



Dear all

Did you love playing sports at school? Research proves that sports help children develop physical skills, get exercise, make friends, have fun, learn teamwork, learn to play fair, and improve self-esteem. At Oasis India, we introduce sports to young boys and girls from slum and at-risk communities as a means of learning good behaviour, life skills, and teamwork.

Children learn from what they witness at home and around them. Children from the slums and at-risk communities have fun and gain a sense of belonging through sports. Their education is monitored, they learn from positive role models, and they are provided with good nutrition after each practice session. Your support has helped us provide coaching, nutrition, kits and helped teams attend tournaments. Here are some of the achievements of the young champs from our hubs.

**Support the boys and girls in our sports programme**

**GIVE TODAY**



"I was introduced to Oasis India through a friend. Every day, I would watch the girls practise football on the ground, and it ignited a passion in me that I was unaware of. I was starting to love football and wanted to learn how to play the game. I approached Coach Ajith and he let me be a part of Oasis India's football team.

When I told my parents that I was going to play football, they were against it. Every day was a struggle at home as my parents and I constantly fought about me going to learn to play football. My parents refused to give me money for travel when I would go to clubs for practice. They were not very happy with my decision, but recently, things have changed. My parents came to see me play in the Indian Women's League Tournament. My entire family was in the arena, cheering for me. They were very happy, and so was I. Their acceptance and support meant everything to me. I only hope that all parents support their girl children when they choose to play sports."

Karishma

Nalasopara, Mumbai

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## A glimpse - HGH Football team's daily routine





The football programme in Hallegudhadahalli, Bangalore, helps children use their time constructively in learning professional football and keeps them away from being idle. With the on-boarding of our new football coach, Mr. Edwin, there have been great improvements to this programme. Many HGH boys and girls are trained in volleyball, cricket, and Kabaddi but have little knowledge of football. Our coach began by teaching them the basic drills and the importance of being disciplined in following time and routine.

Here's what everyday looks like for the boys on our football team.

- 6:30 am to 8 am Practice for children aged 14 and under (Mondays, Wednesdays, and Fridays)
- Supplementary nutrition is provided after practice.
- Life Skills sessions on teamwork, self-discipline, being healthy, following traffic rules, puberty, etc. (Tuesdays and Thursdays)
- Counselling support for individuals as per the need or parent/coach's request.
- Regular home visits to build rapport with parents

The teams also often go to local and big-league tournaments to observe or to be a part of them. Our under-12 football team in Bangalore played matches against professionally trained teams—the Bangalore Arrows Football Club and Sports Village Quarters Football Club. The boys bagged the runner-up medal in this very challenging game. All of these experiences build individuals with resilience and confidence.

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# Project Sarika for Girls

Project Sarika is an Oasis India initiative to create a platform for girls in Chennai's Kalyanapuram and Kannagi Nagar communities to learn football, self-defence and life skills. The word 'Sarika' means a brave princess, and we help young girls become fearless, brave princesses who are aware of social evils and can protect themselves and those around them.

*Here's Banu Priya's experience in Project Sarika.*



I joined Oasis India's Project Sarika excited to be a part of some extracurricular activities. I did not know anything about football or self-defence. I slowly learnt all the drills, warm-ups, and routines. This has strengthened me both physically and mentally. We learnt to play without any fear and with confidence.

I had the best experience when we went on a 3-day trip to raise awareness about human trafficking in Kolli Hills. In my community, girls do not come out of the comfort of their homes due to fear and shyness, but this opportunity helped me realise how big the world is and how much I have left to learn. These experiences played a big part in helping me learn to never say no to good opportunities.

At Oasis, I have received constant encouragement and motivation to face anything boldly. They did not just teach me skills that equip me to protect myself, but also with knowledge about AHT and other dangers in society. I feel strong in my body and in my mind.

Banu Priya, 7th Grade,  
Kannagi Nagar, Chennai



# Football For Life in North East



Lalminlen, 12, from Manipur, North East, loves playing football. He says, "Since I was young, playing football has been my favourite hobby. Even though my parents were strict and they were hesitant to let me play, I would always go in the evenings for a quick game with my friends. Recently, I was selected to be a part of Oasis India's football for life programme at Tuinom. We were trained by a professional coach who taught us skills and techniques with great patience and ease. Being a part of a team helped me learn many good skills, like team management, teamwork, discipline, respect, and helped me build confidence."

Lalminlen's mother, Nemneivah, who was initially sceptical about enrolling him in football, says, "When I heard about the football training recruitment by Oasis, my son pleaded with me to enrol him. His love for football could not stop us from restricting him. But since he joined this programme, he wakes up early in the morning, and even on his holidays, he practices. He has learnt good habits and is able to study and do other activities on his own. I am now happy to have enrolled him and look forward to him succeeding in all that he does. "

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