



PROPOSALS

By:

Tejashwi Kumar Jha

22CH30033

Department of Chemical Engineering

Radhakrishnan Hall of Residence

Contesting for the Post of

General Secretary, Sports And Games
Technology Students' Gymkhana
Indian Institute of Technology, Kharagpur
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PROPOSALS

1. Provision of strength training equipment inside the sports courts and grounds to enhance players' performance

Objective:

The aim is to enhance players' abilities by providing them with strength training facilities at their respective training locations. By offering accessible exercise equipment, we aim to improve players' strength, fitness, and overall performance, reducing the risk of injuries and maximizing their effectiveness in their respective sports performance.

Current scenario:

- The existing gymnasium facilities offered by the Technology Students' Gymkhana are overwhelmed and overcrowded, making it challenging for players and sports enthusiasts to utilize them effectively.
- Players need a range of strength training equipment to help them build strength during their practice sessions, ensuring they can improve their performance effectively.
- Exclusive facilities are currently limited to Inter IIT players solely during the Inter IIT camps, however, for a brief period, which fails to make a significant impact.

Implementation:

- The Tata Steel Sports Complex will serve as the primary location for storing weight training equipment specific to Cricket, Football, and Hockey, while the Basketball/Volleyball Court near PAN loop will accommodate equipment needs for Basketball and Volleyball. Similarly, the Technology Students' Gymkhana will cater to Aquatics and racquet sports like Tennis, Table Tennis, Squash, and Badminton.
- As the Multipurpose room is converted to Gym, slots at the Technology Students' Gymkhana will be allocated to players of Aquatics, Tennis, Table Tennis, Squash, and Badminton through coordination with their respective Physical Training Instructors.
- The respective Physical Training Instructors, along with the former Inter IIT captains and senior players, will furnish the list of players to the gym instructors in Technology Students' Gymkhana for the aforementioned sports.

- The preliminary equipment list includes dumbbells, barbells, weight plates, and resistance bands. Additional equipment may be considered in consultation with the Physical Training Instructors.
- Alumni can also be approached regarding the procurement of equipment.

Impact:

- Direct access to strength training facilities at training locations enables players to improve their strength and fitness without an issue of overcrowding leading to better exercise.
- Optimizing player performance will contribute to IIT Kharagpur securing a dominant position in the Inter IIT sports meet.
- Facilities provided under one roof promote collaboration among players from different sports, fostering unity and team bonding.
- Strengthening muscles and improving overall fitness can help players maintain better physical conditions, thereby minimizing the likelihood of injuries during training and competitions.

Groundwork:

- After consulting with both Inter IIT Captains and Physical Training Instructors, it's apparent that players need to incorporate weight training into their regimens to optimize their performance levels.
- After consulting with the Senior Sports Officer, it has been determined that we can offer gym facilities to players directly at their respective courts/grounds.
- Equipment will be bought following the standard operating procedures of Technology Students' Gymkhana.

2. Enrichment of Inter-IIT Camp with Player Wellness Facilities.

Objective:

To amplify and enrich the quality of Inter IIT Sports Camp by introducing complementary facilities like feedback sessions from players before IIT camp regarding resources available; diet plans tailored for each sport and online sessions with state and national level players to cater to the physical and mental support of the players in a better way.

Current scenario:

- Currently, there is no formal feedback mechanism where the players can communicate their concerns or suggestions regarding the Physical Training Instructors, equipment, infrastructure, or other resources to the Technology Students' Gymkhana.
- No proper diet plan is crafted or implemented during the Inter IIT Sports Camp for the players of the various sports.
- Interaction sessions between players of our campus and national and state players in respective sports fields are not conducted.

Implementation:

- Before the Inter IIT Sports Camp commences, there will be a feedback form that will be circulated among the probables of various sports about their Physical Training Instructors; equipment available; infrastructure needed for the sport, and any other suggestions they may have by the President, Technology students Gymkhana via emails.
- Following this, a meeting will be conducted between the President, Senior Sports Officer, Physical Training Instructors, Vice President, General Secretary Sports and Games, and Inter IIT Captains to discuss the given feedback proposals and decided steps will be taken with immediate effect in the upcoming Inter IIT camp.
- A professional dietician will be contacted to prepare diet plans for the players of different sports catering to the needs of that particular sports style. This diet plan will be implemented in the mess throughout the whole of Inter IIT Sports Camp voluntarily.

- Regular feedback will be taken from the players by the General Secretary of Sports and Games on the quality of implementation of this diet plan.
- A list of national and state-level players for the various sports will be prepared by the respective Secretaries and following that the guests will be contacted.
- Online sessions with these guests will be organized where the Inter IIT players will interact and learn from luminaries in their respective fields, gaining skills as well as motivation for performing well in the Inter IIT Sports Meet.

Impact:

- Formal feedback mechanisms will reduce communication barriers between authorities and players, allowing consideration of all student reviews and suggestions.
- Implementing diet plans will enhance nutrition, and augment the player's ability to perform well by enhancing particular physical qualities that a given sport demands.
- Online seminars will be an impactful way of boosting both the skillset as well as the morale of the Inter IIT players leading to improved performance and tactics.
- Improving these complementary facilities in the Inter IIT Sports Camp would strengthen players in multiple aspects leading to better performance and improved chances for IIT Kharagpur to secure dominant positions in the Inter IIT Sports Meet.

Groundwork:

After extensive conversations with several Inter IIT players, it has become evident that there is a pressing need to improve the facilities at the Inter IIT camp. Moreover, it has come to light that there is a lack of an official feedback mechanism to effectively assess the current situation and implement appropriate measures in response to evolving circumstances. This shows the importance of establishing a structured feedback system to better understand the needs and concerns of the Inter IIT community and to facilitate necessary improvements in the camp facilities.

3. Sports Engagement Week: Igniting Passion and Participation

Objective:

Introducing the Sports Engagement Week at the Indian Institute of Technology Kharagpur. This program aims to familiarize all students, particularly first-year students, postgraduates, and research scholars with the various sports infrastructure and opportunities on campus. The initiative aims to promote awareness, increase participation, and foster a sense of inclusion among all students.

Current scenario:

- Adequate infrastructure visits are necessary for newcomers to familiarize themselves with the sports and games facilities, thereby fostering enthusiasm in their respective fields.
- The absence of engaging sessions between senior players, PTIs, and junior players is inhibiting the formation of bonds and active participation among students from different batches.
- Notably, there needs to be more sports awareness programs tailored for postgraduates and research scholars in varied sports.

Implementation:

- The tentative timeline will be during the first weekend of the Autumn semester before NSO selections, maximizing awareness and participation.
- The proper utilization of official social media handles of Technology Students' Gymkhana for various sports and games along with posters across the campus will be used for publicizing the event.
- Physical Training Instructors, Former Inter IIT captains, Experienced athletes, and Secretaries, will offer guidance and information in their respective sporting fields regarding different tournaments such as Inter IIT Sports Meet, General Championship Sports and Games, Shaurya, Open IIT Tournaments, and Freshers Tournament.

- Newcomers will receive detailed briefings on the available infrastructural facilities and instructions on utilizing them effectively.
- Following the event, each sport will release a video titled "Discover Your Sport" on their respective social media platforms. These videos will contain detailed information about the sport, serving as a valuable resource for viewers.

Impact:

- Through organizing events in their respective sports domains, students will have the opportunity to familiarize themselves with every sports facility available on our campus in the most effective manner possible.
- Through interactions with Physical Training Instructors, Former Inter IIT captains, senior players, and sports secretaries, students will learn how to access and utilize these facilities effectively.
- The Sports Engagement Week introduces students, especially first-year undergraduates, postgraduates, and research scholars to campus sports facilities and interaction with experienced athletes hence increasing the participation of students in events like NSO Selections, Freshers Tournament, and Open IIT.
- Highlighting the importance of fitness during engagement week can motivate students to prioritize their health by participating in events, and nurturing a long-term interest in sports.
- Sports participation fosters community among students, encouraging ongoing involvement and facilitating connections with peers who share similar interests.

Groundwork:

After engaging in multiple discussions with the Physical Training Instructors, and members of the Inter IIT Contingent, it became apparent that a dedicated Sports Engagement Week is required to increase the awareness and participation of the student community. It will help first-year students, postgraduate students as well as research scholars to know about the rich culture of sports in our institute and how to access that resource.