

The Exclusive Sports Newsletter of IIT Bombay Sports

# K R E E D A



## STAY HOME, STAY SAFE!

Prime Minister Narendra Modi, issued an order for States and Union Territories prescribing lockdown for containment of COVID-19 epidemic in the country for a period of 21 days with effect from 25 March 2020. India's response to COVID-19 has been pre-emptive, pro-active and graded with high-level political commitment and a 'whole government' approach to responding to the COVID-19 pandemic. The WHO Country Office for India is working closely with the Ministry of Health and Family Welfare (MoHFW) to strengthen surveillance, build the capacity of the health system and optimize 'window of opportunity' created by mandatory physical distancing in India.

Social distancing is a non-pharmaceutical infection prevention and control intervention implemented to avoid or decrease contact between those who are infected with a disease-causing pathogen and those who are not, so as to stop or slow down the rate and extent of disease transmission in a

This eventually leads to a decrease in spread, mortality due to the disease. As students, the routine is totally different from what are practicing nowadays and everybody is having different coping mechanisms for the change.

Today, coronavirus concerns, social distancing, gym closures, and home confinement may tempt you to just curl up on the couch and binge-watch Netflix, or lose yourself all day in a great novel. But regular exercise is essential for supporting healthy immune function during this challenging global pandemic.

Fitness Five, an initiative by IIT Bombay Sports just aimed to do that. The long online social challenge, consisting of sit-ups, triceps, dips, pushups and jumping lunges respectively, grabbed the attention of many who showed off by uploading a 30 seconds video, inspired others to do the same.

5-day squats, sit-ups, dips, pushups and jumping lunges respectively, grabbed the attention of many who showed off by uploading a 30 seconds video, inspired others to do the same. While this movement saw huge support from the IIT Bombay community, people learned how just seconds of working out daily can make you fit. This road to a healthy lifestyle doesn't end here; IIT Bombay Sports promises more such initiatives to keep the student community fit and active, to fight off this pandemic by staying home and boosting our body immune system.



# KREEDA

## INTER IIT SPORTS MEET



The 54th Inter-IIT Main Meet, co-hosted by IIT Kharagpur and IIT Bhubaneswar from 14th Dec'19 to 22nd Dec'19 saw a participation of 23 IITs across 14 sports. The Aquatics meet that concluded on 4th October 2019, is a platform to gain head start in the points tally for the main meet and the aquatics team had obtained 4 points for the tally. The highlights of the main meet included Gold for the TT Men's and Squash Women's team, Bronze for Chess, Volleyball Men's, Badminton Women's and Table Tennis Women's, fourth place for Lawn Tennis Women's team and 4\*400m Men's relay. Notable individual performances came from Kaushik Konwar who clinched a bronze medal in the under 69kg weight category, providing the first medal to IIT Bombay, and 4th place positions to Tushar Uike in 100m, Romsha Jaipriya in 1500m.

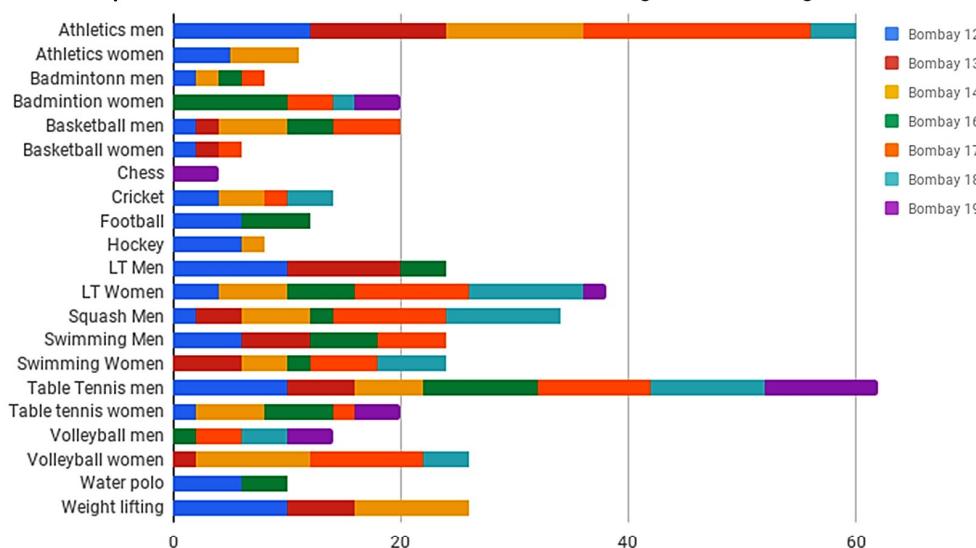
The campaign started with the majority of our teams dominating the field in the group stages. In Kharagpur, most of the teams faltered in the Quarter finals against tough competition, with only the women's Lawn Tennis team proceeding to the semifinals. The teams at IIT Bhubaneswar fared better, with almost all teams making it to the semifinals. The Table Tennis men's team made history yet again with their fourth consecutive gold, with the freshman Kshitij Sovanee remaining unbeaten throughout the tournament. The women's Squash team dominated the field by defeating everyone on their way to the gold medal in the introductory event in this year's meet. The women's teams in Badminton and Table Tennis lost to tough competition in the semifinals but managed to clinch the Bronze medal. The men's Volleyball team also faltered in the semifinals, but recouped their loss by winning the third place.

Overall, IIT Bombay scored a total of 37 points, which put us in the 7th position in the overall standings. Although this is a drop

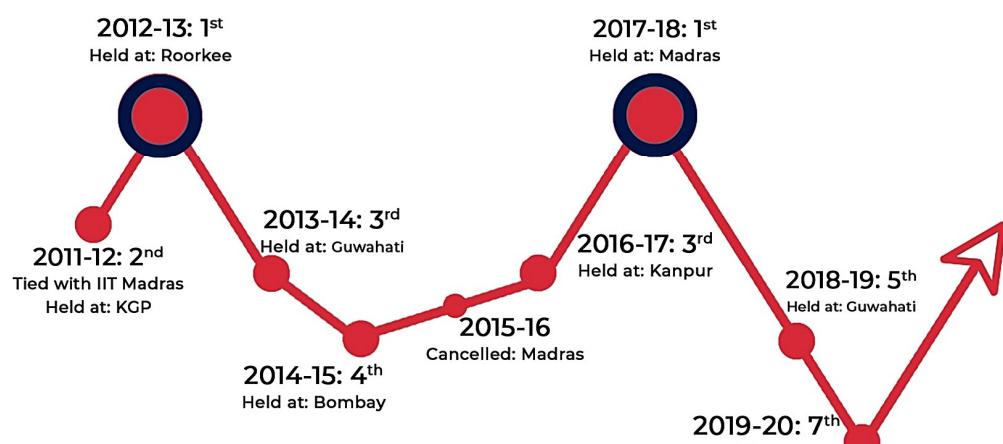
from last year's performances, things look promising for the future. Almost all teams made the quarterfinals and narrowly missed out on proceeding to the semifinals.

Considering that many teams consisted of new players, this is a good sign for the future. With the new sports officers setting in and consistent practice, things are all set to improve next year.

Sport-wise contributions to the Tally over the years



IIT Bombay's ranking in Inter IIT over the years





The 4th edition of IIT Bombay's Annual Sports Fest Aavhan which was scheduled from 27th-29th March 2020 has been postponed until further notice due to COVID-19. Aavhan promises to raise the bar and redefine college sports as 4000+ participants from all over India battle out in 17 different sports.

Providing IIT Bombay's state-of-the-art sports facilities, Aavhan strives to create the best possible platform for the hardworking players from different parts of the country to prove their mettle amongst some of the finest sportsmen. This edition launched Carrom and frisbee for the first time, along with the newly added Kabbadi and Powerlifting. This sports fiesta will also suffice as an opportunity to the institute teams to play against the best talents and gain substantial experience.

Viraj Singh, the former Institute Hockey Secretary is heading this edition of Aavhan as the Overall Coordinator.



**"Aavhan promises to step up its level with the coming years and aims to create the best college sporting platform in the country.", says Viraj.**



## IIT BOMBAY HALF MARATHON

The 3rd IIT Bombay Half Marathon, a mammoth event brought a whiff of fresh energy and invigorated campuses and Mumbaikars. In spite of an incessant monsoon season, the Half Marathon drew 3000+ participants from across the entire city, with a vast multitude of runners looking forward to the event eagerly.

Organized in association with Citizen India, the mega-event carried the tagline - "Every drop counts", contributing to PM Modi's 'Jal Shakti Abhiyan'. In a bid to reduce waste generation, IIT Bombay Sports collaborated with Team Zero Waste and used reusable and biodegradable kulhads for water distribution.

## SURFING CAMP

Aavhan, IIT Bombay conducted the 1st ever Surfing Camp in association with the Mumbai Surf Club. Located in Virar, the surf club is an offbeat destination to try something new and at the same time relax with your friends. Post the Midsems, a batch of 40 students enjoyed their day learning how to surf. The camp included the anatomy of the surf board, and various steps to ride a wave. Most of the students managed to pop-up (/pɒpʌp/ adjective: learn to stand on a surf board) and returned with beaming smile!

The one-of-its-kind event was a huge success as all the participants rejoiced and had fun to the fullest.



## COLOR RUN #ColorMeCrazy

Initiated by the Institute Athletics Secretary 2015-16, Sukhada Bakare, the 1st edition of Color Run conducted in 2016 was unique and one-of-its-kind of a run conducted for the first time by any college across the country or even in Mumbai. Participants run on a route 3km long, within the IIT Bombay campus divided into six color zones installed with powdered colors- gulal - for the runners to color each other crazy while dancing on the beats of a mobile DJ. One of the most-awaited events of the year, Color Run promises epic fun and frolic! Carrying this culture forward, IIT Bombay Sports in collaboration with Aavhan had planned to conduct the 4th edition of Color Run on 14th March 2020, which has been postponed until further notice due to COVID-19 outbreak.



## SWIMATHON

An event which demanded everything from its participants, skills, patience, and endurance. This 12-hour swimming marathon exhausted the contestants physically and mentally. To complete this event, participants were disbarred from exiting the swimming pool for the entire duration of the event. Covering 12 km is also considered as having completed the event. An astounding total of 26 participants completed the event. Overall

**champion Ayush**

**Thakur** completed a staggering 27.5km in 12 hours while Girls Champion **Mridula Bagul** covered an impressive distance of 20.1km.



## SUMMER SCHOOL

Summer School of Sports (SSoS) organised in May 2019 to give people the opportunity to fulfill their desire of learning sport of their choice. Spanning over 13 sports- Badminton, Basketball, Chess, Cricket, Football, Frisbee, Hockey, Kabaddi, Lawn Tennis, Squash, Table Tennis, Volleyball and Weightlifting- the camp provided a broad spectrum for people to choose from. The course was most inclined towards beginners providing them with the necessary platform and skills. Hiring of professional coaches was done as a necessary prerequisite of the camp, making it a great opportunity for students to enter the realm of sports. The participants had complete access to all the high-end sports facilities that IIT Bombay has to offer, maintaining envious health and fitness regime throughout.

Summer Holidays and the excuses to ruin your fitness routines. A healthy mind goes with a healthy body. Applauding this fact, IIT Bombay Sports, as a continuation of Get.Set.Fit programme, introduced Summer School of Fitness this year. Activities broadly included Circuit Training, MMA, Yoga, Pilates, Zumba and Fat Burn. It was the inclusion of activities and exercises aimed at personalized and optimised fitness, in order to let people have their habits afresh and strength intact.

We hope the benefits people received from the course were unparalleled and it provided them with the right platform extending to limitless possibilities

## INTER IIT ONLINE BLITZ

Online Chess is one of the best ways to stay connected and improve your game every day. The Dark Knight Chess Club-IITB has organized 2 editions of the Blitz Battle Royale Online Chess Competition in the academic year 2019-20 across all IITs attracting 1000+ chess enthusiasts in an attempt to promote healthy competition and improve the culture among the IITs.

Taking this to the pan-India level, the All India Chess League was conducted by the Dark Knight Chess Club in collaboration with the chess clubs of 8 IITs and 10 NITs in March. With over 800 players and 30000 games played over 8 days, the event proved to be a welcome respite for people stuck in their homes during this pandemic lockdown. After a nail-biting finish, IIT Bombay emerged victorious in the inaugural edition.

## ADVENTURE COURSES

A mountaineer must not only learn climbing but should also understand the language of mountains.

With this being the major objective, IIT Bombay Sports organised Mountaineering Adventure Course, MAC from 9th to 23rd May 2019 at Sanasar, Jammu. Further, with a power-packed itinerary of mapping down the distances of Mcleodganj, Bharmour and Manimahesh, Basic Mountaineering Course, BMC was kicked off on the 11th of June.

The packages proved to be a perfect conjunction of training activities like Rappelling, Rock Climbing, River Crossing, Camping, Ascender Climbing and recreation. There was an everyday schedule to be followed which taught aspects of punctuality and discipline to trainees as they started the ascend.

Base camp at 9000 ft., lake at around 14500 ft. and everyone filled with gushing enthusiasm - BMC was a perfect experience to hold on. "A frozen lake surrounded by a Vista of mountains covered in fresh snow definitely a sight to behold" - said trainee.

They termed it as an unparalleled experience which helped them to overcome their fears. It also helped them in improving physical fitness and better their mental strength. The course turned out to be more of a memory and something to get people out of their semester blues.



### Reviews

**Viren Inaniyan** - "The locations where we stayed were very beautiful. This course also taught me some lessons of moral, ethics, discipline, value of time, food and life."

**Prakhar Patel** - "We ended up touching the mountain peak at 15800ft! Leadership, teamwork and determination are the few other qualities that this course offered us."

## ALUMNI SPORTS DAY

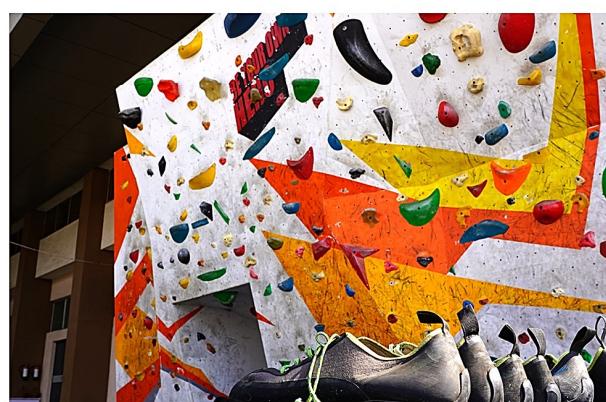
One of the greatest assets of our institute and its face in the industry, the contribution of our alumni to this institute are



invaluable. Continuing the legacy, IITB Sports conducted the Alumni Sports Day which saw the participation from alumni of batches as old as the 1980s. Playing matches across many sports against the institute teams, the alumni put up a solid fight. The Alumni Sports Day was marked by nostalgia, interactions with juniors and professors and athleticism.

## CLIMBING WALL

Ever felt a chill in your spine to mimic those professional climbers in the movies? Ever had a feeling to at least give it a try on your own? Praising the above desire of all the campusites, IIT Bombay Sports on 7th May announced the unveiling of "**Freedom The Wall**" - a world-class climbing facility set up with the efforts and backhands of Girivihar Club. The bouldering wall is situated near the Indoor Badminton Complex and is completely free of cost. The inaugural day had the 14 times national climbing champion and the only stellar man to ever have summited the 5850m Mount Zambala in Siachen Glacier - Mr. Praveen C. M. as the Special Guest.



The wall looks forward to embracing many more steps on it by conducting events like the first-ever **Climbathon** and Climbing Workshops!

## FRESHMEN ORIENTATION



Sport is an integral part of one's life, and IIT Bombay provides the best of facilities for students to hone their skills. Following a slew of orientations for freshers regarding campus life, IIT Bombay Sports aced the UG and PG Sports Orientation. Freshmen were given an insight into the events and camps conducted by the sports council, glimpse of the sports culture and a glance at the opportunities at hand for glory. SAC in charge, Dr. K.K. Sengupta introduced them the highly acclaimed Inter-IIT Sports Meet, the biggest sporting event for IITians.

A multitude of entertaining and exciting games was conducted, and the overwhelming participation from freshers was rousing. The UG orientation also saw Sports Officer, Ms. Prapti Salunkhe addressing the sports-enthusiasts regarding the wide range of NSOs offered by IIT Bombay. Bhaskar Gharu, a sophomore played against three freshers simultaneously, much to the crowd's applause and disbelief.

The introduction of the sports council drew a round of applause from the audience, and a barrage of questions was launched at them post the orientation. Delighted to see the zeal from their juniors, the council members promptly assisted all the students.

## GENERAL CHAMPIONSHIP

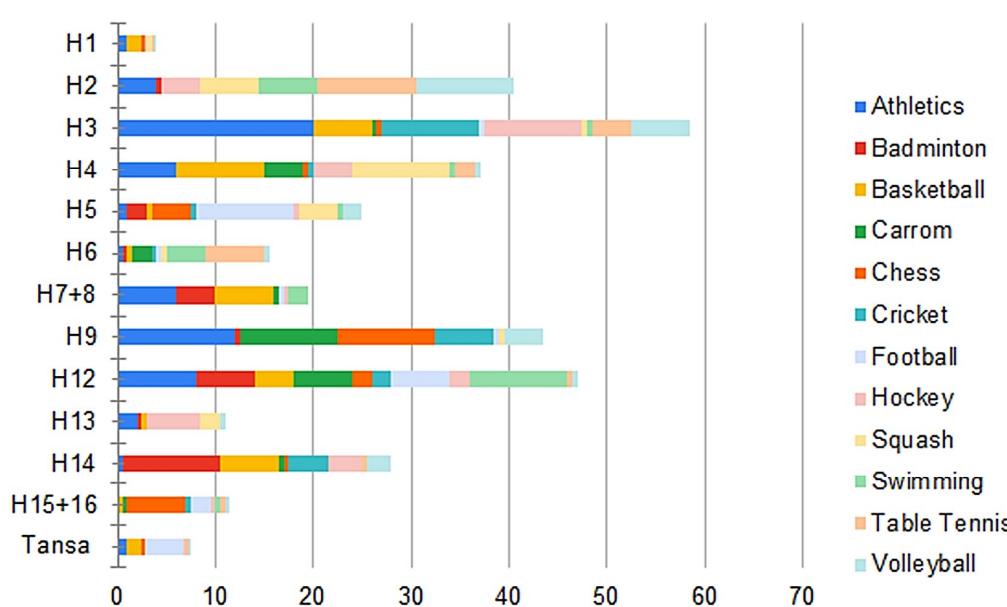
The General Championship dates back to the time hostels were built. Many legacies and rivalries have been created by this tournament which has grown over time. Each hostel bands together in support of their best sportsmen, where players gruel it out and where players win titles not just for themselves and but for their hostels as well.

The GC's are inter-hostel tournaments, spread widely throughout the entire year, with each sport adding prized points to a hostel's total tally. These tournaments provide a platform to showcase talent, win hearts and possibly find a way into the reputed Inter-IIT contingent.

The hostels are segregated into groups, to ensure equitable distribution of strength. This splitting of the hostels into groups promises tight and competitive matches, with plenty of cheering and motivating from audiences.

While every hostel dreams of decorating their trophy racks with the prestigious Sports Cup only one earns the honor to do so. Last year this honor was earned by Hostel 3 as they had emerged the GC Champions with a tally of 86.5 points. Here is the tally of points earned by each hostel till 12th March 2020.

GC Tally

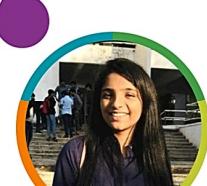


## LADDER RANKING

A system to know your standing in the institute, the Ladder Ranking provides the latest updates on matches played in the institute. This presents an opportunity to match-up with any player in the institute and gains match experience. This system exists exclusively for racquet sports - Badminton, Table Tennis, Squash and Lawn Tennis. To register and play matches! Scan the above QR code.



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