



KinderSports

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Editorial

FITNESS FOR FUN

Fitness could be so much fun

Well, a few years ago this statement might have sounded vague, but now it's not. You must be wondering, how is it even possible? Especially when the kids are getting profoundly fascinated with the online world of gaming and social media. The trend looks to go only upwards from here.

Just to put things in perspective, according to a [study](#), India has the second highest number of obese children in the world.

And for schools, it has remained a most significant challenge to find out ways to engage them for fitness activities. Parents are getting more conscious about their child's health. In fact, many schools today in the urban cities compete to woo parents with their sports infrastructure.

If at an early age, a child could be molded to be fit by using training and sports equipment that attracts them according to their age, this problem could be tackled. But how to make them attractive? In comes, KinderSports, a well-known name in the school sports education in India which is committed to infusing the passion for sports among sports children. They have devised a formula to use a variety of bright colored, lightweight and well-designed equipment to make an association with the children at an early age. This association helps to attract them towards sports and fitness.

Color psychology is an important research subject which impacts a child's learning abilities and behavior. Here is a vast [subject matter](#). Have a glance on the types of equipment below and tell us if they aren't catchy to your eyes :)



Equipments for children of all ages and sports interests

The science behind making these equipment takes a lot of consideration towards their durability and tough resistance for wear & tear as well. This was done to make them affordable for maximum schools as opposed to only privileged ones. No school wants to keep on buying new equipment since the budgets are limited.

The basic concept of the equipment design is to make them fun while developing the necessary fitness traits and skills among the kids. This will not only enlighten them about fitness but build the base for their future sporting dreams by being sports specific. Let's talk about a list of equipment along with their usage below



Parachute: It is designed for muscular development which is extremely important for all sports. Resistance training is a widely known phenomenon around the world using it

Agility Ladder: The ladder is developed to provide agility, upper and lower body coordination while improving speed and reaction time. These skills are persistent among runners and people who play ball sports



FITNESS FOR FUN

Agility Hurdles: Again, quite handy for running and ball sports training. These hurdles help to improve movements and upper body coordination while giving explosive power and coordination to lower body.

Bean Bags: For sports like Gymnastics and ball games, we know how important it is to have the ability to balance and catch respectively. Bean bags could be great enablers for that.

Frisbee: You take any sport, and one thing which will be common across all will be your reaction time, hand-eye coordination and quick movements. Frisbee provides just that apart from improving the catching abilities

Flexi poles: You might have noticed how important are fundamental movements and swiftness for Ball Sports. These poles help in developing these skills

Paddle Bats: It's not rocket science that hand-eye coordination and reflexes play a significant role in preparing children for specific sports, especially ball sports. Paddle bats could prove to be quite helpful

Skipping Rope: From building your core to get accustomed to jumping and developing quick movements in the body, skipping ropes are significant for all sports and widely used all over the world by people of all ages

Spot Markers: To have a sense of space around you and how to make optimum use of it is a crucial factor in every sport. Spot markers could go a long way in achieving it

Fluff Balls: You may remember your first ball catch when you were a child. Now imagine how vital movement it was to develop hand-eye coordination and body reflexes. In fact, this is a must for all ball sports. Fluff balls could fulfill this requirement

Engaging all kids without leaving anyone idle in the class

Every fitness class in schools has a challenge that how to engage all students during a class keeping in mind the age and strength of children in the class. KinderSports takes special care of it since it will be a significant loss if each of the kids in the class is not engaged during the limited period of the class. It also improves the effectiveness with which the training is imparted and also restores the confidence of children who get bored fast if not engaged.

Also, over a period of time, if the child talks about "how he/she did this and that in the class," parents get more confident about the selection of the school for their children. For ex - an agility ladder can engage 6-7 students at a time, the time the first kid reaches halfway through, the second kid can start and so forth for next kids.



Competition using the equipments

What good is a training if it's not put to use. With a mission to give a holistic view of fitness and sports to the children at an early age, the equipments are designed to open up a plethora of events possibilities. With these possibilities, the children could not only compete and display their acquired skills like coordination, strength and agility but also achieve a sense of accomplishment out of the training they have done for weeks. Most importantly, it brings children together to work as a team which also prepares them to tackle the challenges of real world and not just sports.

Regular events using the equipments also engage the parents to have a chance to witness the skills their children have just learnt. It helps them identify the talent inside the kid and also increases the inclination towards pushing their kids into sports.

As they say, "CATCH THEM EARLY" which means catching their talent early to have a prosperous career in sports. Is your child getting the right sports education in school? If not, ask child's school.





KINDER SPORTS EVENTS

The chaos of the present makes it increasingly important to teach the adults of the future how to meet the goals of their overall development. And, who are these adults of tomorrow? Yes, our children. And who would deny that mentally healthy people are the one leading the change in this world?

Physical fitness is essential but equally important is the mental fitness. It prepares you well to deal with the challenges of life and in this digital world, teaching the children with the importance of mental fitness is not just a challenge for parents but schools too.

KinderSports figured the magnitude of the problem and the passion for the overall development of children led them to plan 2 critical events which could simulate the mental growth among children in Maharashtra schools. Two activities were selected, YOGA and CHESS, which are widely adopted in the world to grow the human minds.

And, let's talk not just about the events but also the importance of these events and response it generated among the children. It was overwhelming, and we are happy to tell its story today.



In Indian traditions, yoga is not just a physical exercise but also a method to enable spiritual and mental core. Few of the studies have even shown how yoga can be beneficial in [curing diseases](#) like cancer and schizophrenia. In the year 2016, UNESCO also inducted yoga as an intangible cultural heritage.

KinderSports with its efforts wants to induce this ancient art in the mind, body, and soul of school children. Thus, celebrated "The international day of Yoga" on 21st June with three schools in the state of Maharashtra.

- The first school to participate was 'Pankaj Global Public School', located in Jalgaon, Chopda. The trainer from KinderSports, Mr. Ganesh Gosavi, was thrilled to find the whole school participating in the event. A total of 700 students came forward energetically and learned different asanas in yoga. During the 45 minutes event, along with the asanas, Ganesh taught them all about pranayama, Aqua Yoga, and Surya Namaskar.
- In another part of Maharashtra, at the GGIS school situated at Vallabh Nagar, Pimpri, 100 more students were involved in performing Asanas and Surya Namaskar with Deepali Gaikwad who took a vital session of 45 minutes. Deepali was ecstatic with the energy reflected by the children at the venue.
- The practice of these asanas also saw the day of light in the Dada Gujar school of Hadapsar where 300 students came together along with their trainer, Sneha Bhagat, who smoothly conducted the session for 45 minutes. The children were deeply engaged in the activity, and the introduction to yoga could not have been better.



YOGA DAY - 21st June

Yoga is The Journey of the Self, Through the Self, To the Self

~ by The Bhagavad Gita

What could be a better day to propagate the idea than Yoga Day?

Yoga as a culture in schools

Yoga has been an intrinsic part of the Indian culture. Not just that, enthusiasts from all over the world are flocking to our country to make yoga a part of their life. But alas! We as a country are still getting in terms with this ancient art of finding inner peace and fitness. The references to yoga can be found in many of the Hindu scriptures, and its origin dates back to sixth and fifth century BCE.



KINDER SPORTS EVENTS

Aqua Yoga, now easily possible with KinderSports equipment

Aqua Yoga is not much different than yoga done on the land, but the balance becomes even more critical because of the movement of the water, and it is gaining popularity all over the world. Types of equipment developed by KinderSports for swimming made it easier for Lokseva E School situated at Pashan Road to involve 35 students in the activity of Aqua Yoga under the guidance of Ashwajit Kemble. The event lasted for 35 minutes and it was really refreshing according to the children. Something they have not experienced before.

And, then came the International chess day - Jul 20



In a German [study](#), it was found that chess players exercise both sides of the brains improving their ability of logic, creativity, and memory. No one can deny that how essential are those elements for the growth of children.

So July 20, International Chess Day, presented the opportunity to involve children in the beautiful game of chess.

Did you know Chess day is celebrated on July 20 because, on this day in 1924, the International Chess Federation was founded. The day is widely celebrated across the world with as many as 605 million regular chess players participating in friendly and competitive games. Yougov poll once estimated that 70% of the adult population across the world have played the sport at some point of their life with countries like US, UK, Germany, Russia, and India leading the charts.

So the act of involving children in the game requires proper education about the game and how it will benefit them in the long term. And, international chess day provided this opportunity.

KinderSports, with its In-School Chess Programs conducted by expert coaches, celebrated the game by creating awareness and could draw the children towards the beautiful game using activities like drawing and coloring chess pieces, writing essays around the game pointing out the benefits and getting them engaged through friendly matches between them.

Multiple schools participated in it to make the event a big success

- SB Patil Public School of Ravet conducted a 45-minute activity where 40 students participated under the guidance of chess trainer, Rahul Sawle, who made sure that the session leaves students wanting for more
- Similar activity was conducted in SSRVM school with large participation of 200 students. The hour-long exercise took all the brains of 2 chess trainers Darpan Nandgaonkar and Dhiraj who made sure that the students enjoy the activities thoroughly
- At the Millennium National School situated at Kothrud, Pune, a chess trainer Nihal was engaging students with the magic of chess in an hour-long activity
- Rahul Sawale, a chess trainer, conducted the same event in Jnana Prabhodini school with 75 students for an hour. Rahul being a passionate chess player believes that Chess is really important for the mindfulness of the students at this age and he loves to train the young generation
- Another notable event with a longer duration took place in Pankaj Global Public School in Jalgaon Chopda where Yogesh Patil single-handedly trained 200 kids in a 2-hour long session
- At SVM Ratnagiri, a school situated in Casop, Ratnagiri, a team of chess trainers Nagaraju, Gopal and Sohel took the onus to train 30 students with multiple chess activities for an hour

All in all, it was a great experience for the children, the trainers and most importantly the schools who found it challenging to involve children out of their online gaming habits.

Such events, when conducted periodically, not only help in spreading the awareness about YOGA and CHESS but also help in instigating among children the importance of keeping one mentally fit.

KinderSports will continue to conduct such events, even on a bigger scale reinforcing the growth of mental and physical development among school children.





FOOTBALL WORLD CUP FOR GUJARAT SCHOOLS

“INDIA HAS DELIVERED. The infrastructure provided for the first-ever FIFA tournament was world-class, and all the teams were happy with the organisation” said Jamie Yarza, Head of FIFA competition after U17 World Cup in 2017

With that kind of feedback from FIFA official, every soul who cares about Indian football will be filled with optimism about the future of this game in India.



Indian Football is Awake

India doesn't have a rich heritage in football, but the Asian Games gold medal in 1962 and a fourth-place finish at the 1956 Melbourne Olympics tells a story that the spark is there which now needs to be re-ignited.

And, the U17 World Cup in India did precisely that. It ignited the hopes of billions with a united voice “India can”.

It would be fair to assume that it will take a decade for India to be part of world's biggest sports extravaganza, THE FOOTBALL WORLD CUP.

But a dream like that is not easy to realise.

We've got to make sure that most of our children who are still in schools are made fully aware about the sport, trained and identified at an early age and then nurtured for future.

Many northeastern states of India like Manipur, Assam etc. along with states like Kerala, Goa and West Bengal are making tremendous progress in this. If you speak to any kid in the schools of these states about their favourite football players, you will definitely get answers with the words like “Messi”, “Ronaldo”, “Neymar” and others.

But let's not talk about those states, let's talk about states where the game never attracted much interest or following. Because if we need to become a footballing nation, our states got to be united as one to achieve this goal.

Let's talk about GUJARAT!

The State of Football in Gujarat

Just to put things in perspective, Gujarat has never been in the news for the achievement in Football sport, forget calling it one of the hotbeds of football. The state never produced a quality football club which could represent in the top tier leagues of the country. In fact, the state recently got their first football stadium.

But, the scenario is slowly changing in the state. The Under-15 team of sports authority of Gujarat participated in the Nike Premier Cup (U-15 Youth league) this year, and the U18 team put up a good show in the U18 league.

These performances featuring in the lower age-group leagues and the new football stadium which has come up in Ahmedabad is indeed progressing. This is meant to open new possibilities for Gujarat football, but the awareness about the game across the state remains a significant issue.

Not all schools have indeed adopted the sport with open arms due to lack of education about the benefits that the game could bring along. Also, accessibility is an issue.

So how could we harness the real power of Gujarat Football?

The awareness drives about football are the need of the hour in the state's schools to increase the bottom line participation in the sport.

Mission XI million, a mission by AIFF, did a fantastic job in 2017 during the U17 World Cup to engage children around the country for the sport, including the state of Gujarat.

Football World Cup 2018, again, gave one such amazing opportunity to conduct the awareness drive. KinderSports, functioning as the leader in the school sports education in Gujarat took the onus on them to execute this awareness drive.

The Awareness Drive by KinderSports

Children in many remote schools of Gujarat don't have the privilege of watching the FIFA World Cup matches because there is no cable television or internet in the areas. So generating their interest for the big tournament is really challenging.





FOOTBALL WORLD CUP FOR GUJARAT SCHOOLS

Challenge before KinderSports was how to solve this problem? If ways could be found to inform the children about the football event with updates, scores, schedules etc., we can make this work.

KinderSports coaches deployed in the schools made sure that the children get all the information in an engaging manner through the medium of notice boards. They kept updating the news during the whole tournament so that children get a 360* view around the Football World Cup 2018.

“What happened in the last match?” “What will happen in the next match?” It generates curiosity and keeps the children talking about the sport.

Playing experience for children

The expert coaches at KinderSports made sure that the kids had a gala time experiencing the sports by playing friendly matches while following proper rules of the game.



Future of the sport in Gujarat

KinderSports had a great experience while conducting the whole event around the world cup. It gives hope that Gujarat schools would see young talents who would grow up to take up football as their sport of choice. It's just a matter of reaching out and engaging them. The game is impressive enough to do the rest.

With the same passion of raising awareness about sports in schools, KinderSports would keep on organizing such activities in the schools.



To follow FIFA World Cup matches would be great fun if you have a favourite country to support and favourite players to look out for. Keeping this in mind, KinderSports conducted a series of activities to engage children in the beautiful sport.

In another exercise, the children were asked to write essays about their favourite football players. Every child aspires to be someone, and with the activity, there is hope that these children could find idols in these footballing champions.





STATE LEVEL SWIMMING COMPETITION - GUJARAT

“When I was training for events – triathlon, duathlon or even just running – I was always a much better athlete when I was swimming”

- Former international triathlete Annie Emerson.



Importance of Aquatic Education

A general idea of Indian people about swimming lessons for their children is that it is for recreation rather than an education which teaches a child how to survive in water. Proper Aquatic education techniques help children to get accustomed to water and how to react around it. This also helps in the situations if an accident occurs. It is hard to believe, but parents can start their child's Aquatic Education when the child is tiny and just brought home from the hospital. (Don't believe us? Watch the [video here](#).)

Being so close to the water during the initial months, splashing water on the baby faces help them get smoothly transitioned to swimming lessons. They feel at ease with it like they are on land unlike the fear most children have for water in India.

An Australian swim school director says “An aquatic education should be part of every child's childhood.” Besides that, swimming is an art of full body workout with hardly any risk of injury and makes an excellent choice for cross-training. Swimming also goes a long way for the proper growth of the body if taken up at an early age. It improves essential skills such as balance, posture, coordination and concentration among children. So it's an excellent tool for schools to adopt.

Moreover, swimming as a sport has its own charm. Let's have a look at swimming as a sport in India.

Swimming in India

Over the years, swimming is one sport which was not able to keep up with other sports in big championships like Olympics, Commonwealth or Asian Games.

To put things in perspective,

- In last 5 editions of Commonwealth Games, India won 350 medals but only one in swimming. Australia currently stands top of all-time Commonwealth Games medal table, and in the last edition alone, they managed to win 73 medals
- In all editions of Asian Games, India has won only 9 medals. Japan managed to gain 646 medals in swimming during the same period

There could be many reasons which could be attached to the failure of sport in India. But primarily the main issue which stopped the growth of swimming in India remains the lack of pools in the country. If there is hardly any infrastructure, how would one generate curiosity towards the sport, forget producing great professional talents. Many swimmers who have managed to represent India come from the urban cities, Bangalore and Pune being the hubs.



Let's take the example of Bangalore. The city boasts of 50 swimming pools to cater the needs of amateur and professional swimmers. Moreover, the city has a lot of qualified coaches who are also good at spotting talents.

The swimming clubs have a healthy rivalry between them. The state-level championships are like carnivals for the parents, coaches and swimmers of all age groups.

You could see the coaches shouting out of their guts to tell their trainees to swim faster while the parents and club officials who have come to support their wards cheer.

Automatically, the sport becomes a grand spectacle to watch. This is the model, which every city in India needs.



STATE LEVEL SWIMMING COMPETITION - GUJARAT



State Level Swimming Competition in Gujarat

With competitions, swimmers get a feel where they stand in the bigger picture which in turn motivates them to get further involved with the sport.

Also, swimming is a great way to promote health especially in times where smoking and other activities injurious to health are prevalent.

KinderSports LLP, a leader in school sports education, came up with a state level swimming competition with an objective to promote swimming in Indian states where the sport is not prevalent.

The location for the selected event was Baroda in Gujarat, and the competition was supported by the channel partner, VMC Sports Promotion Foundation.

The event took place on 3rd June 2018, a breezy Sunday at Sama Indoor Sports Complex, Sama, Vadodara.

The messages that were needed to be delivered through the event were "SWIM BARODA" along with a social message of "SAY NO TO TOBACCO". The objective of keeping one healthy was evident with an event theme selected using these messages.

Participants from entire Baroda district and the rest of Gujarat were invited. A total of 120 events were held for various age groups across all strokes categories. During this competition for both Men and Women, age groups were:

- Under-9
- Under-11
- Under-14
- Under-17
- OPEN [BELOW-45]
- OPEN [ABOVE-45]

The competition saw staggering participation with 261 participants and to make the game inclusive, there was also an event for Specially Disabled Children.

Famous dignitaries graced the competition with their presence. Among the chief guests were the Mayor of Baroda City, Mr Bharat Dangar and the grand master of India, Mr Abhijeet Kunte. They were joined by the CEO of VSPF, Mr Rohan Bhanage, who were the channel partners for the event along with the Ex Senior coach of Aquatic Association of Gujarat, Mr T.S Dhillon.

National and local media were active in covering it. There were many renowned names like Indian Express, Gujarat Samachar, Sandesh, Lok Satta, Gujarat Mitra, Divya Bhaskar and Yug Prabhav



The way forward

With more such swimming competitions at other places, KinderSports wants to promote Aquatics as a way of life and give swimmers enough opportunities to showcase their talent. KinderSports has also created smart swimming infrastructure which could be quickly deployed in schools at low cost and is flexible enough to save the space of the swimming pool if the season is not right for swimming. Hopefully, this will encourage more and more schools to include swimming as an active sport for their children. And, give the education when they need it to help India grow as an aquatics paradise.



Dr. Rohan Raokhande

Renuka Hospital, Lonand

We were in the need of pool for Hydrotherapy for our patients.

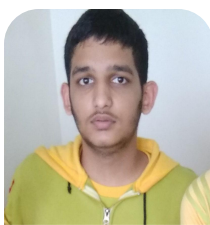
KinderSports understood our need and devised a specialized counter pool of flowing river feel which helped in treating Orthopedic patients. The pool has multiple utilization providing basic aquatic education also at our newly launched "Renuka Hydrotherapy n Kids Swimming Pool Center".



Dr. Somnath Shinde

Parent of Archer, Sharvari Shinde

My daughter Sharvari has entered in this game and academy 10 months back. We were very new to this field but achieved good position just because of our coach Mr Kunal sir. Really there are no words to express gratitude about him. KinderSport academy is really working good in its field and all coaches are very dedicated towards their vision.



Dhruv

10th Standard, Millenium School

My first year taking chess as a hobby and was not sure what to expect. The coaches take time to answer even simplest of questions. It is a delight learning under Nihal Sir. Sir makes it a competitive environment which helps us solve the puzzles faster than we ever could. Overall, it had been a gladly satisfying experience

Darpan Nandgaonkar

Chess Trainer in Kinder sports

I feel proud to be part of the company and good opportunity to showcase talent. Secret of Success is workplace & cultures, which include open lines of communication, a clear organizational mission, work-life flexibility and competitive pay and benefits. And not to forget, fun.



GUEST COLUMN



Dr. Ankita Sanghavi

Principal, Innocent Times

Innocent times is one of the leading pre-schools in pune

Its principal says
"Early child Physical education and preschool sports help toddlers and preschoolers to develop problem solving skills, self evaluation and decision making skills.

KinderSports is working intensively with our preschoolers focussing on their fine and gross motor skills. Gross body activities which help in writing and their emotional and social well being. Object manipulation, balancing, flexibility, agility and strength of children are the main objectives of KinderSports Preschool program"

Innocent Times School

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KinderSports Editorial



Mr Nikhil Laddha
Director, KinderSports

Last few months were a series of challenges but the journey was never so exciting.

One of exciting projects recently was Hydrotherapy Pool in Lonand, a small town near Satara with population of around 18,700.

We got a requirement from the only MRI Center in Lonand for a Counter-Current Hydrotherapy Pool at their Hospital. We faced a lot of technical challenges like how we could keep the countercurrent high enough to exert resistance to the Patients who will be walking against the current while not too high to imbalance them.



Grandmaster Abhijit Kunte
Advisor, KinderSports

The steps had to be designed, instead of ladders, keeping in mind the needs of orthopedic patients: height of the step, footing of the step and anti-slip surface finish. On top, it was a very tight budget project considering the location and time to return of investment. But the team relentlessly worked out the solution.

A lot of online research was done along with consultation with senior and experienced people in the field of Fluid Mechanics and Orthopedics. Testing of the mechanism was done at our own Pool in Pune for the flow rate. We specially designed the steps and holds to cater the orthopedic patients after consultation with the client (head doctor and owner of the hospital) while staying within the budget in spite of localized testing and customization to cater the client's needs. The present situation is that the pool is being successfully used for Hydrotherapy of Orthopedic Patients as well as teaching swimming to local kids, around 100, at a very subsidized rate.

From developing infrastructure and equipments to educate the children for different sports, our aim is to foster a lively sports culture in schools that not only produces winners but also instills sense of discipline, team spirit and awareness of fitness and good health.

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