post the commencement of the new Academic Session that would comprise various games, fitness exercises and yoga asanas with the help of physical training instructors. These events will be focused on the fitness consistency and regularity of the students, irrespective of their level of play.

Plan of Action:

- Drafting a well-planned schedule for a month, involving games, fitness exercises and yoga asanas aimed to build a motivated community.
- This program will be conducted in September after the selections of the National Sports Organisation.
- Students' representatives are to be appointed under the guidance of the Physical Training Instructor to ensure the smooth conduction of the drive.

Benefits:

- Fitness is vital for all kinds of sporting activities. This program will aim to elevate the average fitness level of students in our Institute.
- The program will be held after the selections for Extra Academic Activities to give the students not selected under the National Sports Organisation, a chance to develop their fitness.
- This program will ensure the all-around development of students and motivate them to further participate in various sports and games.
- The introduction of sports such as Kabaddi and Kho-Kho would help in preserving India's rich sporting culture and encourage students to pursue the same.
- Initial peer interaction between freshers can be facilitated through various group activities.

PROPOSAL 4: Workshops and initiatives for women regarding various sports.

Aim:

To increase women participation in various sporting events after having conversations with multiple physical training instructors. I got to know that there is an immense lack of women participation to such an extent that they aren't even able to form an Inter-IIT Team.

Plan of Action:

- Will conduct Open-IIT events for women for different sports and games in a planned and scheduled manner to make sure the sports community in the institute is more inclusive and will not be just focused on only inter-IIT events.
- Conduct Guest Lectures by leading sports personalities and psychological trainers.

Benefits:

- Sports plays an important role in an individual's life as it ensures overall development of oneself.
- By being involved in various events, common interaction between girls will increase which will help them to grow individually and also as a group.
- Currently women are achieving greater heights and making our nation proud everyday, these initiatives will accelerate the process.