



Mann Deshi Champions Sports Workshop 2016



Mann Deshi Champions is organising a sports camp starting from the 27th of May, 2016 at Janata School, Prabhadevi, Mumbai for 25 participants. These children have been a part of the Mann Deshi Champions program. The meet will bring together friends of Mann Deshi Foundation and well known athletes who will offer their insights on sports to the participants. During this camp, Mann Deshi aims to create a mentor-mentee network which will support the athletes and expose them to resources in the sporting world. We believe that this camp will create a platform for rural and urban sportspersons to share their experiences.

The summit will facilitate four broad sessions:

Session 1: Interaction with successful athletes

Session 2: Mentorship from coaches

Session 3: Mentor - Mentee sessions and Sports Counselling

Session 4: Medical Checkup and Nutrition



Tentative schedule of the Summit

27 May 2016 (Friday)

- 7 am : Wake up and Getting Ready
- 8.00 am : Breakfast
- 8.00 am : Briefing of logistics and arrangement
- 9.15 am : Nutrition and Sports
- Session by team of Cafe Nutrition
- 12.30 pm : Lunch
- 1.15 pm : Leave for Nehru Science Centre
- 2.00 pm : Show at Nehru Science Centre
- 5.30 pm : Freshen up
- 7.00 pm : Leave for Dinner at Shivaji Park Gymkhana
- 9.30 pm : End of the day

28 May 2016 (Saturday)

- 7.00 am : Getting Ready
- 7.30 am : Breakfast
- 8.00 am : Leave for MCA club
- 9.00 am : Fitness and Exercise session by Dr. Aijaz Sahai
- 5.30pm: Freshen up
- 7.30 pm : Dinner
- 9 pm : Marathi Movie
- 12.30 am : End of the day

Day 4 – 29 May 2016 (Sunday)

- 5.00 am : Wake up
- 5.30 am : Leave for Juhu Beach
- 6.00 am : Beach Athletics Training by Strider Group (Ravindra Sir)
- 8.30 am : Breakfast at beach
- 9.00 am : Getting ready
- 10.00 am : Review and Feedback session of the camp
- 12.00 pm : Entertainment Programme
- 1.00 am : Lunch
- 2.30 pm : Leave for Mhaswad



Resources provided to the children under the Mann Deshi Champions programme include:

- 400 Meter Running Track,
- Volleyball Ground,
- Field Hockey Ground
- Soccer and Handball Ground
- Equipments for all the major sports
- Dedicated local trained coaches
- Sports Shoes and Sports Kit for ever individual
- Nutritiously balanced Breakfast every day
- Annual Medical Camp
- Winter Camps with specialised Trainers from Pune and Mumbai
- Leadership Development opportunities through social-motor skills

Sarita's story

'My name is Sarita Bhise. Earlier I studied in a government school in Dhuldev. Dhuldev town is 5 kilometres away from my village. I daily walked and sometimes ran 10 kilometres to reach my school. All my teachers knew my strength and they encouraged me to participate in sports. At the same time, I started training with the Mann Deshi Champions and participated in state level Kabaddi and Kho Kho matches. Soon I started focusing on running on running events for 400 and 800 metre. It was a good decision to concentrate on one sport and I ended up winning several



aces. Further, I participated in a 3 month training camp of Mann Deshi champions. Our schedule was very rigorous and we practiced for five to six hours a day with our coaches. We were given fruits, eggs, dry fruits and sweet porridge for breakfast every day to support our body for such intense routine. Even the lunch and the dinner were quite healthy.

My family owns a sheep herd in the Latur area and my family often keeps going back and forth to take care of the sheep. Once when my family was in financial trouble, I had to drop out of school for a year to help with the herd. I think that year was a crucial year in making me a strong runner.

I often ran behind the sheep through boulders and farms.

Through Mann Deshi, I got selected to the Balewadi National School of Sports. I remember that selection race very well because I did not have shoes for it and I had to run bare feet in the hot sun. At Balewadi, I joined the field hockey team of the school and played at the national level 11 times. I am the goal keeper of the team. Every day we train for 4 hours along with our school work. I've just given my 10th standard exam. I wish that one day I get to be a part of the Indian Hockey team in the next few years and make my country proud. My coaches dream with me and set high standards for me. They have faith in me and so do I. '

Mann Deshi Champions:

Mann Deshi Chmpions is an initiative of Mann Deshi Foundation that aims to create a holistic environment for the overall development of rural children through sports. These children who have enormous potential mainly need exposure to hone their skills. Combined with their rich life experiences like cattle rearing, working at construction sites, farming and their intense rural life, the initiative offers sports facilities to empower them and create opportunities to broaden their physical and social skills. Since the inception of the program in 2011, Mann Deshi Champions has been able to train more than 1,000 athletes. At the moment, 32 athletes from these have represented the state at the national level.