



**Nanhi Kali**

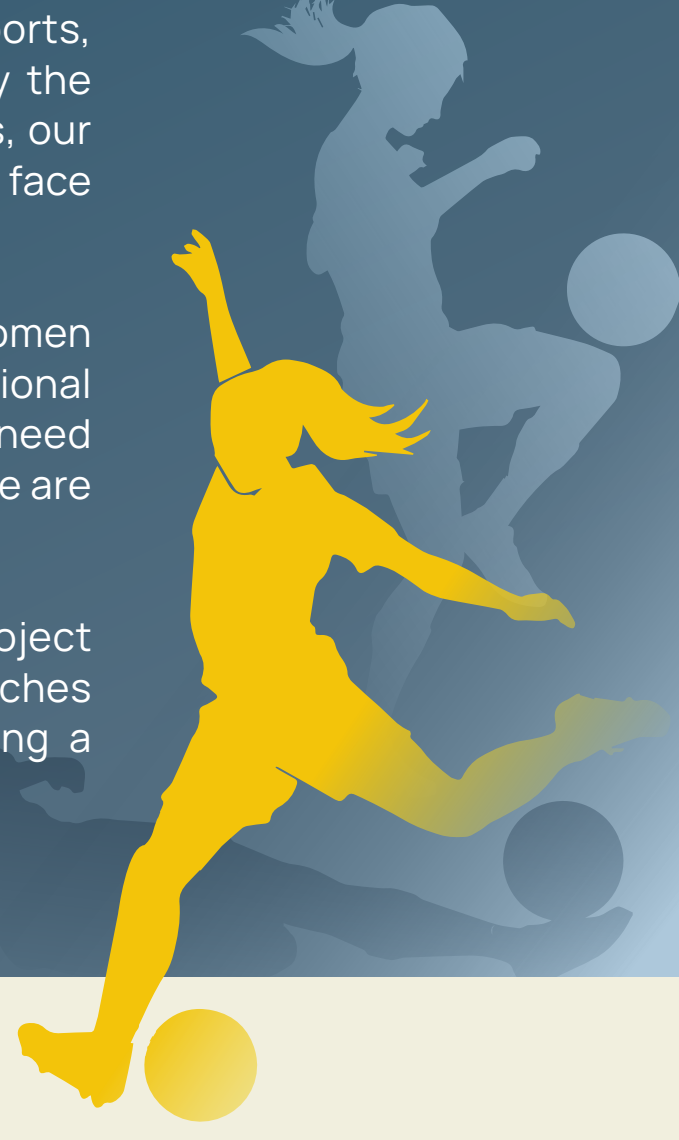
Where girls learn they matter

# Empowering Girls to Lead Through Sports

At Project Nanhi Kali, we believe in empowering girls through holistic education, and sports play a crucial role in this journey. Our sports leadership (Sports For Life) program empowers girls through sports, transforming the field into a training ground for life. Inspired by the increase in confidence levels and resilience displayed by the girls, our program encourages them to step up, take charge and boldly face challenges, as seen in our film, Lessons From a Football.

This year, the Olympics marked a historic milestone with women making up 51% of the athletes, as reported by the International Olympic Committee (IOC). This achievement underscores the need ignite a passion for sports among girls at a grassroots level, and we are committed to doing our part.

Our commitment extends beyond the young girls we skill at Project Nanhi Kali. We are dedicated to training women football coaches nationwide, unlocking new livelihood opportunities and fostering a dynamic sports environment.



## SEASONS OF STRENGTH

Building Skills Year-Round Through Sports For Life Program

Launched in the summer of 2020, the Sports For Life program was designed to engage Nanhi Kalis during the lockdown. Understanding that physical education fosters essential life skills—such as teamwork, leadership, and resilience—the program encourages girls to embrace new challenges and explore new experiences, recognizing that personal growth comes from trying new things and discovering untapped potential.

This year, the program has been carefully divided into thematic modules:



### WINTER SPORTS

Girls gain football skills and learn values such as teamwork, resilience and leadership skills.



### SUMMER SPORTS

Throwing and catching techniques are introduced, showing that some skills come easily while others require effort, but the true lesson lies in trying them all. Here, they also gain understanding about the physical and emotional changes of the menstrual cycle.



### MONSOON SPORTS

Yoga highlights balance, coordination and mutual support, discovering the powerful connection between physical activity and mental strength.



### TOOFAAN TIPS

Girls learn to master essential movements such as speed, strength, agility, and pacing, understanding how their nutrition impacts energy levels and athletic performance.

## TOOFAAN GAMES:

Growing With Sports

Last year, the village-level games saw a remarkable turnout, with over 30,000 primary and 35,000 secondary girls participating from more than 6,000 villages. A total of 2,600 girls advanced to the district level across 20 locations, culminating in the finals of the fourth edition of the Toofaan Games in Varanasi. Held on National Girl Child Day, January 23<sup>rd</sup> and 24<sup>th</sup>, 2024, the annual event featured 144 Nanhi Kalis competing with passion and determination. The atmosphere was further elevated by the inspiring presence of Marlene Harnois, a Bronze Medalist in Taekwondo at the 2012 London Olympics, who captivated the audience with her skills and inspired aspiring athletes.

• • • Hear it from the experts • • •



“

Sports is a powerful tool for women's empowerment, enabling them to break barriers, gain confidence, and access new opportunities, both personally and professionally.

**The Toofaan Games and the Nanhi Kali Sports for Life program are some of the best practices I have witnessed.**

As a Champion for Peace, I had the chance to experience the energy of those girls and the spirit of Varanasi, and I look forward to attending future events!

**Marlene Harnois**

Olympic Medalist and Peace and Sport Champions for Peace Representative



“

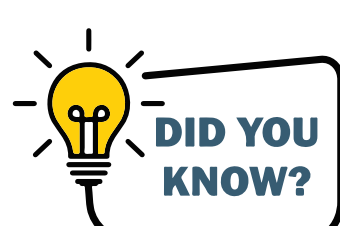
The Sports for Life programme is centred on empowerment. Sports rewards confidence, strength, and power; characteristics that are not always encouraged or recognised in everyday life of Nanhi Kalis. They are learning about their physical development, fundamental sports movements, and how their body works.

**Our sports ecosystem is based on these unique needs; helping girls understand their physical self and gaining critical life skills.**

And the best part is that 'fun' always stays central to this empowerment mission.

**Lisa Travella Murawsky**

Sports Director, Nanhi Kali 'Sports for Life' programme and Naandi Foundation



In Prayagraj, our Nanhi Kalis were a part of the winning team at the Khelo India Women's Football League, an initiative by the Prime Minister's Office.



## JOIN US IN TRANSFORMING LIVES THROUGH SPORTS

By supporting Project Nanhi Kali, you are investing in the future of girls who will break barriers, and lead. Together, we can create a movement that empowers girls—on the field, in the classroom and beyond.

**Be part of this journey. Empower a girl. Change a life.**

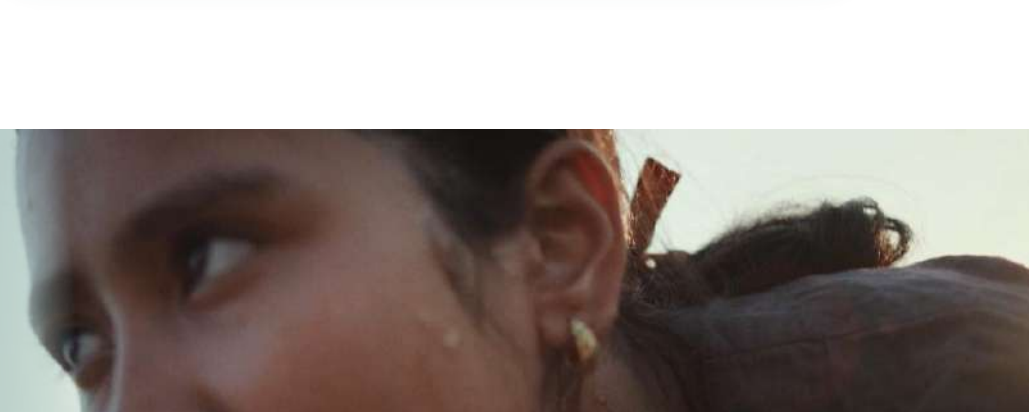


LESSONS FROM A FOOTBALL



**Let's inspire the leaders of tomorrow—today.**

[Click here to sponsor a Nanhi Kali](#)



## STORIES FROM THE FIELD

Saloni's Journey: Triumphs on the Field and Beyond

**Saloni Santosh Gupta**

**Mumbai**

Saloni, a 14-year-old from Banaras, Uttar Pradesh, lives with her grandparents in Mumbai. Her mother, who works hard as a housemaid, sent her to Mumbai to ensure she has better educational opportunities. Despite the challenges, Saloni has excelled in sports through Project Nanhi Kali.

She has been a dedicated participant for five years, showing exceptional commitment and talent. Saloni won the endurance run at the district level and secured a grand final victory in the Toofaan Games. She has also earned multiple medals and certificates in various sports and activities, including a top position in school group dance performances. Additionally, she participated in a week-long sailing training by the Hyderabad Yacht Club. Saloni's enthusiasm and positive attitude are a source of inspiration for her peers.

She always says, **"It does not matter whether I win or not, but there is one thing for sure: I will enjoy myself a lot."**

Her family supports her journey and values the opportunities provided by Project Nanhi Kali.



**With your support, everything is possible.**

For more updates, Follow us on

