



**INDIAN INSTITUTE OF TECHNOLOGY, BOMBAY**  
**PHYSICAL EDUCATION SECTION**  
**STUDENTS' GYMKHANA**



**Work Report - Institute Sports Council 2017-18**

**Name:** kartik sahu

**Roll Number:** 14D110018

**Post:** Institute Weightlifting secretary

**Part 1: Administrative and Maintenance Work**

- Purchased and installed pull-up and dips-bar in the weightlifting room
- Purchasing new barbells for weight training purpose
- Pushing for fabrication of jerk boxes for advance jerk training
- Managing the available budget for equipment used in Institute events and InterIIT practice

**Part 2: Events**

- Working on organising cross-fit activities for the fitness enthusiasts
- A beginners level camp in the summers under Summer School of Sports

**Part 3: Institute Teams**

- Conducted 2 monthly trails for the institute weightlifting team
- Smooth conduction of the daily team training schedule(weight training & gym)
- Participated at district level weightlifting competition with 4 players
- Working on getting a better and high protein diet to inter IIT team

**Part 4: Miscellaneous**

- Worked as a team with the Sports Council to execute the Freshmen Orientation, took care of whole operations
- Booking of train tickets for the InterIIT contingent, and other admin work

**Part 5: Declaration**

I hereby declare that all the mentioned information is true to the best of my knowledge.

Readers can freely contact me at [kartiksahudd@gmail.com](mailto:kartiksahudd@gmail.com) for feedback on the current work and for suggestions regarding Weightlifting at IIT Bombay.