

# KHEL VIKAS

*Impact of the programs on the tribal youth of Odisha*







*Pro Sport Development (PSD) ensures that close to 1,500 children receive regular exercise by participating in a structured Physical Education program, along with yoga sessions in the evening. Moreover, children are educated on general health and well-being issues during these classes, including personal hygiene, basic first aid, a balanced and nutritional diet, proper hydration as well as injury prevention.*





*Dropout rates for girls in primary and secondary schools in India is very high, especially in the hinterlands. At the Khel Vikas schools, PSD's sports programs have enhanced the schooling experience of girls, by introducing activity based learning. These programs have empowered the girls to instill them with confidence and leadership to make informed choices for their futures, including thinking about possibilities for higher education.*





*Sanatana Mallick, a senior Weightlifter at Khel Vikas, comes from an impoverished family in Ganjam, Odisha, the first of his siblings to continue his formal education. Having achieved medals at District, State and National competitions, Sanatana one day dreams of representing India at the Olympics. More importantly though, participation in sport has made him realise the importance of an education, especially to secure a brighter future for him and his family. He would like to complete a college degree in the future, and PSD's program has been assisting him in achieving this goal.*



*Sport has the power to spread camaraderie, forge friendships and bring together communities. PSD's sports programs cut across the barriers of gender, social class and religion, offering programs to all school children. In a state where communal and religious violence has surfaced its ugly head at regular intervals in the past, the children at Khel Vikas are taught to be a part of a diverse group and learn how to work together in a team.*





*The Khel Vikas Community Outreach Program has, till date, trained 80 youth from local communities within Odisha as sports coaches and PE teachers. These training programs focus on imparting skills such as effective communication, organisation and planning, team building as well as confidence and leadership, all of which are applicable in any occupation. The Khel Vikas project has enabled these participants to be ambassadors for sport within their local communities, engaging and educating other youth in different sporting activity.*



# NATIONAL WEIGHTLIFTING CHAMPIONSHIP

Organised by  
**ASSAM WEIGHTLIFTING ASSOCIATION**

*Under the Aegis*

**INDIAN WEIGHTLIFTING FEDERATION**

22nd to 29th December 2013

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*Many Scheduled Tribes (ST) and Scheduled Caste (SC) groups in India are marginalised, and often secluded from mainstream activity. Sport is a great way to initiate and sustain this integration. At Khel Vikas, 95% of the children we work with are from ST and SC categories. Sitamani Hembram, from the Santal Tribe in Mayurbhanj, representing Khel Vikas and Odisha at the National Weightlifting Competition, symbolizing the equality that can be achieved through sport.*



*Odisha, being a Maoist affected state, has been conflict-ridden for many years. PSD is working in two schools situated in the conflict-affected districts. Engaging children from these schools in sporting activity, in a safe and nurturing environment, keeps them away from conflict. By learning about the importance of friendship and camaraderie, equality, self-discipline, respect for others and teamwork, the children are provided with tools to make better decisions.*





*Baidehi Majhi – a story of courage and determination. Upon completion of her schooling, merely 17 years old, there was severe pressure on Baidehi to get married in her village. Baidehi, though, wanted to study further and continue her weightlifting. As the pressure grew, she decided to run away from home, and returned back to her school. Here, she was provided shelter, and enrolled into a degree program at a nearby institution. Today, she is in her final year of College, and continues her Weightlifting career at the Khel Vikas Centre of Excellence, where she is supported in her sporting, personal and professional goals. She hopes to become a coach in the future, and support other talented female athletes.*







***For more information:***

***Website: <http://www.prosportdev.in>***

***Email: [info@prosportdev.in](mailto:info@prosportdev.in)***

***Office Phone: +91-8895960130***