



Dear all,

Sports is a way of life. How does sports help children in our communities? It does not only improve their skills but also creates a great impact in all the areas of their life and outside of the field. Here are a few stories of young champs from our sports programme across India.



All about sports.  
Watch this video to learn more about our sports programme.

[Oasis' Sports Programme](#)



## **KHUSHI & MUSKAN**

NALASOPARA



Khushi Dubey (15) and Muskan Dubey (14) are sisters, studying in 10th and 9th grade. Khushi plays as a striker and Muskan plays as a defender in our football team at Nalasopara. In the beginning, they joined without knowing what football is. They have now learnt the details of how to play football, how many players are in a team, the rules and regulations, cards, different free kicks, etc with great interest.

After coming for practices regularly, they have learnt to manage time wisely by following a time table and to tackle any task with a positive mindset. Khushi and Muskan's lifestyles have changed too, as they have stopped eating junk food and are becoming more conscious of their health. They have also learnt how to develop their confidence and talk to everyone without any hesitation.

Khushi and Muskan had very good first match experience. Muskan says, "We were very nervous and scared of the opponent players but after playing our first match we are more confident. We constantly work towards improving our game." She has also played really well in the competitions and has saved goals as a defender for the team!

Muskan has taken on responsibilities like distributing the nutrition to the team members. The sisters, both, send reminders for everyone in the group regularly about nutrition or any other information from the staff. They help in taking the girls to the club and are always first to take up important responsibilities. Most of all, they enjoy practicing! Kushi and Muskan love when they are taught different moves and tackles. Khushi says, "We are grateful for Oasis and the opportunity we have to play for a club and to move forward in sports."



Priyanka, 14, stays with her parents in Kamathipura. During a visit at a local school, our staff met Priyanka and introduced Oasis' after-school programme. In 2017, Priyanka visited the centre with her mother and joined the after-school programme at Kamathipura. She takes active part in the hub activities, life skills sessions, rhythm of life sessions, events, outings, summer camp, celebrations and health check-ups. Participation in the activities at the hubs has helped Priyanka understand the importance of personal care, social behaviour, discipline and ownership. Through Life skill sessions Priyanka says that she has learnt the importance of respecting others, supporting, helping, and caring. Since coming to Oasis, she has experienced love, received educational support and made many wonderful friends which she considers a great blessing. Priyanka was also underweight when she joined the football team but she has now gained some healthy weight and has grown taller.

In 2019, Priyanka joined the Kamathipura football team and was very enthusiastic about learning the game and also learning the lessons that were taught in her practice sessions. She identified the gender inequality in her family and is determined to change it. Priyanka says, "In our culture girls are not allowed to go to school after 13 years, but I have privilege to attend school. In the place that I live, girls gets married early too but I am determined to change that inequality not just in my family but in my community as well!" Priyanka is happy that she is a part of the football team and loves coming to Oasis for daily football practices. She says that she learnt the importance of team work. Priyanka says, "It feels like a dream to be a part of this football team."



Seran has been a part of Oasis India's football training programme for the past 4 years. A few years ago, his mother passed away in her sleep due to an illness. Seran's father used to work in the harbor but since the pandemic hit, he has been struggling to keep the family afloat. He is currently working as a daily wage worker.

In every struggling home, there are children who struggle in silence. For some of these children in Basin Bridge, sports at Oasis provides a place of stability. Seran, like many other children, attend sports sessions regularly and has great enthusiasm. During the lockdown, Seran was at home and had very less physical activity. He attended our Eco-champ sessions in partnership with Bhumi and our team kept them active with everyday activities. We began football practices again and it helped Seran become healthy and fit with a proper diet and consistent practice sessions. These small changes create a big impact in the lives of these children.



Pavithra, 12, is from Muthukur village in Punganur. She stays with her grandparents as her parents are out of state for work. Pavithra heard about our sports programme through one of her neighbours. She joined our football team and loves coming for the practice sessions through the week.

Pavithra is quite outspoken and she says, "I like Oasis because I feel like it is my second home. Our coach is teaching us life skills as well and is encouraging us to do well in our academics. They always conduct interesting games and activities for us." Pavithra is a quick learner too and she has adapted well to the game. She is a very promising player in the team.



*Carol Pamela, our Community Support Social Worker in Chennai writes this very personal, inspiring piece about being kind.*

It was a busy work day morning, bikers scrambling their way into traffic and people's nerves, cars honking incessantly reminding everyone that life can never be quiet. I had geared myself for the sultry ride to office with duppata tied around my head and mask on.

Approaching a busy signal near Annanagar, my heart stopped for a moment, I couldn't hear any honks. Everything seemed muffled. For some reason I've always felt, the world becomes quiet and comes to a standstill when there's an accident. Weird isn't it? But there it was. An accident indeed. An elderly man stuck underneath a bike on the pavement. Did i see it just right? Underneath a bike on the pavement. Was he driving? Was he hit? Did he come with someone else? or was he just a pillion rider? These were the questions that ran through my mind as I was driving past him.

I had a moment to catch a glimpse of that elderly gentleman. One word. Helpless. He

wore a shirt and pure white dhoti which by now was soiled and stained. Perplexed and yet to come to terms as to what had hit him. I stopped. I was going to be late for office. Because I saw a red blotch under his nose. He was bleeding. The cars were still honking and bikers were restless to move ahead in the traffic lights all while he was helpless.

Know why? He was just innocently walking after buying flowers for pooja. He was hit. Was it his mistake? Looks like a car hit a speeding biker who wanted to reach the front spot at the traffic light. The bike rammed onto the pavement and the elderly gentleman got stuck in between. Helpless. I stopped to give him water. One auto driver, one biker, one traffic policeman gathered around to help him sit. The bleeding had not stopped yet and the people on the road were still arguing whose mistake it was. I asked the old man if he was okay to hop onto my bike so I could take him to the nearby hospital for first aid. His bleeding got me worried. He reminded me of my grandfather. The policeman was startled and asked me to leave for work and that he would handle or someone would else. I knew I couldn't leave at that point. They asked him if he had someone to call for help. He said he and his wife were living alone and that his wife would get worried if she heard that he had been hit. So he requested us not to call her. Helpless.

So I picked him up and the busy traffic was blocked so we could both cross the signal, the barricade was moved so we could go to the hospital without much trouble. By that policeman. The elderly gentleman went for his first aid. His vitals were checked and were normal. He had diabetes but otherwise he was fine. The police asked me to leave. I refused as I had promised to drop him back home safely. The hospital security assumed I had hit him on the road and that's why I had taken so much trouble to bring him to the hospital along with the police. Poor judgement.

As we were leaving, the police man thanked me for helping. On the way to the old man's house he asked me for my name and said he's always had people from various communities helping him in his life and standing by him and he was glad that today it was me. It didn't matter. The communities. We reached his apartment and I left asking him to take care and be safe. The bikers were still fighting for the front spot in the traffic light and cars were religiously honking bringing back reality to me. The police man by now had gone to resume his work at the traffic light and saluted me silently but sincerely acknowledging my help. I saluted back for his. Driving that morning to my office was so fulfilling. I was so glad I stopped and helped someone.

Few life lessons:

- 1) Always stop to help. You might be helping someone's father or mother or sister and literally saving their life. It could happen to someone you love and you would want someone to stop by and help as well.
- 2) First aid is free of cost for accident victims. Never feel hesitant to take them to nearby hospitals. You will be saving lives.

- 3) If you live abroad or are staying far from your parents, please make sure they have someone to call for help in case of emergencies.
- 4) Police are always helpful. Respect them for who they are. This particular police man stood with me the entire time. I'm sure there are many like him. Salute them the next time you see them or greet them with a good morning when you whisk past them.
- 5) Be alert when you are driving. Do not drive rashly.
- 6) Finally, Be kind. Be Kind. Be Kind. Pause and look closely for opportunities to be kind. Your kindness can change the world. Let it start with you.

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