

# Khel - a Learning & Recreational Centre

a project of Imkaan Welfare Organization



Under project Khel, Imkaan Welfare Organization focuses on providing education and recreation under one roof for children. Khel was designed specifically for the children of Machar Colony who did not go to school, worked in shrimp-peeling factories and engaged in anti-social activities that were detrimental to their development and well-being. Khel is a all nurturing, respectful, and safe environment where these children play and partake in educational, recreational and sports activities;

In the absence of State and municipal support, parents occupied with making ends meet, Khel shoulders the responsibility and safeguard's the children's right to enjoy their childhood and grow through learning. Under Imkaans umbrella, Khel has flourished as an oasis for the children of Machar Colony – our activities include, but are not limited to:

- Self Expression – Art & Craft, Writing Workshops, Performance Art
- Sport – Structured team activities
- Education and Discovery – Emotional Hygiene, Scientific Concepts (Friction, Gravity, Energy, Light, Force, Angles)
- Children's games – Indigenous and global games played by children

# INTRODUCING THE GYMNASTICS TEAM



Khel aims to provide a chance of respite to this generation of younglings with the provision of a space which is tailored to encourage children to be children. Our program aims to provide the basic needs of a child; recreation, rest, leisure, education – as identified by Article 31 of United Nations Convention on the Rights of the Child. The children of Machar Colony have no options but to work in shrimp peeling factories and spend their free time on the streets vulnerable to anti social activities including gambling,

and drug abuse. On the streets around the Colony, one can witness childhood thrive against the odds in makeshift toys; boxes, wheels, balloons, and guns. The cost of broken toys and broken children is high.

**Sports & Gymnastics:** The enhancement of physical and mental development of children is certainly the most important contribution of sports for children. Sports is used as a tool for peace and development. Khels sports & gymnastics program helps children learn sportsmanship and other life skills. Since the establishment of Khel and commencing of gymnastics classes, Imkaan has been able to train both boys and girls to form teams that participate in games locally. Trained by qualified coaches, the tremendous



talent from the community has won accolades and have participated in various events. In the future, these gymnasts will take part in the Asian Games and Olympics and become teachers sharing their skill

## Achievements in Gymnastics

- An all-boys, gymnastics team from within Machar Colony
- Karachi's very first all girl's gymnastics team
- Participated in Karachi Grammar School Sports Day
- Participated in 1st Everest Inter School Championship where students from Khel won first place in Floor exercises.
- Participated in All Karachi Gymnastics Championship, winning third position in team participation.
- Won 1<sup>st</sup> Position Girls Gymnastic Team and Best Gymnast (Girls) at Kiran Foundation, DCTO 2nd Inter-School Futsal & Gymnastics Championship.
- Won gold medal and bronze medals for boys participation at Kiran Foundation, DCTO 2nd Inter-School Futsal & Gymnastics Championship.

## HOW YOU CAN HELP US?

Youth sports can help children grow towards positive development and good relationships with others and get involved in their communities. Positive peer relationships are also encouraged through coaching as well as the physical activity. Khel in Machar Colony has created the very first gymnastics team for the community, with continued training these children can participate in the Olympics in the near future. Following is the monthly running expense for the sports & gymnastics component:

Monthly Running Expense – Rs. 150,000/-

No of students: 30



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Imkaan is registered as Social Welfare Agency registration no: 1299PCSW(S) under The Social Welfare Agency Ordinance of 1961. Donations to Imkaan Welfare Organization can be made directly to our bank account as indicated below:

Imkaan Welfare Organization

Muslim Commercial Bank, Khayaban-e-Saadi Branch

Current Account No: 0595026121003100,

Branch Code: 1451

For more information email us at [info@imkaan.org](mailto:info@imkaan.org)