

WORK REPORT

Part 1 : Personal Details -

Name: Arbaz Shaikh

Roll No.: 16D070009

Position: Institute Weightlifting Secretary

Part 2 : Events -

Event	Details/Remarks
Summer School of Sports May 18-Jun 18	<ul style="list-style-type: none"> Conducted the Beginner's Summer Camp focusing on powerlifting and bodybuilding in addition to weightlifting in coordination with coach
Inter IIT Camp Trials Sep '18	<ul style="list-style-type: none"> Conducted trials for the preparatory camp for Inter IIT 14 out of 37 people were selected for the pre-camp

Part 3 : Council Work and Miscellaneous-

Work	Details/Remarks
Dhyanchand Donation Drive	<ul style="list-style-type: none"> Ideated and executed the Dhyanchand Donation Drive from 5th to 15th September Campaign was launched on 29th August on the account of National Sports Day/ Birth Anniversary of Hockey Legend Major Dhyhan Chand Collections from the drive were donated to Goonj (NGO working upon empowering and spreading sports awareness in the underprivileged areas and communities)
Freshmen Orientation Aug '18	<ul style="list-style-type: none"> Supervised and managed the logistics of the event and made sure that it ran smoothly. Officially released the Aavhan Aftermovie (4k+ views) during event. Chief Guest: Miss Shweta Rathore, Bodybuilder and Fitness icon
IIT Bombay Half Marathon Aug'18	<ul style="list-style-type: none"> Conducted the IIT Bombay Half-Marathon together with hostel affairs council and FITIZEN Responsible for handling on ground logistics of the event and supervising the Baggage Section
Convener Interviews	<ul style="list-style-type: none"> Part of the Interview Panel for selection of Events Conveners from the pool of Freshmen applicants
Annual Sports Yearbook	<ul style="list-style-type: none"> Compiled the write-ups written by team members for passing out players Was presented to the passing out players on convocation day as a reminiscence of their contribution to IIT Bombay Sports
Renovation of OLD gym	<ul style="list-style-type: none"> OLD gym was painted during the summers to improve the quality of infrastructure
Biometric Installation	<ul style="list-style-type: none"> Overseeing the process of biometric installation at new gymnasium and other sports venues in coordination with GSSA

Sport of the Month	<ul style="list-style-type: none"> Ideated and executed the sport of the month (September edition) which experienced the footfall of 60+ students Contacted and invited an experienced coach for the demonstration during the event
Stories of stars and Bombay Blackcats	<ul style="list-style-type: none"> Relaunched the Stories of Stars page with the new logo incorporating Bombay Blackcats in coordination with campaigns team Working on revamping the structure of official website and increasing the reach of IIT Bombay sports on social media platforms

Part 4 : Administrative and Maintenance Work -

Work	Details/Remarks
Renovation of Weightlifting room	<ul style="list-style-type: none"> The weightlifting room has been painted and nominally renovated to improve the quality of the infrastructure Came up with a permanent solution to prevent the leakage of water in the weightlifting room to maintain the infrastructure Renovated the honour board made for appreciating the efforts of InterIIT medallists from 2003 onwards
Extension of Part-time Coach	<ul style="list-style-type: none"> Went through the process for the extension of contract for the current Institute Weightlifting Coach Got it approved with the considerable increment in the salary
Budget	<ul style="list-style-type: none"> Budgeted an amount of about ₹4.5 lacs for expenses towards Weightlifting Equipments, Competitions, Events, Camps for the Weightlifting and Bodybuilding Community of IIT Bombay with special emphasis on the team
Purchase of Equipments	<ul style="list-style-type: none"> Purchased a new weightlifting barbell and required set of plates Made the required wooden boxes involved in the weight-training Wooden boxes for the jump training are being constructed

Part 5 : Team and Inter-IIT

Event /Work	Details
Train with Team	<ul style="list-style-type: none"> Initiated Train with team programme to improvise the participation in InterIIT pre-camp
Provision of high-protein diet	<ul style="list-style-type: none"> Started regular high-protein diet for team members during the dinner for entire pre-camp duration
Advanced Summer Camp May 18-Jun 18	<ul style="list-style-type: none"> Guided (about the training schedule) and led the team throughout the duration of camp, in coordination of the coach To identify potential advanced players, trials were conducted at the end of the camp Result: Three new players were added to the team through this camp
Girls' Powerlifting	<ul style="list-style-type: none"> For the first time ever IIT Bombay participated in Mumbai Mayor's Powerlifting Competition for Girls A participant from IIT Bombay won Gold medal in the competition

Part 6 : Declaration

I declare that the above information is true to the best of my knowledge.

Arbaz Shaikh
Institute Weightlifting Secretary
Institute Sports Council 2018-19

The reader's feedback regarding the current work or some suggestions regarding Weightlifting at IIT Bombay or any other matter related to Sports in IIT Bombay are more than welcomed.
Contact me at arbazsh10@gmail.com or weightlifting@iitb.ac.in