

# SHAKTI & SHAKTI ENTREPRENEURS

A Pilot project on self-defence coaching for Girl children from families living Below poverty line (BPL), studying in Government co-ed senior secondary school in New Delhi, India

**Interim Report 3**  
10<sup>th</sup> December 2018



## **Introduction:**

**Business Makes Sense** – Society for sustainable global development (NGO) and **Matrix Taekwon-do Academy**, India jointly formulated the Pilot project on Martial Arts “**SHAKTI**” to coach Girl children from families living below poverty line (BPL), who are studying in a Government co-ed senior secondary school in New Delhi.

The project is being implemented successfully for the last 24 months with more than 240 sessions comprising of 360 hours of training for the young and enthusiastic 10 Shaktis.

The **project goals** are:

- To equip the girl children with highest fitness levels to quickly think and act to self-defend themselves and save other girls in any kind of invasive or life threatening circumstances
- To motivate them to continue the training beyond project period and become Instructors of Taekwon-do martial art and make a career in future

## **Shakti:**

The project commenced with 10 young girls shortlisted by the school authorities (The Government co-ed senior secondary school, Mayur Vihar, Phase I, New Delhi). The project commenced on 18<sup>th</sup> November 2016.

Though the project intended to support 10 young children to learn the self defence techniques, there were more girl children showing interests to learn. Hence they were also accommodated in the sessions. There were few girls children who left the school in between due to family reasons like relocation to different cities, have joined different schools and discontinued studies due to family responsibilities.

So the list of Shakti's provided in the last report and the current report has few changes in the names.

One of the participants won Silver Medal in the 50 kgs category fighting competition during the 30<sup>th</sup> Delhi State Taekwon-do Championships held between 8<sup>th</sup> to 11<sup>th</sup> December 2018 at New Delhi. She is honoured by Master Rajendran Balan, Founder of Taekwon-do Federation of India (TAI) and 9<sup>th</sup> DAN Black Belt

The current list of Shaktis (Batch 1) who are supported by the project are as follows: (this list was deleted by BMS e.V. due to privacy issues)

The above girl children have been promoted from 3<sup>rd</sup> Level (Yellow Belt) to 7<sup>th</sup> Level (Blue Belt) as per their performances in the coaching, belt examinations and in the fighting tournaments.

**Ms Sonja Andjelkovec** during her visit in December 2017 interacted with the Shakti's and motivated them to continue this training which is so critical for them to become more stronger physically and mentally and to safe guard themselves as well as other girl children and women fraternity.

The school authorities has reported that the performance of the Shakti's has improved considerably in terms of their education as well as personality and communication skills. They requested to commence one more batch as many children are showing interest to

learn this self defence course. They are requested BMS to provide them with some nutrition / food in the morning before or after the training so that these Shakti's can learn the skills and perform better.

Ms Sonja and Business Makes Sense have agreed to support the cause and informed the School Management that appropriate steps will be taken to start the 2<sup>nd</sup> batch with nutrition to all the Shaktis'.



5 out of 10 Shakti's have won Silver and Bronze medals in Group Pattern competition held during the 30<sup>th</sup> Northern Region Taekwon-do Championships held between 8<sup>th</sup> and 11<sup>th</sup> December 2019

One of the Shakti's won a Bronze Medal in Individual Fighting during the event who were awarded by Master Rajendran Balan, Founder of TAI and 9<sup>th</sup> DAN Black Belt Holder



## **“SHAKTI ENTREPRENEURS”**

From January 2018 a new batch “**SHAKTI ENTREPRENEURS**” has been commenced with additional 10 Girl Children from the same school along with refreshments as requested by the school management.

The objective of Shakti Entrepreneurs are while supporting these young girls to attain self defence skills if they are interested the project will support them to become “Entrepreneurs” who can make a living by becoming Certified Trainers / Coaches by teaching others. This project will be more intense in nature and will have to have extended hours of coaching / training and preparations for Trainers Training.

The School management has encouraged this idea and nominated 10 more girl children for the 2<sup>nd</sup> batch of “SHAKTI ENETREPRENEURS” project. So far they have completed 120 hours of training of 180 hours of training (calculated until 31.12.2018).



The List of Shakti Entrepreneurs (Batch 2) who are supported by the project are as follows:

(this list was deleted by BMS e.V. due to privacy issues)

All the above Shakti Entrepreneurs have completed 2 levels of belt test and are showing good interests to continue their coaching.

### **Periodic Belt Tests /**

### **Participation at Regional and National Competitions**

Apart from regular coaching / training of self defence sessions, every quarter of the year, the young Shakti's and Shakti Entrepreneurs are encouraged to take part in martial arts competitions held in and around Delhi NCR (National Capital Region).

The Young Shakti's has so far participated in more than 6 competitions and have won several medals. Every competition they participated they have always won laurels to themselves as well as to BMS and the School Management. The School Management

has recognised the achievements of the Young Shakti's and Shakti Entrepreneurs in all important forums and this has been a motivating factor for these young girls



The Shakti's (Batch 1) so far has undergone 4 belt tests examinations and (Batch 2) has taken 2 belt tests.

### **Project Funding**

Business Makes Sense with its tireless efforts so far provided **Euros 6200** till date towards the Project expenses in India for both "Shakti" and "Shakti Entrepreneurs". It is a remarkable contribution which continues to support these projects for empowering these young Shakti's and Shakti Entrepreneurs to be self-reliant and use Taekwon-do as a Career for them.

Mr Arunachalam Karthikeyan the Honorary Project coordinator has volunteered along with Business Makes Sense who jointly commenced the above projects and has so far contributed Rs. 2,50,000/- for the project expenses.

### **Summary:**

The "Shakti" and "Shakti Entrepreneurs" Projects have been receiving overwhelming response from the Young girls of the school.

As planned, the Young Shakti's and Young Shakti Entrepreneurs will be continuously supported and motivated to acquire the requisite Black Belt and become a professionally / Internationally qualified Black belt holder and become a Certified Trainer so that they can start training young aspirants to take up Taekwon-do self-defence skills at the same time they can start earning their living by charging fees from the aspirants.

Business Makes Sense is keen to expand the Project to other parts of India by creating crowd funding in Germany as well as seeking contributions through CSR Foundations in India.

Mr A Karthikeyan is supporting BMS to set up their Branch Office in India and once the Statutory compliances are in place, the fundraising activities will commence with the support of Government and voluntary agencies who are keen to support women empowerment in India.