

Report
Special Olympics Young Athletes
2017-Mid 2019
supported by IKEA Foundation



**Special
Olympics
Bharat**



Our Mission

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community

Special Olympics Bharat is a National Sports Federation accredited by Special Olympics Inc. to conduct sports and development programmes all over India. It organizes Olympic-type sports opportunities for persons with intellectual disabilities whilst also providing a full range of off the field activities and initiatives that are geared towards supporting and improving the lives of people with intellectual disabilities.

Special Olympics is a global inclusion movement using sport, health, education and leadership programs every day around the world to end discrimination against and empower people with intellectual disabilities. Founded in 1968, and celebrating its 50th Anniversary in 2018, the Special Olympics movement has grown to more than 6 million athletes and Unified Sports partners in over 190 countries.

Special Olympics works through seven regions, out of which India falls under the Asia Pacific Region. In the Asia Pacific region, Special Olympics has touched the lives of more than 1.7 million athletes across 34 countries.

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**LET'S
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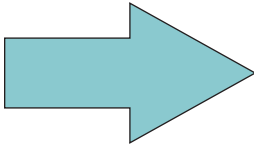
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"Children suffer the most in a crisis situation, and we are committed to upholding and raising awareness of their rights", commented Per Heggnes, CEO of IKEA Foundation.

Introduction To the Program



What is the Young Athletes Program

The Special Olympics Young Athletes is a sports and play program for Children with and without Intellectual Disabilities ages 2-7 years old.

Young Athletes offers an opportunity to learn about every child's abilities and to readjust expectations through inclusive play. It includes a series of structured physical activities, songs and games to teach basic motor skills. Through these play activities children grow and develop valuable motor skills, like walking and running, while also enhancing social and cognitive skills through interaction with their peers, with and without intellectual disabilities.



Message from the Founder & CEO Air Marshal Denzil Keelor



As we complete a three year implementation of the Young Athlete Program with the support of the IKEA Foundation, it's acceptance and meticulous execution by the states has given me immense pleasure. This incredible outreach is certainly attributed to the IKEA Foundation support. Initially, it took a little time but it has involved people directly in the theoretical and physical aspects of development of this program. I want to congratulate the leadership of SOI and the IKEA Foundation for having taken this initiative and choosing to bring it to India. This initiative is blooming creating a lot of excitement across the families and schools. Logically the idea is excellent. The kit is a beautiful instrument to reach out to the children. It is unique, colourful and easily comprehensible by the Athletes and the Resource persons. We hope to continue introducing this program in as many schools, institutions and forums, on a regular basis ensuring that it spreads out as an instrument of change for our Athletes and enhance their preparedness for sports participation.

Message from the Chairman Mr Satish Pillai



What I see around myself is happy faces, colorful equipment, involvement of the community, be it Area Directors, families, youth leaders and volunteers, in what we categorize as 'activities for children'.

While conducting the program with the children it has also taken within its fold the adult community, making it universal in its approach. Along with the development of children, its impact on the adults is conspicuous which I feel is the greatest outcome.

As the support of the IKEA Foundation to the Special Olympics Young Athlete program draws to a close this year it leaves behind a strong legacy. In the past three years it has successfully percolated into the length and the breadth of the country through its models of activating the families, schools and the communities. That it has been received well by various schools can be demonstrated by its inclusion in their schedules. Strongly aligned with the national scheme of 'Samagra Shiksha Abhiyan' it is well-positioned to continue and expand thereby, nurturing a Unified generation



As a physically, emotionally and socially healthy childhood is prerequisite for building a healthy population my message to the States is to keep exploring avenues to sustain the program and ensure transition of the Young Athletes into the main sports program. The Area Directors have been drivers of all the initiatives and therefore their continuing proactive role in doing so would fuel the environment wherein the mission of Special Olympics which is to promote Inclusion through sports, would be warmly welcomed

The **mission** of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Global Urgency



Intellectual disability (ID) is a term used when a person has certain limitations in cognitive functioning and skills, including communication, social and self-care skills.

As per United Nations every person of compulsory school age has the right to education suited to his or her needs and abilities and designed to prepare him or her for return to society. The most important step for the integration persons with different types and levels of disabilities into mainstream life is through education or alternative methodologies such as Sport, Arts and Music. The UN Convention on the Rights of the Children states that every child should have the right to play. Sadly not every child enjoys this right

For the vast majority of children with intellectual disabilities and their families around the world, access to comprehensive and effective early childhood development programs is limited or non-existent. In the developing world, where resources are scarce for all children, the issues and obstacles that children with intellectual disabilities face make access that much more difficult, **thereby making programs such as the Young Athletes, all the more urgent and necessary**

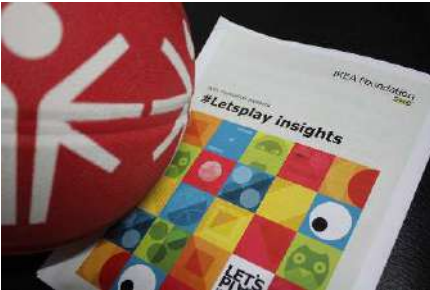


According to the American Association of Intellectual & Developmental Disabilities, an individual has ID if he or she has:

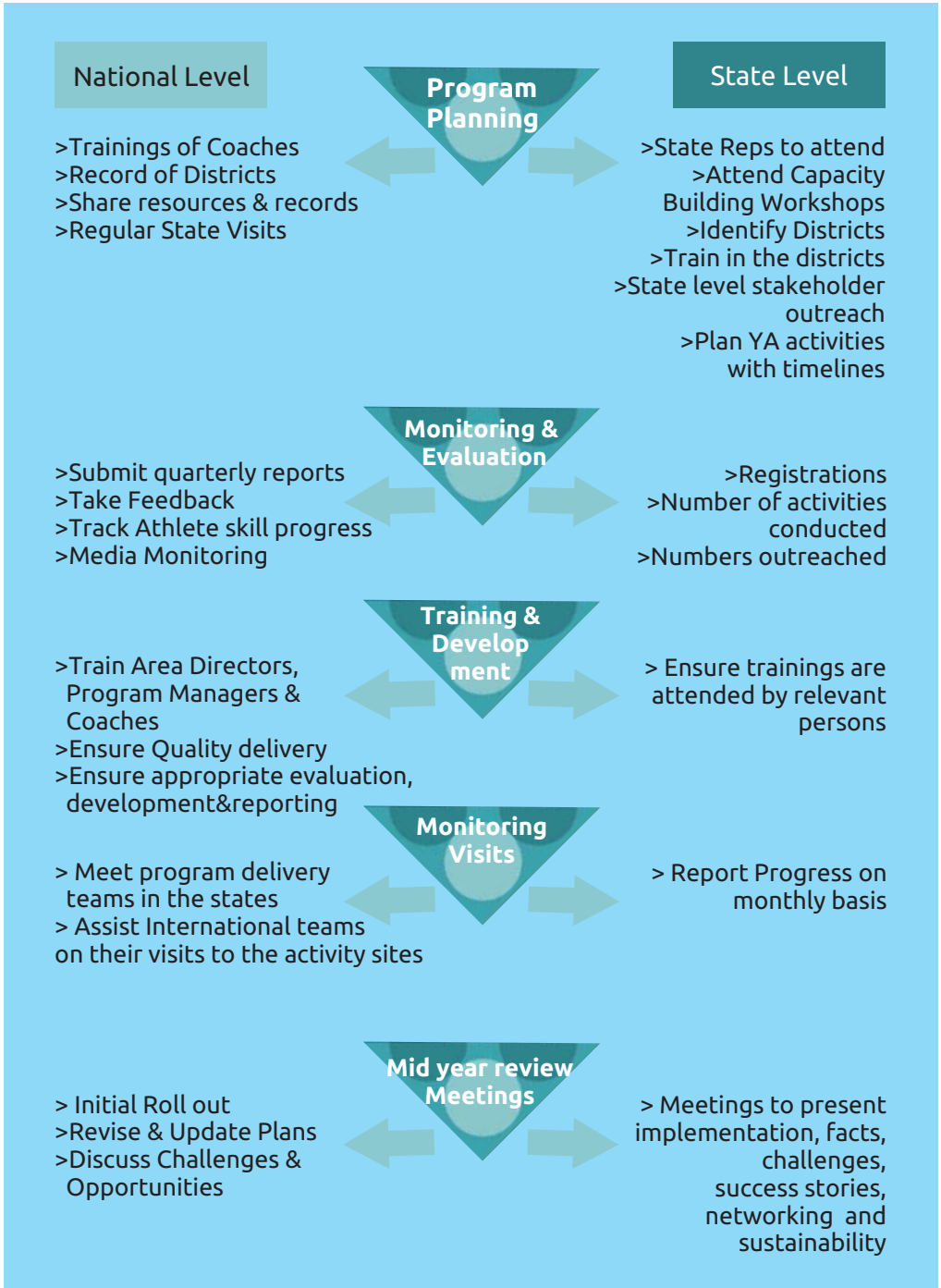
- 1. IQ is below 70-75**
- 2. There are significant limitations in two or more adaptive areas**
- 3. The condition manifests itself before the age of 18**

Support From IKEA Foundation

Funding from the **IKEA Foundation** has supported the growth of Young Athletes in Bangladesh, India, Pakistan and Thailand from 2017 through 2019. The IKEA Foundation (Stichting IKEA Foundation) is the philanthropic arm of INGKA Foundation, the owner of the IKEA Group of companies. We aim to improve opportunities for children and youth in some of the world's poorest communities by funding holistic, long-term programmes that can create substantial, lasting change. The IKEA Foundation works with strong strategic partners applying innovative approaches to achieve large-scale results in four fundamental areas of a child's life: a place to call home; a healthy start in life; a quality education; and a sustainable family income, while helping these communities fight and cope with climate change.



Program Deliverables - National & State



Program Overview

The Young Athlete Program is part of the Special Olympics Global Strategy 2016-2020 to provide improved opportunities to athletes to perform at their best and also to build positive attitudes towards people with intellectual disabilities. YA is an important strategy towards achieving the goal of improving Athlete performance along with providing a positive and Unified experience

2017
29 States
159 Districts

2018
27 States
163 Districts

2019
16 States
Districts

Young Athletes Matrix for SO Bharat

Details	Target	Achieved			Total
	2017 - 2019	2017	2018	1Jan-31Juy 2019	
Children with and without ID	325000	102230	112034	36198	250462
Number of Children without formal Diagnosis				11362	11362
Number of children without ID	100000	35794	25615	21739	83148
Participating family members	150000	102130	62417	12392	176939
Individuals / Coaches Trained to lead YA	30000	10635	10363	1113	22111
Volunteers Supporting YA Activities	5000	6045	5503	3111	14659
Community Partners supporting YA activities	10000	944	1681	300	2925



SO Bharat Outreach of the Program 2017-2019

S. No	States & Union Territories	Target	Achieved			
		Total	2017	2018	2019	Total
1	Andhra Pradesh	13	4	5	4	13
2	Arunachal Pradesh	22	1	0	0	1
3	Assam	33	5	7	6	18
4	Bihar	38	10	6	16	32
5	Chandigarh	1	0	1	0	1
6	Chattisgarh	27	5	5	5	15
7	Delhi	11	5	5	0	10
8	Goa	2	1	1	0	2
9	Gujarat	33	8	0	5	13
10	Haryana	22	9	10	3	22
11	Himachal Pradesh	12	2	0	0	2
12	Jammu & Kashmir	22	0	0	4	4
13	Jharkhand	24	8	6	6	20
14	Karnataka	30	4	3	13	20
15	Kerala	14	5	5	3	13
16	Madhya Pradesh	51	6	5	5	16
17	Maharashtra	36	8	8	8	24
18	Manipur	9	1	0	0	1
19	Meghalaya	11	0	1	2	3
20	Mizoram	8	1	0	0	1
21	Nagaland	11	1	0	0	1
22	Orissa	30	9	9	9	27
23	Pondicherry	4	0	1	1	2
24	Punjab	22	9	8	9	26
25	Rajasthan	33	8	15	9	32
26	Sikkim	4	0	0	0	0
27	Tamil Nadu	32	8	10	13	31
28	Telangana	10	5	5	4	14
29	Tripura	8	0	0	0	0
30	Uttar Pradesh	75	20	30	25	75
31	Uttrakhand	13	5	8	0	13
32	West Bengal	20	8	9	5	22
	Total	681	156	163	155	474

Young Athletes Activation Models



2017
2754

2018
2242

2019
(1Jan-31July)
341

School: 1-3 times a week in a class throughout the school year
Target for three years : 5000 | Achieved until 31 July 2019 : 5337

2017
1336

2018
418

2019
(1Jan-31July)
65



Community: 1-3 times a week at a community location (club, park, community hall etc) in a year
Target for three years : 500 | Achieved until 31 July 2019 : 1819

Home :
1-3 times a week
at home in a year
Target for three
years : 100 |
Achieved until
31 July 2019 : 4250

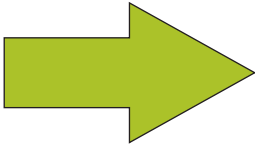


2017
2870

2018
1038

2019
(1Jan-31July)
342

Program Implementation & Development



Capacity Building- Workshops, Trainings, Meetings



Grant Training – 7-13 November 2016 To introduce the IKEA proposal, procedures and expectations and to create a team for its planning and implementation, representatives from the IKEA Foundation and SOI/SOAP visited India in November 2016. The Team conducted a workshop at the SO Bharat National Office New Delhi and visited the cities of Faridabad and Hyderabad as well.

Meeting with State Representatives- 11-12 January 2017 To create processes which would enable deliverance of the benefits of the program to the remotest areas of the country. Dr Deepti Khanna ,Senior Consultant, Ministry of Health, Govt of India, briefed the participants about the RBS (Rashtriya Bal Suraksha Scheme) and DEIC (District Early Intervention Centre) programs along with outlining potential areas where they could be merged with the Special Olympics programs.

Coaches Training - 27-29 May 2017 Attended by 74 trainees from 22 States the training was held at the Little Angels School, Sonipat Haryana. It was planned to equip the States to roll out the program in a standardized manner across India.

Advance Coaches Training - 15-16 June 2018 Attended by 80 trainees from India as well as from Bhutan, Nepal and Sri Lanka was held at the Amity University UP . It was led by Mr Simon Koh, SOAP and Ms Rebecca Ralston SOI

YA Review - South India

24-26 May 2018 |Bangalore Karnataka
Attended by 1 participants from 7 states
of South India

Young Athlete Research implementation workshop | 7-9 November 2017 |
Bangkok Thailand

Year 2 review and preparation meeting |
11 December 2018 | Bangkok Thailand

Implementation in the States

Young Athletes supported by IKEA Foundation has been implemented across India taking into consideration India's strengths, risks and challenges based on multiple cultures, landscapes, social, economic, geographical, population and most importantly, the huge urban and rural divide.



Government of India's Sarva Shiksha Abhiyan (SSA) - *Education for all* was the primary platform through which the program was implemented in the States



Manoj Gupta, Coach from Meerut, Uttar Pradesh, *"Due to Young Athletes there is an increased awareness about Special Olympics and people in the communities, schools want to find out about other SO Programs and how they can participate"*





Parents are encouraged to participate in the training given on the importance of continuing the Young Athletes activities at home

In urban and semi urban set ups, parents come and participate in the YA activities. They develop limited understanding, they also request for resources. At the rural level however, low ID awareness, stigma, poverty, social barriers, illiteracy etc. come into play



Parent participation has increased as they have seen a change in behavior and attitude of children in a positive manner and they are canvassing for the program in the community.

The Iwitness program unfolds the execution of the drills and activities before visiting teams. They create awareness about Special Olympics, Intellectual Disability, while highlighting IKEA Foundation's role in supporting the growth of the program. Three have taken place in India, between September 2017 and September 2018



The First Iwitness was held in the special schools in Rangareddy and Warangal in Telangana in September 2017. The IKEA Foundation team from the Hyderabad office visited homes and schools of the Young Athletes. The second visit was made in May 2018 in Haryana. The team arrived from Taiwan. This was their first exposure to Young Athletes Session .



ViVi Chen , Coordinator, Iwitness Taiwan , " *I was happy to see drills being conducted which is relevant to both persons with and without Intellectual Disabilities. The Unified layout is meaningful inasmuch as preparing the Athletes to be part of the society along with the rest"*

A quote on the wall of a special school in Hyderabad , recorded by Satya Priya Sharma, Employee IKEA Foundation:
"It is not the Arms, Legs, Eyes or Ears but Spirit that makes Man. Man shall be judged for what he can do Rather than what he is unable to do."



The third I witness visit in India was held in September 2018 in the state of West Bengal. A team of 8 members led by Christopher Guy Williams representing IKEA Foundation and 7 Co-workers from Canada and Japan, selected because of their par excellence performance in sales and In Store promotion. The team visited the very prestigious Vishwabharti University founded by Rabindranath Tagore. Different YA models were showcased to the visitors, School, Home, Community, and Transition. This enabled the visitors to understand the connection between the various program models and see the program impact in various settings, both rural and urban.



Myles Chen , Team Taiwan- *I came to India more to see the country as I like travelling but I got to see so much more. I myself was mildly dyslexic. I was shy and my parents were worried about me. I was lacking confidence. I feel People deserve the right to be treated well. We should empathise and try to take care early. That is what this program is all about. It is important to smile and that will make this world a better place to live in*

Young Athletes is a fun way for children to get fit. It is important to teach children healthy habits while they are young. This can set the stage for a life of physical activity, friendships and learning.

Inspiring Visits

Ms Mary Davis, CEO Special Olympics International and Dr Tim Shriver, Chairman, Special Olympics International, during their trip to India in September 2017 and October 2017 respectively engaged with the Young Athletes across urban and rural settings.



"It is shocking and disheartening to note that the majority of children with Intellectual Disabilities have little to no access to valuable services and educational opportunities which hinders their human development. The Special Olympics Young Athletes program, offers children the opportunity to learn inclusive play in a safe environment. Thanks to our partners at the IKEA Foundation, we are able to grow our Young Athletes program and reach more children, impact more families and further break down the perceptions that exist for children with intellectual disabilities." - Mary Davis



Inspiring Visits



Ms Natalia Vodianova, Special Olympics International Board Member visited the SPJ Sadhana Special School Sofia College Campus, Mumbai on 22 September 2017. The morning saw an unusual frenzy of activities and arrangements prior to her visit , which suddenly calmed as she blended perfectly with the Young Athletes, students, School representatives and the Special Olympics Maharashtra team



Mr Stelios Kyriakakis , CFO , IKEA Foundation visited the Community Centre at Hyderabad along with three representatives of the IKEA Foundation in India on 15 October 2018. The team spent 3 hrs at the centre joining the Young athletes in the fun and drills



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Use sports as a medium to promote inclusion

Kids with intellectual disability can be brought into mainstream through sports, says Air Marshal (Retd) **Denzil Keelor**

c-Chandandeep.K
@timesgroup.com

Air Marshal (Retd) Denzil Keelor, CEO of Special Olympics Bharat and the highest decorated officer and sports education is gaining importance as the government has launched various programmes to create awareness around it.

Talking to *Education Times*, Keelor said his has been working for the welfare of sportsperson for over a decade, but his association with Special Olympics Bharat was purely a coincidence.

"After my retirement, I worked as a president of Young Men's Christian Association (YMCA) for 10 years. When the Special Olympic Organisation approached me, I rejected the offer, but con-



Denzil Keelor

Special Olympics Bharat has trained **1.4 million** intellectually differently abled athletes **1,19,900** coaches & **6,162** trainers

sidered it after realising its relevance. I was asked to work only for a year, but I have been associated with them since 2001."

He adds, "I wanted to empower the rural students, as we started working at district level. At present, 25% intellectual differently abled children are being trained by us."

The idea of sports in the country was initially to train the best and leave the rest, but we believe sports should be used as a medium to empower the differently abled children and promote inclusive education

"The idea of sports in the country was initially to train the best and leave the rest, but our view was different. We trained children with intellectual disability to bring them into mainstream. We believe sports should be used as a medium to promote inclusive education."

Since the sports education in the country is changing, it is important to bring in reforms at various levels. "The trend has changed as the government has realised that we have over 60% young population. This youth can change the future of sports in India."

Keelor informs, "Earlier, sports as a sector never received money from the government, but now the scene is encouraging. Over Rs 2196.39 crore was allocated to sports in this year's budget. The Khelo India programme is also a step towards sports promotion."

He further says that the country will take around a decade to make a mark in sports at the global level.

"Start with local programmes in schools, train coaches and children, and include special kids, which will change the scenario."

Spreading awareness to change attitudes

The idea of sports in the country was initially to train the best and leave the rest, but we believe sports should be used as a medium to empower the differently-abled children & promote Inclusive Education
Air Marshal Denzil Keelor

The Social Media has been leveraged to draw attention to the challenges

दिव्यांग बच्चों को दी जाएगी खेलों की ट्रेनिंग

तारा सिंह काहमा रेडक्रास स्कूल फॉर स्पेशल में एसओवी की टीम ने दौरा करके दी वच्चों व अध्यापकों को ट्रेनिंग

कामरूप सरकारवा, पब्लिशर - फीचर पब्लिशमेंट में सिंगल एडिटर हता विद्या रेडक्रास स्पेशल स्कूल में युवाओं को बच्चे को स्पेशल ओलंपिक भारत (एसओबी) की टीम ने स्पेशल बच्चों के अध्यापक के लिए ट्रेनिंग के लिए बच्चों के लिए कार्यक्रम का आयोजन किया।

वर्कशॉप

- स्पेशल ओलंपिक रंग एडवेंचर प्रोग्राम में 27 बच्चों ने सिंगल हिस्सा
- डिजायनिंग द गैम प्रोग्राम का आयोजन काहमा रेडक्रास स्कूल में किया गया



तारा सिंह काहमा रेडक्रास स्कूल में एसओबी की टीम ने बच्चों को खेलों की ट्रेनिंग देने हेतु टीम के सदस्य व प्रमुख सदस्य काहमा रेडक्रास स्कूल में आयोजित कार्यक्रम में शामिल हुए।

मूल्य शिक्षण कार्यक्रम में रेडक्रास स्कूल में शामिल हैं। इस दौरान प्रोग्राम के समन्वयक सुभाष चंद्र रेडक्रास स्कूल के अध्यक्ष तारा सिंह काहमा रेडक्रास स्कूल में आयोजित कार्यक्रम में शामिल हुए। कार्यक्रम के अंतर्गत 27 बच्चों को ट्रेनिंग दी गई।

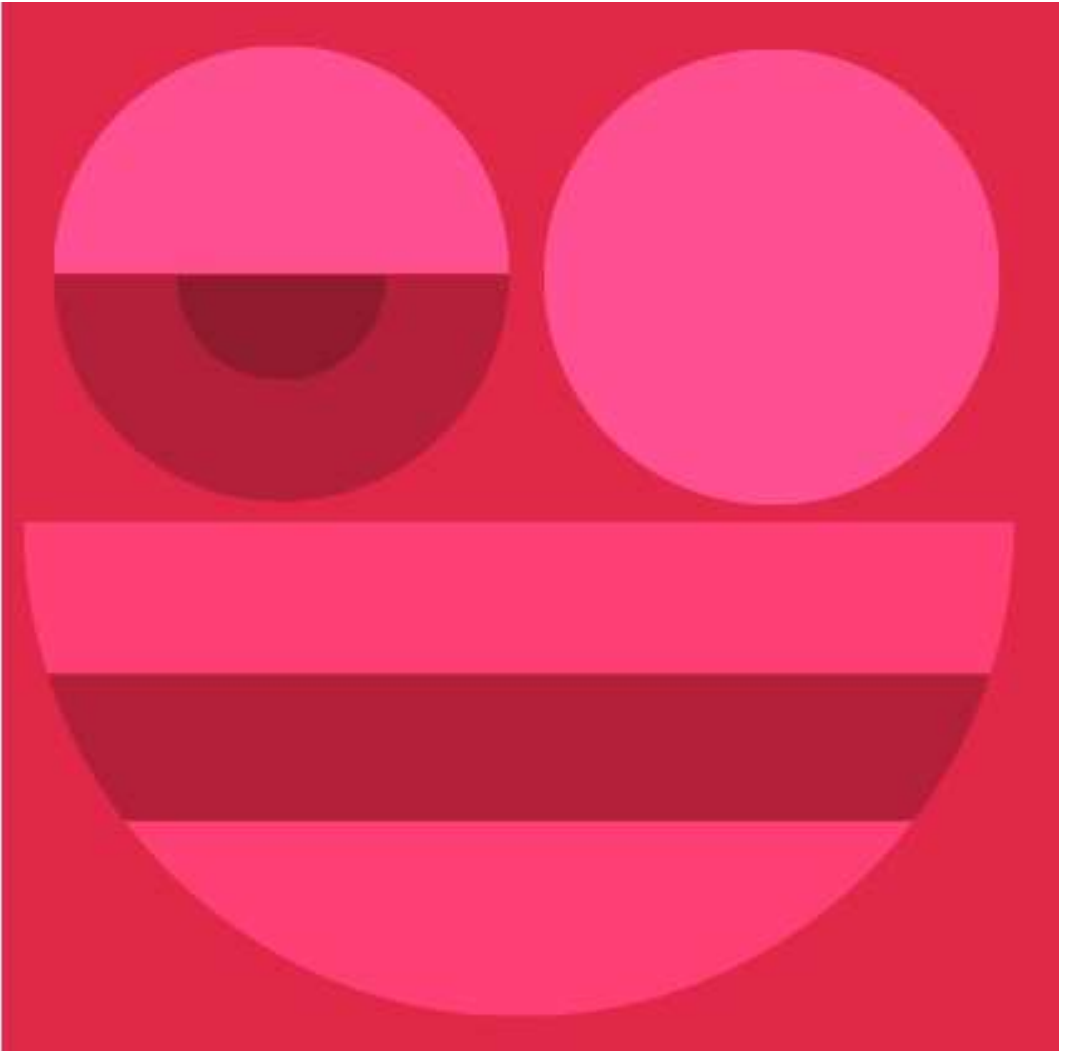
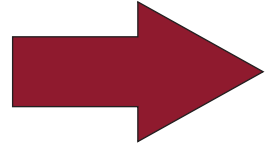
विद्या के लिए बच्चों को करीब 20 बच्चों को ट्रेनिंग दी जायेगी। इसके अलावा बच्चों को स्पेशल ओलंपिक में खेलें करने के लिए भी प्रोत्साहित किया जायेगा। कार्यक्रम के अंतर्गत 27 बच्चों को ट्रेनिंग दी जायेगी। इसके अलावा बच्चों को स्पेशल ओलंपिक में खेलें करने के लिए भी प्रोत्साहित किया जायेगा।



तारा सिंह काहमा रेडक्रास स्कूल में एसओबी की टीम ने बच्चों को खेलों की ट्रेनिंग देने हेतु टीम के सदस्य व प्रमुख सदस्य काहमा रेडक्रास स्कूल में आयोजित कार्यक्रम में शामिल हुए।

and abilities of the young Athletes while showcasing the impact of the program. A separate Facebook page has been created to accommodate the implementation of the program that runs across the lengths and breadths of the country

Program Successes Partnership Development





Engaging with Governments, policy stakeholders, partnership development, increased community participation, increased advocacy, mainstreaming in education boards, fund raising, developing adapted resources for wider reach are exit strategies being carried out at the National and Regional levels. SO Bharat closely interacted with the Government of India through its Education, Sport and Health ministries, mostly engaging to explore integration of the Young Athletes in the National Development Policy Programs. Government of India's Sarva Shiksha Abhiyan (SSA) SSA for the universalisation of elementary education was the primary platform through which the Young Athletes has been implemented. Some private schools have already integrated the program into their school time table.

SO Bharat across India is regularly engaging with the Government of India to explore integration of the Young Athletes Program (YA) with the National Development Policy Programs for Integrated Social Development

As per the Right to Free & Compulsory Education Act (RTE) of the Government of India, SSA is mandated to provide inclusive education and each school is required to appoint at least two special educators. Majority of the schools in which YA is being implemented fall under SSA. The YA kits have been given to the SSA resource centers, the teachers and Coaches have been trained and the principals & parents oriented, in a few locations

As part of the transition strategy most of the states have sent Young Athletes for participation in the Khelo India competitions

Area Directors in a few states have got buy in from State Governments through their networking and relations.

Haryana : Buy in from the State Directorate of SSA to conduct the YA for 119 blocks in all 22 districts across Haryana. The SSA teachers are being trained. Estimated reach is 30000 Athletes in 1000 Schools

Himachal Pradesh : Department of Women & Child Development gave permission to conduct the program in Kangra & Bilaspur. 201 Anganwadi teachers have been trained

West Bengal : SSA Directorate issued a directive to launch 32 play clinics in seven districts covering all the primary schools, using the YA model. Eight new districts have initiated the program as a result of an orientation of YA held during a meeting on the New Disability Act , held in November 2018



Odisha partnered with the Nehru Yuvak Kendra Sangathan (NYKS) for the YAP Community Coaches training held with 102 trainees in the Dhenkanal district. The NYKS is the largest grassroots level youth organization under the Ministry of Youth Affairs & Sports (MYAS) channelizing the power of youth on the principles of volunteers, self-help and community participation. Special Olympics Bharat-Odisha began with this partnership which is being explored at the National level and in other States as well.

In the Nimapada block in Puri district of Odisha, a partnership with the Community Based Rehabilitation for Children with Disabilities program has been developed which has taken the form of a mass movement. After the sensitization and capacity building of the parents/guardians of children with disabilities 'ASHA' – Association for Special Human Abilities was formed. The association is now recognized as a legal entity by being registered as a Society under the Societies Registration Act, 1860 having more than 200 members

Under the Community Rehabilitation Program **Puducherry** has access to 44 villages in one district, in and around Puducherry. Overall YA is now being implemented in 17 schools in 17 rural villages. Support is being taken from NGO's and self help groups. Every time there is a local sport competition in the village/district, a YA demo is carried out.

The Rehabilitation Council of India (RCI) held a Special Educator Conference as part of its Continued Rehabilitation Education program in Puducherry. RCI is a registered society enacted by Parliament and a Statutory Body with a mandate to regulate and monitor services given to persons with disability to standardize syllabi and to maintain a Central Rehabilitation Register of all qualified professionals and personnel working in the field of Rehabilitation and Special Education. RCI Special educators across India as part of their (CRE) continuing rehabilitation education program are being trained on SO programs. YA is one of the modules in the training.





SO Bharat entered into internship programs with Universities for using YA as a teaching methodology with various Physical Education training Colleges/Universities to build staff and institution capacity; Overall contributing to improving the Physical Education teaching system in the state, country. Thus the program is expanding on its own in a sustainable manner.

Internship Program with Vishwabharti University, Kolkata

MoU/Internship Program with Amity University, UP

Internship Program with Pondicherry University, Puducherry

MoU with Lovely Professional University, Punjab





The Deputy Collector, Project Officer & the coordinator of SSA - Kadappa District inaugurated the YA in Feb 2019 . 102 IERTs (Inclusive Education Resource Teachers) participated in the program. Following this training each participant carried out YA in all the 51 Mandals

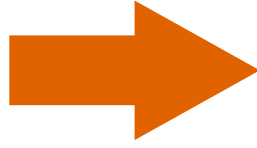
In another noteworthy development the YA program will be conducted regularly at the LV Prasad Eye Institute, Hyderabad. The trained staff of the Rehabilitation Center at the Institute (Center for Rehabilitation and Center for Sight Enhancement) will conduct the YA drills regularly under supervision of the SO Bharat- Telangana state chapter

In partnership with UNICEF a Family Forum workshop was held at the Kulachi Hansraj Model School led by Dr. Amitav Mishra, Professor, Indra Gandhi National Open University New Delhi. Partnering with them provides a platform to SOharat to establish connections in the Ministry of Education and also reach a wider base for YA.



WORDSWORK, a professional Sport for Development Public Relations/Media agency was hired to raise the profile of Persons with Intellectual Disabilities through the YA initiatives. Their focus on enhancing public awareness on Inclusion and YA through print and digital mediums at the National and regional level thereby increasing visibility has contributed extensively to raising the profile of SO through various media mentions, press stories, event coverage in News channels and on the relevant social media platforms.

Program Monitoring & Evaluation





Approximately 1 – 3 percent of the global population has an Intellectual Disability- as many as 200 million people.

The United Nations Development Program estimates that 80 percent of all people with disabilities live in low-income countries. While people with disabilities represent approximately one in 10 people worldwide, they are one in every five of the world's poorest people.

A wealth of research has evidenced that Sports, play and games have contributed immensely to human evolution and development. Physical health, emotional well-being, friendships, learning/cognition and self-esteem are all positively impacted through participation in sports....



...and this is precisely the reason that Sport has been used as a vehicle by Special Olympics to develop motor, cognitive, inter personal, social and communication skills for children/persons with Intellectual Disabilities with a friendly approach.



Young Athletes Impact Evaluation



Young Athletes is easy to do and fun for all. It can be done at home, in schools or in the community using the Young Athletes Activity Guide and basic equipment. Through Young Athletes, all children, their families & people in the community can be a part of an inclusive team.

The Asian Institute of Technology (AIT), Bangkok, Thailand is assisting Special Olympics International to evaluate the impact of the Young Athletes Program across four countries supported by IKEA Foundation. **Amity University, Uttar Pradesh, NOIDA** is the national implementing partner of the project comprising of comprises of Senior Professors, faculty, scholars and volunteers



Research Facts



Study to be conducted on:

3000 Children with ID & 200 Children without ID

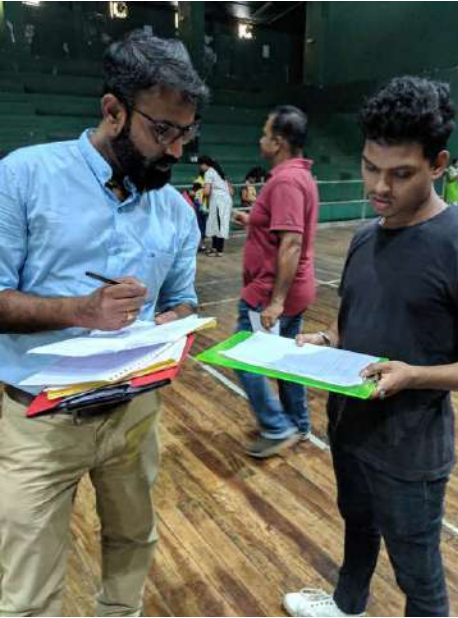
Time Period : February 2018- February 2020

Procedure: Cohort I – North & Central Region | States: 5 – Chandigarh, Delhi, Punjab, Haryana, Rajasthan, Uttar Pradesh

Cohort II – South & West Region | States 7: Maharashtra, Goa, Karnataka, Pondicherry, Tamil Nadu, Andhra Pradesh & Telangana

Cohort III – East & North East Region | States 4: Odisha, Jharkhand, Bihar, West Bengal

Pre ➤ 20 Weeks ➤ 40 Weeks ➤ 80 Weeks



While the first and the second Cohorts are complete the third Cohort is in process, covering the Eastern States of India *August 2019*

While doing so it can be safely concluded YA in India has changed perceptions of parents, community, persons with ID towards themselves and others. To a large extent it has ensured integration and inclusion. The program is seen as an entry point for Special Olympics and its other initiatives.

YA is seeing significant successes:

- ▶ Through reports of various states it has been established there is growing evidence that attendance in schools has increased on days when there are YA period in schools.
- ▶ Athletes are more confident in their attitudes and behavior in school and while relating to family at home.
- ▶ Family forums are helping identify family ambassadors.



Research Team Lead: Prof Kalpana Sharma, Dean Faculty of Education & Director ASPESS & Sports, AUUP; Dr Jayanti Pujari, Dean, Faculty of Rehabilitation Sciences, Professor & Director, Amity Institute of Rehabilitation Sciences, Ms Mukta Narain Thind, National Director- OD, SO Bharat; Dr Ajit Kumar, Asst. Professor Amity School of Physical Education & Sports Sciences (ASPSS) AUUP

Touching Lives

Dhoni is 5 yrs and with Autism Spectrum. He never smiled. He would not obey his teachers and never mingled with the other children. It was a challenge for any teacher to mentor him as he was hyperactive. He never played with his sibling His father being an electrician and the mother, a home maker, added this situation to the financial constraint they were surrounded with. His hyperactivity often upset them and his inability to socialize placed them in an embarrassing situation at times. They even thought of sending him to an institution, away from home. The neighbors continued to make fun of him.

Seeing other Young Athletes at the sessions, he started to replicate them and gradually started to do the activities on his own as well. Seeing a change in him have made his parents take these sessions more seriously

Puducherry



Dhoni Dev listening to prompts & increasing his concentration

It's not just playing but PLAYING FOR CHANGE



Punjab

Pranavheer's mother had no idea how to look after a child with Downs Syndrome. She was speechless and anguished when the diagnosis of her son's condition was revealed to her. When Pranavheer was 6-7 months old his milestones were not up to the mark. His aggressive behaviour was becoming a concern for his mother.

Rekha, Pranavheer's mentor recalls how he had been so difficult to control in his first session. He had to be checked for flinging the equipment across and for misusing it. His restive behaviour often called for individual attention of the supervisors. Rekha says,

"The changes in his behaviour are tremendous. He is not only compliant but also tries to help his co-athletes. Holding the ball, throwing, walking, jumping- all this and listening to instructions is a great achievement.

Group sessions have improved his behaviour"

Meghalaya



We are proud of her. Proud of all her achievements. So what if she cannot speak that well. Our Danica is special to us- Danica's Father- Mr Rikmpher Paswett. Danica Basanshrieh is very cheerful and very pretty. She studies in the Dwar Jingkyrmen Special School in Shillong, Meghalaya. The joy that I see that sports brings to her is unusual- the happiness that a medal gets for her is unmatched. Otherwise she plays at home with us and with her other two siblings; the 'sports field' pushes her to do her best.

Danica – SO Bharat – Meghalaya 7 yrs, Down's Syndrome

Till the age of 6 Shreshtha with Autism never attended a school. This was not out of neglect but because his parents faced numerous challenges , which they struggled to overcome each day. He would do nothing without his mother, he would not brush, eat or do anything at all. Financial constraints further prevented them from reaching out to more sources of support. Seeing Shreshtha's over dependence and under confidence his mother kept him from attending school worrying that if he would get into a brawl with others or get wounded, he would never be able to complain After joining school and participating in the YA drills, Dr Balmeet Kaur, Director , Baba Sunder Singh School, says “ He was very shy, had a bad temper and never used to even look at the ball. Earlier he only used to drink milk but now he has started eating too. He does get screaming spells but calms down soon. It is an achievement for us to see him play with the ball now, pass through the hoopla, crawl through the tunnel. He has learnt to follow instructions which he never did earlier.

Uttar Pradesh



What people say..



**SWEETY SINGH, Intern
Amity University NOIDA**

It's my first time with special children and I learned from them how to live life with confidence and honesty. They have the abilities. We only need to support them. My task was to teach them balancing, walking jumping, running. It's a great opportunity for me learn as well. At the end their one smile made my day making me feel so blessed.

**Ms. Cyena Pegado, I/C Headmistress,
Fairyland High School, Goa**

With the recent introduction of YAP there is an overwhelming involvement of the parents. They have enthusiastically prepared their very own kits using whatever resources are available with them. This kind of involvement is a dream come true for us at Fairyland as our aim is to educate the parents and the community at large



**Prof Kalpana Sharma, Dean Faculty of
Education & Director ASPESS & Sports,
Amity University UP**

It is my passion to work in the area of Special needs and to sensitize my students. There are so many outcomes of engaging students and as a result it develops their personality too. Our work with SO Bharat is, at this juncture, very structured. It is part of our Annual calendar and internship activities.





**Simon Koh , President & Managing Director,
Special Olympics Asia Pacific Region**

I would like to thank all the partners, volunteers and supporters, as well as staff of Special Olympics Bharat. The ambition, inspiration and success of the IKEA funded Young Athletes, an early childhood development program, are a tribute to you and your contribution to ensuring that Young Athletes with and without Intellectual Disabilities are given

opportunities of an early start in life, to develop cognitively, physically emotional and socially through sport and play activities, to perform their best and help to bring about changes and a more united and inclusive world



**LET'S
PLY**
FOR CHANGE



**WAY
FORWARD**

State level- Indigenous Kits

The states and coaches have introduced the concept of creating the kit indigenously to the school teachers to overcome non-availability of the playing kit as a hurdle to conduct the sessions. Schools have developed equipment from indigenous materials and adapted activities to continue the program. For e.g. adapted tunnels made from chairs and bed sheets , painted cycle tyres, paper plate cones, using chalk on the floor to mark spaces, write numbers and alphabets, draw parallel lines to learn to walk and replace balance beam.



Central Government Level

Under the Samagra Shiksha Scheme proposed in 2018-19, school education would integrate holistically without segmentation from pre-nursery to Class 12. The Integrated Scheme for School Education envisages the 'school' as a continuum from Pre-School, primary, upper primary, secondary to Senior Secondary levels. These would cover preschools referred to by all nomenclatures such as Anganwadi, Balwadi, nursery, preschool, preparatory, pre-primary, LKG, UKG, play centres, crèches, Bal Vatikas etc. This sector-wide development programme/scheme would also help harmonise the implementation mechanisms and transaction costs at all levels, creating a giant opportunity for the Young Athletes to enjoy a mass scale reach



National Level

The International Conference on Early Childhood Development to be held at the Amity University UP from 12-13 September 2019 aims to bring together the relevant stakeholders to exchange and share their experiences and research results on all aspects of Early Childhood Development. It is designed for use with professionals, leaders and policy makers, enabling them to explore key research underscoring the importance of early development in setting a foundation for lifelong health and well-being.

Creating an inter-disciplinary platform for researchers, practitioners and educators, this endeavour could move towards fortifying policies with reference to the subject

Research (Special Olympics International)

Young Athletes is an early intervention program that welcomes children and their families into the world of Special Olympics.

Motor skills: Children with ID who took part in Young Athletes developed motor skills more than twice as fast as others who did not take part.

Social, emotional and learning skills: Parents and teachers of children who took part in the Young Athletes curriculum said the children learned skills that they will use in pre-primary school.

Expectations: Family members say that Young Athletes raised their hopes for their child's future.

Sport readiness: Young Athletes helps children get ready to take part in sports when they are older

Acceptance: Inclusive play helps children without a disability to better understand and accept others

Support and Inspiration: Young Athletes supports children all around the world in schools, communities and at home. Young Athletes helps lead children into a bright new world of sports and social skills, pride and possibility.

What does every child want?
The chance to kick a ball, to throw it well,
to share that success with family members

What does every child with intellectual disabilities
want?

The exact same thing



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