

## **WORK REPORT**

### **Part 1 : Personal Details -**

**Name:** Arbaz Shaikh

**Roll No.:** 16D070009

**Position:** Institute Weightlifting Secretary

### **Part 2 : Events -**

| <b>Event</b>                                 | <b>Details/Remarks</b>  |
|--|---|
| Summer School of Sports<br>May 18-Jun 18     | <ul style="list-style-type: none"> <li>Conducted the Beginner's Summer Camp focusing on powerlifting and bodybuilding in addition to weightlifting in coordination with coach</li> </ul>  |
| Inter IIT Camp Trials Sep '18                | <ul style="list-style-type: none"> <li>Conducted trials for the preparatory camp for Inter IIT</li> <li>14 out of 37 people were selected for the pre-camp</li> </ul>   |
| Weightlifting General Championship<br>Mar'19 | <ul style="list-style-type: none"> <li>Ensured the smooth conduction of the annual Weightlifting GC</li> <li>Event was scheduled / rescheduled as per the convenience of the hostels</li> <li>Player of the GC award given to the player with the highest score(based on sinclair coefficient) among all the weight categories</li> </ul> |

### **Part 3 : Council Work and Miscellaneous-**

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

|                                       |   |
|---------------------------------------|---|
|                                       | reminiscence of their contribution to IIT Bombay Sports   |
| Renovation of OLD gym                 | <ul style="list-style-type: none"> <li>• OLD gym was painted during the summers to improve the quality of infrastructure</li> </ul>   |
| Biometric Installation                | <ul style="list-style-type: none"> <li>• Overseeing the process of biometric installation at new gymnasium and other sports venues in coordination with GSSA</li> </ul>   |
| Sport of the Month                    | <ul style="list-style-type: none"> <li>• Ideated and executed the sport of the month (September edition) which experienced the footfall of 60+ students</li> <li>• Contacted and invited an experienced coach for the demonstration during the event</li> </ul>   |
| Stories of stars and Bombay Blackcats | <ul style="list-style-type: none"> <li>• Relaunched the Stories of Stars page with the new logo incorporating Bombay Blackcats in coordination with campaigns team</li> <li>• Working on revamping the structure of official website and increasing the reach of IIT Bombay sports on social media platforms</li> </ul> |

#### Part 4 : Administrative and Maintenance Work -

| <b>Work</b>                      | <b>Details/Remarks</b>  |
|----------------------------------|---|
| Renovation of Weightlifting room | <ul style="list-style-type: none"> <li>• The weightlifting room has been painted and nominally renovated to improve the quality of the infrastructure</li> <li>• Came up with a permanent solution to prevent the leakage of water in the weightlifting room to maintain the infrastructure</li> <li>• Renovated the honour board made for appreciating the efforts of InterIIT medallists from 2003 onwards</li> </ul> |
| Extension of Part-time Coach     | <ul style="list-style-type: none"> <li>• Went through the process for the extension of contract for the current Institute Weightlifting Coach</li> <li>• Got it approved with the considerable increment in the salary</li> </ul>   |
| Budget                           | <ul style="list-style-type: none"> <li>• 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</li> </ul>   |
| Purchase of Equipments           | <ul style="list-style-type: none"> <li>• Purchased a new weightlifting barbell and required set of plates</li> <li>• Made the required wooden boxes involved in the weight-training</li> <li>• Wooden boxes for the jump training are being constructed</li> <li>• Refurbishing of barbells in the weightlifting room</li> </ul>  |

#### Part 5 : Team and Inter-IIT

| <b>Event /Work</b>             | <b>Details</b>  |
|--------------------------------|---|
| Train with Team                | <ul style="list-style-type: none"> <li>• Initiated Train with team programme to improvise the participation in InterIIT pre-camp</li> </ul>           |
| Provision of high-protein diet | <ul style="list-style-type: none"> <li>• Started regular high-protein diet for team members during the dinner for entire pre-camp duration</li> </ul> |
| Advanced                       | <ul style="list-style-type: none"> <li>• Guided (about the training schedule) and led the team throughout</li> </ul>                                  |

|                              |  |
|------------------------------|--|
| Summer Camp<br>May 18-Jun 18 | <p>the duration of camp, in the coordination of the coach</p> <ul style="list-style-type: none"> <li>To identify potential advanced players, trials were conducted at the end of the camp</li> <li>Result: Three new players were added to the team through this camp</li> </ul> |
| Girls' Powerlifting          | <ul style="list-style-type: none"> <li>For the first time ever IIT Bombay participated in Mumbai Mayor's Powerlifting Competition for Girls</li> <li>A participant from IIT Bombay won the Gold medal in the competition</li> </ul>  |

## Part 6 : Aavhan

| Event / Work   | Details   |
|--|---|
| Marketing  | <ul style="list-style-type: none"> <li>Part of the marketing department for Aavhan, negotiating and closing deals with brands</li> </ul>  |
| Powerlifting and Weightlifting Championship in Aavhan'19 | <ul style="list-style-type: none"> <li>Launched Powerlifting Championship in Aavhan'19 for the first time</li> <li>Publicised the Powerlifting tournament in a way to incentivise better college players / teams to participate in the tournament</li> <li>Ensured smooth conduction of Weightlifting Championship in Aavhan'19</li> <li>Changed the format of Weightlifting Championship in Aavhan'19</li> </ul> |

## Part 7 : 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.

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