



TINKA SAMAJIK SANSTHA

YEARLY REPORT 2020-21

KUSHAGRA PATHAK





Tinka Family Members

A word from the President...

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“तिनका सामाजिक संस्था का निर्माण केवल इसलिए किया गया कि खिलाड़ी ज्यादा से ज्यादा सामाजिक गतिविधियों से जुड़ पाए। हर खिलाड़ी सिर्फ खेल खेलता है, मगर खिलाड़ियों में जो शक्ति होती है वह समाज की कुरीतियों को भी खत्म कर सकते हैं। क्यों कि खिलाड़ी समाज का एक आइकॉन या रोड मॉडल होता है और लोग उन्हें फॉलो करते हैं। अंतराष्ट्रीय स्तर पर सचिन, विराट, जैसे लोग जो अगर कुछ बोलते हैं तो लाखों लोग सुनते हैं। इसी तरह लोकल में भी खिलाड़ियों का सम्मान होता है और अन्य समाज के लोग भी वह प्रक्रिया करने लगते हैं, इसलिए तिनका ने खिलाड़ियों को लैंगिक समानता से जोड़ा और आज हजारों जिम्मेदार नागरिक निकल कर समाज की मुख्य धारा से जुड़ते जा रहे हैं। पिछले 20 सालों से कराटे खेल के माध्यम से तिनका सामाजिक संस्था यह कार्य करते आ रही है और हमेशा करती रहेगी।”

“

सोचिये अगर हर बच्चा समानता, शिष्टाचार, आत्मविश्वास, और अनुशासन सीखे जो मार्शल आर्ट सिखाता है तो दुनिया बहुत अलग जगह होगी ।

-Shihan Ritesh Tiwari

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Mana Mandlekar

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From being the first college graduate girl of Alampur village in Madhya Pradesh to international-level gold medallist in karate to representing India in the Asian Championships, Mana Mandlekar has deservedly earned the title of “iron-girl” in her community. Driven by her belief in karate’s potential to transform vulnerable young lives, Mana is providing free-of-cost karate and self-defense training to girls in far-flung rural areas. She is simultaneously creating an expanding cadre of local peer leaders who are imparting vital life-skills and sports for development programs to adolescent girls.



Tinka Supports Gender Equality

TINKA KARATE



Founder & President

Shihan Ritesh Tiwari



Registration No. 01/08/03/32931/17

Mode of Formation Society



Registration Date 17/09/2017



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FaceBook <https://www.facebook.com/tinka.timarni/>



Website <https://www.tinkatimarni.org>

Running Projects:

Sandvik- Kavach

CLP, CII- Hit India Fit India

Working Area:

Harda, Bhopal, Indore, Hoshangabad, Khandwa, Burhanpur, Tikamgarh

Funding Agencies:

CLP India Pvt. Ltd.

CII Foundation India

Dream Project:

SUPER 20

Upcoming Projects:

Meri Raah Meri Manzil

Kabaad se Jugaad

Clean India Fit India

Chuppi Todo Khul Kar Bolo

Khelega India Padhega India

Vision:

- A community and society where girls and women will develop a strong sense of agency. They will develop a high level of assertiveness and confidence.
- The family will be a social structure where equality will be the cornerstone and equal opportunity will be given to girls and boys at par.
- The community and society will recognize the value and give due importance and weightage to the productivity of the girls and women.
- Girls will achieve higher education and employment opportunities. Marriage will be a choice for women.
- The community and society will be a safe space for girls and women where their mobility, accessibility will be only growth centered.
- To prepare more and more karate players every year so that they can make themselves, society and proud country proud and develop the game as well as in themselves too.
- At a certain time, the best objective of the organization is to ensure and make advances in women's empowerment while working on issues like equality, education and fundamental rights.
- The government structures will be more amenable and proactive to make definite improvements in the civic facilities, educational systems.

Mission:

- Our aim is to create a cadre of young trainers who would lead to a gender-just society which is a safe and secure place for both women. There would be no sexual harassment and violence against women. There would be no school dropouts. Girls and women would be considered a highly productive part of society contributing in a beneficial manner.
- The first level of positive change will be that the girls will develop a sense of agency with the mental and physical agility that they have gained through the below-given activities. Their negotiation power within the family, society will increase manifold. They will be able to make decisions on their own, they will be able to make life choices of their education, marriage on their own. They will be able to identify and report and seek help in case of any case of sexual harassment or violence meted out to them. They will also be able to defend themselves against these.
- The girls will be a part of the decision-making process in the family in matters that are of importance. The family will consider the girl child a productive member of the family and give multiple opportunities for growth for her development. The community will encourage girls and women in the community to take up higher education, involve them in economic activities, and give them the choice of marriage.

Case Studies

1. Payal Umariya



Age: 14 years

Sex: Female

Weight: Junior -16, -35 KG Class

Payal Umariya is a 14-year-old schoolgirl who lives in Baranga near Harda. Her mother is a laborer and is the sole earner in the family. In Payal's family, there are her 3 sisters and her mother. The other relatives forbade the sister to go out of the home, her older sisters were forced to drop out of school and were married at an early age, Payal being the youngest of the sisters was the only one allowed to go to school. Once in a program, she saw girls involving in Karate games, she was intrigued and wanted to be a part as well. And when the instructor came to the school she joined the classes regularly, but the instructor used to come only twice daily and the other days there was no Karate training in the village. On the Internet, she saw about Mana Mandlekar and then contacted her. Payal says "I asked her to teach me Karate, she told me to come to her and stay with her at her house, I was overwhelmed. I stayed at her house for 2 months during the lockdown and learned Karate, now I am a yellow belt holder and run the Karate center in my village."

Payal's mother feels so lucky to have a girl. She says that girls are the beautiful flowers that God gives only to the chosen ones. I have 4 but they all have only given me smiles. Payal dreams to become a successful Karate Instructor.

2. Sangeeta Iveney



Age: 14 years

Sex: Female

Weight: Junior -16, -35 KG Class

Sangeeta Iveney is a 14-years-old schoolgirl, who lives in Mohanpur village near Timarni. She studies at the Government Secondary School Nazarpura. Sangeeta said that she loved studying when she was younger, but then she had an accident when she was 8 years old since then she has lost all motivation to do anything.

Sangeeta says, "I am from a very poor family, my mother goes to work as a laborer in other's farms and earns 140 rupees every day, and that's how we get bread. My elder brother forbids me to do anything. After a long fight and my coach's support, I go to learn karate now." e

When she started learning karate, many people stopped her, saying what will you do after learning karate? The taunts of the community disturbed her mentally and there are still some people who still try to demotivate her. But, Sangeeta is even more confident now and she says that she will work hard and show to everyone that even girls can achieve greatness like out Idol Mana Mandlikar. She dreams of becoming a changemaker for her society and someday wants to be able to support her single mother economically.

3. Karan Satankar



Age: 14 years

Sex: Male

Weight: Junior -16, -35 KG Class

Karan Satankar is a 14-year-old boy who lives in Pantalai village near Alampur. He belongs to a very poor family his father earns a living working as a wall painter. Karan says three years before International Karate medallist Mana Mandlekar used to come to our village to teach Karate in the center. Back then I was very young so my family didn't allow me to come to the karate center, so I, along with many other young children, used to stand near the window of the center and used to watch other students learn Karate. A year back I got permission from my family as well and I am now regular in the karate center since the first day.

"I can feel that I am much more healthier now, kids my age- my other friends fall sick easily, however since I have started going to karate class, I haven't been sick!" says Karan.

The 14-year-old boy dreams about giving the international karate trophy in his father's hand.

4. Preeti Chouhan



Age: 14 years

Sex: Female

Weight: Junior -14, -35 KG Class

Preeti Chouhan is a 14-year-old schoolgirl who lives in Najarpura Village. She belongs to a very poor family and has to sometimes go to the villages' farms with her parents to do the laborer work. Being one from the oppressed communities, as a kid, she was forced to sit separately. Practices like this dimmed her self-confidence and her ability to speak in public places. After she came to know that a new karate center has opened in her village, from her parents she asked for permission to join it and learn karate. Her parents and the community members, however, denied in the fear of Preeti's safety.

She had a discussion with the Karate coach, and then the Anish, Karate coach of Rahatgaon- visited her house and explained the advantages of learning Karate to the family. Preeti also explained to them that she wishes to learn Karate only to become self-sufficient at safety. After learning Karate not only she'd be able to take care of her own safety, but she'd also be able to take care of anyone in need. She says that "that time, it was the very first time I had a talk with my family! I was so overwhelmed that I cried afterward."

Preeti is now a trained martial artist, with a National Level Karate Gold Medal. She's not only a role model for most of the girls in her community, but she's also the girl who breaks the community barriers and is a senior instructor in the village's Center. Preeti says " Girls are not weaker than boys, they also deserve the same respect and attention, they can and with a little support-

they will make their parents and country proud.

5. Payal Onker



Age: 15 years

Sex: Female

Weight: Junior -16, -35 KG Class

Payal Onker is a 15-year-old schoolgirl who lives in Balagaon village near Chidgaon Tamoli. She belongs to a lower-class farmer family. Since there's no middle school in Payal's village, the only shot at an education that she had was to attend the school in the next village. As the norm in society, the girls aren't allowed to go out of the houses, after the 9th standard Payal's parents decided to stop her education, also Payal never resisted because she'd never been out of her village and was terrified at the thought of attending school at a completely new place. One day, she was intrigued by a discussion her friends were having about a karate coach visiting their village. After watching the Karate demonstration Payal was motivated and decided to learn karate herself.

Payal says that many times the community members told her parents not to send their daughter to school, as the girls who participate in these activities are not considered 'good'. Payal's father, however, remained supportive, and with the support of her Karate coach Ravindra Malhare, she has embarked on a change journey.

Payal is now a trained martial artist, with a bright future. She's not only a role model for most of the girls in her community, but she's also the girl who breaks the gender barriers and is a senior instructor in the village's Center. Payal says "I never knew that I could do so good, I was terrified at the thought of visiting another village, but now I am confident enough that I can even visit another country to attend a tournament!"

6. Mansi Mandlekar



Age: 15 years

Sex: Female

Weight: Junior -16, -35 KG Class

Mansi Mandlekar is a 15-year-old schoolgirl who lives in Vikrampur Khurd Village. She belongs to a lower-middle-class farmer family and loves to help her father in their farming works. As the norm in society, the girls aren't allowed to go out of the houses, after the 9th standard Mansi's parents decided to stop her education. One day, she heard a Karate player named Mana Mandlekar is visiting their village, so she snuck out of the house to join the karate demonstration and the meeting. She was so motivated after the meeting that she decided to start learning Karate. After many days of asking permission, she was allowed just for a few days and at a very strict curfew.

Mansi says that she never liked sports at first and thought that sports were only for boys but now her perspective has changed. Now she even fights in a sparring match with boys in the center. "Having received an entirely new perspective has filled me up with new confidence!" says Mansi. After Mana's visit to their house, Mansi was able to convince her parents to let her continue her studies. And she has just given the 10th Std. exams just before the lockdown.

Mansi is now a trained martial artist, with a bright future. She's not only a role model for most of the girls in her community, but she's also the girl who breaks the gender barriers and is a coach in the village's Center. Mansi says "I had never thought that I'd get to breathe like this, ack then I felt suffocated, now when I know what freedom is like, I'd never allowed any girl to have their dreams and aspirations curbed due to the shackles of society."

Come have a look...

THE YEAR AT A GLANCE - MONTHLY UPDATES

APRIL 2020

Drawing Competition on Gender Equality.



A drawing competition was held across all Karate Centers, the theme of this competition was 'Gender Equality'.

Online Karate Classes

Due to the pandemic, all the karate classes and their activities were seized, to overcome this the trainers and students came up with an idea of online classes on Google Meet.

Motivational Video (Youtube video)

During the lockdown, the morale of the public was going down, people confined in their homes were feeling glum. To reduce this issue and to motivate people to start physical activities from the safety of their homes, motivational videos were created by the Tinka Team.

May 2020

Kabaad Se Jugaad

An innovative project in the rural areas, in view of the scarcity of resources, by innovating and recycling recyclables, and providing a means of employment through the use of junk.

Keeping Water for the Birds

In this activity, for the birds suffering from heat, water was placed in the earthen bowls at every Tinka Karate Center. At the same time, the important message of environmental protection and compassion for animals and birds was conveyed to the people.

JUNE 2020

Masks Donation for prevention of COVID-19

During the pandemic, to prevent the cases from going on a rise in the area, masks were distributed through all Tinka Karate Centers. The awareness for preventions from COVID-19 were also given to the community members.

Motivational Videos by centers trainees

The trainees from many centers came together and made a few motivational videos to motivate people to work-out and stay positive in the safety of their homes.

JULY 2020

Plantation

To spread the thought of environment prevention and a cleaner more greener community saplings were planted in all of Tinka's Karate Centers and main Government offices.

Ration Donation to 200 Needy Families During the Pandemic



To provide resilience to the community members so that they might fight against pandemic, Ration was provided to 200 needy families.

Project Kavach starts...

CII Foundation Exemplar Mana Mandlekar will be implementing project Kavach in Harda district in Madhya Pradesh. The project aims at establishing an equitable and just society along with strengthening girls through martial arts.

2 Days Project Orientation Workshop

The project onset was marked with an orientation workshop and skilling-up meeting in Aashish Residency, Timarni. Here all the project participants learned about the project and its implementation.

AUGUST 2020

Continued Project Activities

Rakshabandhan Celebration

The celebration of the *Rakshabandhan* Festival happened in all of Tinka's Karate Centers. During this event, girls tied *Rakhis* as a bound of strength and protection to boy's wrists.

SEPTEMBER 2020

Teacher's Day Celebration

On teacher's day, an event happened in all Tinka's Centers, where children paid respects to their teachers and trainers through many activities.

Hit India Fit India Project starts...

On the onset of this project an orientation workshop was organized in Aashish Residency Timarni, in which all the project participants learned about the project and its implementation. A Baseline survey for the project was also conducted.

Karate Belt Exam

Karate Belt Exams were conducted for the students in the Centers, where many children were donned the different hierarchies of Karate Belts.

OCTOBER 2020

Plantation in 28 Villages

The plantation in 28 villages was completed, via this activity the participation of the community members increased. To aim for the more cleaner and greener villages, saplings were planted in all of Tinka's Karate Centers and Government offices.

New Project in Rajasthan

A new Karate Project was initiated in the remote rural areas of Rajasthan. Karate Black-Belt Volunteers from our teams went there to teach Karate to the tribal girls of Rajasthan.

Motivational Karate Show in Rahatgaon



To increase the awareness popularity of Karate, and also to motivate more people to start working out and living a more active lifestyle; A Motivational Karate Roadshow was organized by the Rahatgaon Karate team.

Karate Class at the residence of Hon. Agriculture Minister of Madhya Pradesh Mr. Kamal Patel

Res. Sri Kamal Patel, recognized and acknowledged our work and invited us to open a Karate Class at his residence for all the rural children in his village.

NOVEMBER 2020

Self Defense Campaign



A Self Defense Program was completed throughout the Karate Centers and villages, where the community members were invited to the centers and were trained on Self Defense. This program was especially organized to make the society a better and safer place for children and women.

Dilon Ki Diwali Celebration

Just like every year, Dilon ki Diwali was celebrated across Tinka's centers. In this program sweets, crackers and warm clothes were distributed to poor children.

DECEMBER 2020

Felicitations Ceremony of Karate Coaches



To thank Tinka's Karate Trainers and Coaches, a felicitations Ceremony was organized, all of Tinka's Coaches and Staff were present during this program.

Meeting with Narmadapuram Sambhag Commissioner

The Commissioner of Naramadapuram Division recognized and acknowledged our work, and invited the core team to discuss future interventions, he assured us with his support and guidance. We are truly lucky to have received such blessing!

District Level Karate Tournament



Children from all over the state participated in the state level tournament. Also the stalls of the projects were installed, where the viewers learned about the different projects.

State Level Karate Tournament

A larger scale State Level Karate Tournament was organized, this tournament garnered much media coverage, the chief guest in this tournament was none other than Hon. Agriculture Minister of Madhya Pradesh Mr Kamal Patel.

JANUARY 2021

Media Coverage of the Impact Story of Ram, one of our Leaders and Black Belt Karate Coach

Ram's face was scarred during an accident during his early childhood. This incident affected Ram deeply and he was traumatized. Living with his single mother, no-one was supportive of his condition. He shared how his life changed after he joined Karate and his confidence Boosted. Ram is a completely different person now- when he was in school he was bullied and terrorized as his classmates used to throw stones at him and made fun of him. Ram says "I have



learned to stand my ground and face my fears with pride. I am not scared, I will face all the problems in my life with the same positive attitude." Ram aims to be a IPS officer.

Wall Painting for the Awareness of COVID-19 in 28 villages

Through this activity our goal of making the community resilient against the Pandemic was achieved to an extent. Catchy slogans were written on the walls. Since these slogans were catchy and fun, children recited them while playing on the streets. This was not targeted however, this has become a celebratory fact for us as this has increased our reach several-fold.

FEBRUARY 2021

Superintendent of Police visit to our Timarni Center



The SP of Police visited our centers and promised us his support and guidance.

Cycle Rally for Fitness

To motivate more and more people to step out of their homes by wearing masks and following social distancing, a cycle rally was organized. Through this activity we had asked people to be more healthy and follow active lifestyles.

MARCH 2021

Throughout the year...

- Weekly sessions on many topics such as personal health and sanitation and many more topics with the childrens in the Karate centers.
- Community sessions with the people of community on many topics such as menstrual health, important government helplines and schemes and many more.
- Regular Self Defence training everyday for the last year in the Karate Centers.

State Level Karate Tournament

Photographs!











हरदा 13-01-2021

आत्मरक्षा के टिप्पणी • अनंजान लोगों के बहकावे में आने से बचें, गलत हरकतों को नजर अंदाज न करें, परिजनों को बताएं

गलत इरादे से पकड़े हाथ तो आंखों में डाल दें अंगुली

भास्कर संवाददाता | हरदा

स्कूल, कॉलेज या कहीं भी सुनसान जगह पर यदि कोई व्यक्ति गलत इरादे से आपका खबर पकड़ ले या यसका रोकने की कोशिश करे तो आप तुत दूसरे हाथ की अंगुलियां सीधे उसकी आंखीं में डाल दें, जिससे वह तुत आपकी छोड़ देगा। यह बात व्यक्तियों को आत्मरक्षा के बारीकिया सिखा रखी और अन्त गणेश खिलाड़ी मना मंडलेकर ने कही। वे मंगलवार को बाल संश्करण योजना के तहत आयोजित ब्लॉक स्टरीय कार्बिनमें टिप्पणी दे रही थीं।

उन्होंने कहा अनंजान लोगों के बहकावे में न आए। सफर के दौरान कभी भी, किसी



हरदा। नुक़ड़ नाटक के टिप्पणी सुनाक्षर होते हुए।

अजनकी व्यक्ति द्वारा दी गई खाने-पीने का मंचन किया। जिसे सभी ने स्मरण। पुलिस की चोरों का उपयोग न करो। मंडलेकर ने अधिकारी अंजु मसीह ने कहा किसी भी प्रकार आत्मरक्षा के उपायों पर तैयार लघु नाटकों की अवधिनय हरकत बदनामी के डर से न लिए प्रेरित किया।

छिपाएं, बालिक पुलिस या परिजनों को बताएं। कई बार छोटी-छोटी बातें अनेकों करते पर बाद में अन्होने का कारण बन जाती है।

परियोजना अधिकारी सीमा जैन ने बाल विवाह से होने वाले नुकसान बताते हुए कहा कि शारीरिक परिवर्षता नहीं आने पर शिशु का जनन जल्दी होता है। वे कुपोषण का शिकार हो जाते हैं। उम्र के साथ बजन व बौद्धिक विकास नहीं होते हैं। पर जीवनभर परेशानी दूलनी पड़ती है। उन्होंने ब्लॉक अंगनवाड़ी आए जानी पर लौटक अपराह्नी से बालकों की सुरक्षा के मुकाबा पढ़े ने जीवन में शिशु का महत्व बताते हुए वालिकाओं को पढ़ाई के लिए प्रेरित किया।

پاکستان کے احمد آمین بولڈلہ کا ریکارڈ تڈے گے مہیت عزکے



تینکا سماجیک سنسٹا کے کرائے خیلائی ڈنڈیا بُک
اُف ریکارڈ ہولڈر ہے
مہیت عزکے

ہردا سے انیل ملکارے کی ریپورٹ
ہردا! گڈوانا سامنے

پاکستان لاهور کے احمد آمین بولڈلہ کے درا 3 مارچ 2014 کو بنایا گیا تھا۔ سب سے جیسا کہ کرائے کرائے کا ریکارڈ جیسے پاکستانی خیلائی درا 60 سے کنڈ میں 355

کرائے کیک کر کے اپنے نام یہ ریکارڈ دُر کر گیا ہے۔ جیسے تینکا سماجیک سنسٹا کے کرائے خیلائی 10 بُک کے مہیت عزکے کے درا توڈا جا رہا ہے، مہیت کے درا 60 سے کنڈ میں 395 کرائے کیک چلا کر اپنے نام کیا ہے۔

مہیت کو 2019 میں ڈنڈیا بُک اُف ریکارڈ بیلہا ٹھا

مہیت کے کرائے کوچ ریتے شہزادی نے بتایا کہ مہیت

کو 2019 میں ڈنڈیا بُک اُف ریکارڈ بیلہا ٹھا۔ جیسے 60 سے کنڈ میں 285 کرائے کیک چلا کر اپنے نام کیا ہے۔ وہی ڈنڈے کا واد سے 1 بُک سے مہیت کے 3 ڈنڈے ریج پریکیٹس کر رہا ہے۔

پاکستان کا ریکارڈ تڈے گے کے لیے بُکی سامسیا آ رہی ٹھا، پریکیٹس میں خل سامیا اور جاہ کی مگر نہ مدارپورم سامنے کے کمیشنر شری رجنیش شریواستو کے درا تیمرنی میں رین بسے را ہول میں خل نے کی جاگہ دیلواہی گیا۔

ایہ مہیت عزکے کے درا ریجیکس کو 2019 میں ڈنڈیا بُک اُف ریکارڈ بیلہا ٹھا۔ جیسے کوئل سوپی پتھل درا کرائے کی میٹ دیلواہی گیا۔ جیسے کاران آج مہیت پریکیٹس کر پا گیا ہے۔ وہی مہیت عزکے کے درا ریجیکس کو 2021 کو شام 4 بجے سے رین بسے را ٹیمرنی میں اپنا داوا پیش کیا۔

مہیت عزکے کے عزکے
مہیت عزکے کی کامنا

مہیت عزکے کی ایس اپلابی

پر مذکوپ دیسا کے کوئی مانی شری

کمکل پتھل، شریمانی کوئل

سوپی پتھل جیلا پانچا

کاران شری، سامنے آیوک

شری رجنیش شریواستو،

ہردا کلکٹر شری سانچے گوہ،

ہردا پولیس آئیکشک شری مانیش

آیوکل، ٹیمرنی میخ نگر

پالیکا آدیکاری شری راہول

شما، پولیس ویباگ سے کیسن

عزکے نے مہیت کے عزکے

عزم کیا ہے۔



भी

सदन संस्था द्वारा विभिन्न स्थानों पर यादव मौजूद रहे।

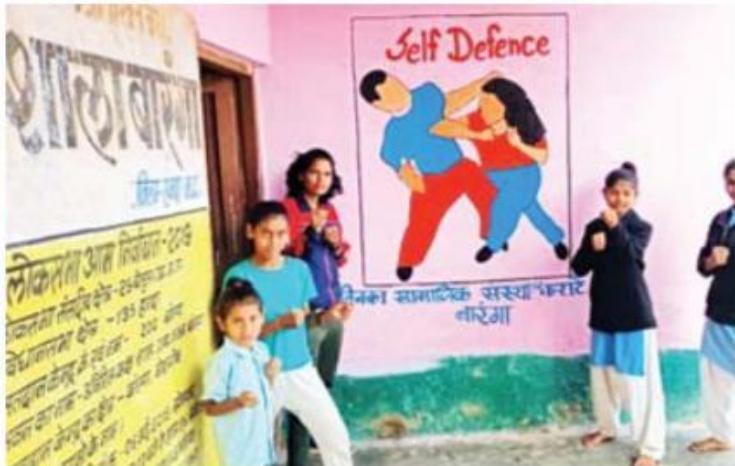
वॉल पेंटिंग से महिला हिंसा के प्रति जागरूक कर रहे कराटे खिलाड़ी

गहूं के से नहीं से मुख और साँई

षक करे, का द्वारा रोग शी त्ती में को यन की

जागरण, टिमरनी। मध्यप्रदेश में चल रहे महिला सुरक्षा अभियान के अंतर्गत हरदा जिले में पुलिस विभाग, महिला बाल विकास विभाग द्वारा जनजागरूकता अभियान चलाया जा रहा है। जिसमें अलग-अलग तरीके से लोगों को जागरूक किया

जा रहा है। वहीं तिनका सामाजिक संस्था के कराटे खिलाड़ियों द्वारा पुलिस विभाग के साथ जगह-जगह नुक़ड़ नाटक एवं आत्मरक्षा के तरीके बताये जा रहे हैं। संस्था के अध्यक्ष रितेश तिवारी ने बताया कि इस अभियान में ग्रामीण क्षेत्रों में महिला हिंसा कम करने के लिए जागरूकता हेतु वॉल पेंटिंग बनाई जा रही है। जिसमें किस प्रकार से महिलाओं के साथ हिंसा होती है बताया जा रहा है। वॉल पेंटिंग रितेश द्वारा कराटे खिलाड़ी के द्वारा बनाई जा रही है। महिला सुरक्षा



अभियान को सार्थक बनाने के लिये तिनका के खिलाड़ी 30 गांव में जनजागरूकता अभियान चला रहे हैं। इस अभियान में शोर्यदल अध्यक्ष मना मंडलेकर, महिला अपराध शाखा प्रभारी बविता धुर्वे, तिनका के खिलाड़ी मोना खरे, दिव्या बिले, राधिका गौर, दिव्यानी पवारे, सोनिका हलवी, रीना कनोजे, शालिनी चौहान, मानशी मंडलेकर, जिग्यासा ओनकर, दीपिका कुशवाह, शिवानी पवारे, पायल उमरिया शामिल हैं।

मनुष्यों में रामबन्ध उपस्थित थे। की बैठक का आयोजन कलेक्टर संजय गांवा ची अवधारणा में मनोल चिल्लोरे, उपस्थित थे।

। शोर्वदल अच्युत मना मंडलेकर, माँ

अभियान

आलमपुर मना मंडलेकर सहित शौर्य दल से जुड़ी अनेक कार्यकर्ता मौजूद थीं

बेटियां सशक्त होंगी तभी राष्ट्र सशक्त होगा : पटेल

सत्ता सुधार | हस्ता

परं अंभियान शुरू किया गया है। जिला इस अभियान में शामिल है। मुख्यमंत्री लिखवाल यिंह चौमहल ने लाइब्रेरी कार्पोरेशन के माध्यम से अभियान के लिए शुरू अपराध करने वालों को सख्त चलाना दी। कृप्य मंत्री कमल एटल यह जिले से कार्यक्रम में शामिल हुए, उन्होंने अधिकारी पर अपराध जारी हुए कहा कि जल बेटिया संस्करणी हाँ तो राम शरण बरंगा। वाराणसी निवास के अवधर पर आवृत्ति कार्यक्रम में कृप्य मंत्री के साथ



कै लिए सभी से तालिया बजाने को कहा। चर्चा के अंत में मुख्यमंत्री हारा हरदा की सभी आलिकाओं, शौर्य दल के सभी सदस्यों को शुभकामनाएं दी गईं।

चलाया जा रहा है बेटी बच्चाओं, बेटी पढ़ाओं अधिकार—मुझमें तो डारा जिसे कोई भी भी ४ अंगनवालियों का लालकांडा किया, जिसे इस चिरिकिया केत्र अंतर्गत आता है। नृजनकन्ता द्वारा वाल किलकं के मार्यादम से लालड़ी लक्ष्मी जलाया था जलायी लालकांडा जो योजनावृत्ति तक बनी गई। जिसमें हरदा जिसे को १९०

खड़ीपुरा सालोंमें राठोंर, यानपुरा वर्षा योगी, आलमपुर मना भंडेलक शहित शैव दल से जुड़ी अनेक कार्यकर्ता भौजूट थीं। छोड़ाजल की रोकथाम, शाला त्यागी वच्चों के स्कूल भेजने, धरेलू हिंसा और ब्लैकमेल के खिलाफ यह कार्यकर्ता प्रभावी काम कर रही हैं। मना

पंडिलकर अंतर्राष्ट्रीय स्तर पर स्वर्ण पदक जीतकर देश और प्रदेश का नाम रोशन कर चुके हैं।

है । इस पर मुख्यमंत्री द्वारा आशुर्य के साथ प्रसन्नता व्यक्त की गई । इसके बाद मन महंगेकर से मुख्यमंत्री द्वारा चर्चा की गई । मन द्वारा अतिरिक्त याचना कि वह शीर्षक दल की सदस्य है और चालिकाओं को कराए का प्रश्निक्षण दे रही

बालिकाओं को रु 4 लाख 60 हजार की अवृत्ति प्रदान की गई। कार्यक्रम के दौरान मंत्री कमल पटेल, नवायक सुरेंद्र जैन, संसद प्रतिनिधि अमरसिंह भोणा, कलेक्टर लंजाय गुप्ता, जिल पंचायत सीईओ डॉ. रम कनार शर्मा,

जब बेटियां सशक्त होंगी तभी राष्ट्र भी सशक्त होगा : मंत्री पटेल



अन्तर्राष्ट्रीय विद्या

लक्ष्मी वहीनाकर दिवार पर दीपिका को बांधीकर बांधाती है तो वहीना के मालियां से खुलासी दिवार नहीं बचता तो वहीना ने

आपहुए करने वाले को सदा पालने ले। कालेज में पूरी तरह काम नहीं करता है। उसने अधिकार ला प्राप्त करना चाहे।

प्राचीनकालीन यो संस्कृत में इतिहास, पर्वतियां आदि



एष अभियान का लक्षण बनो ही रियल को दे देंहोंगे से लक्षण रिया। बैंडोंने जब बातची तो यह अभियान एवं यह विद्यालय की लक्षण रिया लेकर बोला कि यह अभियान एवं यह विद्यालय की लक्षण रिया लेकर बोला कि यह अभियान एवं यह विद्यालय की लक्षण रिया हो जाएगा।

को दिखाये गयाएँ -
मुख्यमंत्री द्वारा योग अभियान
प्रोजेक्ट पर ध्वनि विनाशक
से बचाव करने का योग।



पंख अभियान के ज़रिए विभाग करेंगे बेटियों की चिंता







टाइम्स

होशंगाबाद, 08 फरवरी 2021 | 2

तिनका के कराटे खिलाड़ियों से निलगे पहुंचे एसपी एन अग्रवाल

टिमरनी (प्रदेश टाईम्स)। कराटे में दानादन किक लगाने वाले मोहित उड़के से 6 फरवरी को मिलने पहुंचे हरदा पुलिस अधीक्षक मनीष अग्रवाल। कराटे में टिमरनी नार का नाम पूरी दुनिया में रोशन करने वाले मोहित पिता कैसन उड़के के द्वारा पहले 2019 में 60 सेकेंड में 281 किक करके इंडिया बुक ऑफ रिकॉर्ड में दर्ज करवा करा पूरे भारत में अपना नाम एवं नगर का नाम गौरवान्वित कर चुका है। और अब गिनीज बुक ऑफ वर्ल्ड रिकॉर्ड में मौक़ा पाकिस्तान के खिलाड़ी अहमद अमीन बोडला 355 किक एवं अमरीका के खिलाड़ी रातल मेजा का 335 कराटे किक के रिकॉर्ड को तोड़ने के लिए मोहित के द्वारा 60 सेकेंड में 395 किक कर के यह रिकॉर्ड बोहत जल्दी



अपने नाम कर लेंगे। मोहित की इस सफलता को देख कर देश और विदेश से कई कराटे खिलाड़ी बधाइयां दे रहे हैं साथ ही मोहित के उज्ज्वल भविष्य की कामना कर रहे हैं। मोहित के कराटे कोच रितेश तिवारी ने बताया कि रोजाना मोहित 3 घंटे से ज्यादा अभ्यास कर रहा है मोहित। इस

उपलब्धि पर मोहित का सम्मान करने के लिए हरदा जिले के एसपी मीण अग्रवाल शाम 7 बजे रेन बरसेरा पहुंचे। साथ ही टिमरनी एसडीओपी आर के गहनोद, थाना प्रभारी राजेश साहू, राष्ट्रपति एवार्ड से सम्मानित शिक्षक सतीश शुक्ला, विधायक प्रतिनिधि सुनील दुबे भी आये और उन्होंने तिनका सामाजिक संस्था को बधाई देते हुए खेल सामग्री देने का आशासन दिया। इस अवसर पर तिनका सामाजिक संस्था की सचिव मना मंडलेकर, मोना खरे, अनिल मल्हारे, राम वर्मा, विजय कांजवे, गविन्द मल्हारे, जियासा ओनकर रितेश दोके, सितिक वर्मा, एवं भारी संख्या में कराटे खिलाड़ी एवं पत्रकार गण मौजूद रहे।



तिनका के खिलाड़ियों को जिला पंचायत अध्यक्ष ने दी खेल सामग्री की सौगात

जिला पंचायत अध्यक्ष कोमल सुदीप पटेल ने दी 10 सेंटरों के लिए 522 नग मेट

बारंगा (आरएनएन)। हरदा तिनका के खिलाड़ी लगातार खेल सामग्री एवं जगह की कमी से जूझ रहे हैं, जो कि ऐसे खिलाड़ी भी हैं, जिनकी तारीफमोदी जी भी करते हैं, इस समस्या को देखते हुए कृषि मंत्री कमल पटेल ने पुत्रबधु जिला पंचायत अध्यक्ष कोमल सुदीप पटेल के माध्यम अपने घर के आगन में ही कराटे प्रशिक्षण प्रारंभ करवा दिया। साथ ही कोमल पटेल ने बारंगा ग्राम की बीच चौरों के साथ अपनी बेटी को भी प्रशिक्षण दिलवा रही है। प्रशिक्षिका मोना खेरे एवं पायल उमरिया ने बताया कि हम और खिलाड़ी जगह की समस्या से जूझ रहे थे, इसी दौरान हमने श्रीमती पटेल को अपनी समस्या से अवगत करवाया, तो उन्होंने ने कहा कि हमारे घर में आ कर स्टार्ट करो, तो सभी खिलाड़ियों के बीच खुशी की लहर दौड़ गई। श्रीमती पटेल द्वारा खेल की मेट 522 नग प्रदान की गई और भविष्य में खिलाड़ियों के लिए हर संभव मदद का आशासन दिया गया। इस



अवसर पर तिनका सामाजिक संस्था के अध्यक्ष रितेश तिवारी ने तिनका की तरफसे जिला पंचायत अध्यक्ष कोमल पटेल का आभार व्यक्त किया। इस दौरान जनपद पंचायत उपाध्यक्ष सुदीप पटेल,

तिनका सचिव मना मंडलेकर, अनीश कहर, अनिल मल्हारे, राम बर्मा, रविंद्र मल्हारे, विजय कौजवे, दिव्यानी पवरे, दिव्या बिले, मानसी मंडलेकर 20 गांव के प्रशिक्षक के शामिल हुए।



BUDGET
