

## How Sarita chose Kabaddi to raid into brighter life opportunities

Access to play or sport offers a holistic impact on the development of an individual, whether one goes on to play professional sport or not. For children from marginalized communities for whom access to education is a challenge in itself, our **#SportForChange** program is trying to ensure that every child gets opportunities to play in school, enabling them to succeed within or beyond the field of sport.

One such **#SportForChange** program running within a cluster of schools in Lucknow (U.P.) is the driving force behind kindling interest in the game of Kabaddi for many young girls. **Sarita** is one of them, who thinks Kabaddi has changed her life and who also aspires to become a sports trainer one day.



## Getting into the game of Kabaddi



Sarita, a 16-year-old young student from GIC Vikas Niketan Lucknow wants to become a sports trainer and teach other children what she learnt from the sport. Belonging to a small village in the Lucknow district of Uttar Pradesh, she is currently pursuing her higher secondary education.

Sarita's family is her parents and 4 siblings. Her father is a daily wage earner and both her elder brothers recently started to accompany their father. Sarita chose a different path. Sarita and her peers began playing Kabaddi after Sportz Village Foundation introduced a structured PE program in her school with the support from HCL Foundation. She displayed her natural prowess in the game and was chosen for specialized training in the Sports Development Centres (SDCs) by Sportz Village Foundation. Still young, Sarita has represented SGFI State, Sub-Junior State, Junior State and Senior State in open categories.

## Inspired to inspire

Sarita is also lucky to have a family and community supportive of her choice to pursue sport as a medium to change her life. Her coach and trainers from Sportz Village Foundation also support her immensely with the technical and tactical pieces of training. Sarita feels that if she can take her game to the next level, she will be an inspiration for many young girls and boys from her community.

**Sportz Village Foundation** wishes Sarita the brighter, healthier and more successful life she deserves!

