

Amar's Story

Najafgarh, January 2017



Amar Gupta, a B.A. 3rd year student from New Delhi, comes from a conventional family. His father has a small business in Dwarka and his mother is a homemaker. Amar has a positive opinion about gender equality and he is also interested to work towards the betterment of society. This led him to become a volunteer at Samajik Badlav Trust (SBT) in 2016.

Amar believes that his generation spends a lot of time on digital media instead of playing sports. Amar likes to play basketball and cricket. He has also practiced gymnastics at school level. Throughout his schooling, Amar had limited interaction with girls of his class but during his graduation he has made a few friends of the opposite gender. He thinks there is a lot of injustice done against

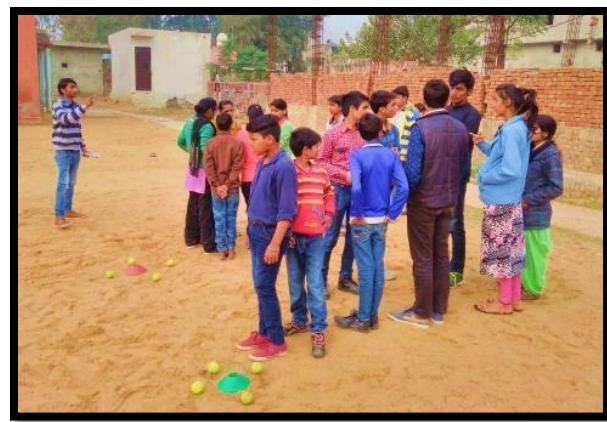


women in our society and he wants to help women in making them understand their equal rights. This motivated him to participate in the Kadam Badhate Chalo (KBC) program.

During Amar's participation in the KBC Sports Leadership Workshop, there was a challenge given to the participants in which they had to demonstrate a game using only one of the three techniques for effective communication viz. Verbal, Visual/Demo and Drawing/Writing. Amar was a part of this activity, and he had to explain the game given to him using only Writing/Drawing. He did an excellent job in this activity and completed the challenge with maturity far beyond his age. The workshop trainers appreciated Amar's leadership potential. They mentioned how this activity turns out to be difficult even for experienced coaches, but Amar's performance was better than most of them.

The three day workshop enhanced Amar's potential and gave him a path forward to work on his aim. Amar expressed his feelings:

"Mujhe bahut kuch seekhne ko mila iss workshop se. PSD ke trainers ka presence of mind aur activeness dekh ke mein kafi preyrat hua. Mein pehle bahut jaldi gussa ho jata tha par mene ye seekha ki dimaag ko shaant rakhna ek leader ki sabse zaroori gunn hai, Jese Suheil sir ne shaanti se har situation ko handle kiya mein bhi waise hi koshish karunga karne ki"



(I got to learn a lot from this workshop. The PSD (Pro Sport Development) trainers showed all the qualities a trainer/leader should possess including their presence of mind and activeness. I get angry very quickly, but I understood that having a calm mind is very important quality of a leader. The way Suheil Sir handled every situation with calmness inspired me a lot and I will try to replicate that in my life going forward).

With the help of the KBC Sports Leadership Workshop, Amar experienced the challenges a leader has to face and the effective skills to overcome those challenges.