



# Girl Power = SPORTS



***Mann Deshi Champions:*** Mann Deshi Champions Sports Academy is a program of Mann Deshi Foundation that offers sports facilities, equipment, space, training and nutrition for children and youth in Mhaswad, India. The aim of the Mann Deshi Champions is to empower rural girls and create opportunities for them to broaden their physical and social skills through sports.

***Facilities offered under Mann Deshi Champions Sports Academy***

- ✎ 400 Meter Running Track, Volleyball, Field Hockey, Soccer and Handball Ground
- ✎ Equipment's for all the major sports
- ✎ Dedicated trained coach
- ✎ Sports Shoes and Kit
- ✎ Nutritiously balanced Breakfast
- ✎ Annual Medical Camp
- ✎ Winter Camps with specialized Trainers from the City (Mumbai and Pune)
- ✎ Leadership Development opportunities through social-motor Skills and personality development

***Issues in India which will be addressed through Mann Deshi Champions Sports Academy:***

- ✎ 47 % of Indian girls are married before the age of 18 and after school dropout they start working as laborer or get married
- ✎ In India 37.2 % women experience domestic violence and community abuse
- ✎ World's 30% illiterate population lives in India
- ✎ In India most of the rural government schools are not able to provide sports facilities, coaching and sports awareness due to unavailability of appropriate resources and policies
- ✎ Caste discrimination

***Sports as a solution:***


***Unity:*** In spite of India's socio-cultural norms such as caste discrimination, sport has the power to bring everyone together. Mann Deshi's Sports program is embedded to empower children through physical, social activities and education.

***Experience Sharing:*** After the sports practice the breakfast session is used as the opportunity to gather boys and girls together in a casual environment. Every child should be given the opportunity to talk about achievements and challenges of their daily life and learn the daily life skills. . This session will consist of storytelling, motivational film watching and social game for education


***Personality Development:*** The sports' characteristics such as quickness, speed, alertness, team spirit, and strategies help athletes and especially the Mann Deshi Champions' girls to become stronger, competitive and healthier. These characteristics are important for women in developing countries. Sports makes a positive contribution to the development of children. It increases confidence, builds life skills, swiftness, physical strength, and creates social networks. This results in to girl empowerment.

***Mann Deshi Champions Sports Academy Curriculum:*** A well-designed sports curriculum is an effective platform for empowering girls in rural India.

- ✎ Session 1: 6:00 am to 6:30 am Warm-up

 Session 2: Morning 6:30 am to 8:15 am Practice.

In this session the instructor will teach the basic skills of various sports. At the end of the practice sessions there are practice games to make the children's competitive

 Session 3: 8:15 am to 9:00 am

### ***Mann Deshi Champions Sports Academy Achievements:***

Mann Deshi Champions has been able to train more than 1,000 athletes.


32 athletes of Mann Deshi Champions got selected to play at a national level.

Increased girl's participation by 20% since 2011.

Case Study: Sarita is a young tribal athlete who was trained by Mann Deshi Champions, a 13 years old Sarita who currently plays field hockey on a national level. Sarita's family lives below the poverty line. For six months, she used to live and attend school in Mhaswad, but for the remaining six months she used to migrate with her parents to cut the sugarcane at different sugarcane plantations. Her task was to help her parents to cut the sugarcane and take care of her younger brother. When she was in Mhaswad she attended Mann Deshi Champions. Today, she is in the national school of sports and the government provides her education and employment. To develop the rural community and empower women on a grassroots level, Mann Deshi Champions is using sports as a tool to improve the lives of children. As part of the curriculum girls such as Sarita who get selected for the national field hockey team visits the Academy and serves as a model for the junior players. This can help the young women to believe in their own ability, enhance the self-esteem and make their own decisions.


***Learnings from Sarita:*** Mann Deshi is not only teaches but also learns from athletes like Sarita.


 Co-ed structure Field Hockey program

 Need for special long distance running coach/trainer

***How can you sponsor?*** Mann Deshi Group is empowering girls like Sarita through sports, your donation could give thousands of Sarita a pair of shoes, equipment's, dream to represent the country and power to develop their life. As the great leader Mahatma Gandhi once said that "Women can bring positive change in the family, society and nation but to do that we need to empower women" Mann Deshi Champion believes that with our sponsors help together we can bring this change.

### ***Goals for 2016-18:***


 Empowering 100 Sarita's (Athletes at the National level)

 Advance Training for the Coach

 Increasing Girls Participation

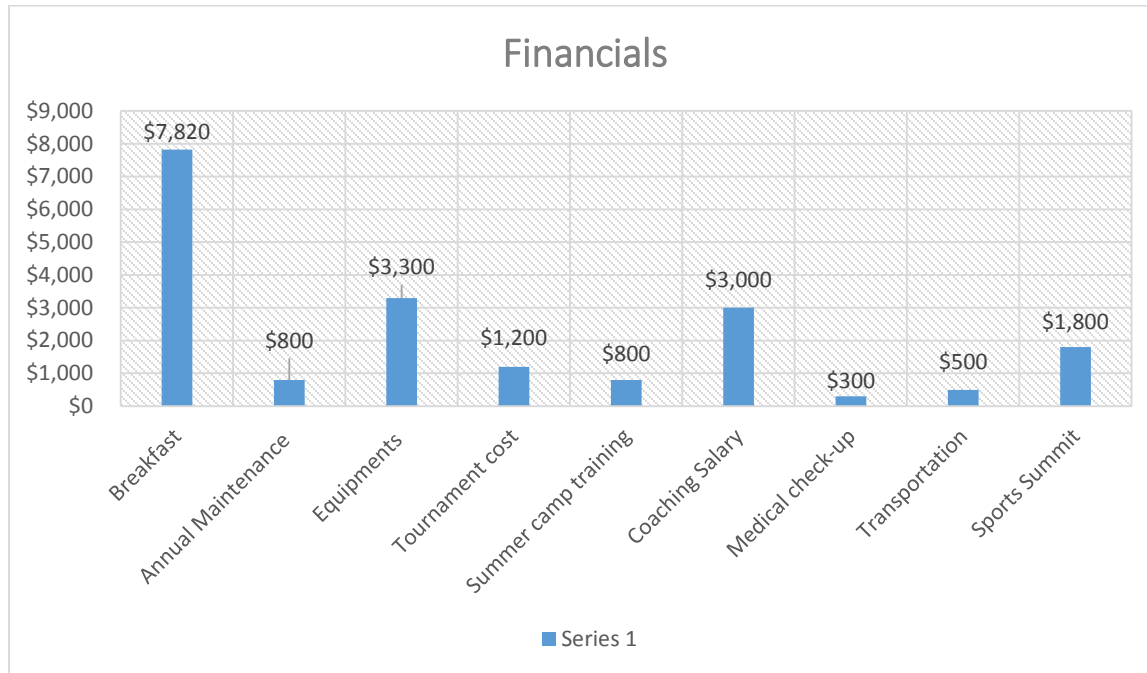
 Starting Co-ed Field Hockey program

 Advance Winter Camp for the Athletes

 Equipment Stock- Specially Wrestling and Long Distance Run

**Donors Support:** Mann Deshi Champion's program has been able to provide sporting equipment, running shoes, breakfast, training and upcoming Sports Summit to young rural children's of India.

**Yearly Financial of the Mann Deshi Champions Program:** \$19,520



**Upcoming Sports Summit Objectives:**

- 🏃 To focus on holistic development of Mann Deshi Champions athletes
- 🏃 To conduct complete health checkup and plan follow up over the coming year
- 🏃 To create mentor mentee program for excellence
- 🏃 To provide exposure to current development, opportunities and resources in sports
- 🏃 To connect urban rural sports champions

**Dates:** First week of June 2016

**Location:** Mumbai

**Curriculum for the Sports Summit:**

- 🏃 Session 1: Interaction with athletes, and listening to their stories
- 🏃 Session 2: Mentorship from coaches
- 🏃 Session 3: Mentor – Mentee sessions and Counselling and Psychology tests
- 🏃 Session 4: Medical Checkup and Nutrition and Sports

**Participants:**

- 🏃 Mann Deshi Athletes: who were selected for National School of Sports
- 🏃 Coaches
- 🏃 Athlete celebrities
- 🏃 Friends of Mann Deshi

*Smile:*

