

# KHELSHALA

*Empowering children through sport*



www.khelshala.in

## BACKGROUND

Schools in India are acutely under-resourced, impeding children's exposure to quality education. This, combined with poverty and adverse family conditions, disrupts children's development rendering them prone to antisocial behaviour which can destroy the future of these children and negatively impact our society.

“*Khelshala helps its students discover a new way of life to 'graduate' out of their vicious circle of social and economic backwardness through higher learning and hard-work.*”

Khelshala was founded by Satinder Bajwa, former Harvard Director of Squash to help these children break-free from the negative atmosphere, through holistic after-school education. Introducing lifetime sports, academic help and yoga practice, we instill values of self-confidence, morality, responsibility, and hope to make a positive difference to the lives we touch.



Manish Kumar  
Squash Coach/ Computer Teacher

Manish Kumar, son of a street vendor, is Khelshala's first graduate and a model student.

During his ten years at Khelshala, he has worked hard to excel in sports, and academics. He graduated with a degree in Bachelor's in Computer Application (BCA). Currently, he is working at Khelshala as a squash coach and computer teacher.

## Our Scholars



These children have obtained scholarships to private schools like Learning Paths School, Mohali and St. Stephen School, Chandigarh



Priya Gupta  
Managing Intern

Priya Gupta, daughter of a scrap-dealer was Khelshala's first girl graduate and Young India Fellow (YIF) 2019-20. She completed her Post Graduate Diploma in Liberal Arts from Ashoka University and is also a champion squash player. Priya won inter-university squash championship for two consecutive years in 2015 and 2016. She is currently working at Khelshala as a Managing Intern.

## WE DO WHAT WE S.A.Y.



Through sports like squash and tennis, develop individuality, responsibility and character.

**Many of our players will compete in the 2019 Indian Junior Squash Championship with some of them being contender to challenge for places among the top 10.**



Through academics, inculcating the ethics of learning, reasoning, focus and discipline.

**7 students are currently attending college. Priya Gupta completed her Post Graduate Diploma in Liberal Arts from Ashoka University. 10 children are currently in grade 10 & 12 and striving to attend college after completing high school.**



Through yoga and meditation, we motivate children to build a healthy & stress-free life and embrace holistic wellbeing.

**They are taught to embrace values such as respect, integrity, and responsibility to help them be better citizens in the community.**





Individual sport pursuit means that each child is a team; with 100 children we have 100 teams!

“ Why sport? Because sport brings the **Best** out of you, whether you succeed or fail ”

- Satinder Bajwa (BAJ), former Harvard University squash coach, & Founder, Khelshala

## HOW DOES IT WORK?

We engage children during after school hours at one of our two facilities located in Attawa and Majra to give them a platform to have a meaningful social interaction through sport. We offer guidance and help to complete their homework, encourage them to read books, gain basic computer literacy and discuss news. To combat malnutrition, we offer supplemental nourishment in the form of fruits, milk and vitamins.

“ At Khelshala, the students are given exposure to sports like squash and tennis, and are being taught vital life lessons and ethics such as hardwork, responsibility and mental strength. ”

- Vedant Ambani

“ We take a ‘**sports plus**’ approach and provide positive reinforcement through awarding ‘play hours’ for the student’s efforts. ”

## WHY KHELSHALA?

At Khelshala, both boys and girls get equal opportunity to improve their personality and life through sports. Without Khelshala they would have never seen a squash/tennis racket, or a squash/tennis court for that matter. These elite games give them an opportunity to interact with a new circle of high-networth individuals, and the confidence to strike a conversation, as an equal.



Anurag Thakur, son of a cycle repairer, has blossomed into a gifted squash player winning 5th place in the 'Moment of Joy' tournament at Mumbai and coming 4th in the Khelshala Junior Squash Open in Chandigarh. His success so far makes him a contender for top 10 in the 2019 BU-19 Indian Junior Squash Championship.

## Our Athletes



Sawaib Khan, son of a farm worker and one of our leading tennis players loves exploring electronic gadgets, uses a mobile phone as an i-pod, and avoids putting a sim-card to keep himself safe from radiation. Sawaib has won numerous awards in under 12, 14 and 16 category local & state tennis championships. He has the potential to play at the national level.

Contribute and make a difference! ANY AMOUNT... IS BIG!

## WHAT YOUR MONEY CAN DO



Sports equipment & clothing



Private school/college/ university scholarship



Yoga and nutrition



Tennis



Squash



Academics



Yoga



Nutrition

Learn more about us at [www.khelshala.in](http://www.khelshala.in) | Write to us at [info@khelshala.in](mailto:info@khelshala.in) | Or call +91 9356751660