



**Kadam Badhate Chalo Phase 3:
Youth-Led Sports Activity Report
15th and 16th May, 2017
Sonapat, Haryana**



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Background & Context

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 15th and 16th of May 2017, 3 KBC youth leaders (1 girl and 2 boys) from Sonapat district in Haryana organized sports activities for 49 children and youth (22 girls and 27 boys) between the ages of 12-18 years, from the villages of Rajpur and Rajlugadhi. These 3 youth leaders from Sonapat were Vikas Ranga, Rohit Ranga and Sanju. 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.

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Youth-Led Sports Activities

Planning & Preparation

The KBC youth leaders in Sonapat planned one 2-hour sessions on each day of the 14th and 15th of May 2017 – both sessions were in the evening from 4pm to 6pm. The sessions were planned in the two villages of Rajpur and Rajlugadhi. The sessions included a mix of school children as well as community youth. The sessions in both villages were held in the local village government schools – the one in Rajpur was held within the compound of the school whereas the one in Rajlugadhi was held outside the compound of school, in the school playground.



Even though the youth leaders in Sonapat had organized the event by identifying participants and venues, they did not spend much time and thought on planning event activities. They did not identify in advance what games they would be playing, and how they would be structured within a 2-hour session.

Rationale & Sports Activity Details

The rationale behind conducting the event was to mix-up the boys and girls from the villages, and get them comfortable with each other, in particular while playing sports games. Moreover, the youth leaders wanted to create a group of children and youth in the local schools and communities with the help of sports activities. The sports activities conducted by the youth leaders in Sonapat during the two sessions were: Circle Dodgeball, Line Up, Down & Out, Dragon's Tail, Captain Continuous Cricket, Fruit Salad and Bulldog.

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While conducting the games in the sessions, the youth leaders implemented the sports activities well, but lacked in a few areas. Firstly, they were not using de-briefs within the games to convey



to the participants some of the messages about gender, equality, teamwork, etc. Secondly, they did not link the games to the KBC program and its values. The Sonapat youth leaders were more focused on solely conducting the sports activities, ensuring that the children enjoy themselves, and the girls and boys start mixing together. But, the activities would have had a greater

impact if they also delivered some of the important messages through the games.

Support to Youth

PSD provided the youth leaders with the sports equipment, to allow them to follow the games from the KBC sports manual that they had received during the Sports Leadership Workshop. More importantly, the PSD trainers provided feedback to the KBC youth leaders about utilizing



de-briefing questions and discussions during and after the sports games, linking the games to the KBC program as well as utilizing the sports activities to deliver some of the messages about gender, equality, teamwork, communication, etc. Also, the PSD trainers discussed with the youth leaders about prior planning for such events - the importance of the same and how to go about doing so. At the end of the

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two day event, PSD's trainers provided feedback to the KBC youth leaders about how the sessions were implemented, what went well and what could be improved.

Impact, Lessons & Challenges

The participants taking part in the sports activities thoroughly enjoyed themselves, and it was seen that the KBC youth leaders were successful in utilizing sports activities in mixing up the girls and boys. Seetal and Neha, two girls who participated in the sports activities, said of their experience, “हम लोग इस तरह के गेम कभी नहीं खेले; आज सबके साथ मिलकर खेलना बहुत अच्छा लगा, और लडकों के साथ भी पहली बार खेल रहे हैं.” (*We never played games like these before; today it felt great to play these games together with everyone; we also played sports for the first time with boys.*)



The KBC youth leaders from Sonapat did very well in organizing the sports activities. They felt happy after doing the same, and also it helped them grow in self-confidence. Two youth leaders from Sonapat, Sanju and Vikas, have been conducting KBC games in their school

every Saturday. They were of the opinion that sports is a very good way to organize youth into groups. Though the performance of the youth leaders conducting the sports activities in Sonapat was overall very good, there were few areas they can improve in, especially in delivering the games. They need to utilize these games to spread messages about KBC, as well as link the games to the KBC program. This can be achieved by having regular de-briefing sessions during and after the games. Also, it was noticed that the three youth leaders were getting a bit nervous while talking to the children, especially those that they had never met before. Working on their communication skills will help them not only in delivering these games better, but also in their everyday lives.

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