



# KHEL VIKAS ANNUAL REPORT 2014/2015



[Click here to watch a short video on Khel Vikas](#)



Gram Vikas (GV) has over 35 years of experience in working with marginalised and underprivileged communities, and also runs residential schools for underprivileged tribal children in Odisha. The project is currently working with youth in these GV residential schools, as well as within several GV communities.

### **What is Khel Vikas?**

Khel Vikas (KV) is a sport development project run in partnership between Gram Vikas and Pro Sport Development.

### **What are the aims?**

KV seeks “to provide every underprivileged (and tribal) child in Odisha the right to play that ensures their holistic development and fosters their growth as confident and competent learners as well as to help those that have the talent and desire, to excel at an elite level.”

- *Regular participation in sport*
- *Chance to compete*
- *Support infrastructure, equipment and coaching*
- *Holistic development of students*
- *Focus on girls playing sport*
- *Training support for Coaches & PE Teachers*

### **Who does it work with?**

KV serves the underprivileged and tribal populations of Odisha living in remote areas where government schools and sporting opportunities are not readily available. It operates in the four GV residential schools for tribal children, three government schools in the locality and the local community through programmes and events.

### **How does it work?**

KV runs two broad types of programmes; PE/Recreational sports programmes and Competitive/Elite sport programmes. These programmes run in two types of settings – firstly, within the GV Schools in Odisha. These are referred to as KV Sports Academies. Secondly, programmes are run in communities that are located in GV areas of operation. These programmes involve providing coaching and support for running after school programmes, as well as training coaches. These are referred to as Community Sports Outreach programmes.

These programmes combined serve as feeder centres for the KV Centre of Sporting Excellence (CoSE), which is currently running from GV's Mohuda Campus. The KV CoSE focusses not only on the sporting development of highly talented athletes, but also puts emphasis on their personal and professional development.

The project is currently implemented by PSD, who train and employ the coaches and PE teachers. Furthermore, the management and administration of the project is also over seen by PSD, with support from GV, including funding, infrastructure and liaising.



Pro Sport Development (PSD) is a sport development organisation that focuses on the development of sport at the grassroots level. PSD provides youth, especially those from marginalised and underprivileged communities, the chance to sustainably participate in regular sporting and physical activity. Moreover, PSD also aids in the development of talented and motivated individuals, by providing support for them to succeed at elite levels in their sporting discipline.



# Khel Vikas Highlights 2014/2015



## Events Held



Annual Sports Days in each GV School

Annual Interclub Weightlifting Competition



Odisha State Weightlifting Championships 2014

Community 5k Run 2014



RGKA Block Level Weightlifting Competition 2014

[Click images to watch a video of the event](#)

## Major Achievements

1,300 children receiving 2-3 lessons of physical education per week

24 after school programmes running in KV academies, in 7 sporting disciplines

3 community programmes running in government schools

Over 80 sports coaches trained from the local community



## Weightlifting in 2014/15

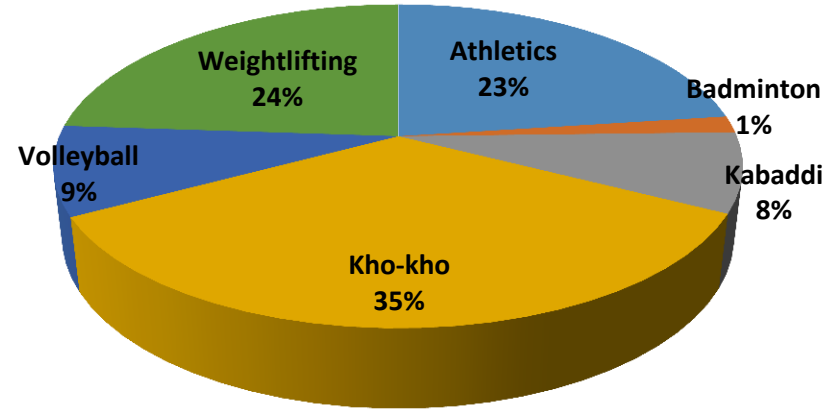
- 11 National Medals
- Represented 42 times at National level
- 78 medals won at National, State & District, 34 of which were Gold
- Represented 127 times at National, State and District, 68% female representation



## Athletics in 2014/15

- 19 medals won at State & District level, 12 of which were Gold
- Represented 59 times at State & District level, 44% female representation

## Khel Vikas Represented 606 times in 2014/15



## Key Developments

There were certain key programmes which were introduced to aid the athletes in their professional and personal development:

- Nutrition programmes to aid the athletes in their performance and minimising chances of injuries on a frequent basis.
- English and IT lessons were introduced to the CoSE athletes, with a specialist being appointed to cater to their needs.
- A physiotherapist was brought in to initiate rehabilitation and injury prevention programmes.
- Full-time PE teachers were introduced in all the four Gram Vikas Schools.

KV has already laid the foundations of a Long Term Athlete Development pathway within Odisha which has increased participation, performance and enjoyment among the students.

## Infrastructure Developed/Refurbished



1x Centre of Excellence for Weightlifting

1x Weightlifting Hall



3x High Jump/Long Jump Pits

6x Volleyball Courts



2x Badminton Courts

2x Kabaddi & 4x Kho-Kho fields





# Khel Vikas Physical Education 2014/2015



The Khel Vikas Physical Education (PE) programme is the cornerstone of the project, as it allows all GV school children to participate regularly in physical activity, learn the fundamental movement skills important to becoming physically literate as well as engage in a variety of sports and games. Currently, the PE programme caters to 1,300 children across the four GV schools.

In 2014-15, the KV PE programme received a boost as full-time PE teachers were appointed at all four GV schools. This was also the first year wherein the GV schools were introduced to a structured PE curriculum. Moreover, regular training, monitoring and evaluation was provided to the PE teachers as part of the new curriculum.

## Objective

*“To provide young children access to quality physical education that ensures their holistic development and fosters their growth as confident and competent learners.”*

## Aims

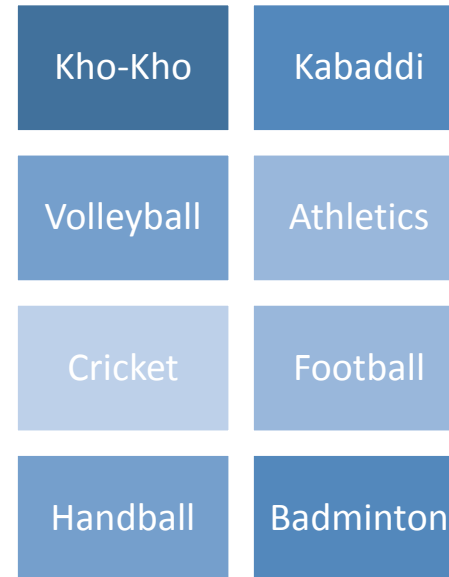
- Regular participation in physical activity.
- Introduction to a variety of sports in a structured & goal-oriented manner.
- Develop fundamental movement skills.
- Experience enjoyment in PE by creating an engaging environment.



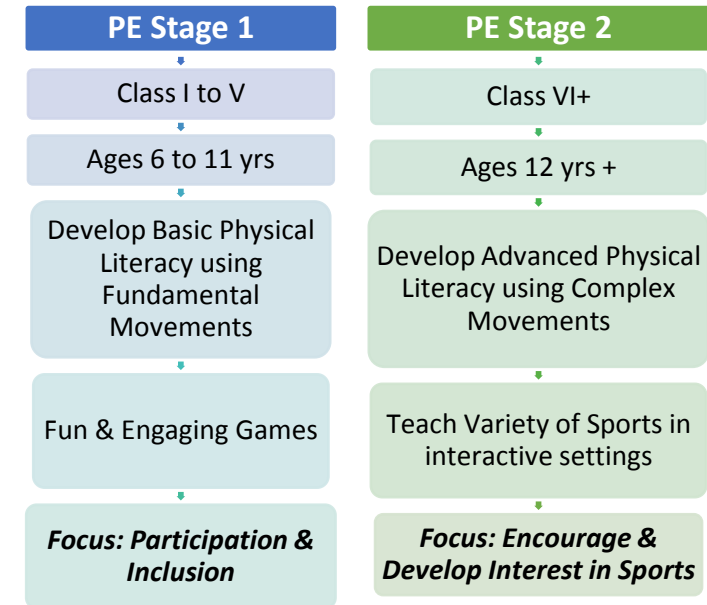
## Values

- **Inclusion** – Children of diverse ability & background **MUST** be encouraged to participate in PE.
- **Positivity and Inspiration** – Positive attitude of the teacher resulting in a positive attitude from the children.
- **Fun** – Enjoyable atmosphere which promotes learning in a fun and proactive manner.

## Focus Sports



## Curriculum Layout



## Focus Skills





# Khel Vikas Sports Academies 2014/2015



## Athletics

- Started in March 2014.
- 49 participants, including 7 girls.
- Full-time programme introduced in Rudhapadar School.
- 3 coaches in the project.
- Highlight of the year: Participation in Open State.
- Aim for next year: Win medals at Open State.

## Badminton

- 12 participants, including 6 girls.
- Students were trained according to coaching methods and techniques from BWF.
- Badminton Equipment worth Rs 16, 170 collected through Sporting Gift Campaign.
- Highlight of the year: Competition Debut at Open State Competition.
- Aim for next year: Increase participation numbers.

## Kho-Kho

- 95 participants, including 55 girls.
- Structured programme introduced in Th.Rampur School.
- Teams from the Junior level have started Kho-Kho.
- Programme started in Rudhapadar School.
- Highlight of the year: Competing at State.
- Aim for next year: Participation in Nationals.

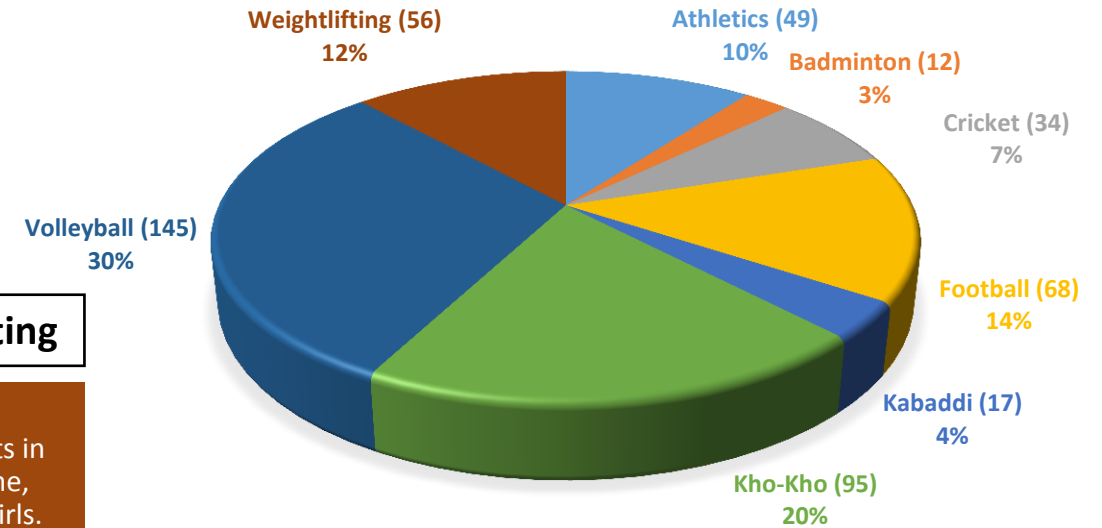
## Volleyball

- 145 participants in the programme, including 59 girls.
- Programme started at Rudhapadar.
- Community programme started at Mohuda.
- Volleyball equipment worth Rs 22,540 collected through Sporting Gift Campaign.
- Highlight of the year: District Champions.
- Aim for next year: To become state champions.

## Weightlifting

- 56 participants in the programme, including 27 girls.
- Centre of Sporting Excellence initiated.
- Re-start of Lathi Community Programme.
- Review of nutrition programme.
- Highlight of the year: Centre of Sporting Excellence
- Aim for next year: To win more medals at Open Nationals.

## 476 PARTICIPANTS IN KHEL VIKAS SPORTS ACADEMIES ACROSS 8 SPORTS IN 2014/2015



## 174 GIRLS PARTICIPATING WEEKLY (37%)



## Athletics

- 53 athletes participated in competitions.
- Khel Vikas was represented 139 times in competitions.
- 59 medals won. *(all competitions including Block level)*

## Kho-Kho

- 77 athletes participated in competitions.
- Khel Vikas was represented 210 times in competitions.
- 107 medals won. *(all competitions including Block level)*

## Volleyball

- 29 athletes participated in competitions.
- Khel Vikas was represented 45 times in competitions.
- 11 medals won. *(all competitions including Block level)*

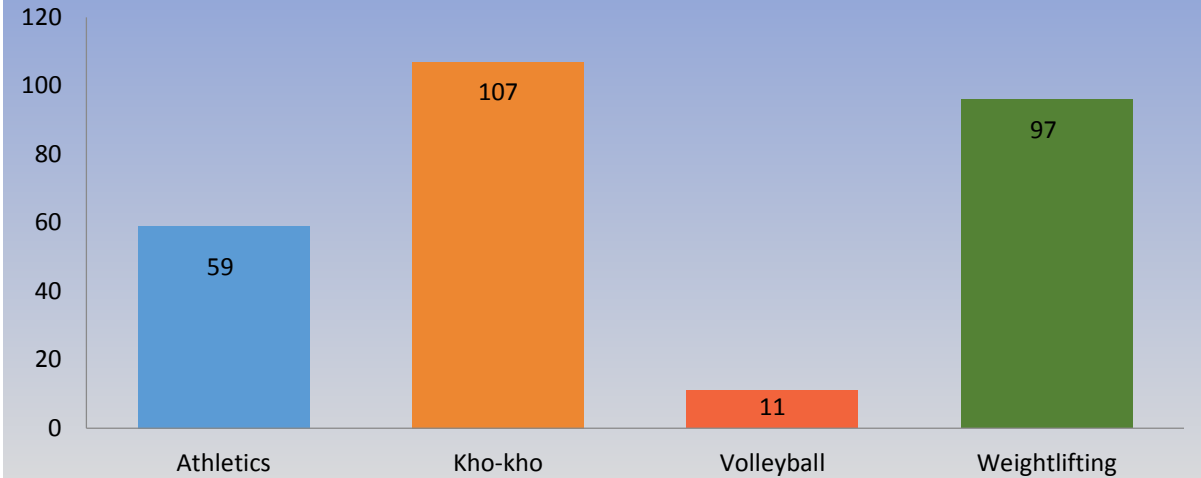
## Weightlifting

- 33 weightlifters participated in competitions.
- Khel Vikas represented 149 times in competitions.
- 97 medals won. *(all competitions including Block level)*

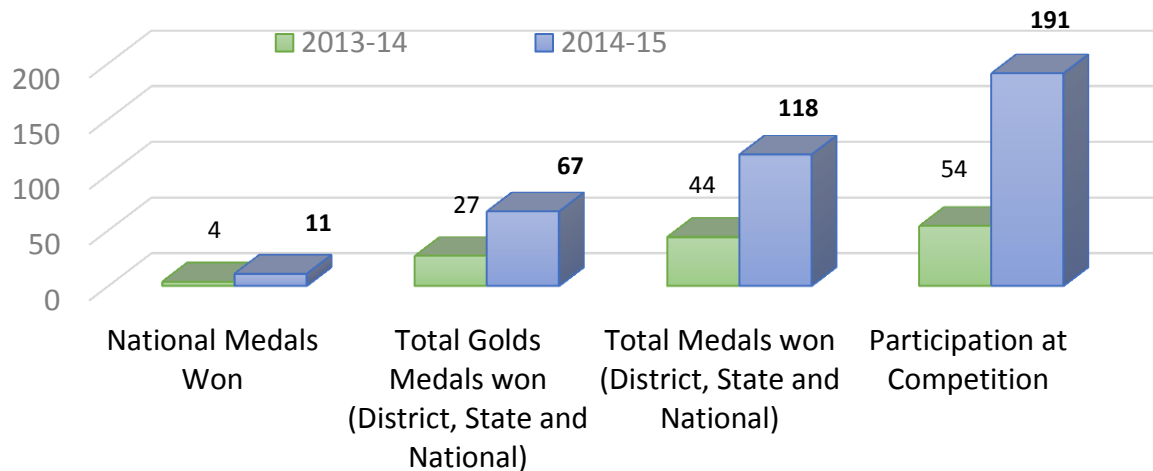
# Competition Season 2014/2015



## 273 Medals Won in 4 Sports in 2014/15



## Competition Season Stats





# Khel Vikas Events 2014/2015



## KV Inter Club Tournament

- The annual Inter Club Weightlifting competition was the first tournament organised at the Centre of Sporting Excellence (CoSE) in August, 2014.
- 60 athletes from Weightlifting clubs in Berhampur participated in the event.



## KV 5K Run

- The 2<sup>nd</sup> Annual 5K Run was organised from Tamana Village to GV campus in Mohuda in September, 2014.
- Close to 500 youth participated in the run which involved students from GV Kankia school, nearby government schools, colleges and the local community.



## RGKA Block WL Competition

- RGKA (Rajiv Gandhi Khel Abhiyan – Rural Sports Competition) Block Level Weightlifting Competition was the third event organised at the Khel Vikas CoSE.
- 25 athletes participated in the event, most of them being from Khel Vikas.



## Gram Vikas Sports Days

- Sports Days were organised in all the 4 Gram Vikas schools in Kankia, Rudhapadar, Koinpur and ThRampur.
- The majority of the Students from all schools were encouraged to participate in these events, which they did with great enthusiasm.





# Khel Vikas Events 2014/2015



## Odisha State WL Championship

Khel Vikas reached a significant milestone in its short two-year history, when it was requested by the Odisha Weightlifting Association to host the Odisha State Weightlifting Championship 2014/15 at its newly established Centre of Sporting Excellence (CoSE). It was an honour for Khel Vikas to host the event, which was organised over a two day period in November, 2014.

To add to the grandeur of the event, Khel Vikas secured sponsorship for the event from Hero MotoCorp, known to support high profile sports events across India. The 2014/15 edition of the State Championship had more than 150 weightlifters, from across 12 Districts in Odisha, compete in Youth, Junior & Senior categories.







# Staff Experiences 2014/2015



**Ellie Hall, Northampton, UK**

**English & IT Tutor Intern**

*(September-November, 2014)*

'It was extremely refreshing to see Khel Vikas athletes filled with such enthusiasm to learn that it made my job extremely enjoyable and thoroughly rewarding.'



**Vivek Ramanarayanan, Chennai, India**

**Communications & Social Media Intern**

*(September-March, 2014)*

'It was fascinating to see the enthusiasm and desire of the Khel Vikas athletes that's continuously improving them, with a motivated team at PSD that is pushing them to achieve their goals.'



**Reshma Chowdhury, West Bengal, India**

**Sport Management Intern**

*(September-November, 2014)*

'I am truly grateful to be part of this incredible organisation which is working to make a difference in rural Odisha through sports and what I have seen in three months is highly commendable.'



**Colm O'Toole, Dublin, Ireland**

**Physio & Athletic Therapy Intern**

*(July-December, 2014)*

'Khel Vikas is well organised and growing all the time and I wish them the very best of luck with a very worthwhile venture.'



# Participant Experiences 2014/2015



**Jayaram Majhi, Gram Vikas Sikshya Niketan, ThRampur School, Class VII, Kho-Kho**

“Before we never had a boys Kho-Kho team. Thanks to Khel Vikas we now have a team and two of our athletes went on to play at state level. My aim is to play at national level next season.”



**Alpiash Raita, Koinpur School, Class VII, Volleyball**

“With the help of Khel Vikas, we got to play in our first competition and watching other teams play at competition has given us extra motivation to practice and play even harder.”



**Kiran Kumar Sabar, Mahendra Tanaya Ashram School, Koinpur, Class IV, PE Class**

“Khel Vikas PE classes keep me fit and keep my body and mind fresh. I find that I now have more focus in class”



**Pabita Nayak, Gram Vikas Residential High School, Kankia, Class IX, Badminton**

“I watched Saina Nehwal playing Badminton on TV; her game and personality inspired me to play the sport. Now because of Khel Vikas Badminton programme I aspire to become like her one day.”



**Radha Sabar, Mahendra Tanaya Ashram School, Koinpur, Class VII, Volleyball**

“Doing exercise and playing sport keeps me fit.”



**Kanu Sabar, Koinpur School, Class VII, Kho-Kho**

“We were interested in sport from the start of our school days, but it was only since the inception of Khel Vikas that we got to play regularly.”

“I would like to thank Khel Vikas for providing our team with extra nutrition.”



**Nikitha Panda, Lathi High School, Class VIII, Weightlifting**

“Before Khel Vikas, weightlifting was a recreational sport. Good support from KV has helped us develop and now we are participating in competitions.

**Note:** All quotes were originally given in Oriya; they have been translated from Oriya into English for the benefit of the readers.