



Proposals for the post of
General Secretary (Sports and Games),
Technology Students' Gymkhana,
Indian Institute of Technology
Kharagpur
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Overview Proposals:

Proposal 1: Boosting Student Engagement through incentives

Proposal 2: Launch of Sports Podcast & Blog series to promote KGP's culture in Sports and Games

Proposal 3: Enhancing Sports Physiotherapy at Bidhan Chandra Roy Technology Hospital

Proposal 1: Boosting Student Engagement through incentives

Overview:

Sports and games play a crucial role in student development, promoting fitness, teamwork, and leadership. However, several challenges hinder sports participation and growth at IIT Kharagpur:

1. Underwhelming performance of KGP's Inter IIT contingent
2. Balancing Academics with Sports Commitments
3. Limited Peer and Alumni Support for Sports Development

This proposal aims to bridge these gaps by providing structured mentorship, technical training, and professional insights. This initiative will connect experienced seniors and alumni with mentees, offering systematic mentorship, skill-building workshops, and better access to sports resources.

Proposal & Implementation:

The mentorship program will be categorized into three levels to cater to students with varying levels of experience and expertise:

- **Beginner-Level Mentorship for New Entrants to Sports:** This category is designed for students who have little or no prior experience in sports but wish to start actively participating. The focus will be on fundamental skill development and understanding the rules, techniques of different sports..

- Acknowledgement of the mentors: The mentors allocated in various sports shall be acknowledged through various incentives by the Technology Students' Gymkhana.
- Player Appreciation: The beginners would be awarded titles like "Emerging Player of the month", "Player of the week" etc. This would be through the concerned PTI and the secretary of the subcommittee.

Key Features of the Program:

- 1-on-1 Mentorship: Each mentee will be assigned a mentor, a senior inter IIT player, who will guide the student from the start.
- Workshops & Guest Sessions: Conducting regular workshops under the Sports and Games Committee, TSG by sports professionals, psychologists, and nutritionists to enhance overall performance via online or offline workshops depending upon the feasibility.

Impact:

The Mentorship Program in Sports and Games is expected to have a significant impact on the student community at IIT Kharagpur. Some of the anticipated benefits include:

- Increased Participation: More students will be encouraged to take up sports, leading to a more active and engaged campus environment.
- Enhanced Performance in Competitions: Structured training and mentorship will help improve IIT Kharagpur's ranking in Inter-IIT Sports Meet, General Championships (GCs), and other competitive events.

- Stronger Alumni Involvement: The program will foster a deeper connection between current students and alumni who have excelled in sports, creating a lasting mentorship culture.
- Sustainability in Sports Culture: Establishing a continuous pipeline of trained athletes who can mentor future batches, ensuring long-term benefits for the institute.

Groundwork

I have personally talked with PTIs, 57th Inter-IIT sports Contingent Captains and Vice Captains, 57th Inter-IIT sports teams Captains, 57th Inter-IIT sports contingent members, and the current and previous General Secretaries of Sports and Games. They all have expressed support for this initiative and they were affirmative of its impact.

Proposal 2: Launch of Sports Podcast & Blog series to promote KGP's culture in Sports and Games

Overview

Sporting activities at IIT Kharagpur— such as Open IIT, Inter IIT Sports Meet, and General Championship—play a vital role in fostering creativity, collaboration, and leadership among students. However, several challenges limit broader participation:

1. Low Awareness & Visibility: Many students (especially freshers) are unaware of sporting opportunities like Inter IIT Sports Meet or GC competitions.
2. Lack of Role Models & Guidance: Limited exposure to seniors or alumni who have excelled in sports reduces motivation.
3. Missed Networking Opportunities: Minimal interaction across batches leads to fragmented culture transfer.
4. Ineffective Promotion: Traditional marketing methods (e.g., posters/emails) fail compared to engaging multimedia content.

This proposal introduces sports podcasts—a dynamic platform where senior students, alumni, and faculty share insights about their sport and Inter IIT, training, and personal journeys—to bridge awareness gaps, inspire participation, and strengthen the sports ecosystem at IIT Kharagpur.

Implementation

1. Record the journey of Inter IIT contingents from inception to conclusion as an Aftermovie to boost confidence.
2. Invite interested students/alumni (e.g., Inter IIT contingent leaders/members) for podcasts/blogs where they share experiences; oversee recording/publication under the Secretary of Films & Photography, TSG.
3. Publish blogs/podcasts/videos on social media platforms for easy access.

Impact

1. Increased Awareness & Participation: Highlight event details, audition tips, success stories via regular podcast episodes; encourage student engagement in competitions.
2. Stronger Mentorship & Community: Foster guidance/continuity through practical advice from seniors/alumni.
3. Improved Institute Reputation: Showcase achievements (e.g., Inter IIT wins) via podcasts; enhance pride/recognition.
4. Long-Term Engagement: Archive past episodes as a permanent resource sustaining interest beyond annual events.

This initiative aligns with IIT Kharagpur's goals of student development/community-building while leveraging modern media to revitalize participation.

Groundwork

After consulting the current editors of Technology Students' Gymkhana, current and previous General Secretaries Sports and Games, Technology Students' Gymkhana, Inter IIT Contingent Captains and Vice Captains, Inter IIT Team Captains and previous contingent members and captains regarding this initiative, this impactful idea was drafted. They were positive about it.

Proposal 3: Enhancing Sports Physiotherapy at Bidhan Chandra Roy Technology Hospital

Overview:

The Bidhan Chandra Roy Technology Hospital (BCRTH) at IIT Kharagpur plays a crucial role in providing healthcare services to the campus community. However, with the growing emphasis on sports and physical activities, there is a pressing need to augment our physiotherapy capabilities, particularly in sports medicine. This proposal aims to address this gap by adding dedicated sports physiotherapists to our hospital staff.

Limited availability of Physiotherapists in the Hospital: The Students and Faculty of IIT Kharagpur face shortage of visiting Physiotherapists in Bidhan Chandra Technology Hospital. This often results in delays in diagnosis and treatment, impacting health outcomes.

Implementation:

1. Recruitment: Hire 3-4 specialized sports physiotherapists with experience in treating athletic injuries and enhancing performance, which significantly contributes to the increase in the overall performance of the Inter IIT Contingent members.
2. Equipment Upgrade: Invest in modern physiotherapy equipment tailored for sports medicine, including ultrasound machines, electrotherapy devices, and rehabilitation tools.
3. Dedicated Space: Allocate a specific area within Bidhan Chandra Roy Technology Hospital for sports physiotherapy, ensuring

privacy and specialized care for athletes.

4. Training Programs: Conduct regular workshops for existing staff to familiarize them with sports medicine protocols and latest techniques.

Impact:

1. Injury Prevention: Proactive assessments and tailored exercise programs will help reduce the risk of sports-related injuries among students and faculty.
2. Enhanced Recovery: Specialized care will ensure faster and more effective rehabilitation for injured athletes, minimizing downtime.
3. Performance Optimization: Sports physiotherapists can work closely with athletes to improve their strength, flexibility, and overall physical conditioning.
4. Mental Well-being: The presence of dedicated sports physiotherapists will provide psychological support to athletes during recovery, boosting their confidence and mental resilience.

Groundwork:

- I have talked to the Head, Bidhan Chandra Roy Technology Hospital. They have recommended that the number of physiotherapists can be increased. Currently, the number of physiotherapists is very low, and to cater to the large

student population of the Institute who play different physically-demanding Sports.

- I have talked to multiple students who regularly play sports. Sportswomen of the institute are also troubled by the fact that there is no female Physiotherapist at Bidhan Chandra Roy Technology Hospital.