



# ANNUAL REPORT



**TINKA SAMJIK  
SANSTHA**

**2022-2023**

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# About us



**Secretary of tinka social  
organizatoin mana mandlekar**

Mana Mandlekar, known as the "iron girl" in her community, is the first graduate woman in Alampur. She is a 1st Dan belt gold medalist, representing India in International Karate tournaments.

In her journey of fighting for her right to education and giving a voice to young girls, she has transformed the lives of girls and youth by providing free karate training in rural Madhya Pradesh. As a co-founder of Tinka Samajik Sanstha, Mana wants to create a network of leaders who impart vital life skills and sports programs to empower girls and youth to transform their communities.

Ritesh Tiwari is a 4th Dan Belt international karate player and social worker from Timarni, Madhya Pradesh. He co-founded Tinka Samajik Sanstha to empower girls and rural youth through sports, enabling them to pursue higher education, be self-reliant and earn livelihoods. Ritesh's personal experiences encountering gender-based violence in his community motivated him to capacitate young girls. He received the TEACHERS INNOVATION AWARD 2019 and the INDIA BOOK OF RECORD for teaching 45267 students karate for free.



**President of inka social  
organization shihan ritsh tivari**

# **The Problem**

The girl child is denied the right to education, and women are fighting against discrimination based on gender norms. Women in marginalized communities are fighting for their most basic rights – equal pay, equal opportunities, the right to freedom, the right to make decisions and the right to education. It is associated with early, forced, child marriage and domestic violence. Women are considered property owned by someone and are often sold in the name of marriage to girls in rural areas.

## **Our Vision -**

Gender Equality and women empowerment through sports

## **Our mission -**

Tinka's mission is empowerment of young and adolescent girls through the medium of sports. We promote gender equality in the rural areas through a systematic process of karate training and awareness about women and child rights which in turn, increases mental and physical agility of girls, increased confidence, articulation of their opinions and increases their assertiveness within the society to fight against discrimination and violence.

# Our work -

We run Karate training centers free of charge for children and the youth at various villages in Madhya Pradesh. There are weekly sessions coupled with monthly sessions on gender discrimination , importance of education and violence against women etc.

The trainers are also assessed and trained to carry out these sessions in their respective centers. We also create and train first and second line leaders to spread the work of the organization.

Our work has spread to government and non government schools and colleges too.

Tinka promotes physical and mental training aimed at building confidence , increase in their willpower, changing the rural mindset against embedded prejudices and the will to fight them.

We also organize summer camps during the summer break , so that more and more children can get trained to be self reliant. Our work has also helped children participate in national and international level championships where some of them have won medals also.



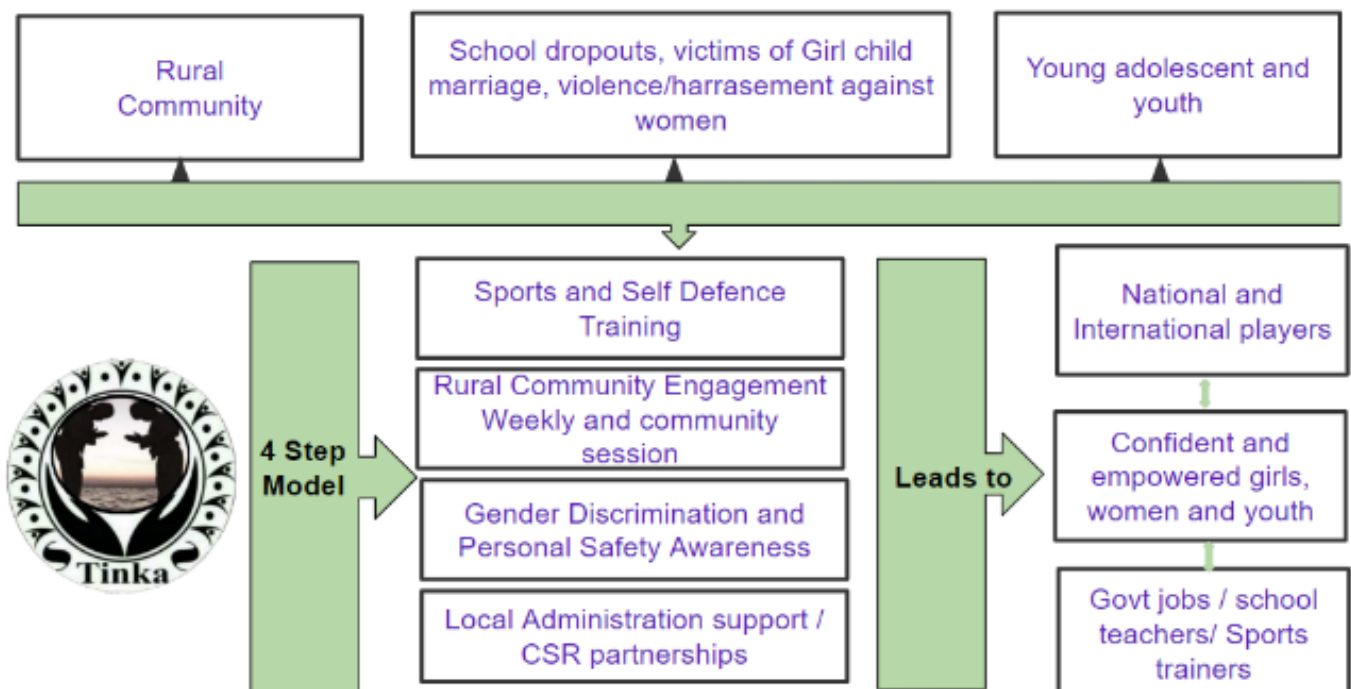


# Program Components

As per the program outline, it was planned to train 10 trainers who would implement the curriculum in 10 centers per year.

This project was implemented in Madhya Pradesh with adolescent girls and boys during one year 22000 children took training in 263 school collage , hostel , village centers. The core of the training was martial arts as well as gender sensitization sessions.

## Our Model



# **Capacity building of youth leaders on constitutional values, leadership and gender**

## **2 days residential workshop - Gender equality through sports**

7/9/2022 facilitator-

Mana Mandlekar - Gender Equality

Ritesh Tiwari - Gender Equality Through Sports

<https://docs.google.com/document/d/1HFFwlu9zkZ828l3BPdVF0attGk0qDZlv/edit?usp=sharing&ouid=103478425081122203472&rtpof=true&sd=true>

## **2 days residential workshop Gender Equality and Program Management**

16/02/2023 to 17/02/2023 facilitator

Satyendra pandey ji - Program management

Akanksha mishra ji - Understanding of Gender Equality

<https://docs.google.com/document/d/18fYABUoabBqyjLiqFeTAr3FZwvJ6Uctp/edit?usp=sharing&ouid=103478425081122203472&rtpof=true&sd=true>

# OUR TEAM

## Tinka Staff members



**Ritesh tiwari**  
president TSS



**Mana mandlekar**  
secretary TSS



**Khushi Rajput**  
second line leader



**Raja kushwaha**  
Accounted



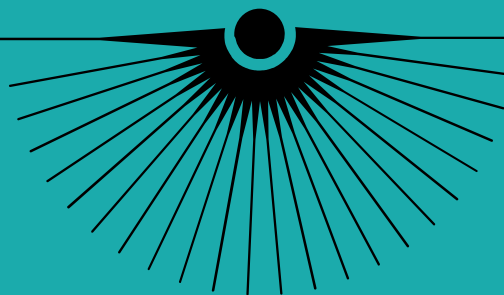
**Payal umriya**  
reporting officer



**Jigyasa onkar** social  
media assistant



**Anil malhare** print and  
electronic media assistant

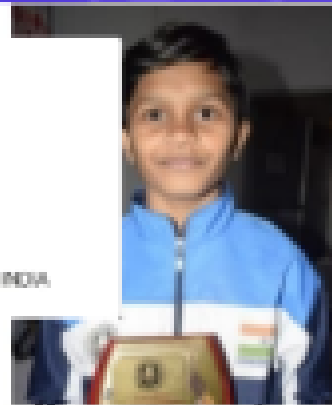




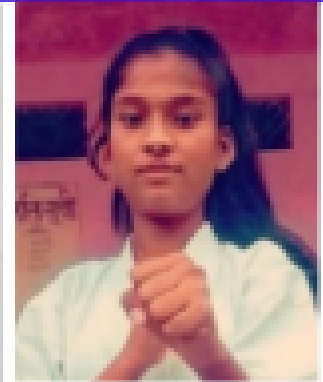
## Field staff -



**Tinka samajik  
sanstha Timarni**



**Jigyasa onker  
Bundra**



**Nandani Chouhan  
Rampura**



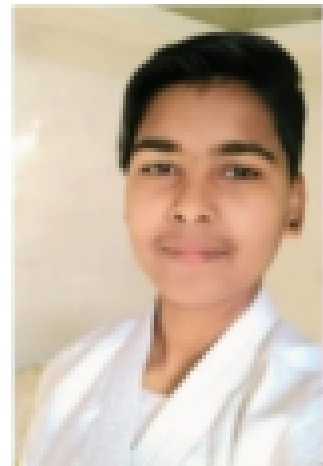
**Radhika koge  
sirali**



**Preeti chouhan  
rahatgaon**



**Rani satankar  
kaldhad**



**Bhawna farkale  
Khirkliya**



**Deepak khare  
Najarpura**



**Kuldeep dhoke  
seoni malwa**



**Dolly prajapati  
Harda**



**Shivani paware  
Harda**



Tinka Samajik Sanstha



NIDHI AHIRWAR  
BHOPAL

Gram swarajya program selected girls  
connecting Dream foundation new Delhi



POOJA AHIRWAR  
BHOPAL



AARTI YADAV  
BHOPAL



SHIVANI PAWARE  
HARDA



PAYAL UMARIYA  
BARANGA

संविधान शाला - सिखने सिखाने का सफ़र



राधिका गौर



शीतल तम्बुलकर



शालिनी चौहान



सोनी राठौर



अनिल मल्हारे



विकास वर्मा



अनुपम सान्गुल्ले



विजय काजवे

## **Community/ weekly sessions for every month -**

During the year monthly sessions with the community and weekly sessions in the training centers with the students for various social topics were taken. Details of which are given below. This has enabled us at Tinka to spread awareness and bring in the desired results in the community. The kids are motivated and inspired to complete their education and women are finding their voices in their families and are learning to be self reliant.

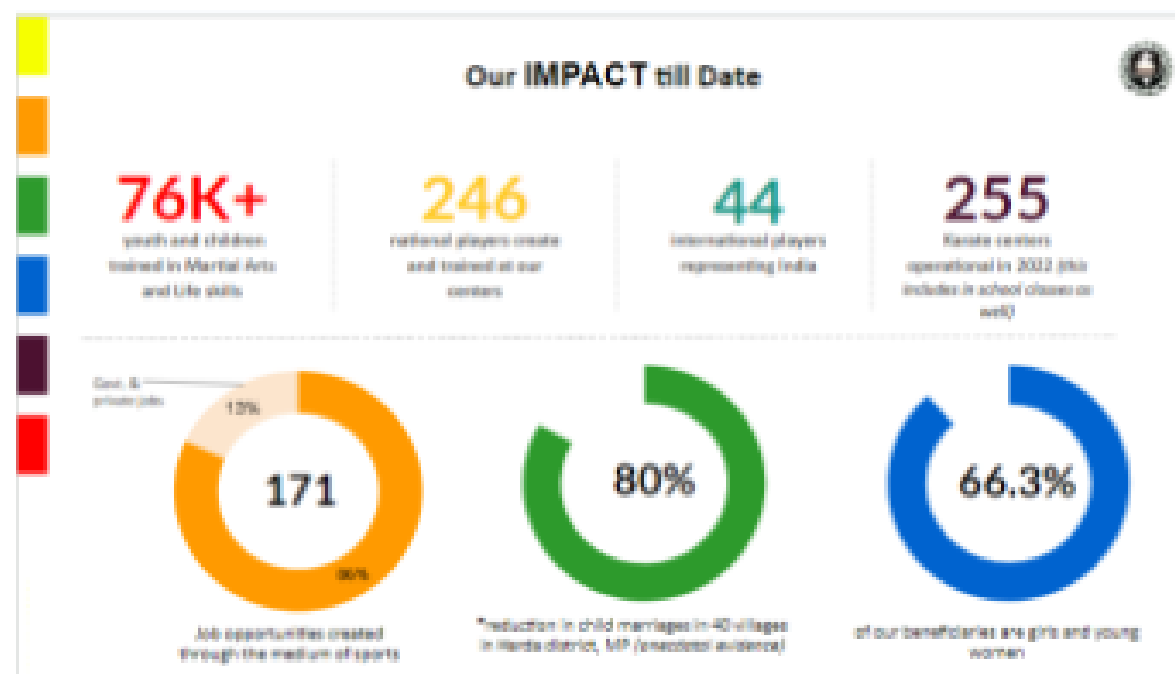


# session wevtak

Session name	No . of session	Session name	No. of session
Constitution	<u>29</u>	Self defense	<u>31</u>
Social media awareness	<u>16</u>	Menstruation awareness	<u>9</u>
Child marriage	<u>2</u>	Mindset	<u>5</u>
Good touch bad touch	<u>49</u>	Tinka's Vision mission	<u>19</u>
Act	<u>3</u>	Importance of Sports and Education	<u>19</u>
Importance of Discipline	<u>3</u>	Women violence	<u>2</u>
Child labour	<u>2</u>	Goals and aspirations	<u>5</u>
Patriarchy	<u>6</u>	Gender equality	<u>5</u>
De-addiction	<u>3</u>	Group discussion	<u>1</u>
Balanced Diet	<u>1</u>	Leadership	<u>2</u>
Constitutional rights	<u>2</u>	Important documents	<u>1</u>
Helpline number	<u>8</u>	Career guidance	<u>12</u>
Gender discrimination	<u>18</u>	Personality development	<u>4</u>
Gender attraction	<u>5</u>	Cleanliness	<u>4</u>
Strategic communication	<u>1</u>		



## Impact 2022-23



S.N.	Particular	No. of
1.	No of school	201
2.	No. of trainers	171
3.	No. of girls trainers	94
4.	No of children getting training in school	17966
5.	No. of girls	10026
6.	No. of children in center	4205 Children, 18 women
7.	No. of community session	50
8.	No. of weekly session - 200 inter school 306	506
9.	No. of national players	116
10.	No. of breakup of child marriage - 06 success Efforts to Try Stop Child Marriage - 14	06 /14





## तीन दिवसीय लैंगिक समानता जागरूकता प्रोग्राम

सहायक ■ दिल्ली

लिंगका सामाजिक संस्था शांति रामपुरा में कराटे खिलाड़ियों द्वारा तीन दिवसीय लैंगिक समानता जागरूकता प्रोग्राम कार्यक्रमों के सहयोग से आयोजन किया गया। कराटे कोच खिलाड़ी बौद्ध ने बताया कि इस कार्यक्रम का उद्देश्य प्राम में लुप्त कलाओं को एक मंच प्रदान करना है क्योंकि हमेशा ही ऐसा चल आ रहा है। जब तक कोई व्यक्ति नृत्य, गीत या अन्य कला को पूर्ण रूप से सीख नहीं लेता जब तक वह अपनी कला का प्रदर्शन नहीं करता है। जो व्यक्ति ऐसे होते जिनमें कई कलाएं होती हैं पर उन्हें मंच नहीं मिलता अपनी कला को दिखाने का ऐसे ही व्यक्तियों को मंच प्रदान करने के लिए इस कार्यक्रम का आयोजन किया गया।

### खिलाड़ियों द्वारा अभिनय प्रदर्शन

पुरुषों में लोनी, निष्कला, नृत्य जैसी कलाएं होती हैं पर उन्हें कला को दिखाने में खिलाड़ियों की है अतः इस कार्यक्रम का मुख्य उद्देश्य रहा।



कराटे कोच बौद्ध बौद्ध और खिलाड़ी दोनों के अनुसार इस प्रोग्राम में कराटे खिलाड़ियों द्वारा अभिनय का प्रदर्शन किया गया। कार्यक्रम के दौरान राम में लैंगिक समानता और गठ की भावना देखने को मिली। इस प्रोग्राम के समापन विवर पर कराटे खिलाड़ी वीरिका कोने, अर्जुन शर्मा, अरवि उडिके, मीत राजपुत, अमित बिले, सोहन दुल्लाह, दिव्यामी कुलवाड दिया वमाडे द्वारा नृत्य व नुसक नाटक का प्रदर्शन कर समापन में महिला शिक्षा कम कर लैंगिक समानता को बढ़ावा देने का संकेत दिया।

### वाद-विवाद प्रतियोगिता

वाद-विवाद प्रतियोगिता खेल के महत्व और लैंगिक समानता पर चर्चा किया गया। मुख्य अतिथि खिलाड़ी खिलाड़ी, मना मंडलेकर, मना प्रभारी बदन प्रभार, एनआई कल्याण लुपेरी, रामपुरा पार्वी कानुनम सेलवन, विद्युती साधनिक ब्रह्मचर्य और अरविता हू। प्रतियोगिता खिलाड़ी और खिलाड़ी पवारी, सती जलकर, मीरा कपड़े, विजय कावरे, अनुपम बांगुले अतिथि हू।



## **Karate Belt exams**

Charkheda, Indore and Harda centers had karate belt exams. In Indore, the city president Mr. Jaideep Jain and the head of Jain society Mr. Girish Ved graced the event with their presence and witnessed 16 students display their karate skills. Charkheda center saw our Founder Mr. Ritesh give away black belt to Mr. Arun Chaure who had been diligently practicing for the past 20 years.

## **May - Summer Camp**

This month summer camp was organized in Harda and 4207 kids took part! There were varied activities like wrestling, judo, karate, dance, painting etc for the kids to showcase their talent. Karate kit (clothes) were distributed to instill a sense of belonging to the game and guide them to not lose focus and practice regularly.

## **June - Cycle Rally**

Timarini center of Tinka organized a cycle rally on the occasion of "Azadi ka amrit mahotsav" in association with the Youth Development Department, Nehru Yuva kendra Harda and the local police department. The flag off was given by TI Mr. Sushil Patel ji. The students of Timarini center of Tinka actively took part to also spread awareness on Cleanliness and Health.



## **8th International Karate Championship Nepal , 25th - 30th May**

18 students from Tinka traveled to Nepal from small villages in Madhya Pradesh and won laurels for the country. We are proud to share that our children won a tally of 11 medals led by our founder Mana who won a bronze medal in the category. 15 year old Sonam Ueike won a gold medal and earned the name” Best Girl Fighter”, and it was a proud moment for the entire country!

## **June**

International Karate Championship Egypt (from 10th - 12th june)

Mr. Lokesh Pradhan was selected to represent the India team for this event. Lokesh comes with experience of winning laurels for the country in Thailand and Sharjah too.

## **July**

### **Tree Planting -**

On the occasion of the birthday of our Founder and President of Tinka Samajik Sanstha Mr. Ritesh Tiwari , the trainers and students enthusiastically celebrated the Tree Planting Day. Every year the founder encourages the community to plant trees on their birthday and demonstrates the benefits of doing so. We are proud to have a leader who encourages positive change in every aspect of living .



## Summer Sports Training Camp - 22nd may - 20th june

Madhya Pradesh Sports and Youth Development Department organized the above in district Harda, in which 237 children from Vikas Khand block, 150 from Khirkiya block and 260 from Harda block ( in total 647) kids took part. Children were trained in handball, football, kabaddi, athletics and Karate.

Police Adhyaksh Shri Manish Kumar Aggarwal was the chief guest at the closure ceremony of the camp and he felicitated trainers with sports kit and certificates for all participants. He also stressed the importance of sports and education to the young minds present. Other Important people present for the ceremony included NIS, sports trainer Shri Vikas Pandey, Sandeep Saudey, Tinka karate trainers Shivani Pavre, Anand Tiwari and Ajay Purvaiya.

### कराते खिलाड़ियों ने जीते स्वर्ण, रजत और कांस्य पदक, अब नेशनल खेलेंगे

19वीं स्टेट कराते चैंपियनशिप हुई, अब गोवा में होगी प्रतियोगिता

भास्कर संवाददाता | टिमरनी

19वीं स्टेट कराते चैंपियनशिप का आयोजन उज्जैन संभाग कर रहा है, जिसमें तिनका सामाजिक संस्था के 13 खिलाड़ियों ने पदक प्राप्त किए। टीम 7 खिलाड़ियों को खाली हाथ ही वापस पड़ा। खुरी मालवीय, भुति सौर, रोहित चौहान तथा जतिन राजगौर ने स्वर्ण पदक जीता। नैरा सौर, सौरभ भुर्वे, नितीन भुर्वे व भूमिका प्रजापति रजत पदक, सोमिका सौर, कुलदीप चौके, दीपिका बैरगी, विनीत निहाल व रोशनी राजपूत ने कांस्य पदक



टिमरनी। विजेता खिलाड़ियों को पुरस्कार देते अतिथि।

जीता। नर्मदापुरम संभाग का प्रतिनिधित्व करते हुए अनीस कटार के मार्गदर्शन में टीम ने यह उपलब्धि प्राप्त की। संस्था के अध्यक्ष रितेश सिन्घारी ने

बताया ठाक प्रतियोगिता में पूरे प्रदेश से 650 खिलाड़ियों ने हिस्सा लेकर प्रदर्शन किया। चयनित खिलाड़ी अब नेशनल प्रतियोगिता गोवा में खेलेंगे।

# August

## **Ujjain Karate championship -**

The 19th championship of the above was organized by the Ujjain sector and 650 students participated from Madhya Pradesh. Tinka also sent its students out of which 13 students won medals. Khushi Malviya , Shruti Gor, Rohit Chauhan and Jatin Rajgira won gold medals under the leadership of their head coach Anish Kahar from Narmadapuram center of Tinka.

# September-

## **Khelo India Women's Judo National League and Ranking Tournament ( West Zone)**

Tinka contestants continue to win accolades for the organization and the State. The above was held between 11-15 september in Ahmedabad. Amisha from Timarni Center won the Gold Medal and will now proceed to take part in the ranking Competition in Delhi. Amisha has previously won 2 medals before in the under 78kgs category.

# अमीषा काले ने किया एक बार फिर पदक जीत कर प्रदेश व जिले का नाम रोशन

भोपाल/हृदय। खेलो इंडिया कोमेगा कूबे फेडरल लीग रैंड रैंकिंग टूर्नामेंट (पैरर जून) 11-15 सितंबर को गुजरात के अहमदाबाद में आयोजित किया गया था। उक्त टूर्नामेंट में तिमली नगर की खुले बनारें खिलाड़ी अमीषा पिला सगकुमार काले ने स्वर्ण पदक हासिल कर मध्यप्रदेश व अपने शहर का नाम रोशन किया है। अब वह दिल्ली में होने वाली रैंकिंग प्रतियोगिताओं में मध्यप्रदेश का प्रतिनिधि करेंगी। अमीषा ने आशा है कि वे राज्य के लिए पदक हासिल करेंगी। तिनकर सामाजिक संस्था के अध्यक्ष व बनारें कोच रितेश तिवारी ने बताया कि खेलो इंडिया में अमीषा के पहले भी 2 मैचल हासिल किए हैं और उन्होंने वह उपलब्धि महानस 78 किलो भारवर्ग में हासिल की है। इस प्रतियोगिता में अमीषा ने महाराष्ट्र, गुजरात, राजस्थान प्रदेश के खिलाड़ियों को हराकर वह उपलब्धि हासिल की है। इस अवसर पर तिमली नगरपालिका अध्यक्ष देवेन्द्र भारद्वाज, राजेश्वराम बिला खेल अधिकारी उमा चौरा एवं तिनकर सामाजिक संस्था ने अमीषा की बधाई देकर उपलब्धि भविष्य की कामना की है।



## October -

### **Mandideep Rangoli Competition -**

Village Rampura is one of those places where women and girls were rarely seen outside their homes. Today, under Tinka's coaching and relentless commitment to teaching gender equality at their centers and community, the girls and boys together took part in the competition. This change in mindset of the male population at the village was heart-warming and a small victory for us at Tinka.

# November

- Our Golden Boy Lokesh continues to represent India at world championships . This month he took part in Jakarta Karate series 2022 and though did not win a medal but defeated an Indonesian player by 8-0 and other players from different countries. Before this he was ranked world no. 378 and after this series he is now ranked world no. 11! It is a matter of great pride that Lokesh is the only boy from the small district of Harda who has achieved this feat and has represented the country all over the world.

# December

**Jakarta Karate Series** International Player and our very own trainee, Lokesh Pradhan reached Timarini after taking part in Indonesia and Jakarta karate series and was welcomed with full grandeur and was felicitated by Tinka with cash prize of 15000/- and a track suit!

## **National Honour for Shihan Ritesh Tiwari**

Tinka's President was honored on 14th december at Talkatora Stadium New Delhi by a National Award for teaching martial arts and teaching gender equality through the medium of sports .He has been giving free training and has been voice for social change by bringing awareness on topics like domestic violence, child marriage and other social evils for the past 22 years. He has lead Tinka in its endeavor to truly change the lives of the children while practicing martial arts. The award ceremony was graced by Lok Sabha MP and prior Union Minister Shri Pratap Sarangi , Shri B K Bharat, President National Martial Arts Committee India, Dr, R K Bharat Secretary National Arts committee.

## **National Martial Arts Games**

The above championship was organized by National Arts Committee of India from 13th to 15th december at Talkatora Stadium New Delhi. Tinka participated in good numbers and registered 5 gold medals in various weight categories.

## **January**

### **Connecting Dream Foundation ( Delhi)**

National Meet for Rural Youth Changemaker 2023 was organised from 5th-9th January in Delhi at Gandhi Darshan premises at Rajghat, where youth from all parts of the country who are working at grassroot level to bring about positive social change in rural India were invited to attend. It was a great honor for our founder Mr. Ritesh Tiwari to be a guest speaker wherein he spoke about how Tinka through martial arts training is consciously working for gender equality , education and various other social issues. He was given a standing ovation and memorabilia by the foundation to show respect for the work Tinka is doing at the grassroot levels.

### **Champions of Champions Karate ( New Delhi)-**

This competition was organised at National level at Talkatora stadium where the best of the players in the country participated . Lokesh Pradhan from Tinka won Silver Medal and cash prize of 15,000/-.



## **Kamal Yuva Khel Mahotsav (6/01/23) -**

Team Tinka took part and showcased their talent in good number. It was a proud moment for all when 28 out of 30 participants won medals and brought glory to Tinka. We at Tinka are grateful to

Honorable Agriculture Minister Shri Kamal Patel ji , Sandeep ji, Sudeep ji and Subhash ji for providing this platform to perform. In Timarini , the Tennis Ball Cricket Legislator presented 10 players with medals and certificates for bringing glory to Timarini.

## **February-**

### **Madhya Pradesh Competition (Chindwada) -**

The competition was organized between 4-5th February 2023. Players from Tinka that took part and emerged victorious were Lokesh Pradhan (Gold Medal), Kunal Gupta and Arpan Sakle (Silver Medal) and Gyanendra Tomar (Bronze Medal).

### **Khelo India Youth Games Goa (31st Jan - 4th Feb)**

Tinka participated in Womens League Ranking Judo Tournament and Amisha Kale won Gold Medal in Senior 78kgs category.

## **Feburary - 16-17th**

Tinka strives to improve lives through sports by using it as a medium to teach rural children about gender equality. To help them in this initiative a camp was set up for senior trainers from 20 villages, at Tinka. The first day we had Guest Speaker Mr. Satyender Pandey from NFI, who gave training regarding Program Management, so we can increase efficiency of the work we are doing at Tinka centres. The next day Guest Speaker from CII, Ms. Akansha Mishra spoke at length through various activities regarding gender equality. Ms. Nidhi Sharma joined in from London who was clearly impressed with the work Tinka was doing and agreed to come on board to support as a mentor for all its programs.

## **March-**

Unlimited Inida organised a program “HUDDLE” in New Delhi, in which Tinka founders Ritesh Tiwari and Mana Madlekar were invited to attend. This was a success for the organisation as they met with prospective funders and were able to speak about the work they are doing.



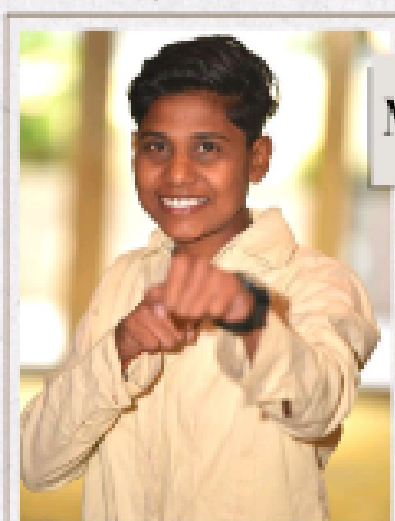
Unlimited  
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Young Women Leaders  
Fellowship 2022

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Mana Mandlekar

From being the first college graduate girl of Alampur village in Madhya Pradesh to an international-level gold medalist in Karate to representing India in the Asian Championships, Mana has *deservingly* earned the title of “iron girl” in her community. Driven by her belief in Karate’s potential to transform vulnerable young lives, Mana provides free-of-cost Karate and self-defense training to girls in far-flung rural areas.

PROJECT - Gender equality through sports

Under this project, Mana’s organization - Tinka Sansik Sanstha - empowers young and adolescent girls as well as boys through the medium of sports. Tinka promotes gender equality in rural areas through a systematic process of increasing mental and physical agility of girls and a sustained effort to increase their confidence, articulation of opinions, decision making and assertiveness within the society.

## Meet the Enablers of Social Justice



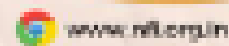
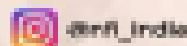
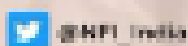
She is known as the "Iron girl" in her community, and is the first graduate woman in Alampur town of Madhya Pradesh. She is a 1st Dan belt gold medalist, representing India in International Karate tournaments. In her journey of fighting for her right to education and giving voice to young girls, she has transformed the lives of numerous girls and youth by providing free karate training in rural Madhya Pradesh.

As a co-founder of **Tinka Samajik Sanstha**, Mana wants to create a network of leaders who impart vital life skills and sports programs to empower girls and the youth to transform their communities. Mana is one of the 20 change makers chosen as part of the **Ankuran** initiative of NFI, a leadership development & institutional building programme

**#EnablingSocialJustice**



**MANA MANDLEKAR**  
Secretary  
**TINKA SAMAJIK SANSTHA**  
Harda, M.P



### **Rahatgaon (Ravishankar Shukla University)-**

Mana Madelkar, Secretary at Tinka , was the facilitator in the 2 day training camp held for physical education students at the University. She trained the girls in self defense and made them aware of the benefits of learning karate as a sport and as a mechanism to protect oneself from harm. This was a fruitful engagement as students before this camp were really not aware about the sport

# **Team Exposure**

## **CDF Gandhi Darshan, Rajghat, Delhi.**

5 girls of Tinka Social Organization were selected by CDF (Connecting Dream Foundation) as Change Maker for Gram Swaraj. 14 girls of Tinka represented themselves in this workshop. Change makers from 11 states, 29 districts and 55 villages were present in this workshop At Gandhi darshan , Delhi .In the workshop, excellent social workers in their field were called to increase the enthusiasm of the children. Also, people doing excellent work in their field were invited as guests and speakers.

## **Nagrik Adhikar Manch, Jabalpur**

For two days in Jabalpur, the subject of which was understood as the understanding of the Constitution, the two-day contract was brought to the understanding of the Nagrik Adhikar Manch by Jabalpur, in which 25 youths were selected from different districts. 5 karate players of Tinka Samajik Sanstha were selected. The mission of the workshop was to understand the constitution, in which the karate players learned a lot of new things, as well as the Nagrik Adhikar Manch provided punch to the players.



# Beneficiary story:

## Khushi Rajput (Bhopal, Madhya Pradesh)

Khushi Rajput's life has been full of challenges and obstacles that would make most people give up. After losing her mother in an accident in 2010, she and her brother were left to fend for themselves without any support. Things got even worse when her father became paralyzed and passed away in 2012. Khushi was forced to live with her uncle and aunt, who only cared about her for their financial gains. They put her in a hostel where she found her passion for sports and even won bronze medals in 3 SGFI tournaments. However, her aunt didn't want her to pursue her dreams and taunted her constantly. Even after leaving the hostel and living with her aunt, Khushi refused to give up on her education and joined college and martial arts classes. But when her uncle beat her and threatened to burn her, she decided enough was enough and left to stay with a friend. Despite all these challenges, Khushi didn't give up on her dreams and found hope and support at Tinka Samajik Sansthan. She now teaches self-defense to 62 girls and 30 boys in her karate class and has even been selected for the prestigious Care Leavers Fellowship. Khushi is grateful to Ritesh Tiwari for and Mana didi for giving her the confidence to achieve her goals and for finding the family she needed after her parents passed away. Her story is a testament to the resilience of the human spirit and the power of hope and determination to overcome even the toughest challenges.



**SUNDAY**  
**पुस्तक**  
**भस्कर**  
**एडिटर**

**संघर्ष का:** जो सब को,  
सब को सब को दिया है,  
है, उसे बिना सब को है।  
सुख से  
sunday@pustakbhaskar.com



**अनाथ बच्चों के स्वाह 'अधियारे' से उज्जनी पर साधा खुशी का मिशाना**

**खुशी का स्वाह है, अधियारे से उज्जनी पर साधा खुशी का मिशाना**

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# **TINKA SAMAJIK SANSTHA BHOPAL KARATE CLASSES COACH KHUSHI RAJPUT**

[https://docs.google.com/document/d/1P-FdJtrfQg5vUJVS6d5RPB6nJDYi9wc4NCvecw4E-2A/edit?usp=sharing\\_](https://docs.google.com/document/d/1P-FdJtrfQg5vUJVS6d5RPB6nJDYi9wc4NCvecw4E-2A/edit?usp=sharing_)

## **Nandani Chauhan (Rampur - Harda)**

Nandani Chauhan's life took a dark turn when she was just eight years old. On her way home from school one day, she was kidnapped and forcibly made unconscious. This traumatic event left her feeling scared and powerless, and the community's belittling and taunting only added insult to injury.

But in 2018, hope arrived in the form of Tinka Samaj and their team of dedicated volunteers. They began organizing self defense and gender equality workshops in Nandani's village, and the results were nothing short of remarkable. Today, Nandani is a 15 year old fearless and confident Karate trainer who has trained over 60 people (20 girls, 18 women and 31 boys) in her village alone. Her message to her students - “Never give up, no matter what life throws your way “

It's a message that's resonated with countless girls and young women who have attended Tinka Samaj's training sessions. Thanks to their efforts, these girls have developed crucial self defense skills, gained confidence, and discovered their own abilities to stand up against gender inequality, violence, and harassment. Nandani's story is just one of many inspiring tales of resilience and empowerment that are unfolding every day.



### **Radhika Gaur (Rahatgaon, Timarni harda)**

"Before Radhika joined the karate class in her school, there was a strict curfew time which she had to follow at home. She was allowed to step out of her house only to attend school. After learning karate, there has been a change in her family's behavior. Since She started taking classes a year and a half ago, her family has come to trust that she is capable of taking care of herself. Now She does not have to ask for permission while going out, instead, she only informs. Her parents are proud of her. She feels so happy."

Radhika has trained over 300 students in the government schools of Rahatgaon, and there are currently 37 students training under her guidance. She is a National and State level Gold medalist and School Games Federation of India Participant.

## **Mahesh kajle (Timarni, Harda)**

“Since childhood, Mahesh has seen some people in his community are innocent and more susceptible to deception or manipulation. They do not know how the world outside of the tribe works. Time and again, they are cheated, exploited, suppressed under debt, and become bonded laborers. Many people do not ever return to the village. He knows the government is working for the salvation and development of our tribe, but there is hardly any change at the ground level. He wants to study and help make his people self-sufficient so that none of my brothers and sisters are exploited again”.

Mahesh is pursuing a Bachelor of Arts degree from Timarni Government College. His parents work as farm laborers and often migrate in search of work. He is currently training a cadre of 30 tribal children in Mahagaon and dreams of working for the development and rights of tribal communities.

### **Some positive changes that have come under the Ankuran program -**

Our new coaches have definitely had the opportunity to work and learn on the field. Many trainers were selected by us for the ankuran program who had no interest in doing any work other than training others for karate in the team. Looking at their motivation and hunger to learn, they were selected and given an opportunity for social work. This has resulted in the coaches being open to learning new social skills and work on social issues with karate as a medium.

- Very good relations were established between the trainers and the stakeholders at both the village/city locations. In particular, the karate instructor and karate team at every place should be connected with the police department
- Instructor Nandani Chauhan says that when women are called in Sirali karate class, she also comes and listens to the session carefully, when women come to learn, their husbands are worried that you sit in karate class all day, children plays like Which men don't like, but for Nandni it is the best that women are fighting for their rights, taking karate dress, asking to play tournament, coming to class herself, doing dew for herself. Practicing, coming out as a leader has been a big challenge for Nandni.
- Three months of self-defense training was given by Tinka Social Organization and Karate coach Anish Kahar, in which the girls were empowered mentally and physically. Those girls raised their voice against the molestation happening with them in the school and also fought for their rights. The parents of the children also came to the school to support the children. He spoke to the teachers there, the teacher who was suppressing the voices of the children, she also apologized to the children and an application was given by the school to the police department.
- The trainers also told that when the de-addiction session was taken with the women on the helpline number, the women openly told their household issues, like if men are abusing after getting intoxicated, then they are not able to refuse the son, because sons It is said that you are also drinking, so that the coming generation also does the same, well here the women of the communities took the helpline numbers by writing them. Also, this session was very good because women were taking more interest in the session due to the participation of women.

## Awards Achievements Received

- Martha Farrel Award finalist New Delhi 2023
- Martial Arts Award New Delhi 2022
- Nari shakti samman 2023

## Sports impact

This year, Tinka's player Lokesh Pradhan got the necessary amount arranged for his participation in the International Karate Series in Jakarta , Indonesia. After which Lokesh participated in the competition and after that, his all over world ranking was declared as 147. At present he is practicing at Jabalpur Sai Academy.

Another player of Tinka, Gyanendra Tomar, who is an international player, has been selected in the Indian Navy through sports quota.

International player participation - International karate championship nepal kathmandu stadium - 18 player  
On behalf of Karate India Organisation, Madhya Pradesh karate state level competition was organized in which 11 players of Tinka were selected, out of which 3 players earned gold medals and ensured their place in All India Karate Championship.

10 Days Mission Sahasi (Self Defense Training). Mana Mandalekar and Mona Khare gave self-defense training to 140 girls in Harda in collaboration with Akhil Bharatiya Vidyarthi Parishad.

## Story of struggle -

Payal Umariya is a 17-year-old class 12th student and a karate instructor of Tinka Social Organization. A student of class 11th of her school was not coming to school for a long time, so she tried to know the reason behind it, then she came to know that her family has fixed her marriage on the advice of a pundit. While she is only 16 years old and her family members want to marry her because the pundit says that if they get a girl married, the stalled work of the family will be done easily. Payal also talked to her principal about this matter but he also did not take any action and said that he will not interfere in any kind of personal matter. Payal asked the principal if she could tell about this in Tinka social organization, then the principal tried to threaten her but Payal did not lose courage and informed about it in the organization. As soon as the organization received the information, they conveyed the news to Women Child Development, Police and Collectorate Office. After some time, the administration reached the village Barangay and the marriage was investigated but the villagers misled them and that girl was married under the guise of Ganga Pujan. Due to our intervention, the girl child did not stop coming to school.





*Thank You*