

SHAKTI

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 2
31st July 2017

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 8.5 months with more than 102 sessions comprising of 153 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

Young Shaktis:

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 18th November 2016.

The young Shaktis are quite enthusiastic right from the first session and inspired many more girls from different classes and requested the Instructors from Matrix Taekwon-do Academy to teach them “Self Defence” techniques.



The Project volunteer agreed their request and continued to teach the martial art to all the girls who want to attend the sessions. There were more than 15 to 20 young girls who are participating in the sessions continuously.

The project volunteers have devised a mechanism of supporting 10 young Shakti's based on their continuous attendance and provided them with the Uniforms and kits as per the project budget and plan.

The pictures of the various sessions were updated on the regular basis to **Ms Sonja Andjelkovic**, Board of Director, Business Makes Sense by **Mr Arunachalam Karthikeyan**, Project In-charge and Volunteer in India. Ms Sonja with her tireless efforts collected Euros 500 during the beginning of 2017 and it was a remarkable contribution to continue / extend the project for 3 more months.

Uniforms, Promotion tests and Competitions:

Although more than 15 to 20 Girl Children are attending the classes, the top 10 regular Shakti's were continuously monitored and promoted from White belt (10th Grade) to Yellow Stripe (9th Grade) in on 4th April 2017.



The uniforms and kits were provided to the Shakti's who came on time and regular to the classes. Looking at the enthusiasm and commitment of the young Shakti's the Project Volunteers decided to provide them with a pair of shoes so that they practise comfortably.

Mr Praveen Nagar, Physical Education Instructor was appointed as the co-ordinator from the School side have been a huge support in shaping up the young Shakti's and

have been motivating and encouraging the Shakti's to attend all the sessions without leaving much intervals.

The 4 best performing Shakti's were provided extra / extended coaching to participate in the "Mixed Martial Arts" competition which was held on May 2017.



The 4 Shakti's were taken to the competition held at New Delhi by Matrix Taekwon-do Academy. The Young Shakti's have brilliantly performed and bagged 2 Gold and 2 Bronze medals in their maiden fights.

They were extremely motivated and inspired the other Shakti's too. The School Management was happy to see their Shakti's growing stronger and better and continue to encourage them.



On the 29th July, 2017 the 10 Shakti's underwent their promotion test again and have been successfully awarded the Yellow Belt (8th Grade). The competition videos and the photographs taken during the trainings and in the Competition Venue will be uploaded in the website of Shakti Project which is under preparation.

Summary:

The Project has received an overwhelming response from the Young girls of the school and the young Shakti's are promising. The Euros 2700 received for the 1st year project phase from Business makes sense has been utilized with utmost care and spent only on essential activities as per the project plan. With the available funds, the project shall continue to provide training the young Shaktis until End of October 2017.

As per the project plan, the Young Shakti's will be trained for 3 years so as to enable them to acquire the requisite Black Belt and become a professionally / Internationally qualified Black belt holder and have the abilities to start teaching the self-defence art to thousands and millions of Girl Children of India.

With the support of Ms Sonja and other Board of Directors of Business Makes Sense the Pilot Project will become a standing project and will attract the right donors to continue to support the cause of Safety of young Shaktis and young women who are the future of India.

Pictures taken during the training sessions:

