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## **[19IE10035]**

**Contesting for the post of General Secretary, Sports and Games, Technology Students' Gymkhana, Indian Institute of Technology Kharagpur**

**Academic Session: 2021-2022**

# **TABLE OF CONTENTS**

<b>PROPOSAL: Encouragement of students to join sporting activities in their hometowns by providing partial reimbursement</b>	<b>3</b>
OVERVIEW	3
FEATURES	3
WORKFLOW	3
BENEFITS	4
GENERAL OPINION	4
ANNEXURE 1	5
<b>PROPOSAL: Guest Lectures from prominent players of Indian Teams</b>	<b>6</b>
OVERVIEW	6
FEATURES	6
WORKFLOW	6
BENEFITS	6
<b>PROPOSAL: Conduction of Survival Camp</b>	<b>6</b>
OVERVIEW	7
FEATURES	7
WORKFLOW	7
BENEFITS	7
GENERAL OPINION	7
ANNEXURE 2	8
<b>PROPOSAL: Fitness And Sports Sessions</b>	<b>9</b>
OVERVIEW	9
FEATURES:	9
WORKFLOW	9
TIMELINE	10
BENEFITS	10
GENERAL OPINION	10

## **PROPOSAL: Encouragement of students to join sporting activities in their hometowns by providing partial reimbursement**

### **OVERVIEW**

In the online mode, I propose to provide partial reimbursement covering the fees for sporting facilities available in the students' hometowns, keeping in sight the motive to improve student participation and bring about a surge in physical fitness and motivation for inter IIT sports.

### **FEATURES**

Keeping in mind that the previous two semesters have been online, the students have neglected their physical fitness and refrained from joining sporting activities, to combat the situation, the following steps will be taken:-

1. Partial reimbursement of the fee will be provided to the students who enrol in any sort of stadium/ club/ other sporting facilities.
2. Compensation will be based on the bill. The maximum limit of reimbursement will be set and fixed.
3. The gym will only be included by special consideration after obtaining a signed note by the concerned gym and student stating that the facilities would be used with a primary focus on weightlifting and weight training.

### **WORKFLOW**

1. The registrations would be done monthly where previous recipients would be allowed to continue in case they maintain regular attendance and show improvement.
2. Each person would be allowed to enrol for a maximum of three months which may be increased based on the budget.
3. Initially, the student would be paying the fee to the concerned facility at the beginning of each month.
4. The reimbursement would be done directly to the account of the concerned facility's financial account at the end of each month after which the student can get the registered amount back.
5. The approximate budget estimate is provided in Annexure 1. The total amount of reimbursement would depend on the total budget allocated by the Technology Students' Gymkhana.
6. Initial preference would be given to inter-IIT players and financially challenged [family income below 6 lac] recipients. After that, in case the limit of students exceeds the proposed number, a lottery system would be done.
7. For attendance purposes, the person would be required to install a fitness tracking app or wear a fitness tracking watch and send daily updates to the concerned secretary. Also, the person would be required to send daily time and location stamped pictures to the secretary as well.
8. At the end of each month, the secretaries associated with each sport would be required to call the concerned facilities and make sure the attendance was properly maintained.
9. A short monthly quiz would be organized by the secretaries to further make sure of the progress of the individual.

10. In case it is found that unethical means are being used, the matter will be referred to the President (TSG), the Sports Officer in Charge and the concerned PTI for further action against the particular candidate.

## BENEFITS

The proposal shall have a holistic effect on promoting the sporting culture amongst students:

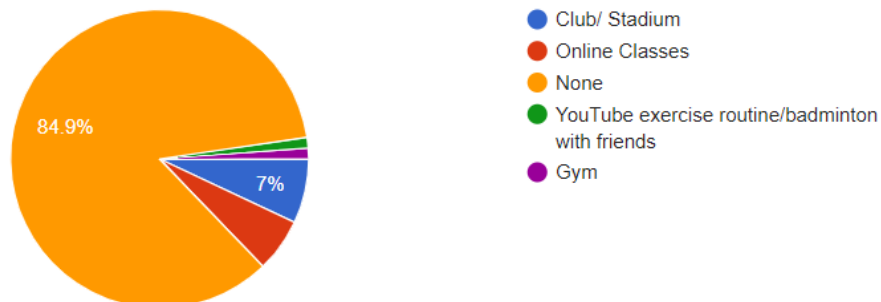
1. With a vision of providing the best available resources to as good several students as possible, the general well-being and fitness of the community shall see a great impact.
2. The students willing to try out new sports would feel motivated and once the campus reopens every sport shall see greater participation.
3. For the students who aim to participate in Inter IIT sports, such a scheme will help them improve their skillset and maintain peak physical fitness.
4. In general, the students who could not join such facilities in their hometowns due to financial constraints would benefit from the scheme as well.

## GENERAL OPINION

A survey was organized to get popular public opinion and the results are depicted pictorially below:

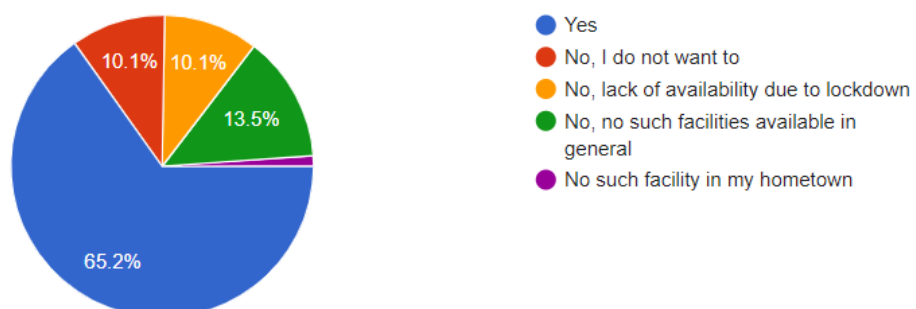
Have you enrolled in any club/ other facility for the same or are attending any online classes?

86 responses



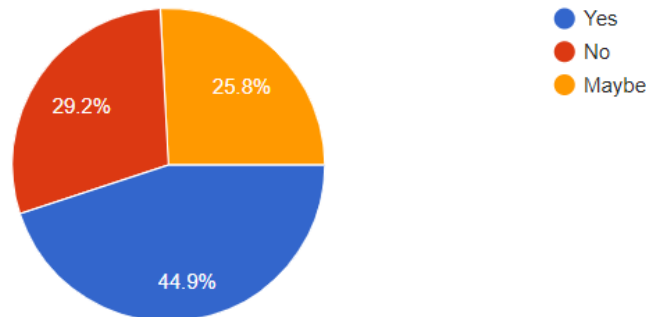
Would you be motivated to attend a sporting facility/ club/ stadium in your hometown, in case the fee is covered through partial reimbursement?

89 responses



In case the facilities are not available in your hometown, Would you be willing to attend structured NSO classes in case they are made public and different tricks, playing methods etc. are taught related to the sport?

89 responses



#### TESTIMONIALS:-

*"Yes it will definitely be beneficial. Similar classes were done recently by previous gsecs sports by the name of power house. But it was general exercises and not very specific to any sport. For people living in towns it's difficult to find sports facilities. And though grounds are available for everyone girls in tier two tier-three cities rarely use them because of many family barriers and other issues."*


*"Yes, I think the institute should have to think of our sports activities which we might exercise in the college but due to ongoing pandemic, these are just confined to our dreams"*

#### ANNEXURE 1

[Link to the Full Survey](#)

Financially Challenged Criteria - means bound:

[http://www.iitkgp.ac.in/files/ad\\_mcm\\_renewal.pdf](http://www.iitkgp.ac.in/files/ad_mcm_renewal.pdf) 6 lacs per year

 Estimated Budget

### PROPOSAL: Guest Lectures from prominent players of Indian Teams

#### OVERVIEW

I propose to organize guest lectures in the form of webinars by inviting prominent players of the Indian National teams of different sports to provide insight into their training, tips and their lifestyle, to promote the sporting culture in IIT Kharagpur. In an institution like ours, enthusiasm to participate in sports amidst a busy academic schedule often diminishes with time. Face to Face conversations with eminent sports personalities and their journey would motivate the student community to participate in various sporting events as well.

## FEATURES

The specific way in which this proposal shall be conducted is:

1. Guest lectures in the form of webinars would be conducted where one sport would be selected and prominent personalities related to the sport (at least one) would be invited.
2. The webinars would be held at regular intervals.
3. Preceding the event, general knowledge, interesting facts and information related to the particular sports shall be shared in the form of tidbits.
4. It will be compulsory for the NSO players to attend the session and it will contribute to their attendance.

## WORKFLOW

1. A channel would be created in MS Teams regarding IIT Kharagpur Sports. Further sub-sections would be created for each individual sport where the meeting would be held.
2. This would act as a central platform for all sports related activities.
3. The link for the meeting on the same platform would be sent to the invited guest.

## BENEFITS

The proposal would be beneficial in increasing the general knowledge regarding the sports and promoting the sporting culture amongst students:

1. These webinars and tidbits will act as a source of motivation and instil in the students a renewed vigour for sports.
2. Through this, there will also be an increased awareness in the general student community regarding various sports and Indian achievements in sports.
3. The students who aim to pursue sports as a full-time career would be able to receive guidance by getting insight into the journey of other Indian athletes.

## **PROPOSAL: Conduction of Survival Camp**

### OVERVIEW

I propose to organize survival camps to equip the students with basic skills necessary for survival in case of emergencies, throughout the academic session in pseudo-online-offline mode.

### FEATURES

The proposal would be effective in the online and the offline semester. The workflow is as follows:

1. The skills that will be taught will be:
  - a. Workshop on self-defence and Compass & Map reading
  - b. Sessions on first-aid, CPR and Injury treatment, emergency swimming techniques, disaster and fire management, nutrition for different diets and lifestyles.
2. Experts from certified organization in the field would be invited to host the sessions.

3. The workshops will be conducted in the 1st week of winter break and duration would be finalized after contacting a certified training agency/ instructor.
4. The sessions would be conducted in the Spring semester and may be altered depending on the future situations.

## WORKFLOW

The camp will be conducted in the 1st week of winter break and in the spring semester.

1. The workshop on star and map reading would be organized for a total of 4-5 hours with there being 2 hour sessions on each day [for 2 days] followed by a 0.5 hour quiz.
2. The First-Aid sessions would be organized for a total of minimum 16 hours in three days.
3. The disaster-management sessions would be held for 3 days with the duration ranging from 11 hours to 16 hours.
4. The people who complete all the sessions would be given acknowledgement certificates which can further be used while volunteering in NGOs.
5. The people who participate enthusiastically will also be given food vouchers, coupons and other goodies.

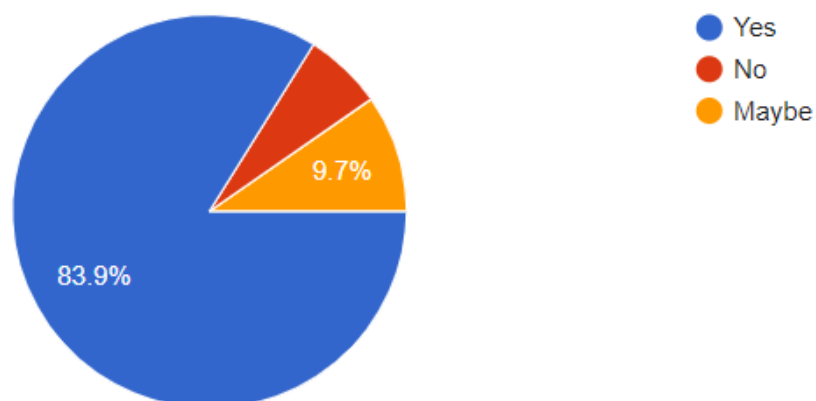
## BENEFITS

The proposal would be great to equip students with basic survival skills.

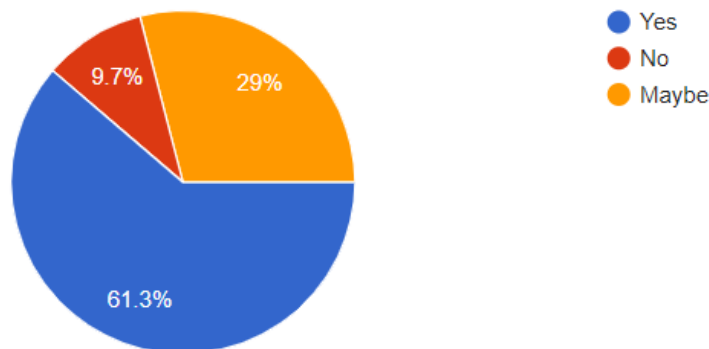
1. This will be especially beneficial for sportspersons who need to maintain peak fitness as it will help them in providing first-aid for injuries and have proper nutrition intake.
2. The self-defence workshop will also be an immense help to women and in general to everyone, making them less vulnerable to mishappenings or accidents.
3. The classes will also make the students aware of disaster management and how to handle emergencies.

## GENERAL OPINION

Do you think there is a need to equip students with basic life skills?



Would you be willing to attend a workshop on weekends to learn these skills?



#### Testimonials:


*"Such a camp is definitely needed and very essential in any human beings life. These are some necessary skills which should definitely be taught and it would be fun to learn these and collaborate with peers."*

*"Yes. Much needed. In this hi-tech world, we must not forget that it hasn't been long that we were nomads, hunters and gatherers. Nature is more powerful than any AI. Such camps are the real skill training required for survival, something most other animals pass on to their young ones."*

*"Yes this camp is certainly needed. Only excelling in academics can never make us a social being. In case of calamity/emergency it's not the subject knowledge but the survival skills that can save ourselves and others."*

#### ANNEXURE 2

[The link to the complete survey](#)

 Estimated Budget

### PROPOSAL: Fitness And Sports Sessions

#### OVERVIEW

I propose regular weekly conduction of training sessions for all students to help them maintain their physical fitness, develop their skills and learn more about a particular sport. These shall act as precursors to the Summer/ Winter camps that are organized for dedicated practice. Very often, students hesitate to participate in or explore different sports due to the lack of exposure and guidance. These interactive training sessions would help bridge the gap, facilitating more student community members to engage in different sports. The sessions will also help the current players improve their abilities as well.



## FEATURES

1. There would be an option of three workshops. They would be as follows:
  - a. General Live Sessions
  - b. Introductory Sports Sessions
  - c. Advanced Sports Sessions
  - d. Games Sessions
2. General Sessions will be held daily. The topics would include Zumba, Aerobics, Yoga, Meditation etc.
3. Introductory Sports Sessions would be for novice players who aim to pursue sports and learn the basic techniques.
4. Advanced Sports Sessions would be for players to improve their general abilities, improve techniques and learn trick shots etc.
5. Games Sessions would be held to teach and promote games like Chess and Bridge.

## WORKFLOW

These interactive sessions can be conducted online or offline as well depending on the scenario in the upcoming semesters. The specific information about our way in which the goal would be realized are:

1. The training sessions would be organized on MS Teams platform.
2. The general live sessions would be held daily.
3. Experts would be called in to teach the exercises/ information related to each topic.
4. Introductory Sports Sessions and Advanced Sports Sessions would be held weekly.
5. Two sessions will be held, one on each Saturday and Sunday, whose recording would be available till the next weekend.
6. The introductory and advanced sessions would be conducted under the guidance of the concerned PTI/coach and inter-IIT players.
7. Monthly challenges will be hosted for the students joining introductory and advanced sessions and based on those, the top performers will be provided with rewards in the form of goodies, food vouchers or coupons.
8. Open IIT would be hosted for Chess and Bridge.

## TIMELINE

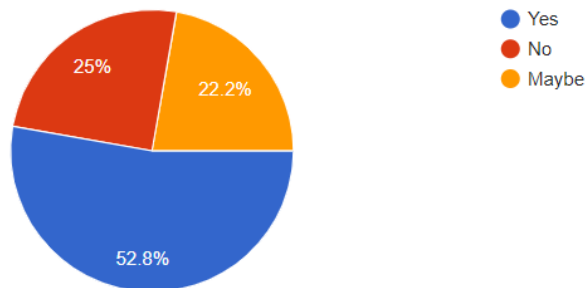
1. The aforementioned proposal shall be put before the senate at the earliest, which on being accepted, shall be conveyed to the entire sports fraternity.
2. The registrations for the sessions would start in August.

## BENEFITS

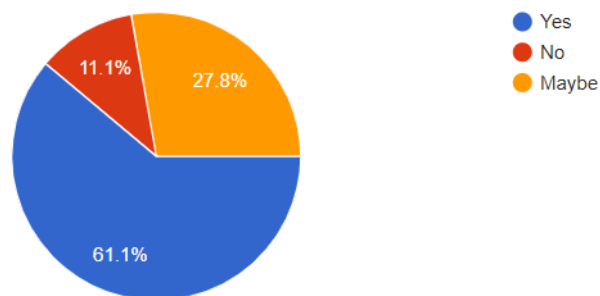
1. PG and RS students consist of almost 40% of the total student fraternity on campus. This move will tackle the sparse participation of PG and RS students.
2. This initiative will help students overcome the initial hesitation faced while starting a new endeavour.
3. The sessions would further lead to increased participation in summer/ winter camps.

## GENERAL OPINION

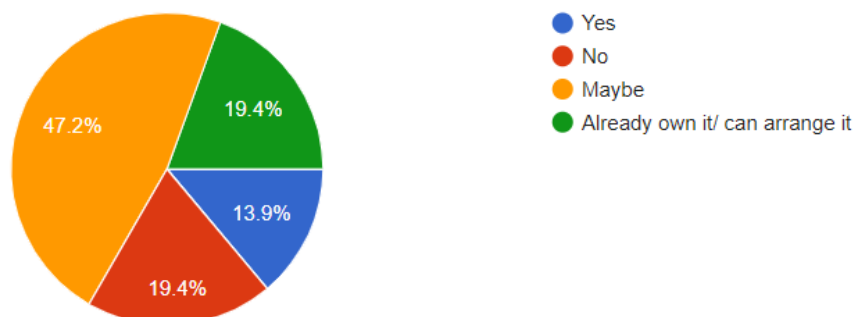
Would you be interested in attending general fitness classes based on yoga, Pilates, Zumba etc.?



Would you be interested in attending sports specific sessions/ workshops?



Would you be willing to invest in the purchase of basic equipment needed for you particular sport?



[Link to full survey](#)