

KHELO INITIATIVE - Assessment Report

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Executive Summary

The purpose of the conducting assessment is to measure the impact of the program. To conduct the assessment, we used different methodologies

- a) Quantitative Assessment - Baseline and Endline Survey on Access to Sports and Leadership Skills.
- b) Qualitative Assessment - Survey question for all children, Focus interviewed with parents, Case Studies of children measuring changes,
- c) Monitoring & Evaluation - To see the progress of key indicators and thq quality of the sessions.

While conducting a survey with children, we had taken verbal permission from each parent. The coaches visited each home and conducted an endline assessment with 189 children in four different communities. Most of the male coaches conducted assessments with boys and female coaches with girls.

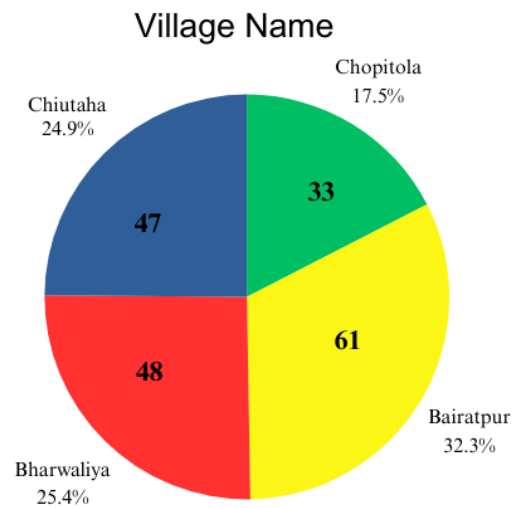
While conducting surveys with parents, we invited all parents for a focus interview group. The facilitators informed about the objective of the survey and informed them their personal information will not be revealed. All the answers given by the parents were captured on audio file which was later transcribed in a written document in English as mentioned in the document below.

All coaches and facilitators were provided training on how to conduct the surveys. Each question of the survey was thoroughly explained so that they comprehend the question correctly when speaking in the local language. Facilitators were told that they should be aware of the fact that children can answer just to impress them. So, it was a responsibility of the facilitators to make the children comfortable telling them to not worry about answering right or wrong questions and answer with your free will. It will only help us to improve our program.

Children Baseline and Endline

Total No. of children reached through the program: 189 which is 75 % of the targeted outreach. Baseline was conducted for 202 children, however, 189 were part of the endline survey. Out of 189 surveys conducted, 52.3 % were male and 47.6% were female.

Outreach of Children		
Village Name	Male	Female
Chiutaha	25	22
Chopitola	22	13
Bairatpur	32	29
Bharwaliya	20	26
Total	99	90
Total %	52.3%	47.6%



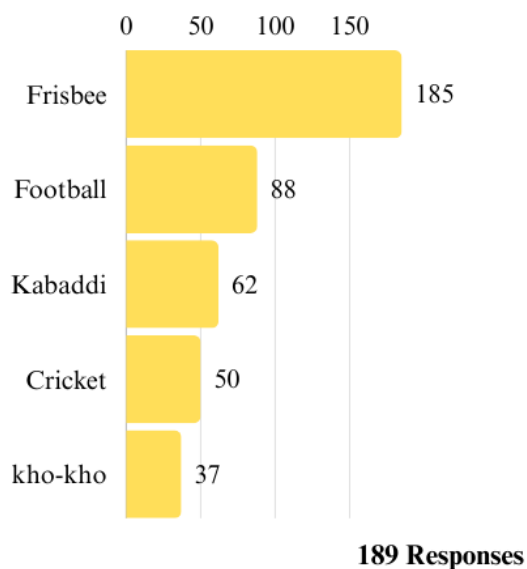
a) Access to Sports:

This set of questions checks whether children had better access to sports (inclusive, safe and fun sports) through our program.

1) Favorite Sports

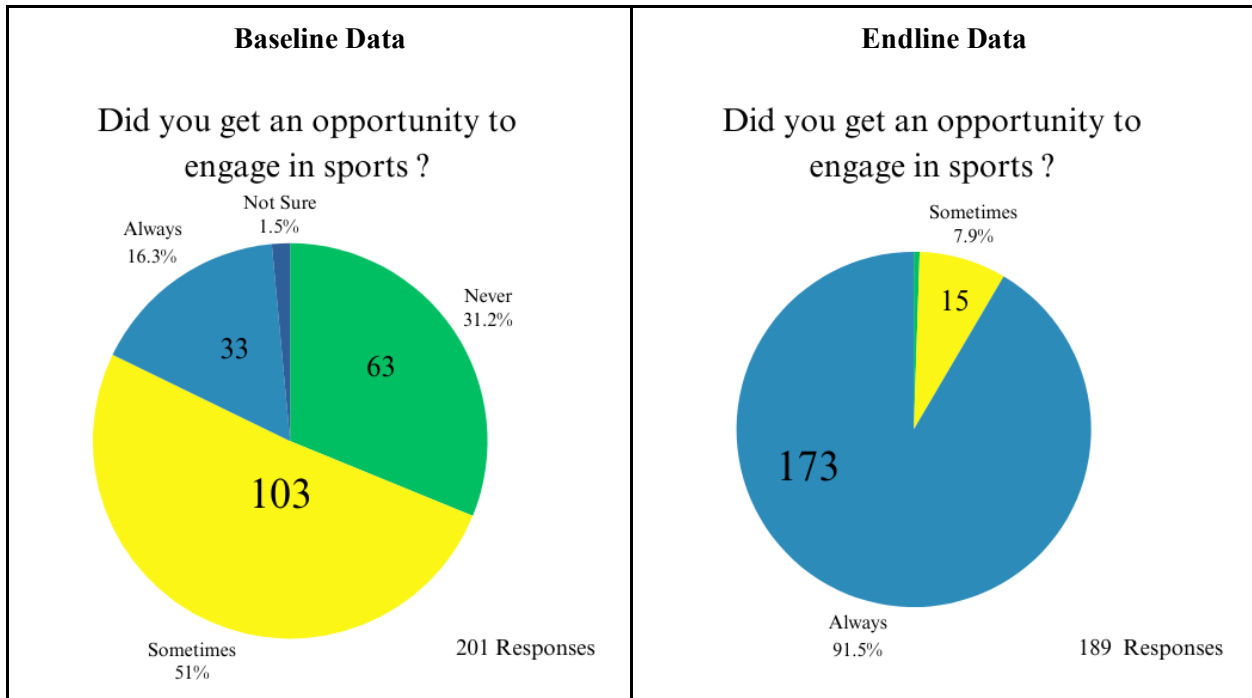
In the beginning when we started working with children, we faced resistance to the game of Frisbee. Children wanted to play Football or cricket. However, we can see from the data that 97% of children who were part of the session responded to choosing Frisbee as one of their favorite sports. The results are overwhelming and break the hypothesis that children only want to play local sports.

What are your favorite sports?



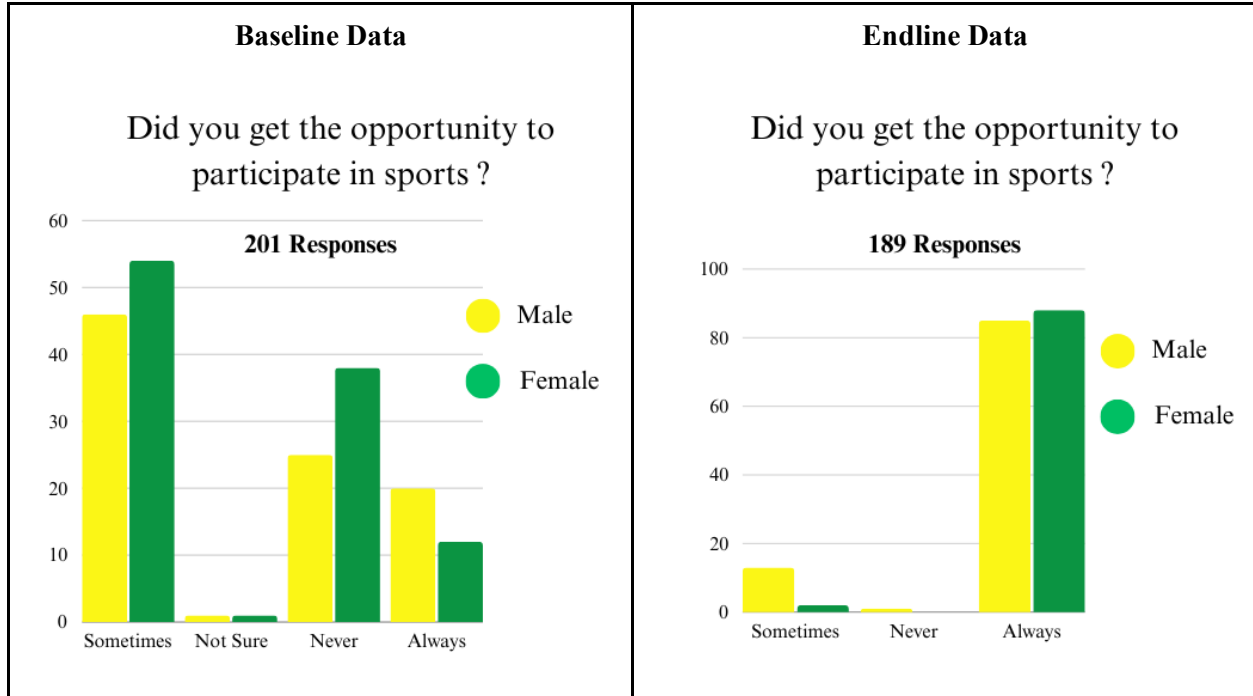
2) Opportunity to Play

The number of children who said that they always get opportunity to play increased from mere 16.3 % to a staggering 91.5%



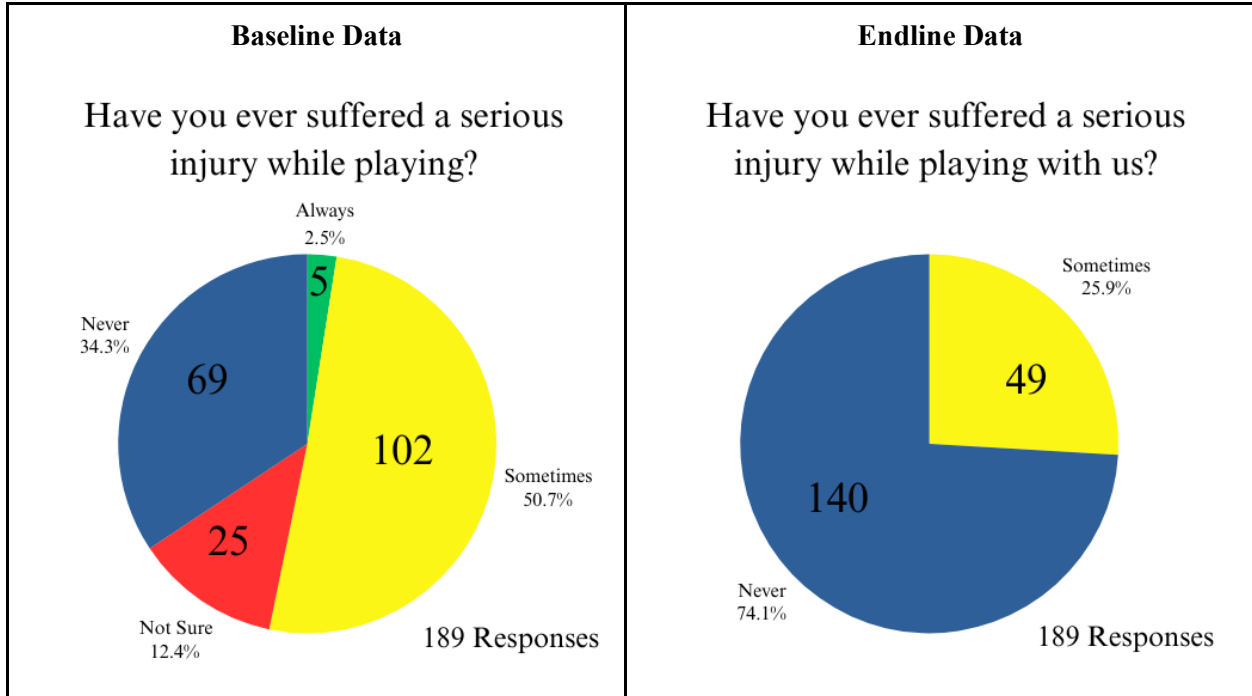
3) Girls' vs Boys Participation

If we compare opportunities to play among boys and girls, we see that girls have overall benefited more from the program. The number of girls responding to always getting the **opportunity to play surpasses boys and shows the inclusive nature of the game that has promoted increased girls' participation.**



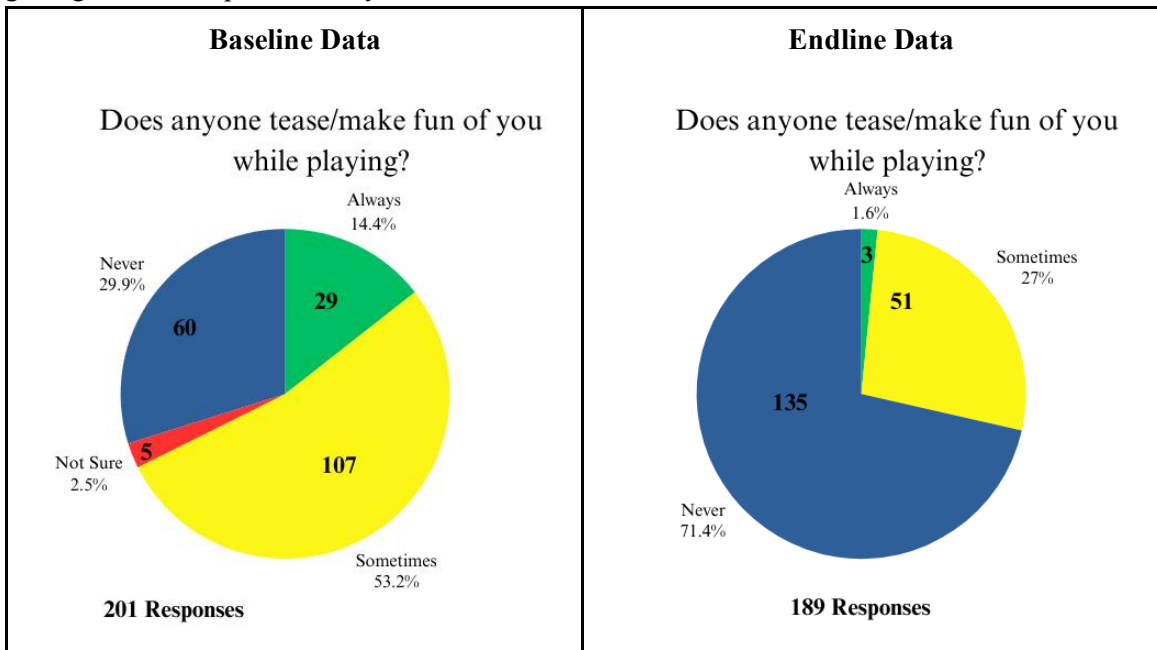
4) Physical Safety:

The children reporting never getting injured increased from 34.3 % to 74.1 %. However, the number of children getting injured sometimes is still high at 25.9%. Expectation of getting injured while playing was lower in the endline data.



5) Emotional Safety:

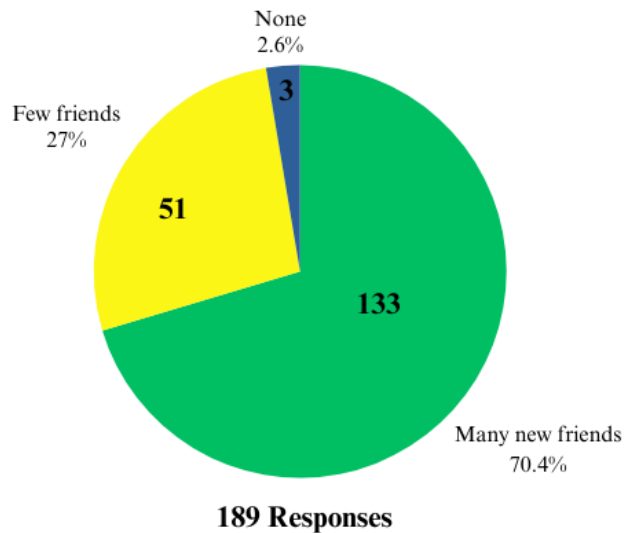
Children have experienced a safer environment to play with us. 71% never experienced getting teased compared to only 29.9% children from before.



6) Social Skills:

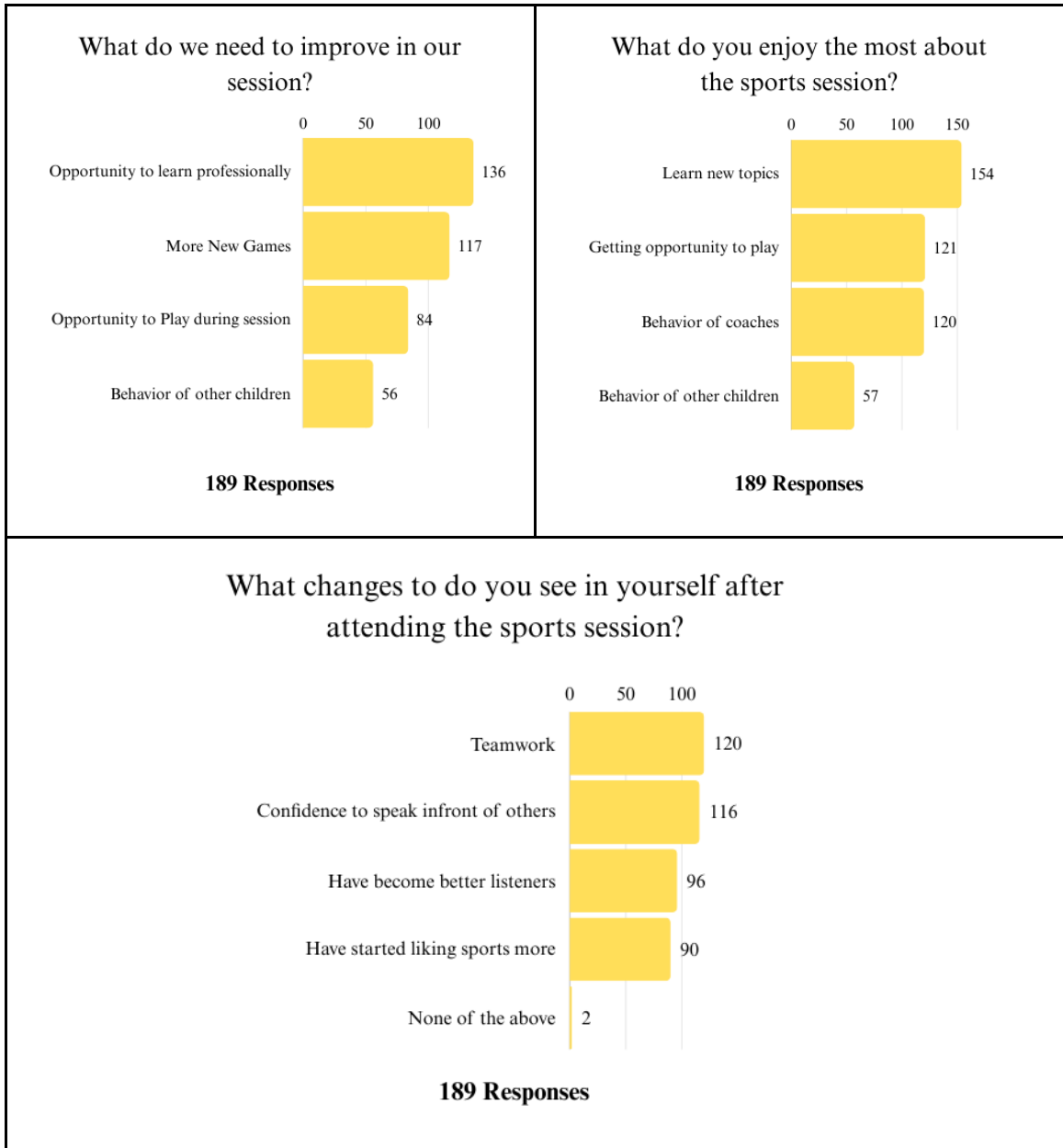
70 % of children reported making many new friends after joining our sessions.

Have you made new friends after joining KHELO?



b) Feedback from children:

Children's responses on how to make the sessions better, things they enjoy most about the session and changes they see in themselves. Children want to learn the game professionally and represent at different events, the thing they enjoy the most is learning new skills and a skill that they have learned the best is teamwork.

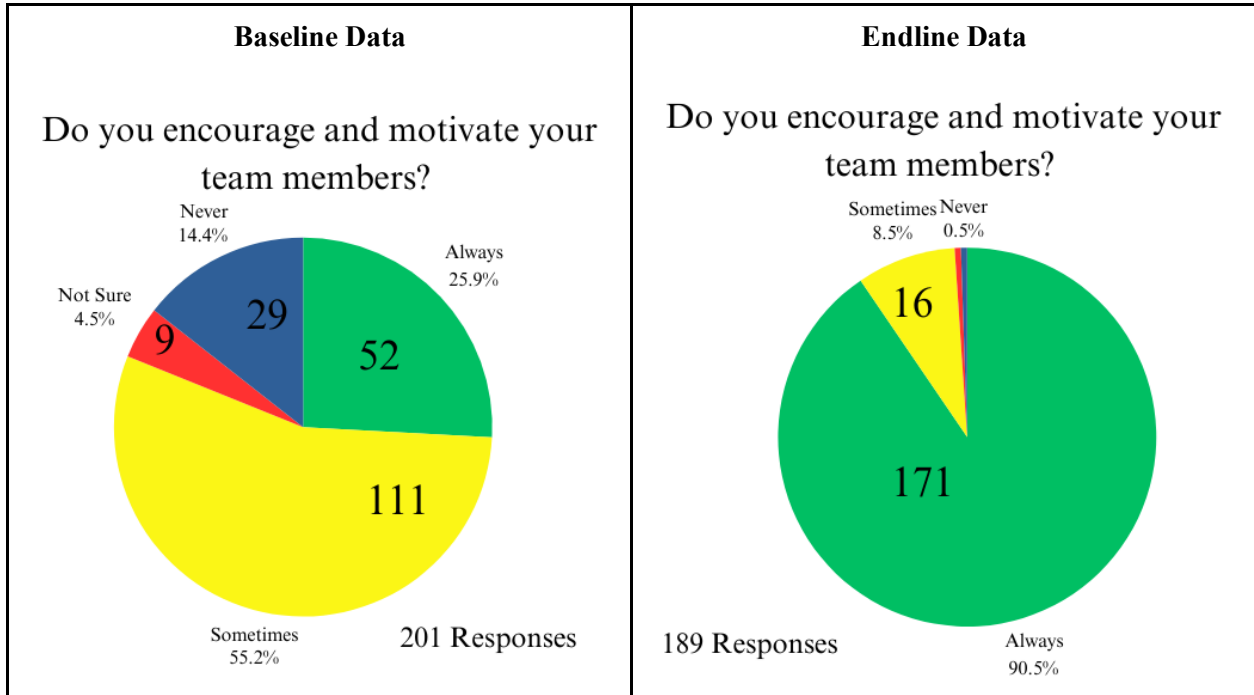


c) Leadership Skills:

We worked on 4 leadership skills focusing on teamwork, empathy, fair play and communication. Here is the data for the same.

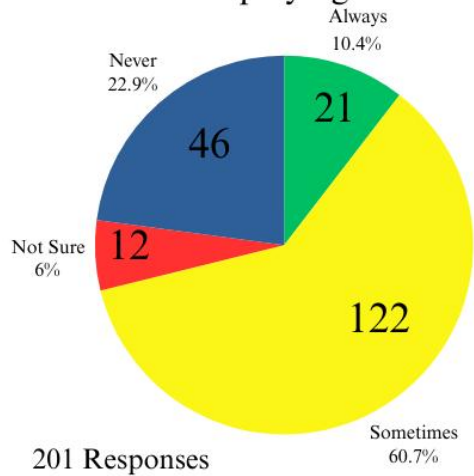
1) Team Work

Number of children reporting increased support from team members increased from 25.9 % to 90.5%. Children who blame others while playing reduced from 22 % to 66%.



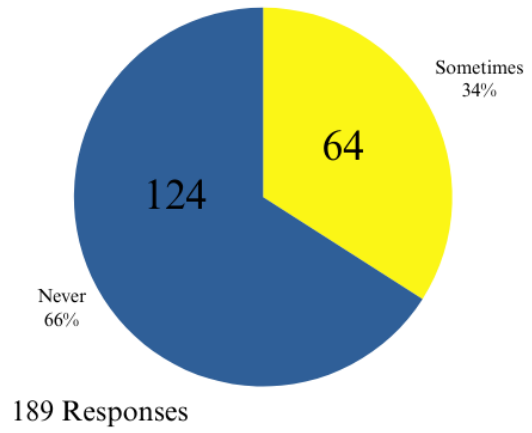
Baseline Data

Do you fight or blame others while playing?



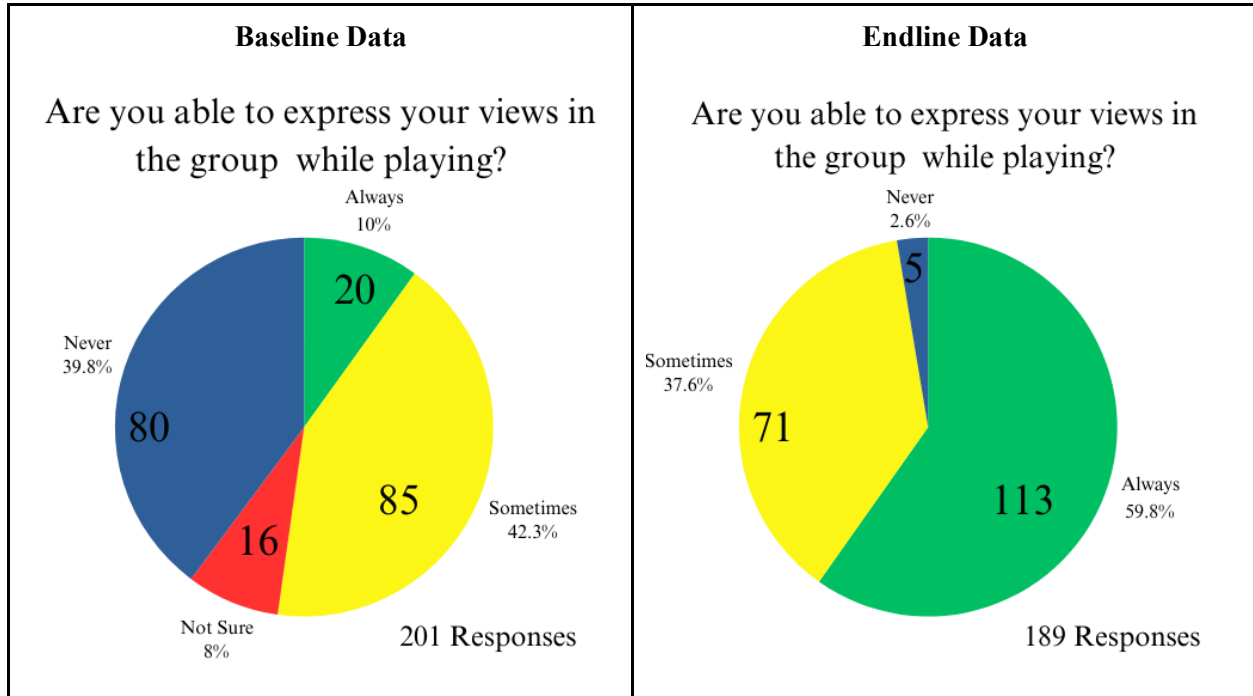
Endline Data

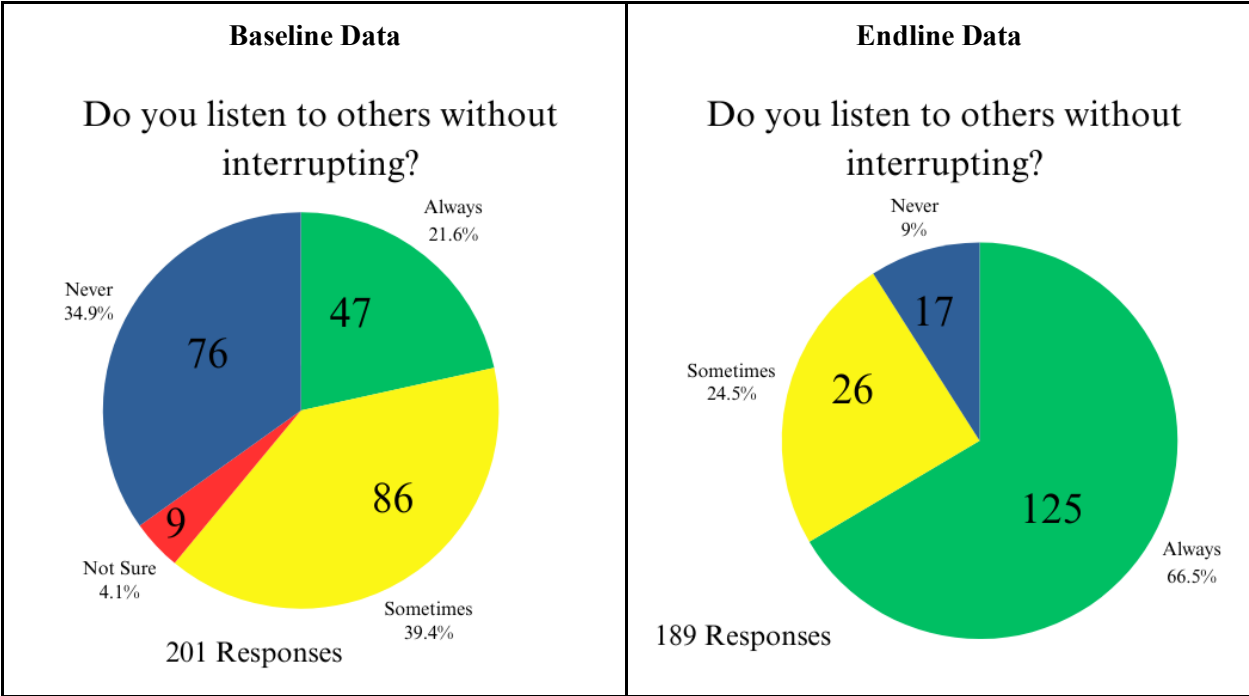
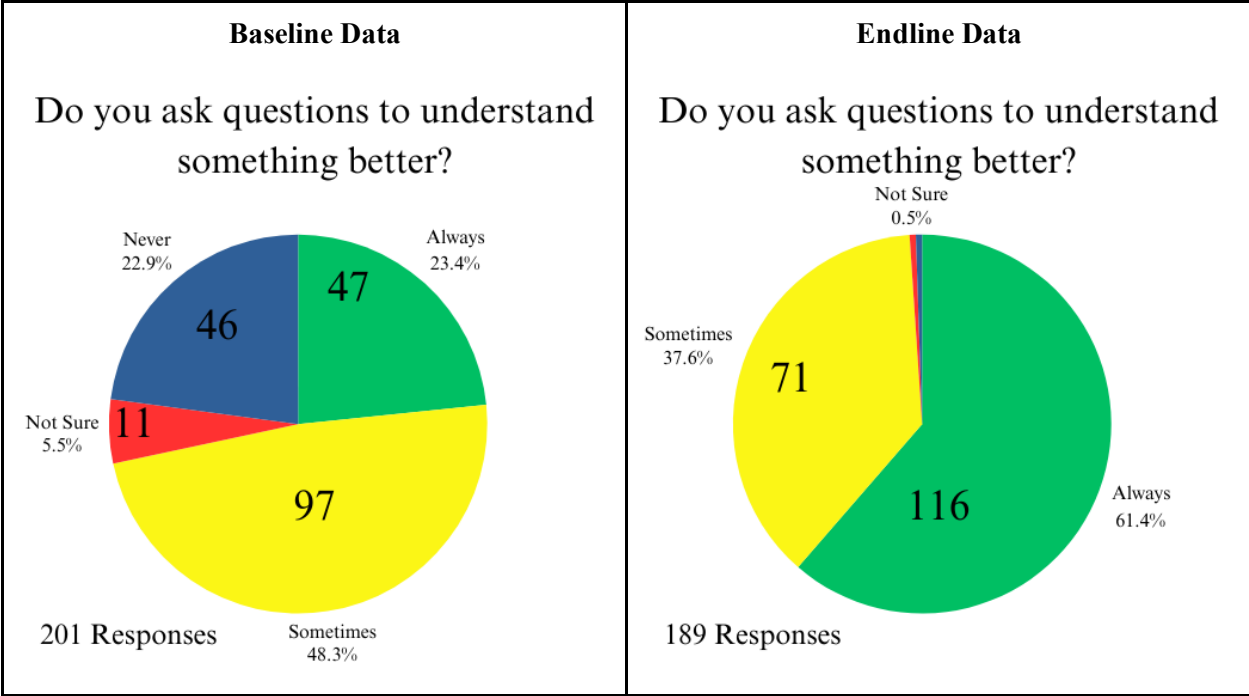
Do you fight or blame others while playing?



2) Communication:

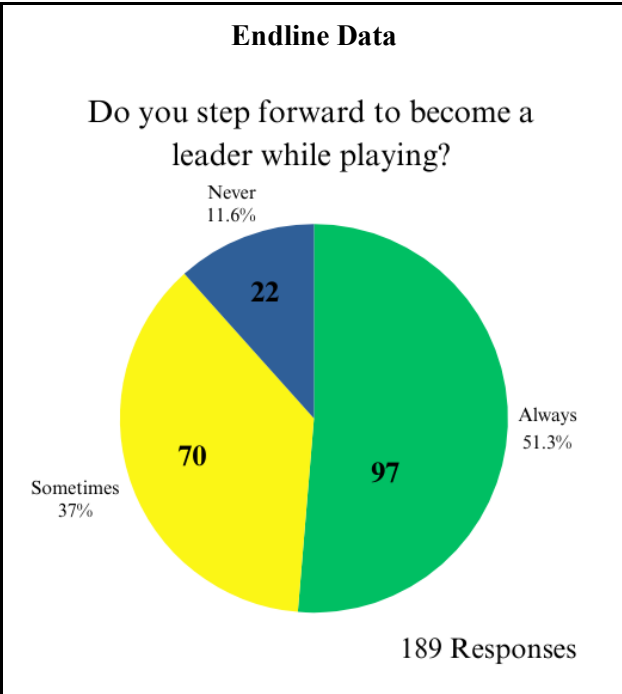
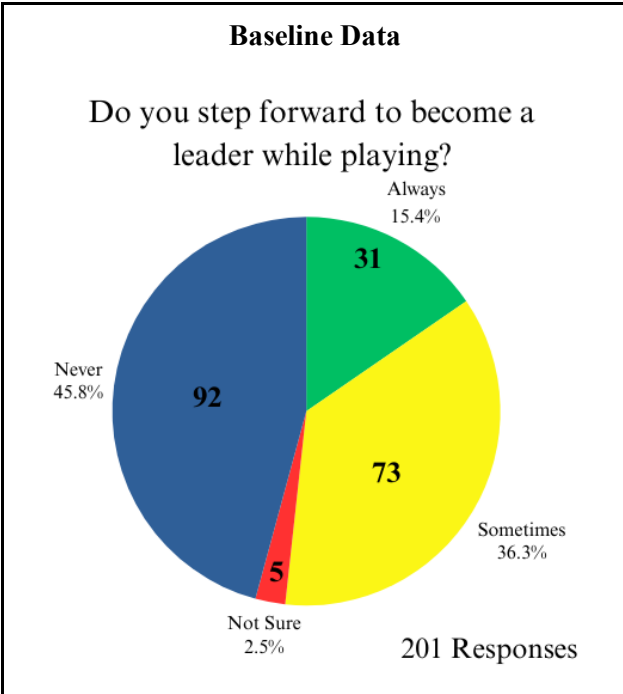
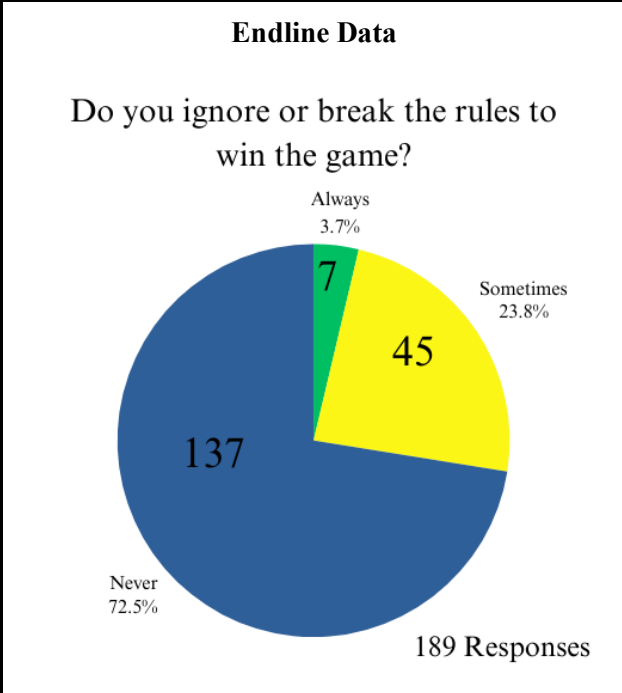
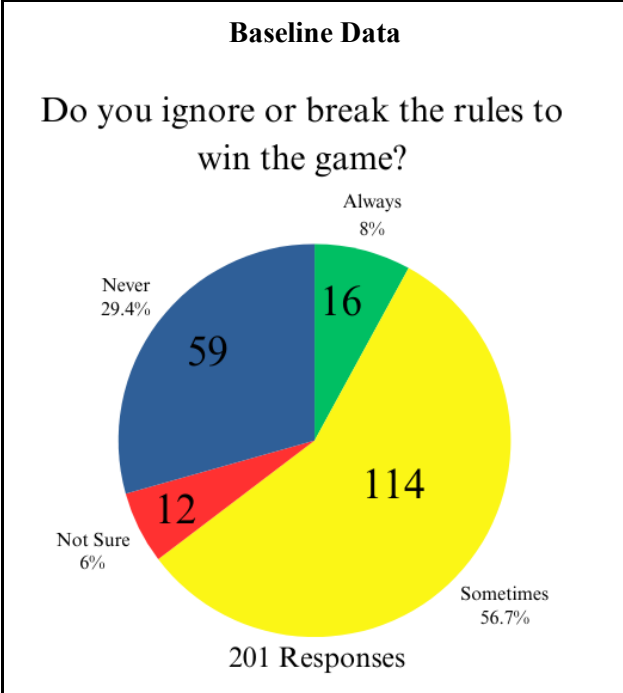
Children showing confidence to speak in groups increased from mere 10% to 60%. Children who asked questions to understand something better increased from 23% to 61%. Children reported an increase in listening skill from 21% to 66%.





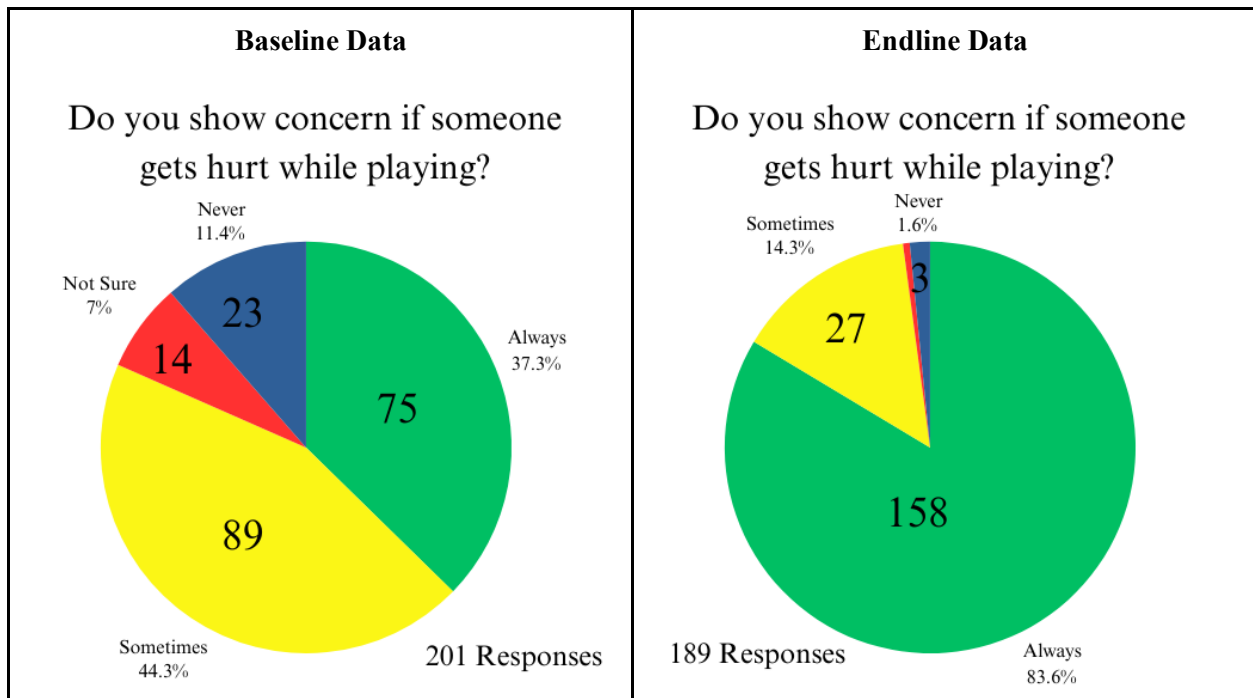
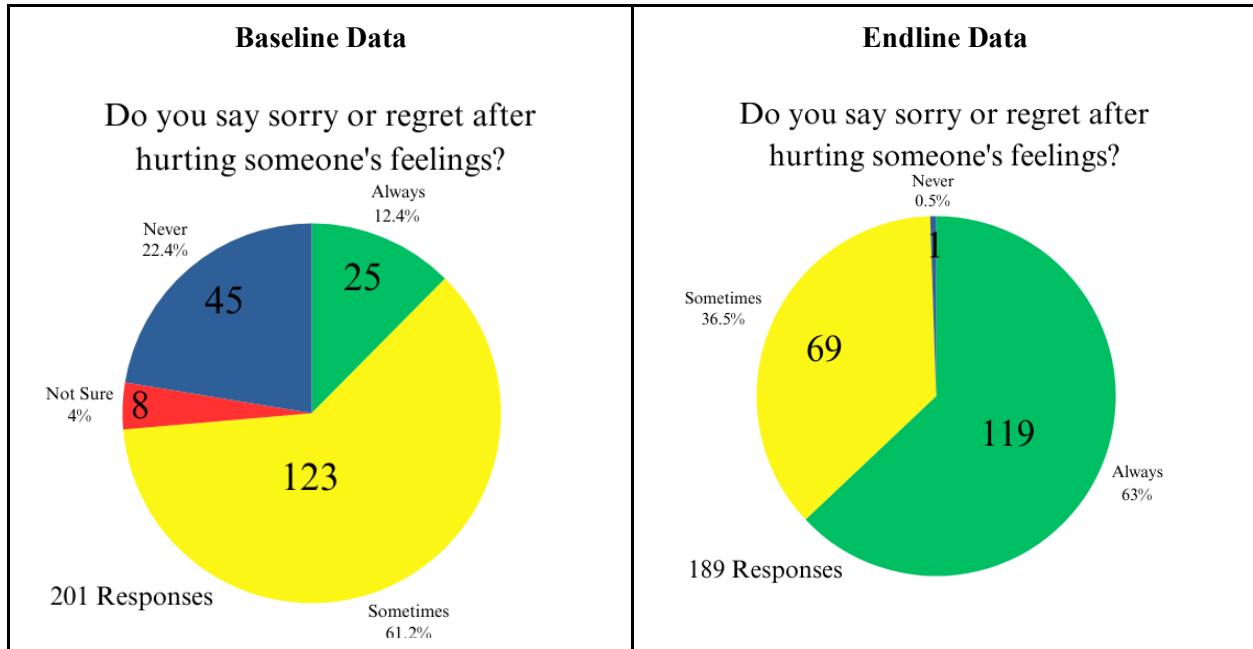
3) Fair Play

Children reporting not breaking the rule increased from 29.4% to 72.5%. Children responding to come forward to become leaders increased from 15.4% to 51.3%.



4) Empathy:

Children showing remorse after hurting others increased from 12% to 63%. Children showing concern for other injuries increased from 37% to 83%.



d) Qualitative Data:

What skills have you learned while engaging with us? Can you give an example where you showed leadership skill on the ground?

“When I went to my uncle’s house, we were playing football. No one was coming forward to become a leader. I came forward to lead and won the match. I was also given a prize for this. “

- **Balbir, 13 years, Chopitola**

“Earlier I did not get a chance to play but now we get more chances to play this game. I could not speak in front of anyone but now we can speak and play with each other.” -**Pallavi Kumari, 11 years, Bharwaliya**

“In the past, we used to argue with each other, often over trivial matters. Now, those conflicts have subsided, and we have learned to work together more harmoniously. We used to compete for attention or resources, but now we collaborate and share them. We have come to really appreciate this newfound unity and cooperation.” - **Saroj ,16, Chiutaha**

In this game, I have had many opportunities to spend time with friends. Without Bhaiya and Didi (Khelo Coaches), I would not have had the chance to go out of the house as much. -- **Nirmala ,16, Chiutaha**

I discovered a new game to play that was specifically designed for girls. I was thrilled to see this, as it was something completely new to the village. -**Preeti Kumari ,14, Chiutaha**

Father initially did not allow me to go, so I went secretly without telling him once or twice. However, when my brother saw girls playing and winning, he told my father. After that he understands the significance of the game. --**Deepsikha Kumari ,11, Chiutaha**

Through this game, we had the opportunity to leave the house, interact with older children, and improve our mood. Over the course of a year, we learned a great deal, and many of our previous concerns or insecurities vanished. --**Anjali Kumari , 16 , Chiutaha**

Can you remember a time when you helped your teammate during a game? When someone gets hurt while playing, how do you feel and what do you do?

“Once in school during break time all the friends met and were playing frisbee. when suddenly one of the friends got hurt. I ran and brought medicine from Lakshmi Didi’s house and put it on her.

- **Balbir Kumar, 13, Chopitola**

“While playing the game 'De Tali', my friend fell and got injured a little, then I went and massaged his leg.” - **Vishal Kumar, 17, Bairatpur**

“If someone doesn't play well, we teach them...if someone gets hurt it doesn't feel good. I told Bhaiya and Didi to find some solution. **Ram Kumar, 14, Chopitola**

“While playing this game, the girl who doesn't get a pass gets sad, so I help her by giving her a pass and she becomes very happy.” **Saloni Kumari, 13, Bairatpur**

“While playing once, a friend was not running. When I asked him what happened, he said he got injured but I was not able to understand it. However, when I got injured myself, I could understand her pain. **Preeti Kumari, 13, Bharwaliya**

Do you feel more confident in speaking in front of others after attending this program?

“Yes, my confidence has increased. I fight for my rights. Once I raised my voice in school to get the school hand pump fixed” - **Aditya Kumar, 15, Chopitola**

“Before I would not talk to anyone when I visited the sessions. Now, I am the first one to talk” - **Ragini Kumari, 11, Bairatpur**

“Before I used to spend all my time at home and not talk to anyone. But now, I go out to play and talk to other girls in the session” - **Kajal Kumari, 13, Bairatpur**

“Before I was afraid of a teacher but now, I can speak in front of him. This game can teach anyone how to speak” - **Saroj Kumar, 16, Chiutaha**

“Before I was afraid of my big brother because it seems like he is always angry. But now I can talk to him.” - **Preeti Kumari, 14, Chiutaha**

Case Studies

Choti Kumari

Choti Kumari is a 12-year-old girl living in Bairatpur, Bagaha. Her father is Raj Mistry and also involved in farming. Her mother is a housewife. Choti's parents encourage her to go outside and play the game.



Choti Kumari says that:

“Before, I did not play any game. I was afraid of going out in the community. It was difficult for me to speak in front of others. However, after Mamita Didi, Sighansan Bhaiya and Manjesh Bhaiya have starting teaching us Frisbee, I have started to enjoy and learn the game. I started to talk in front of others.

Before, I would feel shy to go out to play, however, now, I don't feel afraid or shy to go outside in the community to play. I get full opportunity to play the game and I don't feel afraid that I will get hurt while playing. It has helped me to build my confidence.

Sometimes both boys and girls come together to play the game. At that time also, I could speak my thoughts in front of everyone”.

Mamita who is a Khelo Facilitator says that “Choti is my neighbor. I noticed that before she would never come out of her home after school. Now I see that she is always so excited to come out and play. She has also become so outspoken and is not afraid to speak her mind.

Babita and Kabita



This is the story of Babita and Kabita (name changed), who are 17 and 15 years old, respectively. They live in bharwalia (name changed), located in West Champaran, Bihar. Initially, neither of them engaged in any sports activities. However, when our Khelo program started, many boys and girls joined, and eventually, Babita and Kabita also decided to participate.

Six months before joining the session, Babita fell in love with a boy. Her family was aware of this relationship. One day, the boy came to their house and proposed marriage to Babita. Her parents did not agree, leading to increasing conflicts within the family. Consequently, both Babita and Kabita were not allowed to leave their home, which resulted in them discontinuing their schooling and sports activities.

Our coaches, Manjesh and Ranjeet, visited their home and tried to convince their parents to allow the girls to play for a few hours. After much effort, the parents agreed, but Babita's older brother, who lived in a different town, was still opposed to them going outside.

After multiple phone conversations, the brother finally agreed to allow only Kabita to attend school and play sports but not Babita. However, after a few days, Kabita stopped coming again. The coaches had to conduct a third meeting with the parents, spending a long time convincing them to allow Kabita to return to the sports sessions. After several months of effort, Kabita is now regularly attending the sports sessions.

Sanjay



Sanjay (name changed) was a lonely boy without any friends. He often stood near the playground, wondering if the boys from other castes would play with him. One day, while he was watching the children play Frisbee, I noticed him for the first time. I asked if he wanted to join the game, and he responded that he wasn't sure if the children from the Urao caste would play with him.

Gradually, Brijesh began to mingle with the other boys and started playing with them. Now, he hangs out with these boys from different castes and seems much

happier.

- Akshay, Khelo Facilitator

Shalini Kumari



Shalini Kumari is a 14-year-old girl living in Bharwaliya, Bagaha. Her parents are involved in agriculture labor work.

Shalini says that :

“My parents did not allow me to play outside. However, after seeing other girls playing Frisbee in the village, they allowed me to go. I really enjoy it and have a lot of fun during the sports session. Regularly attending the session has helped me to become more active and to be even more on studies. I have learned to speak confidently in front of other and how to play together in a group”

Shalini's parents say that “She is very short –tempered and would get irritated over small things. Everyday, she would pick fights with her elder sister. Now, she has become more calm and listens to others. If she doesn't , we tell her that we will call Akshay Bhaiya and then stop. She respects him and enjoys the sessions on the ground.”



Akshay, a Khelo Facilitator says that “I noticed that she would get very angry during the session treating other children with disrespect. However, now she has become more calm and listens to others. The sessions on emotional safety ,teamwork and communication has helped children to learn value along with playing the game”

Prince

Amina Devi is the mother of Prince says that:



“One day children were playing on the ground. One boy got injured and his mother started to scold the child. I was watching carefully and silently how Prince reacted to that situation. I noticed that Prince responded very calmly telling that it was not because of the other child that the boy was injured. We all are playing together and it

is not because of one person. If you have to scold, please scold all of us”

“I was very happy to see this, as my child was very shy and hesitant to talk to others and now he



was responding in such a calm and confident manner. When I asked him where he learned how to speak like that he responded, "When I go to play , Bhaiya and Didi teach us these things.”

Parent's Survey

To conduct a parent's survey, we decided to do a focus group interview in each village. Parents were asked questions in a group and their responses were recorded as audio files. Initially, we had planned to conduct the survey in all the four villages but due to time constraints and the time of year when the community people are busy in irrigation, it was possible to conduct the interviews in only two villages.

Below are the responses of parents.



Focus Survey in Chiutaha with 16 Parents



Focus Survey in Bairatpur with 15 Parents

Before this program, how did your child usually spend his free time?

Bairatpur - Children will roam freely with nothing else to do. But now they are playing and winning tournaments.

Would you recommend this program to other parents? If yes, why? If not, why not?

Bairatpur - I really enjoyed seeing my children playing. I totally support this and I went to other people's homes asking them to send their children.

How has the community's attitude towards children (especially girls) while playing changed because of the Khelo initiative? Would you encourage girls in your or your community to take up sports? How?

Bairatpur -Before in the community I saw that only boys used to play. During the event in Bairatpur School, I saw so many girls playing with so much energy and having fun. It really filled my heart with joy.

In your opinion, what role does sport play in children's education and development?

Bairatpur - With education, sports is also important. It makes children active and healthy. When parents started seeing the benefits many parents' children started sending children to the program.

Are children more active than before? How?

Bairatpur - Children have become very active as I have seen. They start making the ground before the coaches come to teach them.

What improvements do you think can be made to the Khelo initiative to better support children's development?

Bairatpur - We need to take this forward and promote sports in our community. Children should be given the opportunity to go ahead in the area of sports and make it more interesting. I request the team to give more opportunities to children so that children get more opportunities.

Chiutaha - The organization should support playing children at District and State Level. If there are any opportunities, we will support our girls

Do kids talk about play sessions at home? If yes then what do they say? Know the reason.

Bairatpur - When children come back home after the session, they tell us that everyone gets the opportunity to play and they play a lot of new games. When they won the tournament, everyone got awards not only one or two children.

Chiutaha - Children say that they really enjoy the game. Bhaiya and Didi conducted the sessions very well. They tell us which game they played and if they have won or lost that day.

Do you feel that the Khelo initiative has helped in the overall development of your child? If yes, how? If not, why not? Have you noticed any improvement in your child's physical health by participating in sports?

Bairatpur - Children have started helping us at home. They have become more active.

Can you describe any special skills or qualities that your child has developed through this program?

Bairatpur - I have observed that children's behavior has changed and they communicate respectfully with us. They have become more mature.

Chiutaha - I have observed that children are growing. Their physical health has grown and their mental well-being has improved. Children who were not studying before are spending time studying and playing. Children are also excited to make a career in sports and represent in Sports. Children are really doing well.

When you heard about the Khelo initiative, what was your first reaction?

Bairatpur - We were very happy and started sending our children to the program.

Before the Khelo Initiative, did your child have opportunities to participate in sports or recreational activities?

Bairatpur - Not like this, here everyone gets an opportunity to play.

Chiutaha - They did not get an opportunity to play this before.

Noticed any changes in your child's behavior or attitude? Explain by giving examples.

Bairatpur - They have started to do things together. They have become more disciplined studying on time and playing sports on time.

Have you had any concerns about your child participating in sports activities? If yes, what were they?

Bairatpur - We were concerned but the coaches assure us that they will take the children and bring back the children to home taking responsibility and acting as guardians. It made us feel more relaxed.

Chiutaha - I was worried about my girl. If she is going outside to play, who will take responsibility for her? When I learned there are both male and female coaches, I allowed my girl to go. Now, they are very excited to represent at District and State Level. If there are any opportunities, we will support our girls.

Do you think children should play? If yes! So why? Know the reason, if not! So why? Know the reason.

Bairatpur - What children are playing is already. With play, they should learn knowledge and skills. Through sports they will learn about culture, behavior and step by step they will keep moving forward. Sports are as important as education. After they complete education, when they get a job as a Police or Army Officer, if they have played before it will help in their job being active and running.

How have your child's interactions with peers and family members changed after participating in the Khelo Pahal initiative?

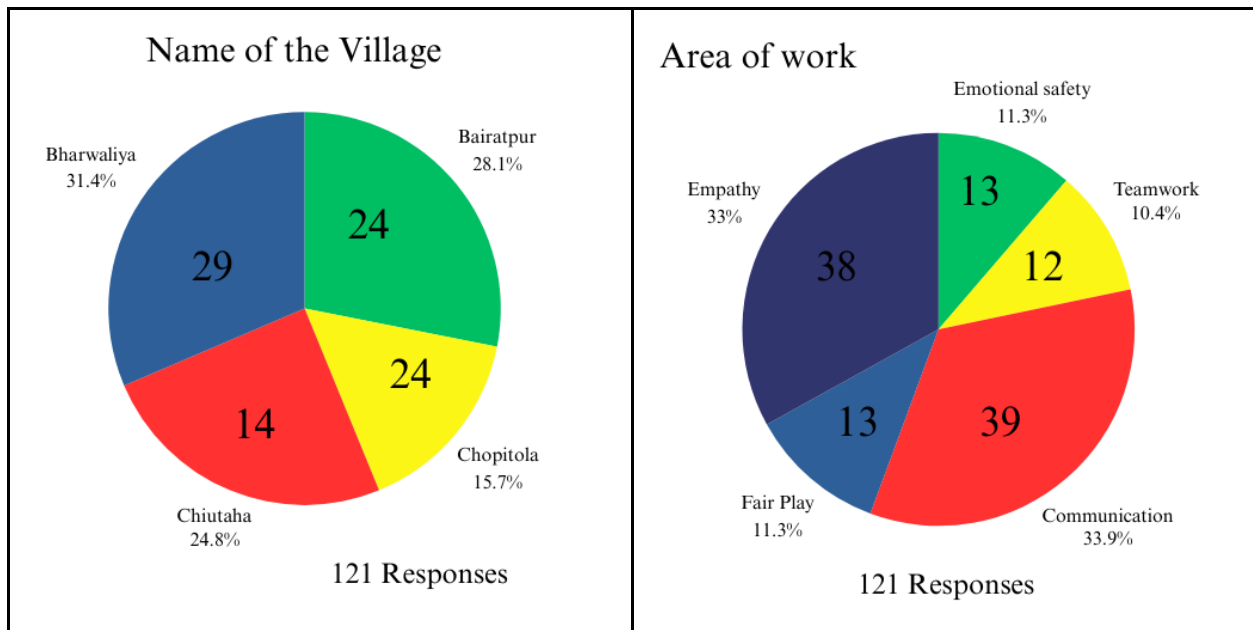
Chiutaha - My children would hesitate to talk to other children and even at home they feared talking to the guardians. But playing sports they gained a lot of experience communicating with each other. Now, they talk more and share their feelings more freely.

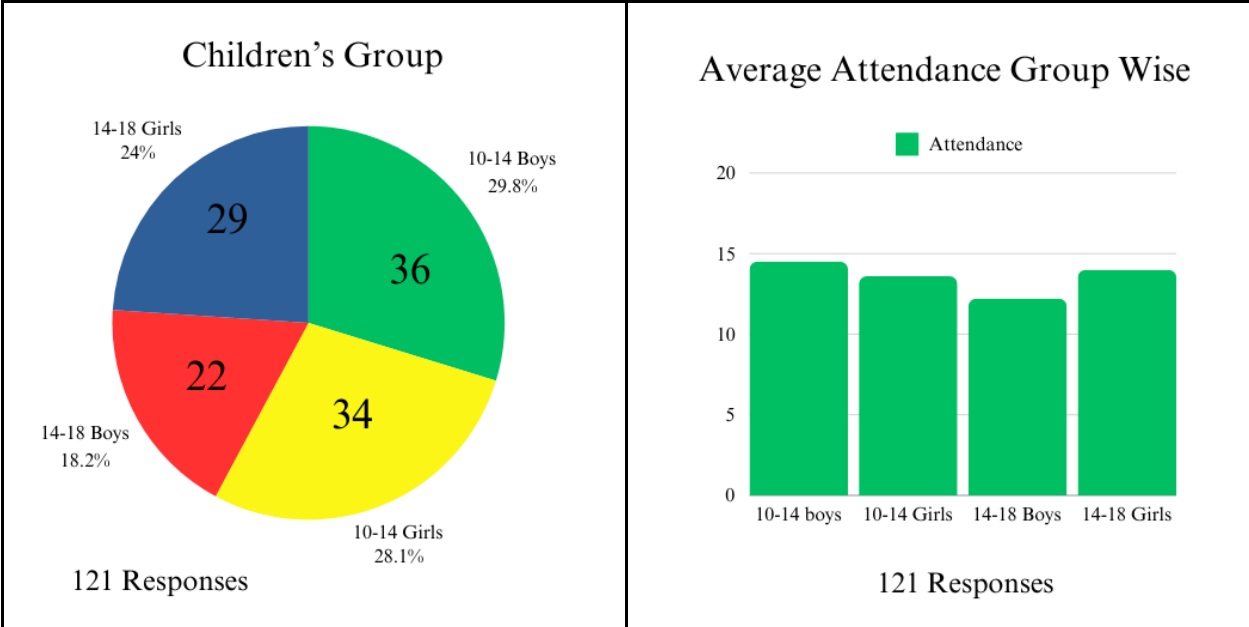
Monitoring & Evaluation (M&E)

A total of 121 forms were filled out while conducting M&E by the sports coach.

Basic Information:

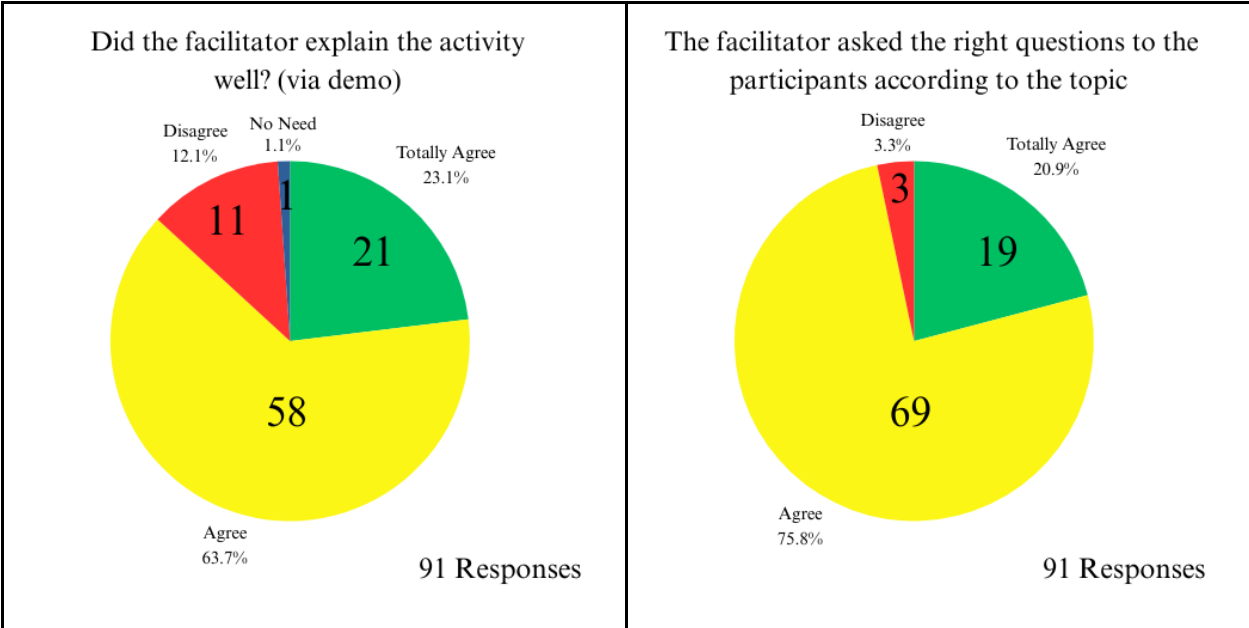
The highest number of monitoring was conducted in Bharwaliya. We worked on different areas such as emotional safety, empathy, teamwork, communication, and fair play. Most sessions were conducted for younger boys followed by younger girls then older girls and then older boys reflective of data collected in Endline. The average attendance was highest for 10-14 boys age group.





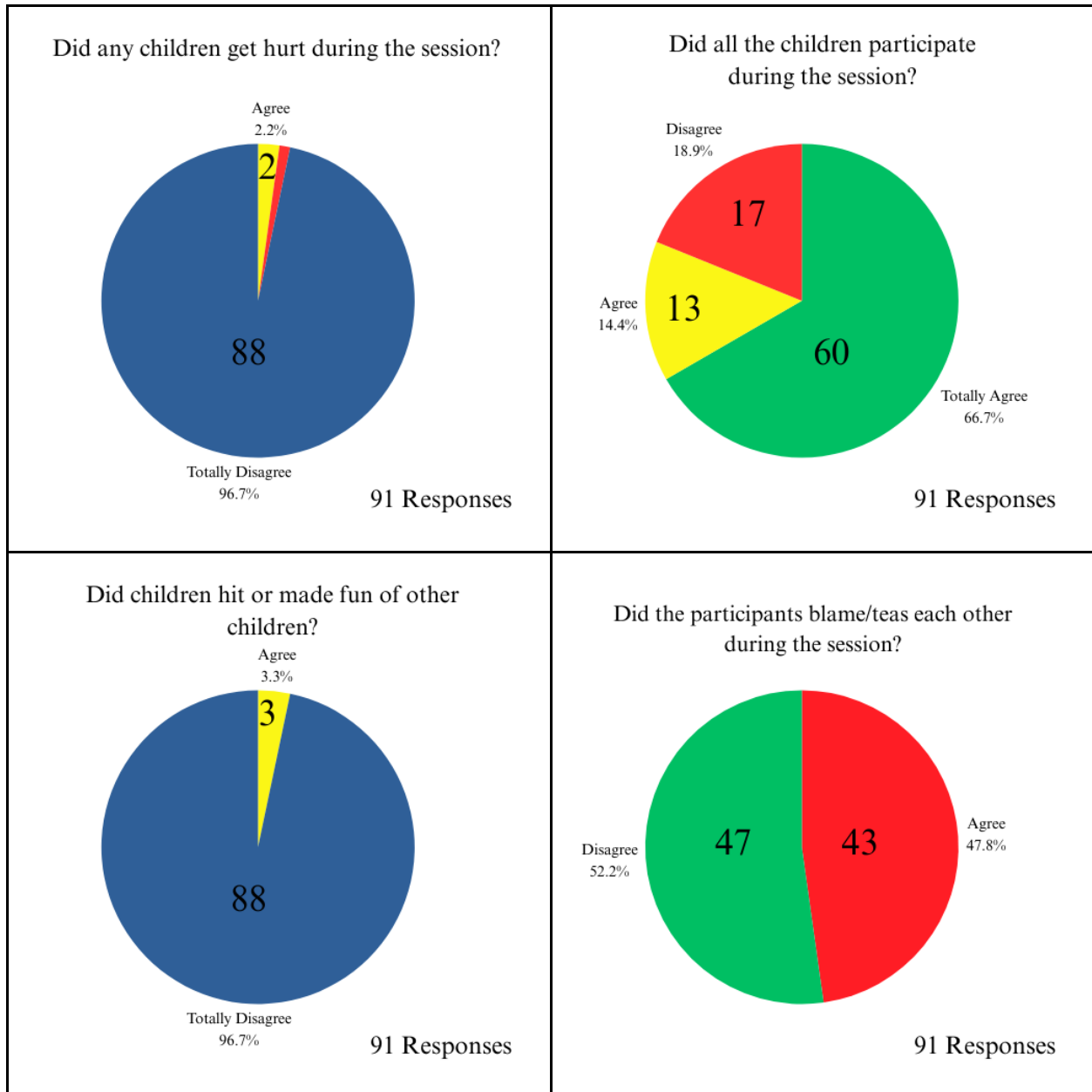
Facilitation Skills:

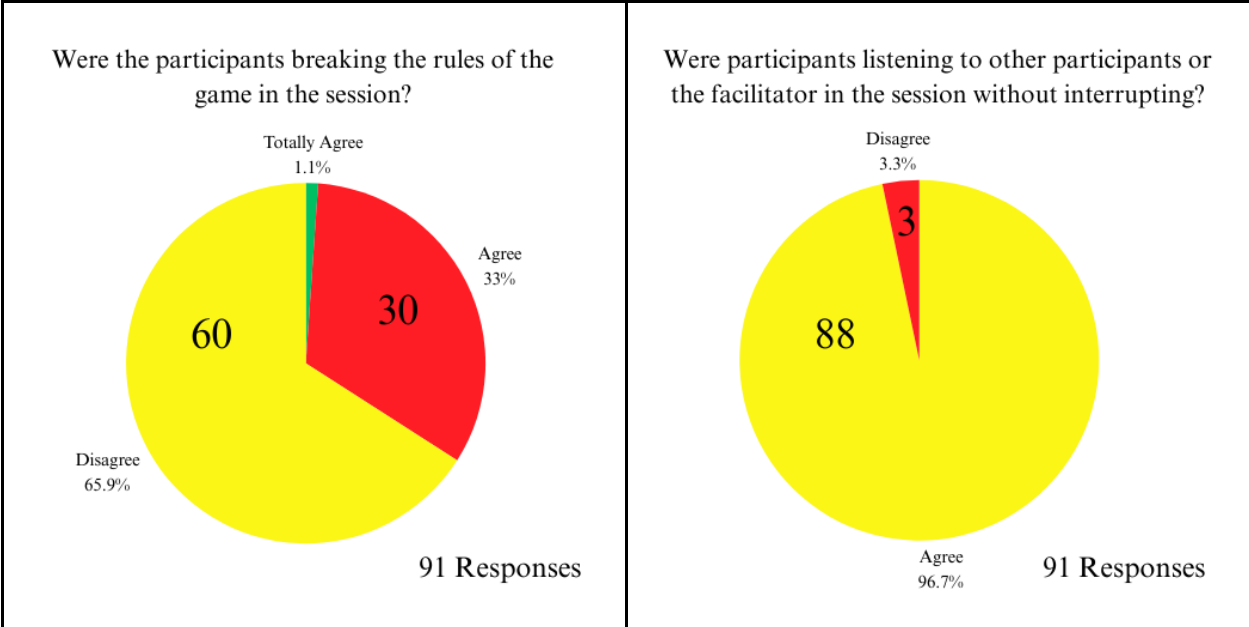
These were important indicators to check the quality of work. Coach instantly gave feedback to facilitators to improve on different areas.



Participation of Children

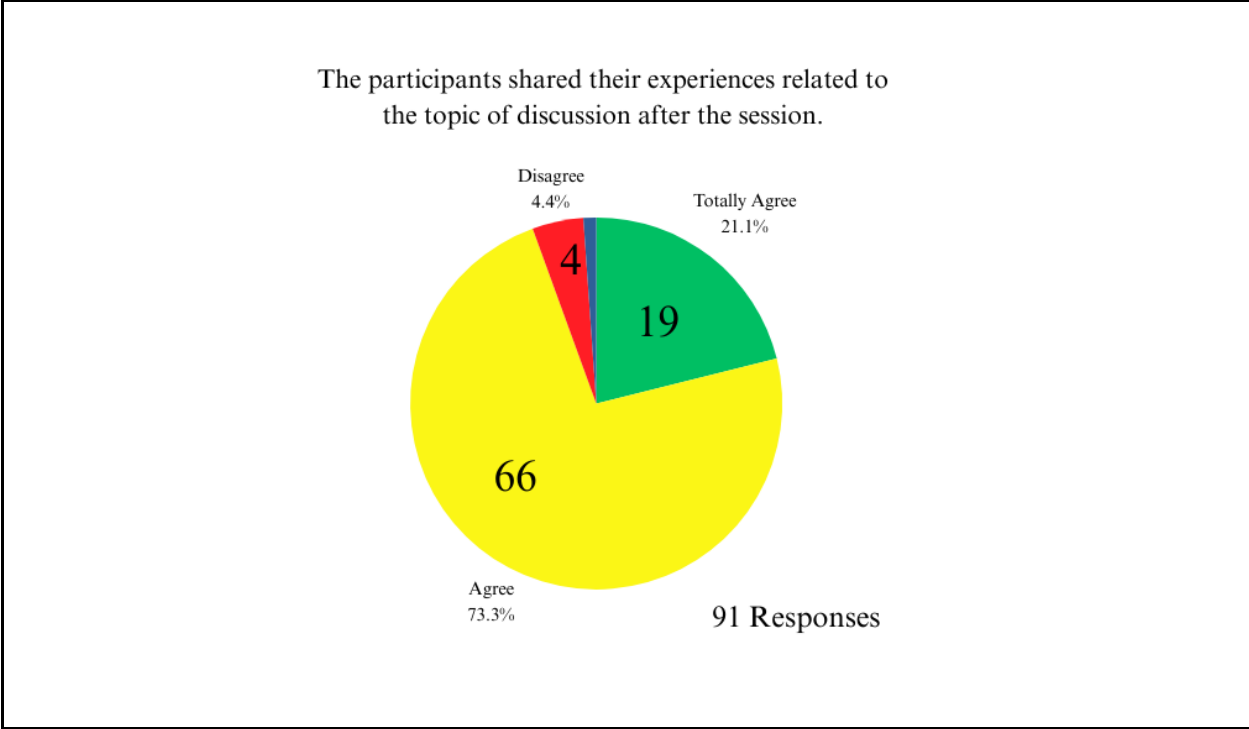
Participation of children measured quality on indicators such as physical and emotional safety, inclusion, fun, respect for others. Moving from quarter two to quarter four, we see considerable improvement in these areas for children.





Children’s Learning related to the topic of Discussion

The most important indicator to see if children were reflecting and learning new skills during the session.



Appendix:

Children Endline Survey Excel

File:https://docs.google.com/spreadsheets/d/1PQIXTrjZtBR_fYXQc35u8FfUdAm7tTVxAbeR6cAmPT8/edit?usp=sharing

Parents Endline Audio Recording:

https://drive.google.com/drive/folders/1trtx7IgoqDtgnLq5s_yIK3LN5Hr3Am_w?usp=drive_link

Monitoring Data:

<https://docs.google.com/spreadsheets/d/1nGalilj4FdnSuEc9TXcReBHgC7BNkUi6rIWJYuswGhw/edit?usp=sharing>

https://docs.google.com/spreadsheets/d/1WxTq-nxnMY6i0V6OBKsBwtv_Z03E6afFk-rijor7Ctg/edit?usp=sharing