Kadam Badhate Chalo Phase 3:  
Youth-Led Sports Activity Report  
13th and 14th May, 2017  
Panipat, Haryana
The Kadam Badhate Chalo (KBC) Phase 2 Sports Leadership Workshop provided the youth with the requisite skills, confidence and self-belief to become leaders, by training them to conduct sports activities. The workshop emphasized on learning how to plan and organize sports activities, communicate effectively while delivering sports activities, learn and implement various steps while delivering sports activities, recognize the important roles played by sports coaches and youth leaders as well as understand how to utilize sports activities to convey significant messages, especially about gender. The workshop allowed the youth to learn these various skills, which would help them to recognize and showcase their leadership skills, in any field of their choice – sports was only a medium by which to teach them these skills.

In Phase 3 of the KBC program, youth leaders from all the KBC locations were encouraged to plan, organize and implement public events of their choice (including sports) to spread messages about gender and equality that they have learnt through the program, to others in their communities, but also to identify future youth leaders to join the movement.

On the 13th and 14th of May 2017, 9 KBC youth leaders (5 girls and 4 boys) from Panipat district in Haryana organized sports activities for 100 children and youth (41 girls and 59 boys) between the ages of 12-18 years, from the villages of Titana, Manana and Namunda. These 9 youth leaders from Haryana were Deepti, Radha, Kajal, Pooja, Minakshi, Mohit Chabdha, Nitin Bhohat, Murslin Khan and Vikas. The youth-led sports activities were overseen by PSD (Pro Sport Development) trainers Tempa Hansdah and Gurmeet Kaur, who were supported by PRIA (Society for Participatory Research in Asia) field staff Sonia Khatri and Dashrath.

Project Partners:
**Youth-Led Sports Activities**

**Planning, Preparation & Rationale**

The KBC youth leaders had planned two 2-hour sessions on each day of the 13th and 14th of May 2017 – one session in the morning and the other in the evening. The sessions were planned in the three villages of Titana, Manana and Namunda – all villages where the 9 youth leaders reside. The first thing that they planned was the location in each of the villages where the sports activities would be held. For each 2-hour session, they selected and planned to implement 4 games. Moreover, they decided that they would talk to the participants about the KBC program and its goals, after their participation in the sports activities.

Two sessions – one in the morning and one in the evening – were held in Titana village on the 13th of May. On the 14th of May, one session in the morning was held in Manana village, whereas another session in the evening was held in Namunda village. All the sports sessions in the three villages were held in the compounds of the local government schools.

Nitin Bhohat, one of the male youth leaders from Titana village, shared the challenges he faced while getting participants for the sessions in Titana, “मैंने लड़के और लड़कियों के घर घर जा कर बोला था पर लड़कियां नहीं आई; और सबको मैं सुबह से स्कूल में इक्कठा कर रहा हूँ.” (I went from house to house in the village to inform both boys and girls about the sports session, but none of the girls I called came to participate; [On the day of the event] I was organizing the participants in the school from early morning.)

Mohit Chabda from Namunda village shared his and Pooja’s strategy of getting participants for the sports sessions, “मैंने और पूजा ने decide किया था कि मैंलडकों को बुलाऊंगा और पूजा लड़कियों को बुला कर आयेगी, क्योंकी कोई भी लडकों के बुलाने पर लड़कियों को नहीं भेजता.” (Pooja and I...
decided that I would call the boys for the sessions, whereas she would call the girls. This is because if a boy was to call the girls for the sessions, they would not be sent for the same.

The rationale of the youth leaders in Panipat for conducting these sports activities was that through them, they wanted boys and girls in their villages to know each other, learn about each other and get rid of any hesitation between them. Moreover, they wanted to talk to them about the KBC program, its objectives and how they could become a part of the same.

**Sports Activity Details**

Keeping in mind that the rationale behind conducting these sports activities with other children and youth in their villages, the youth leaders of Panipat chose the following games to conduct with the participants: Group Up, Circle Dodgeball, Continuous Cricket Captains, Straddle Ball, Line Up, Team Relay and Beat the Ball. For each session in the different villages, the youth leaders leading the activities decided on conducting a few of the games described above, depending on several factors including number of participants, space, time and equipment available.

Most the participants in the sessions were from the village where the session was being conducted itself, though for some of the sessions, participants from other villages joined in as well. All the participants in the three villages were studying in school between Class 6 to 12. School children were targeted for these sessions on purpose, as it made it easier for the youth leaders to get space within the schools where these children studied to conduct the sports sessions. Also, conducting the sessions with the school children in the schools would attract other children to the activities. Overall, the participants involved in the sports sessions thoroughly enjoyed themselves and the games they played. Moreover, the objective of mixing up the girls and boys via the sports activities was successfully achieved.
Deepa, a girl from Namunda village said of her experience of participating in the sports sessions led by the KBC youth leaders, “हमने ऐसे गेम कभी नहीं खेले थे; बहुत अच्छा लगा सबके साथ खेल कर.” (We never played games like these before; we felt really good playing these games with everyone.)

Ram Avatar, a boy from Namunda village said, “लड़के और लड़कियाँ एक साथ खेल सकते हैं, ऐसा पहले कहां नहीं देखा था.” (That boys and girls can play sports together, I had never seen this anywhere before.)

**Support to Youth**

The trainers from PSD and PRIA both assisted the youth leaders in various ways to allow them to conduct the sports activities. PSD provided the youth leaders with the sports equipment, to allow them to follow some of the games from the KBC sports manual that they had received during the Sports Leadership Workshop. Moreover, the PSD trainers assisted the youth leaders in their planning before delivering the games. During the sessions, both PSD and PRIA’s trainers motivated and encouraged the youth leaders who were implementing the games, and also provided any assistance when required. They also took part in the discussions about the KBC program that was led by the youth leaders. After the end of the each of the sports sessions, PSD’s trainers provided feedback to the KBC youth leaders about how the sessions were implemented, what went well and what could be improved. One of the points emphasized in the feedback provided was the importance of pre-planning for the sessions, where the youth from Panipat had fallen short slightly.
Impact, Lessons & Challenges

Conducting sports activities in their own villages was a challenge but also an excellent learning curve for the KBC youth leaders from Panipat. They managed to organize and implement the sports activities as best to their abilities. A common feeling amongst all the youth leaders after implementing these sports programs was one of pride – feeling proud of their accomplishments. Organizing and implementing such sports activities taught the youth leaders about how to work with children and other youth. They also learnt about time management (how to manage their sport activities within a specific time limit), maintain discipline amongst the participants during the activities and also how to utilize sports to convey their messages.

One of the main challenges faced by the KBC youth leaders from Panipat was to collect children and other youth of their villages to participate in the sports activities. It became clear to them that if male youth leaders invited girls from the village to these activities, they would not be sent. Hence, subsequently in other villages, this responsibility was divided between girls and boys.

It was also noticed that the KBC youth leaders in Panipat had utilized many of their learnings from the Sports Leadership Workshop that they had participated in. All the games were conducted step by step, according to the game delivery protocol they had learnt. Safety during the sessions was ensured, as the youth leaders checked all the equipment used as well as the area that the sports activities were implemented. Moreover, emphasis was laid on the de-briefing during the games as well as motivating and encouraging the participants. Finally, it was good to see the youth leaders working as part of a team, by dividing the responsibilities amongst themselves.

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[Images of project partners logos]
Murslin Khan, one of the youth leaders from Namunda village said of his experience of organizing and implementing the event, “मुझे आज बहुत गर्व महसूस हो रहा है क्युंकि जो लोग हमें comment pass करते थे, वो आज हमारी बातो को सुन रहे थे.” (I feel very proud today, as those youth who used to pass comments on us, today they were listening intently to what we were saying)

Nitin Bhohat, youth leader from Titana village said of his experience, “मैं तो रात भर सोया नहीं, यही सोचता रहा कि सुबह सब कैसे होगा. लेकिन सब इतना अच्छा हुआ और अब मेरा confidence और बढ़ गया है.” (I did not sleep the entire night as I kept thinking how would the program go in the morning. But, it went very well and now my confidence has grown.)

In fact for all the KBC youth leaders who implemented these sports activities, the general feeling was that their confidence had increased, in particular while interacting with other children and youth. Moreover, it provided belief in themselves to conduct such events independently. Lastly, the general feeling amongst the youth leaders was that they felt planning to be a very important tool in any work.

With regards to the children and youth who participated in the event, for many of them it was the first time they participated in games with both girls and boys. This helped them start talking to each other more freely, and getting to know each other. This made it easier for them to work together.