

Empowering
Women
and **Girls** through
SPORT & PLAY



From Anger To Peace

A 12 year old child in our programme learns to manage his emotions in positive manner with the power of play

Hailing from a humble background, Farrukh Khanzada is student of grade 7 in Government Boys High School Naval Rai, Heeranand, Hyderabad, Sindh. A Junior Leader of Right To Play and active participant of play programme in his school, Farrukh is the friendliest child of the group. Always ready to help others, Farrukh was not always like this.

Meekly bowed his head, he used to remain muted in classroom. Surprisingly the young child was often unimaginably aggressive to other children, and sometimes teachers. It was an unpleasant experience for his class teachers to deal with irritating and quarrelsome behaviour of 12years old. Having no friends in classroom and school, Farrukh was also not performing satisfactory in his studies. When his father was called by the school administration to discuss his behaviour, he also shared his violent behaviour with siblings at home.

When Right To Play commenced its What Works to Prevent Violence Against Women & Girls programme in Farrukh's school, the Coach noticed the emotional highs and lows in child's behaviour. After some extra attention and little counselling, the Coach was successful to win over his trust. Farrukh shared with the Coach how his mother's prolonged paralysis, and his father's meagre financial resources pushed him to isolation and inferiority complexes. This often broke him into anger and violent reactions with siblings, peers, school-mates, and teachers.

The Coach of Right To Play involved Farrukh in activities and games with the key learning of friendships, tolerance, resilience, confidence and respecting others. Farrukh got a chance to play and interact with different children in a safe, emotionally appropriate, and structured environment. He learnt to be part of a team, winning, and coping with unpleasant experiences of losing the game.

Soon, he earned the title of Right To Play's

Junior Leader and showed a great responsible attitude in classroom and play field. He was supporting Coach in leading activities and gradually showing better performance in classroom learning.

His father, Abdul Qadeer, shared with the class teacher and the Coach that "I always was worried about the violent behaviour of my son. I observed a slow but positive change in his behaviour. I was curious to know the reason, and when school informed that he is regularly participating in play programme, I got the answer. I am happy to know that he has become a Junior Leader in school".

"I was almost disappointed from Farrukh, but Right To Play's games have turned into a mannerly young man. He is making new friends, and they mutually help each other. I found him an active and cheery young boy", PET Ghulam Nabi Keerio shared.

There is not much changed in his personal life. His family still struggles to make their ends meet. His mother is still not recovered. However, Farrukh has developed confidence to accept the realities of life. He has learnt to cope up with unhealthy behaviours. He is making big strides in school learning and with personality development.



Let's Play for Sustainable Development Goals

International Day of Sport for Development and Peace 2016

Right To Play being one of the leaders in Sport for Development celebrates International Day of Sport for Development and Peace (IDSDP) every year on April 4. The annual celebration in partner schools and communities is an occasion to celebrate the power of sport to drive social change, community development and to foster peace and understanding.

In Hyderabad, an awareness walk was organised in front of district Press Club to highlight the importance of the day and to brief media about the background. Head Coaches, team members of Right To Play and media persons joined for the awareness walk. The participants of the walk carried the banners and placards on the themes of IDSDP.

Atta Muhammad Soomro, the Programme Manager Right To Play Hyderabad programme briefed media on the significance and back-

ground of IDSDP. He shared how our programme in Hyderabad, Sindh is contributing to achieve United Nations Sustainable Development Goal 5 Gender Equality. The theme for IDSDP 2016 was "Let's Play for Sustainable Development Goals".



Our Real Leaders in the Field

Head Coaches training on Advanced RCA

Reflect-Connect-Apply (RCA), Experiential Approach to learning is our innovative methodology. Our each game and activity has a key learning, and our Coaches and trained teachers at the end of game introduce and reinforce key messaging with the children through a guided discussion, we call RCA.

Training on Advanced RCA was organised for 24 Head Coaches in Hyderabad. The Advanced RCA is focused on increasing our leaders (Coaches and trained teachers) ability and skills to lead and facilitate effective opening and closing discussions that help children achieve desired learning outcomes in a participatory, fun and safe environment.

"this training gave me an opportunity to master the skill to engage children in discussion and develop better communication skills while leading RCA", Ms. Gul Zai, Head Coach Government Girls High School APWA, Hyderabad, Sindh

Ms. Noor al Ain, Head Coach at Government Girls High School Zeal Park, Hyderabad, Sindh shared her feedback at the end of training "asking undefined questions can undone and spoil the whole learning of the activity/game. Advance RCA training will certainly help in pre-defining questions and reinforcing the message in a better way".

Fostering Leaders of Tomorrow

Foundational Training of Junior Leaders

Right To Play's Junior Leaders approach involves young people in the planning, implementation, and evaluation of play-based learning activities to develop their leadership skills. Junior Leaders are one of the strongest components of Right To Play programme as these young leaders are trained to become role models and to lead activities at school level. Junior Leaders of Right To Play in Pakistan have created amazing success stories of their exemplary work in schools and their communities. In Pakistan, Right To Play has a network of over 3500 Junior Leaders.

A foundational training for 60 Junior Leaders (29 boys and 31 girls) was organised in Hyderabad. The objective to organise this training was to give selected Junior Leaders an orientation on the approach and help them set their goals for growing as a leader of Right To Play in the field. The selected group of Junior Leaders also learnt leading the games/activities, warm-up, cool down and RCA.

"This training was a learning opportunity for me. For the first time in my life, I learnt that name tagging is also a type of violence. I used to tag my class mates with different names. I have promised to stop this practice and will also discourage others from doing so", Maham Yameen, Junior Leader, Government Girls High School APWA

"After this training I am very confident to lead the play based sessions with children and discuss the new learning with my friends", Furrukh, Junior Leader, Government Boys High School Naval Rai



We Help Youth To Build Their Future

We are glad to share that Narain Das, our Head Coach, Government Boys High School Al Razi, Hyderabad got a scholarship for higher education in the University of Science & Technology China. Narain Das, as he said "it is because of Right To Play that gave

me confidence to pursue my dream for masters degree. I couldn't imagine before joining Right To Play that I can study further and in a foreign university".

We wish Narain very best of luck for his future endeavour.

Summer Camp

4 day summer camp Friendships, Inclusion and Equality

Summer break for children is much awaited time to relax and rejuvenate. A summer camp was organised in Hyderabad during summer vacation in schools. The camp witnessed an overwhelming participation of over 200 children and youth with an equal number of girls. Children were eager to avail the rich experience this summer camp offered in different play-based learning activities, discussion sessions theatre and drama.

The four day summer camp was designed under the themes of Friendship, Inclusion and Equality. The purpose of the camp was to promote and teach young people the significance of tolerance, respecting & accepting others and equality. Children were engaged in different games, activities, thematic discussion sessions and debates around the themes of the camp. Children presented tableaus on folk songs for fun and entertainment.

"This was the first time ever in my life that I participated in a summer camp. I got the understanding of concepts such as equality and inclusion. It was a fun moment to enjoy different games with my friends", Muneeba Idrees, Class 9, Government Girls High School Phuleli.

"Right To Play used fun and creative ways to engage children in different activities. I am glad to see that children in our city had a different experience of learning. Theme of the Summer Camp was really important and it helped children to learn the meanings and importance of building friendships, tolerance, and include every one", Mr. Shakeel Ahmad, Head Teacher, Government Boys High School Comprehensive



Cricket for Education & Empowerment

'Stop Violence' a 5 day long educational tournament

From 12 – 16 August, 2016, a five day long educational tournament was organised for boys and girls. Cricket is one of the favourite sports of young people in the district Hyderabad. Therefore, a cricket tournament was organised to provide young people an opportunity to learn the educational aspects and access to play their favourite sport in a safe environment.

Children and youth from different schools attended different educational sessions on what is violence, the cycle of violence in our society, and how to empower young people to prevent different types of violence. Different speech competitions held to discuss how to address and stop violence, the theme of the tournament.

Before every match, a discussion was conducted by the Head Coaches aimed to make the children understand that there is no thrill in winning and no agony in losing the game. The Coaches talked to the children and discussed that play and sport teach fair play, respect others, accept the decisions of umpire and follow the directions of the captain, working in close coordination with the team members and play with high team spirit. This all taught children how to stop violence on play field which further contributes at a larger level in peaceful society.

At the end of every match, team discussed with the Coaches that how we can promote tolerance and social cohesion which help preventing violence in society. The Coaches also discussed after each match that how young people can play a pivotal role to reduce violence and build a safer and peaceful society.

The Tournament provided opportunity to 160 boys and 160 girls to participate in thematic tournament and learn the game with education.



Strengthening Partnerships for Sustainable Change

Right To Play believes in strong partnerships and networking with other civil society partners for lasting change in society. Right To Play is in strong partnership with different local organisations to prevent violence against women and girls and women empowerment in the area.

The partners meet quarterly to discuss, and explore the possibilities to strengthen this network and share the mutual progress. The 3rd meeting of this network was organised by Right To Play in a local hotel. Representatives from different partner organisations participated and attended the meeting.

“We admire the work of Right To Play and the play based learning methodology. We are working with street children on non-formal education and we are very much interested to use this methodology. We hope Right To Play will facilitate and provide training to our team”, Zahid Thebo, SPARC Hyderabad





The most rewarding part of our work is seeing teen-age girls learning self-confidence, building self-esteem, and developing resilience. Girls in a partner school of Hyderabad during regular play based learning activity

OUR VISION

is a healthy and safe world through the power of sport and play

OUR MISSION

is to use sport and play to educate and empower children and youth to overcome the effects of poverty, conflict and disease in disadvantaged communities.

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Write to us at:

Email: amuhammad@righttoplay.com

Hyderabad, Sindh

www.righttoplay.com

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