



Hello kgpians !!

I'm [Shubham Jaiswal](#) contesting for the post of Secretary [Gymnasium](#) and [Weightlifting](#)., **Technology Students Gymkhana, Indian Institute Of Technology Kharagpur** for the academic session 2021-2022

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits."

My SOP is as follows:

1. First of all I believe that it doesn't matter for a sports man that where is he in this pandemic

We are not able to meet but if I become the Secretary [Gymnasium](#) and [Weightlifting](#).

I will organize a lot of events like push up **Competition, Walking, Cycling, Weight Training And Interval training** that will feel like you are in the college campus and we all are together and it will keep you motivated toward fitness

2.

Virtual Yoga Event

Yoga is a popular way to exercise and relieve stress. Yoga is a great weight loss exercise that can be done nearly anywhere. It not only burns calories but also teaches you mindfulness to help you resist food cravings.

We can organize a live event of all those competitions and announce surprise winning Gift and also, we can conduct online workshop, sessions with all the senior who has a great experience in this field .

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With the experience and knowledge that I've regarding this topic, I believe that I'm a candidate worthy enough for this post of Gymnasium and Weightlifting secretary . I request you to cast your vote to me on 26th July via ERP,

Thank You.

[Shubham Jaiswal](#):

Portfolio -[Gymnasium and Weightlifting](#)