

WORK REPORT

Part 1: Personal Details -

Name: Pratik Patil

Roll No.: 160010015

Position: Institute Athletics Secretary

Part 2: Major Events -

| Event | Details/Remarks |
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| Aavhan Athletics March 19 | <ul style="list-style-type: none"> Successfully affiliated the tournament with MSDAA Over 150 participants across various colleges/ clubs participated in the competition which had 20+ events Hired 20 trained Athletics technical officials to conduct event professionally Successfully collaborated with C4 wellness, to provide winners with their gift hampers & vouchers Title sponsorship for Athletics was given for the first time |
| IIT Bombay Half-Marathon Aug 18 | <ul style="list-style-type: none"> Optimized the existing Marathon Route which was convoluted because of the 3 different race categories to a more convenient route (Management wise) A new route consisting of almost same route for 10k(1 Loop) and 21k races(2 Loops) helped cater a number of a crowd (4000+) Successfully collaborated with GBCI for Sustainability and plastic waste management to strive for a greener marathon Headed a team of 30+ to look after various departments of the run: route management, traffic management, waste management, Medical support, Food & Beverages, post-run management One of the Bib collection centers was put up on campus to facilitate the participants from the Institute. |
| PG Crossy GC Sept 18 | <ul style="list-style-type: none"> 300+ participants turned up for the inter-departmental crossy The route was revamped to 5Km and H-12,13,14 entrance was made the starting point and the finishing point in order to cater targeted participation Crossy was conducted in Morning to maximize PG participation since they have a relatively hectic evening schedule |
| Inter-Hostel Athletics GC Oct 18 | <ul style="list-style-type: none"> The morning sessions conducted for the first time ever with a vision to promote sporting activities in morning hours Cap system revamped wherein the cap rules were relaxed for Inter-IIT camp players to give fighting chance for all the hostels Event category redefined as Track, Jumps & Field from the earlier Track, Hurdles, Jumps & Field thus removing ambiguity from the cap system Scheduling was done on the lines of various inter-college tournaments GC concluded in 4 days in retrospect to 7-8 days hence facilitating Inter-IIT team practice Training & technique Tutorial Videos were uploaded a week before the GC in order to help beginners/first-timers understand the event 'Emerging Player of the GC' to be awarded along with PoGC GC record-keeping introduced with the available data of the last 5 years |
| Inter-hostel Crossy GC (Men & Women) | <ul style="list-style-type: none"> Introduced 'Special Bibs' for Top 3 runners from each hostel for Men's Crossy Special bib holders get a head start ahead of the crowd thus ensuring a |

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| Oct 18 | <p>better running experience for good runners</p> <ul style="list-style-type: none"> Both Men's and Women's Crossy conducted on the same day. Collaborated with the 'Run for Unity' campaign and saw a participation of 700+ Crossy GC 2*** (Apr 19) will be conducted in the same manner |
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*** implies event yet to be conducted

Part 3: IIT Bombay Runners Club -

(700+ active members on the facebook group; Information regarding all the running activities on the campus as well as the information regarding various runs outside the campus is conveyed on the group)

| Work/ Event | Details/Remarks |
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| Nike Run Club | <ul style="list-style-type: none"> Collaborating with Nike India to conduct weekly running sessions Sessions will be free of cost and will be taken by ACSM certified trainers Sessions to commence from 31st March 2019*** |
| Independence Day Biathlon Aug 18 | <ul style="list-style-type: none"> Co-conducted the event with Prof. KS Momaya and his team from SOM Last year's remaining BIBs were used in order to avoid wastage and promote recyclability Chief Guest for the event was Prof. Muzumdar, Deputy Director |
| Marathon Preparatory Sessions | <ul style="list-style-type: none"> Sessions were arranged to promote participation from the institute in the IIT Bombay Half-Marathon Marathon preparation tips, cadence, running techniques, warm-up & cool-down techniques, exercises to boost endurance were covered Sessions were taken by trained professionals |
| Running Workshop Sept 18 | <ul style="list-style-type: none"> Organized a free of charge workshop which received very positive responses The workshop was conducted by trained professionals and covered the basics of running techniques, endurance & posture |
| Republic Day Biathlon 2019 Jan 19 | <ul style="list-style-type: none"> The event witnessed participation of 70+ An additional category of STEPATHLON was introduced which required participants to climb stairs of 15-story building up and down along with Running and cycling. 23 participants took this challenge All the finishers were awarded IIT Bombay Runners Club souvenirs |
| Runathon 2019 | <ul style="list-style-type: none"> The flagship event of IIT Bombay Runners Club Conducted the second-ever 4-hours continuous track-running endurance event; 57 running enthusiasts participated The event had two categories- Individual & Team Relay The event was structured according to various 24-hour stadium runs which included, no overtaking zone, rest area, lap-counting officials Individual finishers were felicitated with finisher's medal |

*** implies event yet to be conducted

Part 4: Administrative and Maintenance Work -

| Work | Details/Remarks |
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| Purchase of Sand for jumping-pit | <ul style="list-style-type: none"> Completed the long due purchase of jumping-pit sand in order to facilitate the technical training of the Athletics team 27 metric cubes of sand were ordered |
| Maintenance of Sand | <ul style="list-style-type: none"> To avoid water damage to the sand from the Monsoon, a durable tarpaulin sheet was purchased It helped maintain the condition of sand and proved out to be a better solution than plastic covers |
| Budget | <ul style="list-style-type: none"> Budgeted an amount of about INR 0.8 Million for expenses towards administrative revamps, Equipment, Events, Camps and workshops for the Athletics team, NSO, Running and Fitness community of IIT Bombay |
| Throw Pit | <ul style="list-style-type: none"> Constructed a new Throw-Pit arena near the old Frisbee field The arena is of International standard wherein all the 3 events namely Shot Put, Discus & hammer Throw can be conducted |
| Equipment | <ul style="list-style-type: none"> Procured a new high-jump stand Purchased spring-board worth INR 16k to facilitate the technical training sessions of the jump-event athletes Purchased Foam-rollers to help the team in injury rehabilitation and cool-down |
| Logistic requirement | <ul style="list-style-type: none"> Changed the shift of 4 ground-staff to evening hours with permission of ground in-charge and SAC in-charge The move was made to provide Athletics team with mats and other heavy equipment during their practice thus saving their time and energy |

Part 5: Team and Inter-IIT

| Event /Work | Details |
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| Athlete of the Month | <ul style="list-style-type: none"> The aim of this award is to make the practice sessions more rewarding and acknowledge those who are regular for sessions Every month maximum of 2 athletes who show immense dedication and discipline towards the practice sessions are awarded AOTM A write-up appreciating their efforts along with a picture from their practice session is posted from the IIT Bombay Athletics FB page |
| Advanced Summer Camp May 18-July 18 | <ul style="list-style-type: none"> Trials: To identify potential advanced players, trials were conducted Total of 21 players was officially selected for the camp 10 girls regularly attended the camp |
| MSDAA | <ul style="list-style-type: none"> To get competitive experience after the Summer Camp, Athletics |

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| Tournament Aug 18 | <ul style="list-style-type: none"> team participated in MSDAA recognized tournament held at SAI The team earned 1 Gold, 1 Silver, 2 Bronze, and 1 4th position |
| Institute Girls Team Trials Oct 18 | <ul style="list-style-type: none"> Trials for all individual events were conducted Total of 7 girls was selected for pre-camp training |
| Udghosh (IIT Kanpur) Oct 18 | <ul style="list-style-type: none"> The institute Athletics team consisting of 8 players was sent to Udghosh, IIT Kanpur The team performed very well by bagging 1 Gold, 3 Bronze and 3 4th place All logistical and registration related issues were taken care of |
| Inter-IIT Camp Nov-Dec 18 | <ul style="list-style-type: none"> 24 boys and 12 girls selected based on their performance over various tournaments, trials & Athletics GC 3 sessions per day were conducted- 1) Common fitness & strengthening session for all 2) Technical session for Field events 3) Track events session 2 sand training sessions were conducted at Juhu beach in order to boost recovery hence improving performance Special swimming sessions were conducted as cool-down sessions Buddy Pair system implemented- a senior member of the team was paired with camp fresher to help him/ her with any practice/injury related queries |
| Inter-IIT 2018 Dec 18 | <ul style="list-style-type: none"> Men's team finished 4th, no position for Women's team The team finished with 2 golds, 2 bronze, and 5 4th positions |
| Skream 2019 Jan 19 | <ul style="list-style-type: none"> The team got 1 gold, 2 silver, and 1 4th position 5 athletes participated |
| Team-Trials March 18 | <ul style="list-style-type: none"> Trials were conducted for Track, jumps & Field events 50+ appeared for the trials, 10+ selected in the team Trials were kept keeping in mind the upcoming tournaments Top performers were given a chance to participate in Aavhan 2019 |
| ICT Sportsaga 2019 March 19 | <ul style="list-style-type: none"> Total of 4 gold, 5 silver, 3 bronze medals bagged by the team New athletes were given a chance to participate in the competition based on their performance in the trials. |
| Aavhan 2019 March 19 | <ul style="list-style-type: none"> Men's and Women's Team both finished first The team consisted of a mix of Inter-IIT players as well as newcomers The team strength was 20 boys and 10 girls |

Part 6: Other events-

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| Inter-Hostel Sophie Crossy Sept 18 | <ul style="list-style-type: none"> Organized a Crossy for both UG & PG Sophomores Crossy was made inter-hostel to promote running culture among the hostels on the lines of Crossy GC The event witnessed participation of 100+ for the first time ever |
| PG Cycling GC Feb 19 | <ul style="list-style-type: none"> Conducted the event with the help of PG Sports Council Curated a 10k route for Men (for the first time); 5k route for Women |
| Triathlon GC*** Apr 19 | <ul style="list-style-type: none"> To be held on 4th April 2019 Ideating to revamp the route and combat traffic safety related issues |

*** implies event yet to be conducted

Part 7: Council Work and Miscellaneous-

| Work/ Event | Details/Remarks |
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| Summer School of Fitness May 18-July 18 | <ul style="list-style-type: none"> Conducted various fitness programmes open to all campus residents Introduced Circuit Fitness for the first time Trained professionals were hired for all the activities Proper feedback was taken for every activity |
| Freshmen Orientation Aug 18 | <ul style="list-style-type: none"> Planned the timeline of the entire event including the Lucky Draw Contest Worked with the council to ensure the success of the event Released the Aavhan Aftermovie (4k+ views), Freshmen Intro Video, and Chief Guest Post Garnered 20k+ views on Youtube for the freshmen video |
| Freshiesta Oct 18 | <ul style="list-style-type: none"> Supervised the pre-event preparation of the first of its kind event Freshie Crossy was the ultimate event of this tournament |
| Dhyan Chand Donation Drive | <ul style="list-style-type: none"> Ideated and executed the Dhyanchand Donation Drive from 5th to 15th September The campaign was launched on 29th August on the account of National Sports Day/ Birth Anniversary of Hockey Legend Major Dhyan Chand Collections from the drive were donated to Goonj (NGO working upon empowering and spreading sports awareness in the underprivileged areas and communities) |
| Hum Fit Toh India Fit Campaign | <ul style="list-style-type: none"> Ideated and planned the execution of the nation-wide Hum Fit Toh India Fit campaign in the Institute A compiled video of the challenge was posted on Social Media |

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| Bombay Blackcats | <ul style="list-style-type: none"> • Part of the team that designed the official team name • Incorporation in the logo of FB page and the Inter-IIT tracksuits • Publicized the release through profile photo frames on FB on account of 100 days to go to Inter-IIT Sports Meet • Launched the revamped Stories of Stars page with the new logo incorporating Bombay Blackcats |
| Media Aavhan 2019 | <ul style="list-style-type: none"> • Headed the Media Team of Aavhan 2019 • For the first time ever publicity of Aavhan was done through various social Media platforms like Fisto Sports, The College Fever, Yo Gems and Powai Live in form of articles, teaser videos, photographs, social media posts, etc • Conducted an Online Sports Photography Contest as a pre-event of Aavhan 2019; over 30 entries received, top 3 entries awarded • Successfully launched the Social Media Campaign named 'Who's got the shot!' - an exclusive trick shot video challenge • Managed all the Social Media activities of Aavhan 2019 on Facebook and Instagram; 30k+ post reach on Facebook and 30k+ impressions on Instagram during this period • Supervised the coverage of events like IIT Bombay Half-Marathon, Premier League Trophy Tour and Aavhan 2019 |

Part 8: Declaration

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

Pratik Patil
Institute Athletics Secretary
Institute Sports Council 2018-19

The reader's feedback regarding the current work or some suggestions regarding Track & Field, Running or Fitness activities at IIT Bombay or any other matter related to Sports in IIT Bombay are more than welcome.

Contact me at patilp40@gmail.com or athletics@iitb.ac.in