



season II



MODBOX SEASON II

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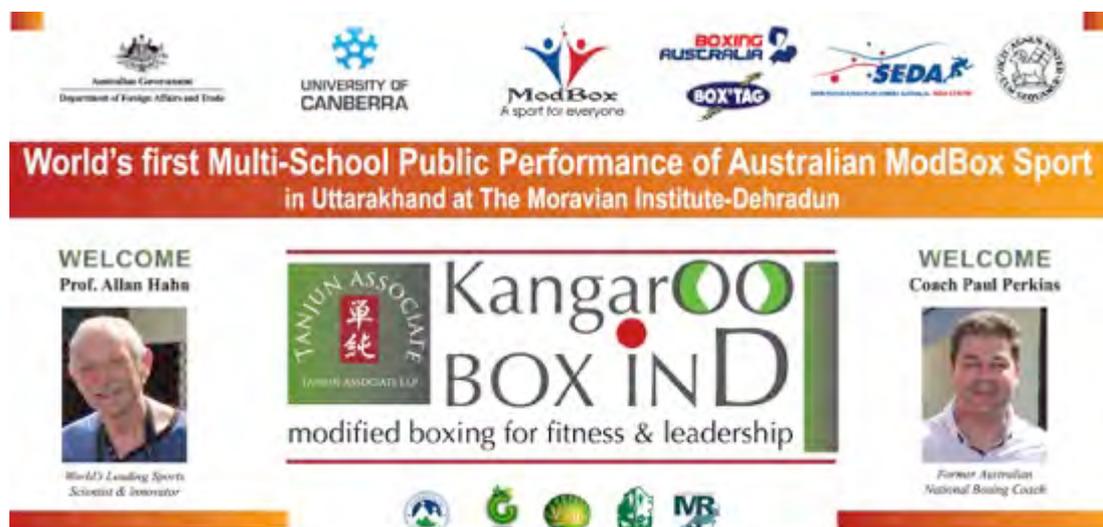
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Visit of Prof. Allan Hahn & Coach Mr.Paul Perkins (Oct 2017)

Prof. Allan Hahn of the University of Canberra and Mr.Paul Perkins former Australian National Boxing Coach visited India in October 2017 to meet with the participating schools and trainees. A public performance was held at The Moravian Institute who had been the first to introduce ModBox into their school. This was probably the first time in the world that a Multi-School non-competitive sports event was being held. It was a culmination of the values of ModBoxing.

ModBox Season II was formally kicked-off by the two people responsible for creating this new sport. Prof. Hahn announced that the program has been extended into its second year of operation and Coach Perkins encouraged the team to go out and introduce the sport to more new schools and bring in a new set of coaches.



During their short visit they packed in a lot of activities. They visited remote villages to meet with the communities; they visited existing and proposed ModBox schools to meet the teachers and students; they visited the Tanjun office to meet with the existing coaches and release the ‘ModBox-Season I’ report, as well as they visited the Tanjun LSTR centre to see the menstrual health unit and take an update on the proceedings.



Visit to Arthur Foot Academy-Bandarjuri and Devbhoomi Shiksha Sadan-Telpura



Visit to Paradise Academy-Budhwa Shaheed and Apna Vidya Mandir-Dandapur



Visit to Paradise Academy-Budhwa Shaheed and the science show at the Jain Kanya Pathshala-Dehradun



With the team of trainees at the Jain Kanya Pathshala an all girls school



Shields and trophies won by schools during the year for ModBox & Environmental activities were shared proudly by the trainees



Allan & Paul encouraged students to incorporate Indigenous games into their daily practice to keep things familiar & interesting. A game of the extremely popular game 'Kabaddi' was showcased for them at the Paradise Academy.



The report for ModBox season I was keenly read by coaches as well as Allan & Paul and discussed in detail with the SEDA-Tanjun team.



Paul and coach Tanvi showcased technique and skills at the Jain Kanya Pathshala, an all girls school where ModBox is being taught



Everyplace from the quadrangle to the classroom to the principal's office turned into ModBox rings as trainees mingled with their favorite coach Paul



Pictures from the Multi-School Public Performance at The Moravian Institute who were very kind to host the show





The extremely talented students of The Moravian Institute put up a grand show of music & dance and decorated the field with a huge ModBox logo on the ground





The trainees showcased everything from warm ups, technique, skills, cooling down to mock bouts and the core value of playing without competing



The all girls team from Moravian showcased some exceptional fusion of dance and exercise



Trainees from The Doon panchayat & Vatika put up a splendid show despite their challenged living conditions.



Standing ovations happened many a time during the high voltage public performance



No ModBox activity is ever quite complete without the mandatory group photograph with the coaches



When all has been achieved, it is time for a bit of dancing and grooving for all the trainees and coaches.

Adding New Schools (Oct-Dec 2017):

Tanjun initiated talks with various new schools and institutions where ModBox will be carried out during season II. It has been very encouraging to have had confirmed participation from the following schools. Some of these schools have also agreed to send their teachers and students for the coaches training.

1. The Arthur Foot Academy – Bandarjur
2. Devbhoomi Shiksha Sadan
Kanya Uccharat Madhyamik Vidyalay – Telpura
3. Gyansagar Shiksha Sadan Jr. High School – Banjarewala
4. Sri Lakhhimal Memorial Jr. High School - Banjarewala
5. The John Martin School – Dehradun
6. The Apna Vidyamandir School– Dandapur
7. The Moravian Institute – Dehradun
8. The Doon Panchayat -Dehradun
9. The Doon Vatika - Dehradun
10. Sri Mahaveer Jain Kanya Pathshala Inter College – Dehradun
11. The Paradise Academy – Budhwa Shaheed

Tanjun, in the mean time has already started partnering with villages around Dehradun to encourage plantation of Moringa (Drumsticks-A tasty & nutritious vegetable) under the ModBox-Greenstock initiative in return for providing support to the villages in terms of waste disposal, water harvesting, animal reservoirs and general beautification. This is not only likely to substantially increase the nutritional input among children of these villages but also create friendly inroads for expanding the program into village schools and communities.

Visit of Mz. Manmeet Kaur: (Dec 2017)



Mz. Manmeet Kaur, Nutritionist at the University of Canberra paid a visit to Dehradun to meet with the ModBox team in India. She met with the participating coaches and trainees of the Doon Vatika, Doon Panchayat and Mahaveer Jain Kanya Pathshala

at The Doon School.

She also planted a Moringa sapling, which is a widely used and highly nutritious vegetable in Indian households. She spoke to the trainees at length learning about their experience with ModBox and told them about the need for adequate and easily available nutrition for sportspersons.

A meeting with the coaches followed this activity over a specially prepared dinner consisting of nutritious grains and vegetables usually prepared in a middle class Indian home.

Nutrient	Moringa Leaves	Other Foods
Vitamin A	6780 mcg	Carrots: 1890 mcg
Vitamin C	220 mg	Oranges: 30 mg
Calcium	440 mg	Cow's milk: 120 mg
Potassium	259 mg	Bananas: 88 mg
Protein	6.7 gm	Cow's milk: 3.2 gm

from Nutritive Value of Indian Foods,
by C. Gopalan, et al.

The meeting was attended by Coaches Mr. Raju, Mr. Namsin, Ms. Shakshi, Ms. Pooja, Ms. Tanvi, Mr. Vishant, Mr. Amrish and ModBox team mates Mz. Rekha Dey, Mr. Sumit K Agarwal & Mr. Rajesh Gour.

She also spent a considerable amount of time in meeting with the SEDA-Tanjun team members to discuss future plans and how to make ModBox self-sustaining by making nutrition an intrinsic part of the program. This was followed by a visit to a Buddhist monastery to experience the way of the monks who can survive under arduous physical conditions with minimal but highly nutritious simple food. This learning is likely to go a long way in introducing ModBox into marginalized as well as war worn societies across the world.

Training of new season II Coaches:

The training of coaches started on the 15th of December 2017. It was concluded that Mz. Sonal Kapoor of SEDA India would lead the training and conduct the Child Protection & Safeguarding workshops assisted by Mr. Navneet Basnet (Fitness trainer-SEDA India), Mr. Parveen Kumar (ModBox & Taekwondo Coach-SEDA India), Mr. Anshuk Gupta (Coach & Coordinator-Tanjun), Coach Sakshi, Coach Tanvi and Coach Vishant. Mr. Sumit K Agarwal and Mz. Rekha Dey were present during the training, which was held at the Tanjun Livelihood Skill Training & Research Centre.

The New coach trainees for ModBox Season II are:

1. Ms. PALLAVI RAJPUT
2. Ms. NIVEDITA
3. Ms. MANVI
4. Ms. SHEETAL
5. Ms. JYOTI
6. Ms. DEEPIKA
7. Ms. NITIKA
8. Mr. NAVNEET BASNET
9. Mr. KARTIK PANWAR
10. Mr. VIPIN
11. Mr. ASHUTOSH
12. Mr. GAURAV
13. Mr. LAKSHAN
14. Mr. SHUBHAM





Day 0. Dec 15th 2017

The resident ModBox coach trainees and coaches started trickling in around evening to the Tanjun Livelihood Skill Training & Research Centre. Introductions and familiarization were carried out over tea and wood fires as everyone got into the mood for hard training and large doses of fun from the following day.



Day 1. Dec 16th 2017

The non-resident trainees arrived early in the morning and were welcomed by Master Coach Mz. Sonal Kapoor. The induction followed an innovative and jovial round of introductions by all. Mz. Sonal set the ground rules regarding

team stay, safety, interpersonal behavior, mutual assistance, inclusive practice and playing towards sports for all. The master trainer then went on to share background information about ModBox, its inception, its values, its assessment systems and its rules.



A short ModBox video was shared and the difference between conventional boxing and ModBox was showcased to the trainees. Thereon the trainees were made aware of the 5Cs concept and taken through a demonstration of basic boxing movements i.e. the guard position, the three types of punches and foot movements. The trainees followed the demonstrations keenly and practiced with the coaches.

The practice session was followed by some introductory activities like peg games as well as motor skills basics led by coach Mr Parveen Kumar (A ModBox coach from season-I & a well known Taekwondo expert).

It was encouraging to see the trainees get involved in serious Q&A on the first day, which is usually a rarity in such mixed environs.



Day 2. Dec 17th 2017

The day started by introducing the trainees to coaching fundamentals and sharing insights into effective coaching, characteristics of a good coach, coaching styles, the prime objective of a ModBox coach, the philosophy of coaching as well as dealing with difficult situations, safety concerns and challenges that might arise during a coaching session. This session was followed by an enhanced practical session that was designed to be a little tougher than day one.



The trainees were also taught about teaching skills, an understanding of skill development, stages of learning, factors that may assist the learning process, task complexity; suggestions for the effective coaching of skill were shared and offered between master coach and trainees. The trainees were shown the traditional approach towards coaching in skills, how to develop a game-sense approach during skill development while adhering to ModBox related skills and techniques as well as using innovative methodology for instructing, correcting & designing small activities around playing games.



The Q&A session was followed by practical demonstrations and participation by trainees using ModBox techniques of offence & defense without touching or hurting your opponent and without aggression. The trainees were also introduced to the value of constant appraisal of the opponent as well as the self while playing ModBox.

Day 3 Dec 18th 2017

Day three started with the trainees being introduced to the concept of circuit training and were introduced to the fitness aspects of ModBox. They learnt the principles of physical training, developing physical qualities, strength and conditioning training drills, considering the needs of the individual, insights for an effective strength and conditioning training session and the use of boxing-specific training aids. They learnt the principles of specificity, individualization, progression, overload and reversibility. They also learnt how by varying the volume, intensity and time, one can vary the load of training and positively manipulated them to meet the requirements of effective coaching.



Following the Q&A session the first group of participants gave a demonstration of their session, which was followed by feedback. The participants resumed their practice for attack and defensive techniques.



Day 4 Dec 19th 2017

The day started with another participants group demonstrating their session and corresponding feedback from co-learners. This was followed by a session on how to plan a ModBox session. Since the trainees had seen two sessions they grasped the concept well. They learnt planning for the delivery of a typical training session, an overview of the factors that may affect a training session, safety issues, risk management, components of a session, how to make session plans, establishing outcomes, staging longer periods of training.



The trainee coaches were also introduced with the concept of public performances and why they are conducted, what are the preferred attacking actions and defensive actions and the rules and regulations of a non-competitive, non-winning sport like ModBox. They were made to grasp and fully understand

the importance & essence of performing, establishing positive outcomes and establishing community engagement.

Day 5. Dec 20th 2017



The day started on a very active note with two very charged up groups leading activities and demonstrating sessions in an atmosphere of collective joy and underlying competitiveness. A mock mutual assessment drill and Q&A followed this power packed session.



After a short tea break the coach trainees were inducted into the ‘Child Protection & Safeguarding’ training, which is significant as all community coaches have to deal with children and must be able to ensure their safety. The participants learnt to identify and mitigate any threat that may come to their trainee children and how to report and escalate any matter in case they come across an incident. The trainees were also sensitized to deal with a situation of disclosure. The daylong training was visibly exhausting on the trainees as new realizations dawned and rapid unlearning happened during a short period of five hours. The trainees then staged a demonstration of their learning & were assessed by the master trainer.



Day 6. Dec 21st 2017

The trainees, who had joined in late were given the opportunity to present their session followed by question and answer round and revision.



A lot of emphasis was laid on innovative delivery of session with available resources. Trainees were divided into small groups given an hour to showcase innovativeness using indigenous games that could be played without too many aids and could be reworked to serve the resultants expected from a ModBox training session.

This turned out to be an eye-opener for the trainees, coaches and visitors alike as many indigenous games were dug out of memory, rules re-written and approach redesigned for effective ModBox coaching.



Post evening tea all the trainees gathered for a lengthy Q&A session, mutual corrective suggestions, good byes and sincere good wishes for becoming effective ModBox coaches henceforth.



Other activities during training:

The trainees were also given a live demonstration of the menstrual health incinerator as they are likely to encounter these machines during their coaching and be expected to encourage the schools to start using them where they are non-existent. The incinerator is a result of the ‘ModBox season I’ initiative and is also proposed to be installed in schools where ModBox training will be imparted during ‘Season II’.



The team also welcomed talks given by Col. V.S. Malik (Retd) of the Nungshi-Tashi Foundation, who spoke about the importance of girls taking on larger challenges in outdoor and sports fields and the way they can convince the community through continuous efforts and perseverance while showing success.



A talk was also given by Mr. Rahul, an Internationally acclaimed rock climbing expert who showed pictures and videos of near impossible climbs and encouraged students to become fit through ModBox.



Keeping in mind the parallel environmental goals of ModBox a new intervention was added into the training schedule by way of introducing biodegradable tableware & crockery for trainee meals. These plates and bowls are made using the wasted peel of sugarcane after the juice has been extracted. These can be turned into compost post use and do not litter the way Styrofoam and aluminum coated paper plates do. A special disposal bin has been erected on the LSTR premises to create high value compost for the Greenstock Plantation drive by further adding leaves and EM Bokashi (An organic accelerator) to the discarded waste and food material.



Mz. Sujata Paul, Promoter of these tableware made a visit to the Tanjun LSTR centre and spoke to the ModBox trainees on the importance of sportspersons taking the lead in saving trees and using waste to create a healthier environment for all citizens. (<https://www.chuk.in>)



Mz. Jashoda Chhetri, Additional secretary with the government of Sikkim and a passionate social worker travelled 2500 kilometers to see the ModBox intervention and training. She is a fatal-accident survivor and a counselor for injury related depressive syndrome. She spoke to the trainees and offered her phone number requesting the coach trainees to contact her in case of any symptoms of depression due to non-recognition or sporting injuries & disabilities.



Camp fires and discussions about the days learning formed a part of the training schedule which consisted of lecture room discussions after breakfast, followed by technical training and rounded off by games to enhance team spirit, motor skills, responsiveness, alertness, respectfulness and inclusive fair play.



The back end team that made it all happen at the LSTR.

Trainee's backgrounds:

1. Ms. PALLAVI RAJPUT is a Judo player and therefore very high level of fitness too.
2. Ms. NIVEDITA is a National level boxer keen to learn ModBox for fitness and agility.
3. Ms. MANVI is a former boxer who wants to become a fitness trainer.
4. Ms. SHEETAL is a primary school teacher who is also pursuing her graduation.
5. Ms. JYOTI is a primary school teacher who is also pursuing her graduation.
6. Ms. DEEPIKA is a primary school teacher with bottom of the pyramid children.
7. Ms. NITIKA is a primary school teacher with bottom of the pyramid children.
8. Mr. NAVNEET BASNET is a well-established fitness trainer.
9. Mr. KARTIK PANWAR is a student keen on coaching & skiing.
10. Mr. VIPIN is a daily waged worker doing odd jobs and wants to become a coach.
11. Mr. ASHUTOSH is employed as an accounts clerk in a school with interest in sports.
12. Mr. GAURAV is a student with very high aptitude in sports and coaching.
13. Mr. LAKSHAN is a student keen on developing his sporting acumen.
14. Mr. SHUBHAM is a student & factory worker wanting to make sports as a career.

Forms, Trainee Feedback (Translations):

The trainees wrote their feedbacks by hand, which have been translated as follows. The original feedbacks have been filed for reference with Tanjun.

The trainees also filled out forms and assessment sheets, which have also been filed for reference.

Name- Lakshan Singh; Age- 16; Place- Telpura

We came here thinking that we would be taught something we had already learnt in the past. However, I have learnt new things here. I learnt about the coaching philosophy of ModBox like planning before taking a session and paying meticulous attention to safety. I am happy that I came here learnt so many new things.

Name- Nitika; Age- 22; Place- Bandarjur

I came to know about ModBox from Amrit madam. I work as a teacher. I came here to learn ModBox so that I could teach kids. I learnt so many new things after coming here, which I could use in my school.

Name- Sheetal; Age- 19; Place- Dandapur

We came to know about ModBox at our school. We came here to learn about ModBox. We thought we are going to learn about just boxing but after coming here we find it to be different and learnt many other important life skills.

Name- Vipin Kumar; Age- 21; Place- Ganeshpur

I came here to learn ModBox. My brother told me about ModBox as he is a coach from Season I. Initially I thought I wouldn't be able to learn it but after Sonal madam taught me I felt confident. I learnt many new things during the training.

Name- Pallavi Rajput; Age- 21; Place- Dehradun

I came to know about ModBox through Tanvi who is an existing coach. I learnt many things during our 5 days training. I was a judo player and have started practicing again. I came to know ModBox is about participation. Aim of ModBox is to keep people fit and happy. It was invented in Australia. ModBox came from word, modified boxing.

Name-Ashutosh; Age- 21; Place- Telpura

I was very excited while coming to the center for training, as I had never heard of ModBox. I was happy to go and learn something new. During training I learnt about ModBox rules, discipline, to give and take respect and to give respect to girls.

Name-Jyoti; Age- 21; Place-Dandapur

I came here to learn ModBox. I had no idea about how the training would be. I came to know about from our principal. I learnt new things here, how to be a good ModBox coach, should take part with energy and enthusiasm.

Name- Navneet Basnet; Age- 33; Place- Ghaziabad

I came here to gain knowledge on ModBox and incorporate it in fitness programs. ModBox training as expected was challenging and interactive with regular practice sessions, making it different from regular certification courses.

Course helped me in refreshing my knowledge on boxing as well as gained new information on ModBox. Regular activities helped me to improve my fitness and plan further growth.

Name- Shubham Kumar; Age- 22; Place- Ganeshpur

I came here to learn ModBox and came to know about it from coach Vishant. I was interested in joining this course. From the training I came to know about ModBox rules, types of punches, guard position, how to do coaching and learnt how to be a coach.

Name- Karthik Panwar; Age- 17; Place- Joshimath

I have many reasons for coming here and one of the main reasons is to get social and learn more about ModBox training. I came to know about this training from my father Mr. Vimal who is a ModBox coach. I was happy and excited to come here. I was expecting a typical training and all those old sessions but when I came here I was happy because we all were strangers but was living like a family.

The most important things I learnt were how to adjust accordingly and get out of our comfort zone. I also learnt about the society and thinking of different people. I was inspired by Sonal ma'am and Sakshi maa'm to do multitask and stay positive. I learnt to help others and communicate with them and lastly I learnt how to stay positive and motivated and achieve my goals.

Name- Dipika Dhiman; Age- 21; Place-Bandarjur

I work as a teacher in Bandarjud School. I came to know about ModBox from Amrit

madam. I learnt so many things in the training like coaching and to respect game partner. In ModBox no one should get hurt. Things I learnt here I would use in my school.

Name- Nivedita; Age- 22; Place- Dehradun

Coach Tanvi told me about ModBox. I came here to learn ModBox to teach in schools. I am a national level boxing player. I learnt how to use small activities to teach kids ModBox, how to keep activity fun for the kids and observe everyone, how to get used to your surroundings. We also learnt how to save the environment by using biodegradable plate (CHUK), I also learnt how to utilize ModBox with my boxing skills.

Name- Gaurav Kumar Gangad; Age- 16; Place- Telpura

I came to know about ModBox from our Principal. But that time I had no idea what ModBox is. I came here to learn about ModBox. I learnt new things here, which I never expected. I thought ModBox to be similar to boxing but it's very different. It's not about just winning but learning, fun, enjoyment and participation. I learnt winning is not the only thing, brotherhood and team spirit is far greater. After coming here I feel like I got a new life, learnt about cleanliness. I also made new friends here.

Name- Tanvi Ahmed ; Age- 22; Place- Dehradun (Coach)

I came here 1 year before to learn how to be a coach. Now I have been called back as an assistant coach. I felt very happy when I was called back to train other students. Here I learnt new things as well as trained others as well. Today I came to know about new training, which is related to girl's health. It showed us how to use a machine to dispose used menstrual pads in schools, which I really liked. I met many new people here and got respect from them and I felt very good. I would like to thank Sonal ma'am, Anshuk sir and Sumit sir for giving me opportunity to come back here.

Name- Shakshi Rawat; Age- 22; Place- Dehradun (Coach)

My name is shakshi; I come from a small city in Dehradun. Last year I came here to take coaching to become a coach and now, I am here again as an assistant coach for the new trainees. I learnt to be more confident, punctual, understanding, interactive. I came here thinking that it would be same as I was last year, but this time the students I met respected me as a coach and this feeling of being respected was unique.

My all-time favorite thing, which is to interact with various different kinds of people, was memorable. This time I taught few things to the students and got to learn more in return.

These people taught me life is beautiful & your money cannot buy everything, few things are priceless. The new things I learnt were few exercises, which our student Mr. Vipin taught us that made people happy. I learnt to be calm; to work harder because nothing can be perfect but everything can be improved. Will miss the sessions.

Attendance Sheet & Master Coach Evaluation Sheet:

MASTER TRAINER EVALUATION SHEET			Dec-16	Dec-17	Dec-18	Dec-19	Dec-20	Dec-21	Session Delivery					Certification	
S No	Name	Profile	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Planning	Command	Demo	Creativity	Execution		Attitude
1	Paavathi	National level Boxer	P	P	P	P	P	P	5	5	5	4	5	5	yes
2	Manoj	Former Boxer	P	Half Day	Retrain										Retrain
3	Rajesh Rajput	Judoka	P	P	P	P	P	P	5	4	5	4	4	5	yes
4	Shweta	School Teacher/ Under grad	P	P	P	P	P	P	3	3	3	3	3	4	yes post 2 days re-training
5	Aysha	School Teacher/ Under grad	P	P	P	P	P	P	4	3	4	3	3	4	yes post 2 days re-training
6	Rajwadee Banat	Fitness Trainer	P	P	P	P	P	P	5	5	5	4	4	4	yes
7	Kartik Pawar	Student	P	P	P	P	P	P	4	4	5	5	5	4	yes
8	Vijay	Daily wage labourer	Half Day	P	P	P	P	P	2	3	4	2.5	3	4	Retrain
9	Shubham	Student/Factory Worker	P	P	P	P	P	P	2	3	4	3	3	4	yes post 3 days re-training
10	Anshu Singh	School clerk	Half Day	P	P	P	P	P	3	4	4	3	3	3	yes
11	Gaurav	Student	Half Day	P	P	P	P	P	5	4	5	5	5	5	yes
12	Lakshmi Kumar	Student	Half Day	P	P	P	P	P	3	3	3	3	2.5	5	Retrain
13	Dipika	School Teacher	A	A	A	P	P	P	3	4	3	2.5	3	4	yes post 1 day re-training
14	Nirala	School Teacher	A	A	A	P	P	P	2.5	2	3	2.5	3	3	yes post 1 day re-training
15	Asha		A	P	A	A	A	A							
16	Sonu		A	A	A	A	A	A							
17	Vishant	ModBox Coaches	P	P	P	P	P	P							
18	Anmol	ModBox Coaches	P	P	P	P	P	P							
19	Shubhi	ModBox Coaches	P	P	P	P	P	P							
20	Tanya	ModBox Coaches	P	P	P	P	P	P							
21	Sarai	ModBox Coaches	P	P	P	P	P	P							
22	Parveen Kumar	ModBox Coaches	P	P											



Practice often continued late into the evening during the coaches’ camp at the Tanjun LSTR centre.

Training continued through till February 2018 when children started randomly missing out on sessions because of the on coming academic examination cycle in March and we had to contend with smaller numbers and a shift in priorities.

However, by March end all was well again and trainees got back with renewed enthusiasm to practice ModBox.

Following pages carry some glimpses of the training at various schools with children ranging from toddlers to teenagers to young adults. It is indeed the success of the coaches to have kept such a diverse group enthused and occupied through the year while encouraging the community to allow their wards to spend time in non-academic pursuits.

Apna Vidya Mandir School –Dandapur

This particular school situated about 17 kilometers away from Dehradun in a remote village on the highway has been very enthusiastic in adopting ModBox. The school did not have a structured physical education program prior to the introduction of ModBox and the Principal Ms. Zoya has been particularly active in making sure that almost all students and staff members join into the program. She kindly allowed leave to two of her staff members, Ms. Sheetal & Ms. Jyoti to join the coaches training camp at the Tanjun LSTR. These two young ladies have been most successful at imparting training as well as retaining interest among the small children through their innovative techniques.



The Arthur Foot Academy – Bandarjur

If there ever was a success story with really small toddlers doing ModBox, then this school nearly 42 Km from Doon has to be it. The entire credit must go to the two resident coaches Ms. Deepika and Ms. Neetika as well as the visiting coaches Mr. Vishant & Mr. Amrish who took extreme cares to slowly induct the youngest ModBoxers into the training. It has been heartening to see the slightly older children volunteer to assist the coaches and take up the role of guides during the sessions. The most heartening fact has been the result of untiring efforts by Mrs. Amrit Burrett of The Doon School who has painstakingly groomed the school and its children from being somewhat lost and loitering street children of the nomadic Gujjar community, into uniformed, organized and disciplined school going students with good academic future and well structured fitness modules such as ModBox all within two years. The pictures below are a testimony to their collective effort.



Early days at the school with parents watching over their ward’s safety during ModBox sessions



Slowly the little students get used to wearing uniforms while the coaches end up doing everything from tying their shoe laces to carrying howling trainees on their backs to feeding them from their lunch boxes and following them into the washrooms. Older ones enthusiastically help initiate their really tiny brethren into ModBox.





Nearly the entire school now wears uniforms and comes to school on time to start their day with a ModBox session and lots of free breathing to open up their minds and start fresh. Older children demonstrate the use of gloves and assist the coaches in managing safety during practice.

The John Martyn School - Dehradun

This particular school has the distinction of catering to the fringe villages of Dehradun where most of the city’s bottom of the pyramid workforce resides. It is a school that provides healthy and free meals to students as well as excellent academic training. However, like many of the other ModBox schools, John Martyn too lacked a structured physical education curriculum. The exceptionally active and hardworking principal Mrs. Savithri showed true vision when she readily agreed to incorporate ModBox into the daily routine following a meeting with their chairperson Ms. Neelu Khanna and advisor Mrs. Amrit Burrett with the CEO of Tanjun Mr. SK Agarwal. Children were drawn like their coach Ms. Tanvi was a pied piper. Guided by coach Anshuk she has been able to achieve great success and participation from both students and staff of the school.



Early days with coach Tanvi Ahmad mostly engaging the children in small fitness and largely fun activities.





The most interesting part about these hardy children of the hills at John Martyn School is that most of them walk more than 3 miles to school through hill tracts and are ready for ModBox as soon as they arrive. This not only shows the high level of enthusiasm but the fact that these children are already very fit and longing to get into structured sports programs given the first opportunity. It may be possible to make exceptional sports persons from among them if they are provided long-term and sustained training facilities.

Devbhoomi Shiksha Sadan Kanya Uccharar Madhyamik Vidyalay – Telpura

This school started late but has gone way beyond the others in terms of participative performance and community engagement. Situated about 37 Km from Dehradun when Coach Anshuk along with coaches Vishant and Amrish made a pitch to almost 120 students it yielded only six willing participants. But rather than being a damper it was highly encouraging for us because all six were girls. In a joyous twist of events as the

girls started ModBox and got new gloves and vests and participated in mock bouts, the boys started to slowly squeeze in until now that the school is seriously contemplating putting together a ModBoxing squad comprising of six boys and five girls.





Paradise Academy Junior High School – Budhwa Shaheed

This has been one of the two most consistent ModBox training schools through out the two-year program and we are encouraged by the continuous participation of staff and students alike. They have shown total commitment to all ModBox programs within and outside of their school and participated with exceptional enthusiasm in all related activities such as Greenstock and tree plantations. The school is situated about 39 Km from Dehradun and has grown exponentially over the two year period. Although there is no real data to back it, we feel some of the credit goes to the fact that the community feels enthused and encouraged by the activities that fo on in the school under the ModBox program. The school stood out within a 20km radius of villages when they did the first public performance in season I, followed by another one in season II. There was tree plantation, cycling, outdoor leadership meets, kite flying and visit by students from England and finally the long time spent with the children with Prof. Allan Hahn and Coach Paul Perkins themselves, to this remote rural school causing much talk within the community and raising the confidence of students so that they became shining examples of what all-round changes good sports coaching can bring about. Today it is a proud moment when we walk in to the school and see the new academic block being completed, new students pour in and a new field being made ready for furthering sporting activities.

The activity that stole the thunder was a wonderful public performance by the trainees of Paradise academy in the presence of parents, teachers and the community.





Boys and girls participate equally at Paradise Academy and the new admissions are beginning to join in, creating the first second generation on ModBoxers in this season.



Come winter or come summer, Paradisians are always happy to come for a session of ModBox with coaches Anshuk, Vishant and Amrish.

The Moravian Institute – Dehradun

The first & best performing ModBox School with the distinction of having an all girls participating group shows the commitment of the Principal Mr. Thsespal Kundan and resident ModBox coached Mr. Raju Thapa & Mr. Namsin Rai Kamei towards using every opportunity for girl empowerment and betterment of the school. The Moravian Institute is run a leading nation building exercise that makes remarkable citizens out of children who come from homes that are not the most fortunate including orphans and single parent households. It is an institution of dedicated adults from the Moravian community who spare no effort to make sure that the outgoing students are balanced, educated and physically fit young adults who can be of true benefit to society.



The Moravian girls and coaches have made the entire ModBox team extremely proud with their dedication and passion.



The Doon Panchayat & The Doon Vatika - Dehradun

The sprawling premises of the Doon School, holds two separate areas for intervention with children from the surrounding city slums. Being the topmost premiere institute of India, it is very particular towards its social responsibilities and has a whole department headed by Mrs. Amrit Burrett to look after CSR. They have been very accepting and encouraging of the program from day one of its inception and have helped the program reach newer heights by providing their infrastructure and premises at all times. The students of Doon School have also shown exemplary dedication towards carrying ModBox to the last mile in the community. They have employed two coaches from ModBox Season-1 and also found supplemental employment for one of them at another school. They regularly encourage ModBoxers to participate in other sports related program to keep their Morale at the highest. There are over 85 trainees practicing ModBox at these two units.



Coach Pooja & coach Tanvi practice with Doon Vatika unit while coach Priyanka & coach Anshuk train the Doon Panchayat unit in the background taking advantage of the large grounds available from The Doon School.



Season II - Uniforms & Merchandize

ModBox season II saw the design and making of brand new uniforms for the trainees & coaches as well as some merchandize in the form of coffee mugs and water bottles as giveaways to coaches, Principals, government officials, and Greenstock participants.





New Indian Gloves Consignment

It was indeed a proud moment for Prof. Allan Hahn and Coach Paul Perkins when the first batch of ModBox gloves manufactured in India arrived on Australian soil. It took almost a year and many meetings between the Indian glove manufacturer Mr. Jalaj Anand and the technical team in Australia in making the finally finished product to everyone’s satisfaction and within a cost that was agreeable as well as affordable.

This is one very large step forward in taking ModBox to the next level where the reach and penetration can be maximized without a huge cost burden for providing gloves. It is also a very powerful and happy moment for the Indian stakeholders that we could connect with and finally requisition a manufacturer who was dedicated to quality and could provide the requisite product within a given timeframe. Mr. Jalaj spent nearly a month in Australia to meet with various stakeholders to fine tune his own understanding as well as create samples that were progressively close to the final as the product developed.

Since the manufacturer is based out of Uttarakhand, it opens up new vistas for a more powerful Season III intervention without the loss of time or resources in providing the right kit to the trainees.



Planning and periodic program assessment

At Kangaroo BoxInd it has been an important and ongoing activity to get together with the coaches from time to time and put our heads together for program assessment, solution finding and future planning. There have been many small but valuable get together meetings and a few larger ones to discuss finer points at length. One such large meeting was held on April 1st 2018 while the rest of the world celebrated all fools day. Another planning meeting was held on May 1st,2018 when the rest of the world was closed on account of labour day. There were also many meetings with stakeholders of the allied activities such as those held on June 5th (World environment day), various tree plantation drives and other programs that have been covered as separate activity paragraphs in this report. Minutes of meetings were prepared and shared among all stakeholders. (Example shared below)



Minutes of the coaches’ meet held on April 1st 2018

The meeting was convened from 16:00 hrs to 18:30 hrs.

11. ModBox Season 2 was formally initiated, as schools reopened in the 1st week of April.
 - a. Challenges and solutions were discussed threadbare among coaches and it was decided to bring in a total of 12 schools in Season 2.
 - b. It was decided that the coaches will introduce new methods of learning numbers and alphabets using ModBox with smaller children during ModBox season 2. This would be led by coach Vishant, along with Coach Nitika and coach Deepika at Arthur Foot Academy as well as coach Sheetal and coach Jyoti at Apna Vidya Mandir, Dandapur.
 - c. It was unanimously decided to introduce indigenous games before and after the ModBox regime, as well as document and share with the Australian team the possibility of synchronising indigenous games with ModBox. This initiative would be led by Mr. Raju Thapa and Mr. Namsinrai Kamei.
 - d. It was decided that all participating schools must take part jointly and/or severally in at least 2 public performances during ModBox season 2. The first 2 of these performances were decided to be held by the 1st week of May under the leadership of Coach Anshuk Gupta.
 - e. It was decided that a 2 monthly coaches meet will be held at the same venue preferably on the 3rd Saturday of the relevant month. This meeting will be called and organised by Mr. Anshuk.
12. Coach Shakshi and coach Nivedita were given the additional responsibility with an additional stipend to map and create a directory of all Fitness Centres, Gyms, Dance and Activity Therapy centres within Dehradun so that ModBox could be expanded into places other than schools in Season 3. They were given a detailed questionnaire and response form for data collection designed by Data Analytics Experts of M/s Rekha Dey and Associates. (enclosed)
13. Coach Shakshi was invited by Coach Vimlesh Panwar to his Badri Ville Adventure Sports Training Institute (BASTI) situated at 10,000 feet to assess the possibility of introducing ModBox as a regular part of the High Altitude Fitness Training Regime (Before end of May).
14. Coach Vimlesh kindly agreed to extend ModBox training to young boys and girls from the Rag picker community and inspire them to earn enhanced livelihood by selling mud-filled used plastic bottles to people who would want insulated bottle houses in the high Himalayas. Coach Vimlesh very kindly agreed to provide a small piece of land to build a sample room made from discarded plastic bottles. The entire coaches team agreed that this holistic approach will provide the rag pickers with a healthy start to the day and a substantially enhanced earning potential using only half the day for collecting bottles and the other half adding value by filling them with sand/mud. Tanjun team has offered to look into a buy-back arrangement of these bottles from the ModBoxer rag pickers to assure sustainability.
15. It was decided that Mr. Sumit will lead a research initiative, include season 1 students, coaches and as much of the community as possible to arrive at a reasonable analysis of the effects of the ModBox Programme on society.
16. It was also decided that we will continue to track Mr. Sonam Tsering and assist him to come out of his re-addiction and provide him with appropriate re-employment in Tanjun
17. It was decided that coach Shakshi and coach Anshuk will prepare a small report on how to design ModBox for Drug Rehabilitation and substance abuse by holding focus group meetings at Zhidey-Khangsar and other such institutes

1. Tanjun has taken up the Batoli Arts Village initiative along with The Doon School to create a self-sustaining eco-tourism based art village of 22 households near Dehradun. Mr. Neeraj Mittal will submit a complete cost break-up and work plan for Batoli duly approved by the Doon school and the village council by 28th may.
2. It was decided that ModBox coaches and trainees will visit the upcoming Batoli Arts Village to offer Voluntary Services.
3. Mr. Anshuk will initiate talks with ‘Kaya’ to use their premises and work out a plan for October GreenStock by 28th May.
4. Some pointers were discussed for GreenStock such as:
 - a. Changing the format to a more open forum.
 - b. Inclusion of multiple groups (including ethnic and local), individuals for music, dance, theatre, performances, products for sale and display, bamboo house, bottle house, existing mud houses at Kaya, Recycled Paper products, Papier Mache, Products from waste, competitions, debates, ModBox Public Performance, Talent Show, Food Festival, Eco Exhibition, etc.
5. The World Environment Day on June 5th by ModBox team was discussed at length as under:
 - a. It was decided that an attempt would be made to provide dry dustbins in city buses, and Vikrams (auto rickshaws). This initiative will be led by Coach Nitika and Coach Deepika.
 - b. An annual award for the cleanest public transport vehicle will be instituted and given out during GreenStock.
 - c. Coach Nivedita and Manvi will lead the initiative for creating awareness and public consciousness about the challenging life of Traffic Personnel through the use of Posters, Banners, and fully dressed ModBoxers (with ModBox Gloves) assisting traffic authorities at traffic signals.
 - d. Tanjun has opted to gift traffic policemen with ModBox branded water bottles and pollution masks upto a maximum of 150 numbers.
 - e. In return, we will request the traffic department to plant 2500 saplings for the eco-responsibility part of ModBox.
6. To raise awareness about ModBox and its health benefits, Coach Shakshi and Miss. Samiksha have agreed to activate eco-awareness flash mobs on June 5th in full ModBox uniform at select malls and the local fruit and vegetable wholesale market.
7. It was decided that Rooftop farming will be given a serious initiation under the leadership of Miss. Manvi before the beginning of monsoon and positive results reported along with learning during the GreenStock event in October.
8. It was decided that certificate of successful ModBox completion for the trainee students of Season 1 and coaches of Season 2 would be awarded.
9. The meeting concluded with the distribution of Season 2 coaches uniform and ModBox branded coffee mugs.
10. A vote of thanks was tabled by Mr. Anshuk Gupta and Mr. Raju Thapa of behalf of everyone present. This was followed by a networking Hi-Tea and individual interactions between coaches.

A copy of these minutes will be circulated by Mr. Anshuk Gupta among all present and physical signature taken by the 3rd week of April.

- | | |
|-----------------------------|------------------------------|
| Meeting attended by: | 12. Ms. Shakshi Rawat |
| 1. Mr. Sumit Agarwal | 13. Ms. Nivedita |
| 2. Mr. Anshuk Gupta | 14. Ms. Manvi |
| 3. Mr. Raju Thapa | 15. Mr. Shubham |
| 4. Mr. Namsin Rai Kamei | 16. Mr. Vimlesh Panwar |
| 5. Mr. Vishant | 17. Mr. Neeraj Mittal |
| 6. Mr. Amrsh Kumar | |
| 7. Mr. Vipin | Guests: |
| 8. Ms. Samiksha Rawat | 1. Mr. Shubendu Barai |
| 9. Ms. Priyanka Singh | 2. Mrs. Suparna Barai |
| 10. Ms. Nitika Dhiman | 3. Mrs. Geeta Barai |
| 11. Ms. Deepika Dhiman | 4. Mr. Jyotbroto Mazumder |



Greenstock & IIIrd Public Performance – World Environment Day

In view of the intense heat wave and scorching summers this year, the Greenstock program was designed to minimize exposure to the trainees and maximize visibility.

It was decided by common consensus that we should reach out to the Uttarakhand police force's traffic department, which to our mind was not only the first contact point for most citizens but also the most tirelessly efficient group of officers.



Mz. Rekha Dey from the team came forward during the meeting calling on coach Anshuk as her deputy to take on the humungous responsibility of acquiring permissions and implementing the entire program that was broken into small capsules over four days starting on the 5th of June-world

environment day and continuing till the 9th. It was indeed heartening when the Uttarakhand police department showed tremendous interest in the ModBox program and invited us to conduct a special 3 days module including CPP for a group of over 200 women from Dehradun, who had joined a self-defense program sponsored by the Police.

Team ModBox acknowledges the help and assistance provided by Mz. Nivedita Kukreti (SSP-Dehradun), Mz. Niharika (SP-Dehradun), Mr. Lokendra Singh (SP-Traffic Dehradun) and their respective teams. The initiative led by our Mz. Rekha Dey was actively and successfully carried forward by Mr. Anshuk, Mz. Sonal, Mr. Raju Thapa & Mr. Namsin Rai Kamei along with all the coaches and Mrs. Amrit Burrett of the Doon School.



The day started with an early morning briefing and breakfast for the participants, who were then transported by battery operated three wheelers to city street junction in small groups. There they expressed gratitude and gave away water bottles & pollution masks to traffic policemen, placed nutrient enriched water dispensers near traffic junctions for refills, and used ModBox public performance in the most unique way to give traffic messages when the traffic signals turned red.



The activity created such a huge whisper media that soon we had trouble handling media at traffic junctions and the entire traffic of Dehradun was all smiles across the city.



It was a site to behold as the usual rogue drivers quieted down and dutifully followed traffic rules in front of a row of school kids with ModBox gloves gently prodding them on with their non-contact forward punches and hooks.

All the participants were given uniforms and there were four to six coaches at each intersection to take care of safety of the children. The trainees had been given water reinforced with essential salts and each

carried a new and shining lunch box filled with their midday meal.



The ModBoxers bowed in respect after every instance of throwing punches at the crowd bringing a smile in response as they quietly reverse behind the stop line.



We received genuine and heartfelt thanks from the police officers for this gesture of providing the much needed high quality 3M anti-pollution masks and slim water bottles, which they could tuck into their uniforms while performing their duty.

The traffic schedule completed, ModBoxers moved to the zoo for a leisurely lunch and an afternoon of interaction with the leopards, deer, macaws and peacocks amidst sprawling greenery.



Practice sessions were conducted by the coaches on the Doon School grounds for over two weeks prior to the 5th June event and each member of the team put in their best foot forward in terms of discipline, technique, responsiveness, courtesy and friendliness at the actual event. It was a multi-pronged multi-location simultaneous



event that needed careful planning and critical execution. The real mettle of ModBoxers was tested as they performed to perfection in the sweltering 44 degrees celcius summer with a smile on their faces and a spring in their step. This was the final test of grueling training sessions and

great team spirit by all the trainees, the coaches and the team leaders Anshuk, Raju, Namsin, Sonal topped by Rekha.

The next few days saw the coaches go to the police parade ground to train the huge and phenomenally enthusiastic group of over 200 girls and women aged from 12 to 55. The response was overwhelming as soon they were asking for more days of training, which we had to politely decline as it was the annual summer holidays for our coaches.



26th January 2018 India's Republic Day & Australia Day celebrations



Following the tradition of ModBox from its inception in India and to celebrate the partnership forged through the beautiful Kangaroo BoxInd initiative we celebrated January 26th as day both common and important to the two countries. All the participating schools remembered our Australian Brethren and offered a prayer for their wellbeing while wishing success to the Kangaroo BoxInd initiative. Tree plantation drive was carried out at Devbhoomi School. The nursery at Tanjun gave away 200 free

saplings of Jamun and Moringa trees to non-ModBox schools and individuals who have helped us and guided us through the last year.





An attempt was kicked off by the Professor of Architecture Mz. Swati Negi and her team to create a housing system based on wasted plastic bottles at the Tanjun LSTR centre.



The children of Paradise Academy were taken to the riverbed for a kite -lying day with the coaches.

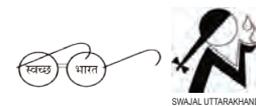
A group of boys from Doon and Welham school cycled early in the morning to Mr. Sumit's bamboo dwelling to learn more about eco-friendly minimalistic living in complete balance with modern luxuries.



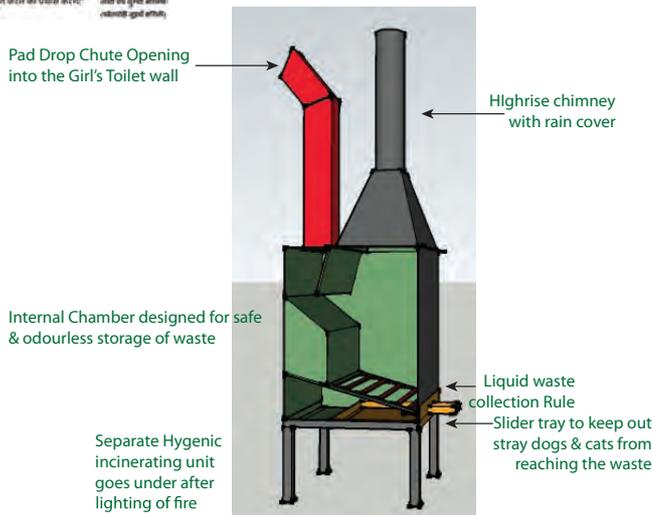
The Uttarakhand government placed their second order of eight menstrual incinerators designed by Tanjun, for installation in remote high altitude districts of Champawat in Uttarakhand. Everesteers & Guinness record holder twin sisters, Nungshi and Tashi Malik flagged off the dispatch from the Tanjun LSTR and released a brochure on the occasion to reaffirm their lives towards girl child empowerment.



TANJUN-NTF SANITARY PAD INCINERATOR FOR PRIVATE GIRL'S TOILET USE IN SCHOOLS



“एवरेस्ट भारत की सर्वप्रथम जुड़वाँ बहनें जिन्होंने हिमालय की छोटी पर शिखर हासिल की और सार्ता महाद्वीप के सर्वोच्च चोटियों पर भारत का तिरंगा फहराया। इनका जन्म है की भारत की हर बेटों की कामयाबी के सपने की धरुआत उनके मर्यादा के अनुरूप एक स्वच्छ भारत और शिक्षित समाज से ही हो।”



Unit is placed on an earthen pit for safe & hygienic disposal of burnt ash



नुंगशी व तशी, दुनिया की सर्वप्रथम जुड़वाँ बहनें जिन्होंने हिमालय की छोटी पर शिखर हासिल की और सार्ता महाद्वीप के सर्वोच्च चोटियों पर भारत का तिरंगा फहराया। इनका जन्म है की भारत की हर बेटों की कामयाबी के सपने की धरुआत उनके मर्यादा के अनुरूप एक स्वच्छ भारत और शिक्षित समाज से ही हो।

Success Stories in confidence building

Boxing tournament participation by Doon Vatika Children



It did not come as a surprise when three of the children practicing at The Doon Vatika unit suddenly decided that they were ready for regular boxing and went ahead and filled forms for the district level championships. With ModBox training behind them and the encouragement of The Doon School, these children egged their coach Pooja to give them a crash course in regular boxing. They went on to bag the silver and bronze in their individual categories. We were completely awestruck at the sheer perseverance of these children from the slums who only had their guts to bank on. It is a sure success of ModBox to see such confidence among children who were barely able to talk to strangers just a year ago.

Here is the list of the ModBoxers who participated in Conventional Boxing Tournaments

Name	Age	Category	Medal Won	Location	Date
Dinesh	Under 14	Light weight	No medals	Kotdwar	2018
Pinki	Under 19	Heavy weight	No medals	Kotdwar	2018

Pinki (Heavy Weight Gold Medallist, Inter School Tournament) 2017
Shivam Rathore (Silver Medallist, Inter School Tournament) 2017
Vivek Chauhan (Gold Medallist, Interschool Tournament & Silver Medallist, Uttarakhand District Tournament) 2018
Khushi (Bronze Medallist, Inter School Tournament) 2018
Muskan (Silver Medallist, Uttarakhand District Tournament) 2018

The Annual Terry Fox Run



The annual marathon saw all the Vatika and Panchayat ModBoxers participate enthusiastically in the run as well as volunteer as service backup personnel during the event.

However, the real clincher was the fact that ModBoxers from the slums actually led from the front and participated with city children on equal footing to give talks and interviews to the large crowds that had gathered. These children are finally

finding their footing and exerting their right to equality as they progress in their sporting activities and find daily success.



Moravian Coaches need to become trainers at Laddakh

Two of the Season-I trainees from the Moravian Institute have passed out this year and gone on to become assistant teachers at a school in remote Laddakh. They have specially logged a request with the principal to find a way to become accredited ModBox coaches so that they can carry forward their own happy experiences with ModBox in their new school.

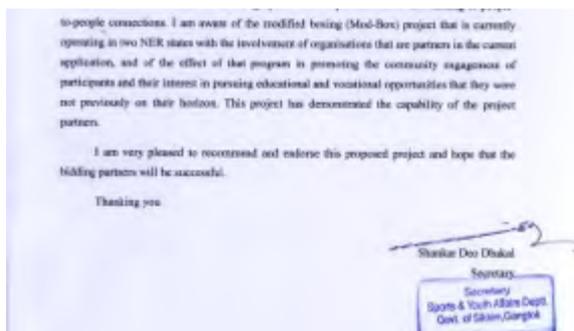
Tracking success of coach Sonam Tshering

The one prominent success story from the ModBox season I intervention at the substance abuse rehab centre (Zhidey Khangsar), Mr. Sonam who had found employment with Tanjun last year has this year gone on to get married, shifted to Bangalore with a new job and is also acting in a Tamil film in the role of a cop. His first video from season I is still with us where he mildly articulated his name and personal details quite incohesively. Bravo Sonam La, your success is our leading light.





Taking ModBox trials to the North East of India



In a far reaching effort by Tanjun and RDA (Rekha Dey & Associates) ModBox was carried to the North Eastern states of Assam and Meghalaya on a trial run to test its effectiveness among the sports loving people of the region. This was done under the Tanjun NECKS (North Eastern Centre for Knowledge & Sports) initiative that looks into fostering educational, employable

skills and sports among the youth in that region. Needless to say it found much acceptance and a huge amount of positive curiosity among the people and schools. The Gloves were of particular interest to the people of North East where Boxing is almost a household activity and the great Olympian boxer Ms. Mary Kom hails from a neighboring North Eastern state just a hop & skip away.

However, the greater success came when Tanjun received a letter from the Secretary of sports in the Government of Sikkim Mr. S.D. Dhakal, another North Eastern State, enquiring about the timelines of bringing the sport to his state having heard of its success in Uttarakhand and its trial runs in the North East. This has been an extremely encouraging turn of events as there seems to be a pull being generated from the work being carried out in Uttarakhand by Tanjun & RDA.

This is subsequent and in addition to the letter from the Chief Development Officer of Champawat District, government of Uttarakhand in September 2017 requesting Tanjun to bring ModBox to their district and an offer to even host any Australian delegation that might come for training purposes.

Moving Forward

While the first year was spent mostly in learning, the second year has been spent more on creating networks, delivering innovations and establishing sustainable methodologies. The time is ripe for scaling up and creating system based delivery modules that can run independent of the implementing agencies. This will allow ModBox to be taken to any corner of the globe without having to reinvent the wheel. An Analysis of challenges and roadblocks has been put together at the end of this report so that all stakeholders can intuitively realign their priorities and resources in accordance with local needs.

Tanjun has voluntarily undertaken some activities to ease the moving forward process and allocated AUD 2500 post the end of season II to keep the program running for some more time and collect the final research inputs from the field post closure. The University of Canberra has come forward to provide an additional AUD 10,000 for the purpose.

There is an urgent need to create larger credibility for the sport as much as for the program itself and a more frequent and on-ground Australian presence through subject experts, volunteers and counselors. ModBox has proved to be an all round community development program based on a sporting module to start with but it has the potential for achieving far reaching results in youth empowerment, girl child upliftment, social conflict management, drug rehabilitation, skill development and environmental impact.

We have proposed the giving away of certificates to all participants at the end of the program.



We also propose individual and group impact assessment at the trainee level and recording of inputs from the community. Tanjun has initiated the process and hopes to finish the first phase by February 2019 in the form of a report from the field.

We propose participation of ModBoxers in larger community development initiatives such as rooftop farming and river cleanup drives. Tanjun & RDA have already started a major initiative with The Doon School in developing the whole village of Batoli (40 Km from Dehradun) where ModBoxers from a proposed season III can take part. The project report is available separately.

Tanjun is quite open to creating a ModBox vertical within its NECKS (North East Centre for Knowledge & Sports) initiative that is currently shaping up fast and has the potential to take advantage of the newly opened ASEAN road network into Vietnam,

Cambodia, Myanmar, Malaysia and Thailand that allows direct road connection from the North Easter states of India to these countries.

In view of keeping ModBox relevant to the employability needs of its trainees, Tanjun & RDA have already initiated a collection of data from the fitness centres in the Doon Valley so that ModBoxers can train to be certified fitness coaches and find suitable employment. The data from 100 such centres has already been collected and is under process at the RDA data processing facility for publication during season III. This will culminate into a publication that is both industry centric and employment focussed.

designed keeping in mind the long-term systemic needs of a truly sustainable program.

Moving into high altitude Himalayas

ModBox coach Mr. Vimlesh and Mr. Anshuk have been very active in finding a berth for ModBox in the higher Himalayan reaches. While coach Anshuk visited schools in Joshimath to promote ModBox, coach Vimlesh has taken the partnership route to find convergence with the ‘School on Wheels’ Program run for the children of roadwork labourers working on high altitude border roads. Coach Vimlesh is also keen on making ModBox a regular curriculum activity at his High altitude institute named BASTI (Badriville Adventure Sports Training Institute) situated at a height of 10000 feet above MSL to train mountain guides and adventure specialists.



Anshuk with the principals of Jaypee School & Jyoti Public School at Joshimath.



Coach Vimal & his wife Madhu distribute apples to the children of high altitude road labourers and inspire them to play and have fun with the ModBox team.



once everyone is happy it becomes easier to talk ModBox with them



When apples have been duly consumed and names exchanged, then the play begins at high altitudes of 11-12000 feet above MSL. The children warm up and their Tibetan Mastiff puppy looks on with genuine interest at the new goings on.



Following these initiative a 3-year comprehensive plan has been drawn up for taking ModBox into the next level of implementation.

Concluding Day of Season II (October 27th 2018)

Any program that runs for a period of two consecutive years obviously develops a lot of lasting bonds and friendships. The many days of hard work, laughter and camaraderie all add up to one emotional wave as the year draws to an end.

We have to sadly inform our little friends that only a skeletal program will run henceforth and not surprisingly they all want to be a part of the skeleton. So we decide on a day out for a nature walk to ‘Shikhar Falls’ up in the Mussourie hills near Dehradun followed by a community lunch and a visit to the nearby Rajpur Nature Festival where many of our well wishers from schools, past Greenstocks and the community join us in meeting with the trainees and hear about the various achievements during the year.





FINALLY - The most important impacts of ModBox in India

- *Increasing the physical activity levels at schools, which do not have a fixed games class or coach.*
 - *Women empowerment, through coaching, training and menstrual hygiene initiatives.*
 - *Raising the environmental consciousness through Greenstock and other related activities*
 - *Promoting community cohesion & traversing socio-cultural, economic and religious boundaries*
 - *Participation in the School programs for children from disadvantages urban communities.*
-

Analysis of Challenges & Roadblocks

A successful two-year run of the ModBox program needs a sincere look at the major challenges and roadblocks faced by the management team and suggested solutions. It may be in the interest of all stakeholders to take a serious look at these solutions and add their own experiences and inputs to arrive at a more sustainable ModBox program in future. The team at Kangaroo BoxInd has gone into many hours of deliberations to try and pinpoint the pain areas and find workable solutions around them. We welcome suggestions from anyone who has gone through the reports of these two seasons and can suggest betterment of the program.

Schools opting out:

There were a few schools that opted out during ModBox Season II or have only been able to continue intermittent training sessions. This has been a little challenging especially when the students have shown much willingness and the management has pulled out due to academic and/or other considerations. The primary challenges cited by most schools are

- It is a challenge to keep the management and staff of schools interested in sports programs when the parents of underprivileged children are really only looking for an education that can provide a job.
- There have been objections from the community when a ModBoxer child underperforms due to whatever reason.
- Some of the schools are also burdened by the fact that there is no provision to pay staff, which stays back for training sessions and for children to travel back home when they miss the regular school transport.
- Many parents, especially of girl children do not see the value in pursuing a sport that has no commercial end. They have suggested that ModBox be taught either for self-defense or with an attached module that allows their wards to become fitness coaches later in life.
- The cost of buying shoes and extra nutritional food etc. are other deterrents for these children and their parents.
- The schools that have opted out also are mostly the ones, which do not have access to a regular playing field causing the training to take place within the main quadrangle thus creating disturbances to other regular classes that may be going on within the surrounding buildings.

The schools, which opted out before/or after a few months in season II are:

1. Sri Mahaveer Jain Kanya Pathshala Inter College – Dehradun
2. The Green Field School – Dehradun
3. Gyan Sagar Shiksha Sadan Junior High School – Banjarewala
4. Rajkiya Purva Madhayamik Vidyalaya
5. Gorkha Military School
6. Zhidey Khangsar (Substance abuse rehabilitation centre) *However, there has been an important success story too, that is shared elsewhere in this report.*

Suggested Solutions:

- ❖ *Future interventions could have provision for regular and sustainable nutrition, shoes, kit & trainee travel built into the program.*
- ❖ *An alignment could be made with another more employable sporting activity such as fitness coach, or lifesaver, or mountain guides or football, and training carried out simultaneously to showcase a better career roadmap.*
- ❖ *A provision may be made to take care of academic homework by competent teachers within the sports time so that students may accomplish their academic responsibilities even while pursuing sports. This has been a successful system in many developed as well as developing countries.*
- ❖ *Larger provision may be made in the program, for more community interaction with video shows and active participation by successful sports persons to convince them about the positive impact of a healthy and fit body on academic performance of a child.*
- ❖ *At least three to five small community seminars may be arranged during a year inviting large corporates with CSR funds and Australian Universities/High Commission to promote further studies in sports and sports sciences in Australia for successful trainees funded by these CSR funds. This can highly energize the community and create positive news.*

Coaches not being employed:

The response to coaches training has been stupendous once again. What with existing boxers, judo players and fitness instructors applying to come in for the seven days training to an offsite location, the general response at the end of the year has been one of slight disappointment on the employment end. Although it had been made known to all before commencement that coach's training does not amount to employment as ModBox coaches in schools, we did sense a kind of tacit understanding to the contrary among the participants. We have had two large and many smaller coaches meets since then in which all coaches, employed and non-employed have participated with full enthusiasm while the managing team explained the roadblocks to employing all of them. Some of the more prominent challenges have been:

- The financial limitation in being able to deploy ModBox in as many schools as would be needed to employ all the trained coaches.
- The fact that season II coaches were not accredited by any body such as Boxing Australia as in the previous season requiring us to provide at least one accredited coach to visit the schools regularly where a non-accredited coach was employed.
- The fact that the distance between schools was too high for coaches to regularly visit and take training sessions causing us to chose favorably those coaches who were either residing closer to schools or were resident in the school.
- Some of the coaches such as Mr. Vimlesh, Mr. Navneet, Mr. Shubham were stationed at locations many hundred miles away and we were constrained to take the program that far in spite of the government of Uttarakhand in those districts showing keen interest in adopting the program.
- Coaches with existing employment could not find the time even when offered an employment.

Suggested Solutions:

- ❖ *Coach Accreditation /Certification will play a major role in finding larger acceptability among the schools, students and community. The government can only be fully brought into the program partnership once this challenge is ironed out.*
- ❖ *Accreditation will also allow coaches to find alternate employment in physical education. A system of assessment therefore needs to be put in place and possibly three or four coaches be given the master trainer tag from a competent Australian Authority.*
- ❖ *A provision may be made in future programs to run a few remote area interventions not only to create better penetration but to also cater favorably to governmental aspirations.*
- ❖ *Partnerships and tie-ups may be considered with remote area training providers as an intrinsic part of future programs.*
- ❖ *An organogram of coaches based on well-assessed competencies may be created so that there is cohesion and compatibility between senior/better coaches and the new entrants.*
- ❖ *A system of 360 degrees assessment of coaches could be designed to continuously keep track of and upgrade coach competency and relevance.*
- ❖ *A training module needs to be developed for life skills and critical coaching skills (such as those displayed by coach Paul Perkins) to create more lifelong competencies among senior coaches allowing them to branch out any sport of their liking as able coaches.*
- ❖ *Persons with existing employment outside of ModBox schools, may be discouraged from participating in coach's training.*

Need for more community interaction:

One of the biggest challenges has been the dissatisfaction of the community whenever ModBox coaching has clashed with the academic exam calendar, the annual return home season for migratory workers and the long & recurring festive seasons of India.

Suggested Solutions:

- ❖ *It might be important to engage more regularly with the community, which will require a full time team of one male and one female community worker for the entire period of the program equipped with adequate informational videos and success stories.*
- ❖ *It may be a good intervention to device some form of homework, both physical & study based for trainees and an assessment system that can be used during long periods of absence by the trainees.*
- ❖ *A program calendar may be devised to take the non-ModBox activities into the lean periods around exams and holidays in sync with the school calendar in tune with the geographical location of the program. For instance, the hill areas of Doon follow a summer semester calendar while the plain areas follow a winter semester calendar.*

Lack of long-term program focus

A program that works directly on the physique and persona of a young person must be designed to follow long-term implementation and assessment parameters. It is a severe challenge to explain (especially to the trainees, the school administration & the

community) the long-term benefits of running a program that has only limited period focus and a small probability of long-term continuance by the participating stakeholders. The recurring question has been “why spend time and energy on this unknown sport without a future rather than into a regular fitness course?”

Suggested Solutions:

- ❖ *The possibility of showing some kind of long-term benefit and sustained training has to be built into the program.*
- ❖ *A proper accreditation of the sport itself will be needed very soon to work out a long-term implementation plan.*
- ❖ *Further programs could be planned for at least a five-year period to create more community traction and trust as well as apply for building it into the regular curriculum of schools.*
- ❖ *Credible trainee certification will be critical in future*
- ❖ *Showcasing opportunities to study sports in Indian and Australian colleges or Indian colleges with Australian partnerships will play a crucial role in engaging more trainees.*
- ❖ *Continuous visits by students from Australia and exchange programs will enhance the acceptability of the program.*

Limited Reach & Penetration

At the end of these two years it is apparent that the next challenge will be to increase program reach and penetration to be able to achieve better social impact. This will mean more innovations with existing ModBoxers and deeper reach into new areas as well as steady penetration for governmental partnerships and enhanced media & public relations.

Suggested Solutions:

- ❖ *In future program projections it will become very important to allocate resources for media & PR as well as video documentation and new area interventions with the community even if it does not mean immediate trainee induction.*

Scaling down of Greenstock & environmental activities

Many of the schools had shown keen interest in ModBox because the allied Greenstock activity held an added attraction by fitting right into their prescribed environmental studies curriculum. They expressed guarded disappointment at the scaling down of this important activity even though the implementing team did their best to create large and meaningful activities through the year with the limited resources. The participation and success of ‘Season I Greenstock’ has been a pointer to this end. In fact, the Season II Greenstock activities saw very high participation from students and schools

Suggested Solutions:

- ❖ *Environmental activities could form an intrinsic part of the ModBox curriculum in future as it has tremendous potential to bring schools on board and automatically make two teachers (sports & environmental sciences) responsible for the ModBox training thus reducing reluctance from the Sports teacher to take up an added responsibility solely on their own.*

- ❖ *Greenstock is also the best platform to showcase ModBox to a larger audience comprising of many principals, parents and community leaders in an atmosphere that is conducive to decision making in favour of running the program in their own schools or community halls.*
- ❖ *Greenstock is also a much bigger and credible platform to felicitate the ModBox schools and students for the hard work they have put in through the year.*
- ❖ *Greenstock allows for parallel activity to continue through the holiday periods and the less active months on the school calendar as it falls under a prescribed curriculum need of the schools.*
- ❖ *The carbon mapping initiative started by Greenstock 2017 and named 'My miles are offset' is finding many takers at the school level as it provides a holistic and actionable approach to carbon reduction. This may become a key driver of sports for development initiative in the very near future.*

Weather and geographical remoteness

Weather, especially monsoons in India do create minor impediments to program implementation when roads to remote schools like Arthur foot remain non-motorable for a week at times. As the program goes into higher Himalayas, the winters and snow are likely to cause similar problems, as will the flood prone areas of Haridwar district in Uttarakhand.



बद्री विशाल

सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन



एन सीटीए के निदेश पर आयोजित कार्यक्रम में महिला सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन

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दैनिक भास्कर

स्कूली बच्चों ने बताए ट्रैफिक नियम

संस्कार संस्कार संस्कार



दिवंगम टैक पर पाठन छात्रों को बर्ताना करता दिखाने ट्रैफिक नियम बताते सुनते हैं।

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दिवंगम टैक पर पाठन छात्रों को बर्ताना करता दिखाने ट्रैफिक नियम बताते सुनते हैं।

दैनिक जागरण

रोचक अंदाज में बताए यातायात के नियम

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दैनिक जयन्त

सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन

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सड़क सुरक्षा के प्रति जनता को किया जागरूक



सड़क सुरक्षा के प्रति जागरूक बनाने के लिए दिल्ली पुलिस ने एक कार्यक्रम आयोजित किया। कार्यक्रम में पुलिस अधिकारियों ने सड़क सुरक्षा के प्रति जनता को जागरूक किया। कार्यक्रम में पुलिस अधिकारियों ने सड़क सुरक्षा के प्रति जनता को जागरूक किया।

सड़क सुरक्षा के प्रति जागरूक बनाने के लिए दिल्ली पुलिस ने एक कार्यक्रम आयोजित किया। कार्यक्रम में पुलिस अधिकारियों ने सड़क सुरक्षा के प्रति जनता को जागरूक किया।

हिन्दुस्तान

तस्करों को चाहिए नया नजरिया

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टैफिक पुलिस और ऑस्ट्रेलियाई प्रशिक्षित कंगारू बॉक्सिंग खिलाड़ियों ने सड़क के चौराहों पर बच्चों को जागरूक किया

बॉक्सर बनकर चौराहों पर बच्चों ने कहा, 'नियम मान मेरी जान'

देहरादून, कंगारू बॉक्सिंग प्रशिक्षित खिलाड़ियों ने सड़क के चौराहों पर बच्चों को जागरूक किया। कार्यक्रम में बच्चों ने कहा, 'नियम मान मेरी जान'।

स्कूली बच्चों ने दूनवासियों को पढ़ाया ट्रैफिक नियमों का पाठ

संवाददाता
देहरादून। ट्रैफिक पुलिस व ऑस्ट्रेलियाई प्रशिक्षित मॉडबॉक्स खिलाड़ियों के द्वारा कंगारू बॉक्स इंड कार्यक्रम के अंतर्गत व्यस्त चौराहों पर नागरिक जनजागरूकता कार्यक्रम का आयोजन किया गया। जिसमें चेहरे पर मुस्कराहट लिए और बॉक्सिंग ग्लव्स पहने मुद्भाषी बच्चों ने बड़ी शालीनता व रोचक अंदाज में ट्रैफिक नियमों के बारे में दूनवासियों को जानकारी दी।

ट्रैफिक पुलिस द्वारा दिए गए स्लोगन 'नियम मान मेरी जान', 'हर मौसम हम देते जान' जैसे स्लॉगनों की तख्तियां हाथ में लेकर स्कूली बच्चों ने दून वासियों को जागरूक किया। साथ ही उन्होंने ट्रैफिक लाइट रेड होने के पर सड़क पर एक मिनट रुककर सभी वाहन चालको से



ट्रैफिक नियमों का पालन करने की भी अपील की। यह कार्यक्रम दून के दिलाराम बाजार, घंटाघर, दर्शन लाल चौक व शहर के कई अन्य चौराहों पर भी चलाया गया। इस दौरान कंगारू बच्चों ने सफलतापूर्वक अच्छे मन अच्छे वातावरण की तरफ अनूठी पहल की।

वही कार्यक्रम के दौरान तानजुन एसोसिएट द्वारा निस्वार्थ देहरादून के सभी ट्रैफिक कर्मियों की सेवा के लिए उनको पल्यूशन मॉस्क, स्लिम बुक वाटर बॉटल वितरित किए गए।

hindustantimes

AWARENESS CAMPAIGN



Students from different schools sport boxing gloves and face masks as they spread awareness among commuters on road to fight pollution, in Dehli on a Wednesday.

हिन्दुस्तान

तरक्की को वाहिए नया नजरिया

छात्रों ने दी ट्रेफिक नियमों की जानकारी

देहली। कारवाय सजावत

विद्यार्थियों परियोजना के अंतर्गत में ट्रेफिक पुलिस व ऑटोड्राइव प्रीतिवित मोडर्नाइज्ड डिवाइसों को और से शहर के प्रमुख पैदातो पर नगरिक जागरूकता कार्यक्रम का आयोजन किया गया।

कार्यक्रम का शुभारंभ वीरभद्र पुलिस अधीक्षक निर्देशक कुकरोठी, पुलिस अधीक्षक ट्रेफिक देहली लोकेन्द्र सिंह, सानतून एसोसिएट के सुमित कुमार अग्रवाल, कैम्बरा युनिवर्सिटी व अग्रवाल डेवलपमेंट (एसडीए) के सदस्यों ने संयुक्त रूप से किया। देहली पुलिस के सहयोग में यह कार्यक्रम संपन्न हुआ। कार्यक्रम में एसडीए निर्देशक कुकरोठी ने कहा कि इस तरह की पहल समाज के अन्य लोगों व पदाचारों को जानकारी देने का कार्य करती है। यह कार्यक्रम शहर के नागरिकों में सड़क व यातायात के नियमों के प्रति जागरूक करने में



छात्री बच्ची ने टून में कुश्ती को लोपे की ट्रेफिक को लोपे जागरूक किया।

अहम भूमिका निभाएंगे। बॉक्सिंग की संकाक में प्रथम समेह स्तरी बच्ची ने कुकुको हुए पदाचारों से 'नियम मान करें' 'जान' 'कलकर उन्हे स्टॉप लोपे के पीछे छोड़े छीने, लाल बत्ती पर रुकने, नियम पूर्णक पाहन पहनने का विशद पर पूर्णक आवाज किया गया। सानतून एसोसिएट की ओर से संकाक वीरभद्र सिंह व अग्रवाल टून के सभी ट्रेफिक कॉन्सिं को परतून वाक, सिरम युक्त वाटरबॉल पेट को

दैनिक जनभारत मेल

तीखी नजर ! तेज खबर

सड़क सुरक्षा को लेकर चलाया जागरूकता कार्यक्रम

देहली। ऑटोड्राइव प्रीतिवित मोडर्नाइज्ड डिवाइसों के द्वारा अचल बॉक्स इव कार्यक्रम के अंतर्गत पैदातो पर नगरिक जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में वायावत पुलिस देहली ने सहन कारकों को यातायात नियमों की जानकारी दी तथा उनके पहल करने की अपील की। कार्यक्रम का शुभारंभ वीरभद्र पुलिस अधीक्षक देहली निर्देशक कुकरोठी, पुलिस अधीक्षक ट्रेफिक देहली लोकेन्द्र सिंह, सानतून एसोसिएट के सुमित कुमार अग्रवाल, कैम्बरा युनिवर्सिटी व अग्रवाल डेवलपमेंट (एसडीए) के सदस्यों ने संयुक्त रूप से किया गया। इस अवसर पर वीडियो प्रसारण अधीक्षक देहली निर्देशक कुकरोठी ने



अपने विषय स्पष्ट करती हुए कहा कि, इस तरह की पहल समाज के अन्य लोगों व पदाचारों को जानकारी देने का कार्य करती है। यह कार्यक्रम शहर के नागरिकों में सड़क व यातायात के नियमों के प्रति जागरूक करने में अहम भूमिका निभाएंगे। बॉक्सिंग की संकाक में प्रथम समेह स्तरी बच्ची द्वारा कुकुको हुए पदाचारों से 'नियम मान

में जान' 'कलकर उन्हे स्टॉप लोपे के पीछे छोड़े छीने, लाल बत्ती पर रुकने, नियम पूर्णक पाहन पहनने का विशद पर पूर्णक आवाज किया। सभी दुनवाचारों ने व सैकल इस पहल का समर्थन और मुस्कुराहट के साथ इयावत किया बॉक्स ट्रेफिक पुलिस द्वारा दिये गये स्लोपे 'नियम मान करें' 'जान, हुर मोपेय हम देते जान' पर भी गभीरता से विचार किया। इस दौरान लोपे ने अपने बाले समय में ट्रेफिक पुलिस के लिए अपने सवाल को किए रखने का भी द्रम लिया। पैदातो पर मुस्कुराहट लिए और बॉक्सिंग वाकक पाने सुनुभारी बनने में बच्ची सरलता व शालीनता में ट्रेफिक नियमों के उन पहलुओं को एक संकाक अंदाज में दुनवासियों को जानकारी दी। ट्रेफिक पॉलिस द्वारा इस बरिवर्ध को सखलता पूर्णक

देहली के पैदातो पर कार्यान्वित कर टून ट्रेफिक पुलिस व कारवाय सजावत के बरवो ने 'अच्छे मन अच्छे यातायात' के लक्ष एक अनुभूति पहल की, व अग्रने परवर्वात प्रीतिवित मोडर्नाइज्ड डिवाइसों को लोपे जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम में वायावत पुलिस देहली ने सहन कारकों को यातायात नियमों की जानकारी दी तथा उनके पहल करने की अपील की। कार्यक्रम का शुभारंभ वीरभद्र पुलिस अधीक्षक देहली निर्देशक कुकरोठी, पुलिस अधीक्षक ट्रेफिक देहली लोकेन्द्र सिंह, सानतून एसोसिएट के सुमित कुमार अग्रवाल, कैम्बरा युनिवर्सिटी व अग्रवाल डेवलपमेंट (एसडीए) के सदस्यों ने संयुक्त रूप से किया गया। इस अवसर पर वीडियो प्रसारण अधीक्षक देहली निर्देशक कुकरोठी ने

लोक संहिता

सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन

सच कहूँ

सड़क सुरक्षा के प्रति किया जागरूक

प्रधान टाइम्स

सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन

राष्ट्रीय सहारा

राष्ट्रीयता ■ कर्तव्य ■ समर्पण

बाक्सिंग की पोशाक में बच्चों ने कहा, नियम मान-मेरी जान

■ देहरादून/एसएनबी।

देहरादून पुलिस व ऑस्ट्रेलियाई प्रतिष्ठित मॉड बॉक्सिंग खिलाड़ियों ने कंगारू बॉक्स इंड कार्यक्रम के अंतर्गत व्यस्त चौराहों पर जागरूकता कार्यक्रम का आयोजन किया गया। विश्व पर्यावरण दिवस के उपलक्ष्य में यह कार्यक्रम आयोजित किया गया।

कार्यक्रम का शुभारंभ वरिष्ठ पुलिस अधीक्षक निवेदिता कुकरती, पुलिस अधीक्षक टैफिक लोकेश्वर सिंह, तानजुन एसोसिएट के सुमित कुमार अग्रवाल, कैनबरा यूनिवर्सिटी व स्पेडर्स एजुकेशन डेवलपमेंट ऑस्ट्रेलिया (एआईडीए) के सदस्यों ने किया। वरिष्ठ पुलिस अधीक्षक निवेदिता कुकरती ने कहा कि यह कार्यक्रम लोगों को सड़क व यातायात के नियमों के प्रति



तानजुन एसोसिएट व कंगारू बॉक्स इंड की तरफ से विश्व पर्यावरण दिवस पर कार्यक्रम में प्रतिभाग करते छात्र-छात्राएँ।

जागरूक करने में अहम भूमिका निभाएगा। बॉक्सिंग की पोशाक में ग्लव्स समेत स्कूली बच्चों ने राहचोरी से 'नियम मान मेरी जान' कहकर उन्हें स्टॉप लाइन के पीछे खड़े होने, लाल

एसोसिएट एलएलबी, कैनबरा यूनिवर्सिटी, ऑस्ट्रेलियन बॉक्सिंग एसोसिएट व स्पेडर्स एजुकेशन डेवलपमेंट ऑस्ट्रेलिया के सहयोग से काय्याचित किया जा रहा है।

बत्ती पर रुकने, नियम पूर्वक वाहन चलाने का आह्वान किया। बॉक्सिंग ग्लव्स पहने बच्चों ने ट्रैफिक नियमों की शैबक अंदाज में जानकारी दी। कार्यक्रम के दौरान तानजुन एसोसिएट द्वारा कंगारू बॉक्स इंड पहल के अंतर्गत टैफिक कर्मियों को पॉल्यूशन मास्क, स्लिम बुक व वाटर बॉटल वितरित किए गए। दिलराम नाना चोक, घंटाघर, दर्शन लाल चौक व अन्य चौराहों पर ओअरएस युक्त पानी की व्यवस्था की गयी। कंगारू बॉक्स इंड प्रोग्राम डिपार्टमेंट ऑफ फॉरिन अफेयर्स एंड ट्रेड द्वारा समर्थित है। उत्तराखंड में इसे एगिथन स्पॉटर्स पार्टनरशिप, तानजुन एसोसिएट एलएलबी, कैनबरा यूनिवर्सिटी, ऑस्ट्रेलियन बॉक्सिंग एसोसिएट व स्पेडर्स एजुकेशन डेवलपमेंट ऑस्ट्रेलिया के सहयोग से काय्याचित किया जा रहा है।

सीमान्त वार्ता

सांध्य दैनिक

हर शाम लई खबर

रंगीन ग्लव्स संग मुस्कराते बच्चों ने दी सीख

देहरादून। पानी में बॉक्सिंग के प्रति शक और चक्रे का दूरकार किया गया। नए बच्चों को अति लोक प्रियता को अर्पित और ट्रैफिक नियमों का पालन करने का जागरूक किया। इन दिनों पुलिस और ऑस्ट्रेलियाई प्रतिष्ठित मॉड बॉक्सिंग खिलाड़ियों की ओर से जागरूकता कार्यक्रम का आयोजन किया।



तानजुन एसोसिएट और कंगारू बॉक्स इंड ने कंगारू बॉक्स इंड कार्यक्रम किया।

कार्यक्रम का शुभारंभ वरिष्ठ पुलिस अधीक्षक निवेदिता कुकरती, पुलिस अधीक्षक टैफिक लोकेश्वर सिंह, तानजुन एसोसिएट के सुमित कुमार अग्रवाल, कैनबरा यूनिवर्सिटी व स्पेडर्स एजुकेशन डेवलपमेंट ऑस्ट्रेलिया (एआईडीए) के सदस्यों ने किया। वरिष्ठ पुलिस अधीक्षक निवेदिता कुकरती ने कहा कि यह कार्यक्रम लोगों को सड़क व यातायात के नियमों के प्रति

जागरूक करने में अहम भूमिका निभाएगा। बॉक्सिंग की पोशाक में ग्लव्स समेत स्कूली बच्चों ने राहचोरी से 'नियम मान मेरी जान' कहकर उन्हें स्टॉप लाइन के पीछे खड़े होने, लाल एसोसिएट एलएलबी, कैनबरा यूनिवर्सिटी, ऑस्ट्रेलियन बॉक्सिंग एसोसिएट व स्पेडर्स एजुकेशन डेवलपमेंट ऑस्ट्रेलिया के सहयोग से काय्याचित किया जा रहा है।

The Himachal Times

Tanjan & Kangaroo Box IND celebrate World Environment Day

DEHRADUN, JUNE 6 (HTNS) Tanjan Associate and Kangaroo BOX IND association with Dehradun Traffic Police celebrated the World Environment Day today. To mark the day, a citizen awareness program was held at several crossings of the city.

During the program several students dressed up in boxing uniforms appealed to the commuters to follow the traffic rules. They also reminded the citizens about safe driving measures and insisted that they follow traffic rules.

The students raised the slogan 'Niyam man meri jaan, har mausam hum deto jaan' to create awareness among citizens. The students asked the commuters to comply to traffic rules.

Those who were driving were asked to stand within the stop line at red light and maintain discipline. People were also made to pledge and behave cordially with the traffic police.

During the day, the students distributed pollution masks and slim book water bottles in the Dehradun Traffic Police on behalf of Tanjan Associate and Kangaroo BoxIND. The students and the traffic police were given ORS water to bear the summer heat. The program was successfully conducted at several crossings including Check Tower, Daulian Lal Chowk, Survey Chowk and Dilaram Chowk. The program was inaugurated by SSP Dehradun Nivedita Kukreti, Superintendent of

Traffic Dehradun Lokeshwar Singh, Canberra University Sumit Aggarwal and members of Tanjan Associates & SEDA India. The activity was carried smoothly with assistance by Dehradun Police. Speaking on the occasion, SSP Nivedita Kukreti said, "Such initiatives aim to create consciousness among public and drivers. The program seeks to increase awareness about road rules, regulations and traffic discipline among the citizens of the city." Present on the occasion were Sumit Aggarwal from Tanjan Associate, Rekhā Dey from Sports Education Development Australia, Anshuk Gupta and Sonal Kapoor among others.

The Himachal Times

Tanjun & Kangaroo Box IND celebrate World Environment Day

DEHRADUN, JUNE 5 (HTNS) Tanjun Associate and Kangaroo BOX IND in association with Dehradun Traffic Police celebrated the World Environment Day today. To mark the day, a citizen awareness program was held at several crossings of the city.

During the program several students dressed up in boxing uniforms appealed to the commuters to follow the traffic rules. They also reminded the citizens about safe driving practices and insisted that they follow traffic rules.

The students raised the slogan 'Niyam man meri jan, har मौसम हम देते जान' in create awareness among citizens. The students also tried to create awareness to comply to traffic rules.

These who were driving were asked to stand within the stopline at red light and maintain discipline. People were also made to pledge and to behave cordially with the traffic police.

During the day, the students distributed pollution masks and virus look water bottles to the Dehradun Traffic Police on behalf of Tanjun Associate and Kangaroo Box IND. The students and the traffic police were given GIRS water to beat the summer heat. The program was successfully conducted at several crossings including Chief Tower, Dashain Light, Hook, Sanyu Chowk and Dharim Chowk. The program was inaugurated by SSP Dehradun Nivedita Kukreti. Superintendant of Traffic Dehradun Lakhvir Singh, Canberra University Sanyu Aggarwal and members of Tanjun Associate & SIDA India. The activity was carried smoothly with assistance by Dehradun Police. Speaking on the occasion, SSP Nivedita Kukreti said, "Such initiatives always aims to create consciousness among public and drivers. The program seeks to increase awareness about road rules, regulations and traffic discipline among the citizens of the city." Present on the occasion were Sumit Aggarwal from Tanjun Associate, Richa Dey from Sports Education Development Australia, Anshuk Gupta and Sanyu Kangaroo among others.

जतरातपड हेराळ

'नियम मान मेरी जान, हर मौसम हम देते जान'



देहरादून में आज 'विश्व पर्यावरण दिवस' का आयोजन किया गया। इस अवसर पर 'नियम मान मेरी जान, हर मौसम हम देते जान' का नारा देकर सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन किया गया।

कार्यक्रम में छात्रों ने सड़क परियोजनाओं पर ध्यान दिया और सड़क सुरक्षा के नियमों का पालन करने का आग्रह किया। छात्रों ने पुलिस अधिकारियों को धन्यवाद व्यक्त किया और उन्हें सुरक्षा के लिए धन्यवाद दिया।

कार्यक्रम में छात्रों ने सड़क परियोजनाओं पर ध्यान दिया और सड़क सुरक्षा के नियमों का पालन करने का आग्रह किया। छात्रों ने पुलिस अधिकारियों को धन्यवाद व्यक्त किया और उन्हें सुरक्षा के लिए धन्यवाद दिया।

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the pioneer



Students and police officers participating in the World Environment Day program in Dehradun.

वर्षों से राष्ट्र की सेवा में समर्पित

वीर अर्जुन

सड़क सुरक्षा के लिए जागरूकता कार्यक्रम का आयोजन

वीर अर्जुन संवाददाता देहरादून, 1. देहरादून ट्रेफिक पुलिस ने ऑटोरीनोपार्ड बॉक्सिंग सोसाइटी के छात्रों के साथ सड़क सुरक्षा के जागरूकता कार्यक्रम का आयोजन किया गया। कार्यक्रम का मुख्य अतिथि पुलिस अधीक्षक ट्रेफिक देहरादून निवेदिता कुकरोटी ने इस अवसर पर अपने विचार व्यक्त करते हुए कहा कि, इस तरह की घटनाएँ अत्यंत दुःखदायक हैं और हमें इनसे बचना है। हमें सड़क सुरक्षा के नियमों का पालन करना है।



सड़क सुरक्षा को लेकर जागरूकता कार्यक्रम का आयोजन हुआ। छात्रों ने सड़क सुरक्षा के नियमों का पालन करने का आग्रह किया। छात्रों ने पुलिस अधिकारियों को धन्यवाद व्यक्त किया और उन्हें सुरक्षा के लिए धन्यवाद दिया।

कार्यक्रम में छात्रों ने सड़क परियोजनाओं पर ध्यान दिया और सड़क सुरक्षा के नियमों का पालन करने का आग्रह किया। छात्रों ने पुलिस अधिकारियों को धन्यवाद व्यक्त किया और उन्हें सुरक्षा के लिए धन्यवाद दिया।

पताया, दर्शन लोक चौक व चार को अन्य कई पोलोस्ट्रीट पर गली में बंधने के लिए ऑटोमोबाइल चालकों को जागरूकता दी।

ट्रेफिक बॉर्डर द्वारा इन प्रतिनिधियों को सम्मेलन ट्रेफिक देहरादून के बॉर्डर पर आयोजित कर ट्रेफिक पुलिस व जागरूकता कार्यक्रम के अंतर्गत 'अच्छे सड़क अच्छे चालाक' के तहत एक अर्जुन पुरस्कार को, व अर्जुन पुरस्कार प्रतियोगिता को सौंप दिया। कार्यक्रम के अंतर्गत प्रोग्राम विभागीय अतिथि वीर अर्जुन देहरादून के बॉर्डर पर आयोजित कार्यक्रम है। उत्तराखण्ड में इसके अंतर्गत सड़क सुरक्षा, सड़क सुरक्षा कार्यक्रम, वीर अर्जुन पुरस्कार, ऑटोरीनोपार्ड बॉक्सिंग सोसाइटी व सैटेलस एनुकेपेन डेवलपमेंट ऑटोरीनोपार्ड (एनओडीए) के सदस्यों के साथ कार्यक्रम करने के लिए आयोजित किया गया।

As we go into a skeletal ModBox initiative in season III compared to the two previous years there will be more emphasis on gathering impact data and publishing a research document as well as fine tuning Kangaroo BoxInd into a more holistic all round Sports for Development, Employment & Peace initiative with ModBox in the lead and building a robust think tank under the North East Centre for Knowledge & Sports.



TANJUN ASSOCIATE
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