

Aakanksha Seva Sadan

Muzaffarpur, Bihar

Yearly Report from July 2022 to June 2023

Introduction of Organization & Project “Chhalaang”:-

An initiative by ELMS Sports Foundation and Aspirational District Collaborative (Piramal Foundation) in consultation with NITI Aayog with the help of “Aakanksha Seva Sadan” in Muzaffarpur, Bihar.

The Program: ELMS Sports Foundation and Piramal Foundation proposes to run ***Project Chhalaang***.

Objectives:

The program aims to develop Social Emotional Learning (SEL) and physical skills amongst children which will lead to improvement in learning outcomes (cognitive and non-cognitive), encourage girl children participation in schools, improve attendance for all the children, and ensure retention.

Summary:

ELMS Sports Foundation will run physical literacy programs in 1000 schools in 10 districts. The program will focus on enhancing the learning outcome of the students in the area of life skills and physical skills. The teachers will take up three projects in a year, namely Swasth School (assessment), Khel Mela (inclusive and cooperative games) and Khel Utsav (competitive games). The program will include stakeholders like the education department, district administration, local grassroot non-profits, and communities.

Measurable Outcomes:

- Enhancement in learning outcome of the students in physical skills by 40% to 52%, and will improve life skill learning outcomes by 27%.
- Students, who have athletic potential, will also be identified.
- 50 hours of yearly physical education would be ensured for every student.
- Statistically significant improvement of girl child participation in sports activities.
- Statistically significant improvement in attendance in girl and boys Students.

Summary of the Report from July 2022 to June 2023

We are glad to inform you that we are working aggressively with proper interest on chhalaang project. Here we are sharing the yearly report of Project Chhalaang from July 2022 to June 2023. In this report, we are sharing all the details that we have performed in 1 year over the Project Chhalaang. Below we have listed all the activities that we have performed in last one year. Kindly review the below shared points in detail:

1. **School Mapping**
2. **Workshop with ELMS Team**

3. School Visit
4. School Visit for Workshop Purpose
5. Preparation for the Workshop
6. Workshop with Principals, P.E. Teachers and Nodal Teachers
7. Distribution of Sports Kits in all 50 Schools
8. Swasth School Assessment
9. Regular Activities between the students During the School Visit
10. Gaming Activities in Schools by Teachers and Field Coordinator in Chhalaang Project
11. Community Mobilization (Summer Camp)Namely (EK KADAM TANDRUSTI KI OOR)

Now, We Are Sharing The Detailed Report

We are happy to inform you that our Chhalaang project is running smoothly in all the selected schools respectively.

School Mapping

Our field coordinators visited entire area of the Muzaffarpur in six Blocks finalize the school list and the suitable root map so that we can expense less time in travelling during school visit. During the school mapping we have created the initial relationship with the school principals and p.t teachers. We have already shared the list of selected 50 schools.



Workshop with ELMS Team

After the school mapping we have attended the workshop regarding the chhalaang Project at Muzaffarpur that were arranged by ELMS team.



PROJECT CHHALAANG - BIHAR

2 DAYS RESIDENTIAL WORKSHOP PROGRAM
DISTRICT- GAYA & MUZAFFARPUR
DATE- 6 TH & 7 TH SEP, 2022

School Visit

As we discussed above that we have finalized the school mapping, after finalizing school mapping we started the school visit one by one respectively to create a good bonding between school officials and us.

Apart from this, we are excited to inform you that we have also communicated with the children along with the PE Teachers, principals and other teachers and we have received very good response from other side.

Also, we have conducted some activities among the students like Introduction, **Bal Geet**, **Chetna Geet**, etc. in the presence of their teachers. Below we have shared a snapshot of **Bal Geet** activity for your reference:





As we mentioned above that during the school visits, we have created a good relation with principal and p.t teacher of all finalized schools. Below we have shared the few images of our field coordinators with the principals that clearly depicts the bonding and relation with the school staffs.

See the below shared snaps:





School Visit for Workshop Purpose

As we are visiting schools regularly, here we would like to inform you that we have also visited all schools to conduct a workshop with the principals of all finalized schools at one of the selected places. We have also discussed with the principals to come to a centre location for the workshop regarding information about the Project. The purpose of this workshop is to create a strong bonding between this program and school staffs. Below we have shared few snapshots for you reference:



Preparation for the Workshop

Also, we have arranged team meeting for the preparation for workshop and we have discussed on a lot of points that we will face in workshop. See the below shared snapshots for your reference:

Workshop of Non-Residential P.E. Teacher's Training (50)

As we all know that we have done the workshop with the P.E. Teachers of our selected 50 schools at **Teacher Training College, Patahi Muzaffarpur on 17th and 18th of October 2022** and we glad to inform you that our workshop was successful in all point of views. We have also got full cooperation and support from the College staffs who came to join our workshop, and from Piramal, Gandhi Fello staffs, NDRF Soldier and college students's as well. The main purpose of doing the workshop is to aware the P.E. teachers about the Chhalaang Project and also the importance of physical education for both students and teachers as well. Our successfulness of workshop will be clearly shown in the below shared snaps:











School and our Organization visited by CEO of Asian Paint, ELMS Sports Team, Piramal Foundation Team, Fellows

On Dated- 06-12-2022

SCHOOL NAME AND ADDRESS

Middle School Pakri Pakohi Kanya , Panchayat-Pakri Pakohi , Block- Marwan , Dist-Muzaffarpur, Bihar









ONE OF THE OUR FC NAMELY -
RUDRA PRATAP SINGH TALKING
WITH FULLELA GOPICHAND
ON THEOCASAION OF
LAUNCHING THE LOGO OF
PROJECT CHALLANG ON
DATED-29-11-2022







Distribution of Playing Kits in all 50 Schools

After the workshop done, we have started the process of distributing the playing kits in all 50 schools one by one and we are happy to inform you that this process had completed in the starting of January 2023. Below are the few images during the distribution of playing kits:



Aspirational Districts Collaborative

Aspirational Districts Physical Education Program
NITI Aayog, Piramal Foundation & ELMS Sports Foundation

Aakanksha Seva Sadan
At- Maidapur Chauibey, Post- Kharanu Dih,
Dist. - Muzaffarpur, State - Bihar, Pin code - 843113

Project Chhalaang

Date :- 01-12-2022

School Name : L.J. M.S. SRIKRISHNA PUR

School Address: VILL SRIKRISHNA PUR, P.O. BAKHRA
BLOCK-SARAIYA, DIST MUZAFFAR PUR

Block Name SARAIYA, District :- Muzaffarpur, Bihar

Sports Equipment's

Equipment's Per School		
Sr. No.	Equipment's Name	Quantity
1.	Cone 6"	10
2.	Dome	10
3.	Football	02
5.	Tennis Ball	03
6.	Stopwatch	01
7.	whistle	01
8.	Pump	01

Abhishek Kumar
01-12-2022
F.C. Signature
Signature & Date

Principals Signature
2022-23
With Stamp & Date 01-12-2022

P. Teacher
Signature & Date 01-12-2022

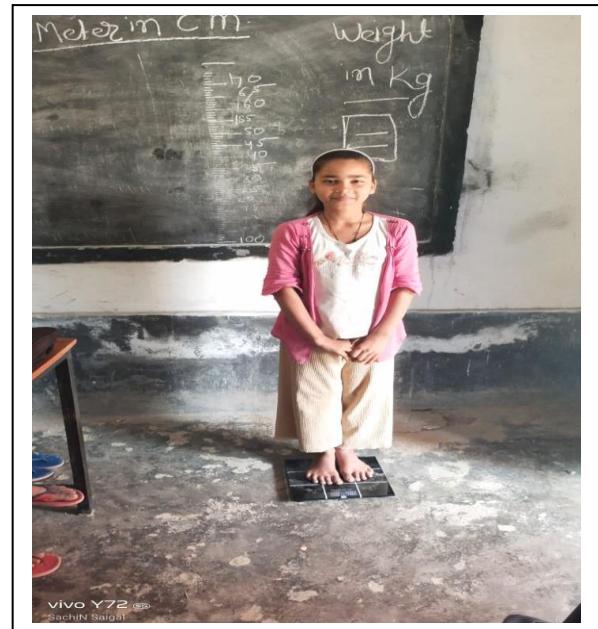
Phone No. 9135862842. Phone No. 9576276751.

Swasth School Assessment

After the completion of the kit distribution process, we performed the Swasth School Assessment from the starting of January 2023. This was the initial or baseline assessment to track and compare the fitness level of students with endline assessment. In Swasth School Assessment we have performed the following activities:

- Height
- Weight
- Body Mass Index (BMI)
- Partial Curl Up
- Push Up and Modified Push Up
- Flexibility Test (Sit and Reach Test)
- 50 M Dash Running
- 600 M Walking and Running

Below are the few snaps of Swasth School Assessment:





Aakanksha Seva Sadan, Muz.

Physical Skills Assessment

Sr. No	Assessment (Baseline / Endline)	Date	Year	Educator Code	Student Name	Parents..Name.	Contact Number	Gender (Boy/ Girl)	School Name
1	Baseline	22.02.2023		Rudra	विनोद कुमारी	मृदुला शर्मा	62074918539	girl	प्र० फ० १५० काठगाड़ी
2	11	22.02.2023	11		सामी कुमारी	प्रभु शर्मा	9939189221	girl	11
3	11	22.02.2023	11		जानु कुमारी	प्रभु शर्मा	9507728780	11	11
4	11	22.02.2023	11		पावत कुमारी	मृदुला शर्मा	9801381595	11	11
5	11	22.02.2023	11		राजा कुमार	वरेशा शर्मा	7667867117	boy	11
6	11	22.02.2023	11		रामु कुमार	कुमुक शर्मा	969068337	11	11
7	11	22.02.2023	11		राजा कुमारी	मृदुला शर्मा	966796590	11	11
8	11	22.02.2023	11		रामु कुमारी	मृदुला शर्मा	82291001969	girl	11
9	11	22.02.2023	11		कर्मजा कुमारी	मनजय शर्मा	9495517801	11	11
10	11	22.02.2023	11		रामु कुमारी	धर्मज शर्मा	7765248359	11	11
11	11	22.02.2023	11		उमाकर कुमार	धर्मनु शर्मा	7667016025	boy	11
12	11	22.02.2023	11		अमृता कुमारी	विनेश शर्मा	8207319322	girl	11
13	11	22.02.2023	11		अमृता कुमारी	ललत शर्मा	9608453899	1	11
14	11	22.02.2023	11		अमृता कुमारी	अनिल शर्मा	6303154009	1	11
15	11	22.02.2023	11		उमीद कुमार	विलीप शर्मा	6206483348	boy	11
16	11	22.02.2023	11		उमीद कुमारी	अनेलत शर्मा	8757829019	girl	11
17	11	22.02.2023	11		रामु कुमारी	उमेश पाठमान	9661008838	11	11
18	11	22.02.2023	11		रामु कुमारी	वर्षा शर्मा	9572551092	11	11
19	11	22.02.2023	11		रामु कुमार	उमेश पाठमान	6206183362	boy	11
20	11	22.02.2023	11		मनोज कुमार	उमाशंकर पाठमान	8102386438	11	11
21	11	22.02.2023	11		रोना कुमारी	प्रभु शर्मा	9334123074	girl	11
22	11	22.02.2023	11		प्रियंका कुमार	पर्वत शर्मा	6204831492	boy	11
23	11	22.02.2023	11		रुप्या कुमारी	प्रभु शर्मा	8120663561	girl	11
24	11	22.02.2023	11		अनुराधा कुमारी	दीपा परेत	7464099893	1	11
25	11	22.02.2023	11		कृति कुमारी	नंदिकेश शर्मा	9199408602	11	11

Data Collection Format - Age 9+

S.No.	Date of Birth	Age	class	Section	Body Composition (BMf)			Strength Abdominal (Partial)		Muscular Endurance (Push ups)		Flexibility (Sit and Reach Test)			Endurance (600 m Run/Walk)		Speed(50mDash)	
					Weight	Height (CM)	BMI (score)	Number of Curl ups (30 seconds)	Score	Number of Push ups	Score	Starting Point (CM)	Ending Point (cm)	Score (EP-SP)	Time in seconds	Score	Time in seconds	Score
1	08.08.2010	VI			23.50	136	12.91	10	01	01	09	09	08	NA				
2	13.04.2011	II			26.50	144	12.38	15	02	01	13	12	11		08.08			
3	22.11.2011	II			29.45	145	14.01	14	02	02	12	10	11		09.52			
4	21.07.2011	II			20.70	130	12.25	08	02	02	11	09	11		09.16			
5	01.02.2011	II			35.80	140	18.27	04	10	02	10	08	11		9.26			
6	19.08.2011	II			25.60	137	13.61	05	03	01	10	09	11		07.56			
7	15.03.2011	II			30.10	142	14.93	06	05	02	10	08	11		08.99			
8	24.04.2012	II			29.70	143	14.52	04	06	02	11	09	11		07.36			
9	02.11.2011	II			22.30	132	12.80	07	03	02	13	11	11		09.25			
10	25.09.2011	II			23.20	134	12.92	09	04	02	14	12	11		09.26			
11	10.02.2010	II			27.90	139	14.44	06	03	02	12	10	11		09.60			
12	24.04.2012	II			28.90	141	14.54	08	05	01	12	11	11		08.06			
13	17.07.2011	II			22.80	132	13.09	04	05	02	11	09	11		09.76			
14	09.09.2011	II			23.90	138	12.55	10	06	01	12	11	11		08.70			
15	02.02.2010	II			24.60	133	13.91	08	04	01	10	09	11		07.94			
16	16.08.2011	II			26.80	139	13.81	07	04	01	14	13	11		09.28			
17	13.04.2011	II			26.80	132	15.38	06	03	02	11	09	11		09.81			
18	05.02.2009	II			29.45	140	15.03	08	02	01	13	12	11		09.04			
19	12.03.2010	II			27.20	135	14.92	05	06	01	11	10	11		09.00			
20	21.04.2010	II			26.35	137	14.04	04	03	03	12	09	11		09.19			
21	10.03.2010	II			28.22	146	13.24	06	05	02	11	09	11		09.78			
22	28.10.2010	II			25.40	141	12.78	03	04	03	08	05	11		08.63			
23	15.07.2011	II			29.30	143	14.33	04	04	02	14	12	11		08.62			
24	04.08.2010	II			32.50	148	14.84	04	05	02	14	12	11		07.52			
25	24.03.2011	II			26.10	139	13.51	05	03	01	12	11	11		08.98			

Regular Activities between the students During the School Visit

After the Swasth School Assessment, we continued the school visit to perform the game activities among the student. See the below snapshot for your reference:





Gaming Activities in Schools by Teachers in Chhalaang Project

After the Swasth School Assessment, teachers of all 50 schools were continuing the game activities of Chhalaang Project between the students. See the below snapshots for your reference:



Community Mobilization (Summer Camp)

Introduction About Summer Camp

First off all we would like to inform you that as per meeting held with ELMS team regarding the community mobilization and summer camp, we also conducted our team meeting along with Piramal team members to discuss on various topics so that we can make the summer camp successful. At this stage, now we are happy to inform you that we have fulfilled much of our decided goals of community summer camp 2023 (ek kadam tandurusti ki or). Finally, we selected 4 communities (approached approx. 10 villages) where we had to done the work of community mobilization and summer camp 2023. Also, before starting the work we met with the Block Education Officer and inform him about our whole community summer camp 2023 program and he motivated us and said to us that it is a very good initiative.



We gone through the different process during the community mobilization which we have shared below.

- Community Mapping
- Community Meeting
- Swasth Community Assessment
- Community Awareness March
- Meeting with health officer in swasthya Kendra





The main objectives of the community summer camp to reach out the more and more audience such as students of the school, guardians, village people, the Children who are not the part of government school, we tried to reach out all the audience of the selected community.

Community Meeting

After the community mapping, we also met the Local Leaders, Jeevika Didi, Ward Councillor, Anganwadi Sevika Didi and other famous members of the community and we invited the whole community to attend the meeting. During the community meeting at few place the ward councillor took their responsibilities but, in few communities, we had to manage all the session. But overall, we had the successful community meeting campaign. During the community meeting we also discussed about the 'Samudayik Khel Vikas Samiti' and told to few youths to form this committee.

Below are the few images we have shared of the community meeting:



Swasth Community Assessment

During the community summer camp 2023, we have done the Swasth Community Assessment of so many guardians and villagers



Seat & reach



Weight

Height measurement with villagers



Height



Push Up

Community Awareness March

After the whole process of community meeting and all, we arranged community awareness march in communities with the students, school authorities, and villagers. Below we have shared few images below:



Community Survey

During community survey, we met few people of different communities to gather the information. See the below snapshots for the reference:



Survey form for community mapping

Sr. No.	F.C	RUDRA P. SENGH
1.	District	MUZAFFARPUR
2.	Block / Panchayat	MUSHAHARI / MADHUVANI
3.	About Community (name & place)	PAKRIISMILE
4.	Community leader (Mukhiya/ Ward pramukh/ Sarpanch/ etc) - Name & Number	NIRMALA DEVI, RENU DEVI, ANITA DEVI
5.	Name & number of other Influential people of the community (Supporting team of Sarpanch/ Mukhiya/ Community head/ Youth)	1. SHIVSHAKARRAJAK (MUKHIYA PATTI) MOB. 9693504993 2. ASHOK GUPTA (UP MUKHIYA PATTI) MOB. 8789941870 3. PAWAN KUMAR (SARPANCH SON) MOB. 8651418256 4.
6.	Population	APPROX (946)
7.	Presently living casts/ tribes/ communities	MUSHAHAR, NAI, KANU, SONAR, PASWAN, DOM, TELI, BHUMIHAR, RAJPOOT, CHAMAR KUMHAR
8.	Educational status among 1. Parents (Male/ Female)	MALE - 520 (+/-), FEMALE - (425 +/ -)

	2. Youth 15 - 24 years (M/F)	MALE - 56% FEMALE - 43%
	3. Adolescents 10 - 19 years (M/F)	MALE - 46% , FEMALE - 42%
9.	Perspective regarding education & higher studies	
10.	Perspective regarding girls/female education & higher studies	
11.	Nearest primary School (Name & distance)	MIDDLE SCHOOL PAKRI ISMILE DISTANCE - (0 KM.)
12.	Nearest secondary/+2 level School (Name & distance)	U. R. M. S PAKRI ISMILE DISTANCE - (0 KM)
13.	Nearest college where community youth generally willing to enroll for higher studies	
14.	Is there Prathmik Chikitsha Kendra in community (Distance & operational status)	P. H. C MADAPUR CHAUHAY DISTANCE - (2.5 KM)
15.	Is there any Aanganwadi center in community (Distance & operational status)	AANGANWADI CENTRE -
16.	Do community use Aanganwadi center	NO
17.	Is there any dedicated play space in community (Khel Maidan/ Chowk/ Park) - Y/N	YES

18.	If Yes - Is there boundary or open space	OPEN
	Is it in appropriate condition (Neat/ clean/ flat ground)	ELEAN
	Kids, Adolescents, Youth use the space to play - Y/N	YES
	Community uses the space to celebrate festivals/ other purpose	CELEBRATE FESTIVALS, OTHER PURPOSE
19.	If No - Where do Kids, Adolescents, Youth used to play	YOUTH USED TO PLAY
20.	Whether any tournament/sports fair has happened or generally used to organize in the community in the recent past	NO
21.	Favorite or mostly played games/ sports among community	BUILDER & BULLDOZER, DODGE- BALL- 02
22.	Traditional games played/ liked by the whole community or a particular class	PITHOD FOOTBALL
23.	Number of youths in community (Both M & F)	MALE- 15 FEMALE- 05
24.	Number of Adolescents in community (Both M & F)	MALE- 20 FEMALE- 15
25.	Number of Kids in community (Both M & F)	MALE- 10 FEMALE- 05
26.	Total Population of community	946
27.	Number of houses in community	210
28.	Details of ANM/ Primary Health	ANM- RENU DEVI- 9711768488

	center person - name & number	
	SMC member - name & number	RUBY DEVI- 8210798159
		RANJU KUMARI-
		MALA DEVI
	Volunteers (community youth) - name & number	RAHUL SONI - 9304684979
		ABHISHEK KR. 9939447767



Plantation in Middle School Pakri Pakohi (Urdu)



Builder & Bulldozer with Community Female Members



Activity With Community Members

THANKS

