

Looking back and seeing myself a year ago and comparing it with today, I find myself very evolved and changed. The 1-year fellowship journey has been very unique for me. I met some new people, got a chance to climb some new stairs and got a chance to look at myself in the mirror and move forward, knowing my capabilities.

A year before, I only had one wish: to work with people and like myself develop others through sports. But lack of confidence made me feel that I cannot meet people, I cannot put my words in front of them and they will not agree with me. After the fellowship, when I started talking to people, with guidance from the project, I was able to convince people and started visiting child care institutions and aftercare home in Bhopal and other places. There was a way I wanted to work and I got this opportunity to improve my understanding. I started training in different aftercare and CCIs. I shared my story with the children and took them to sports and talked about what could be the scope in the future, so that children also got interested in physical activities and sports. All children and youth in CCIs go through mental stress and being active in sports helped them become active and positive in life and changed their mindset and they also started thinking about their future.

I still recall the biggest change that I was able to bring about in the life of a 13 year old girl, who was so influenced by my words and training that she started taking the lead, and she started training everyone. Her confidence in herself made her a different person. Another case worth mentioning is that of a child who tried to commit suicide by cutting her hand but after being trained by me she participated in a competition and won a silver medal. She was hopeful of winning more medals in life. Another success was when a girl child in CCI stabilized herself by Participating in sports, and further got a job through sports quota.

Working for others at the same time, gave me a chance to develop myself, to increase my skills. The courses like Harappa helped me a lot because I worked with a team of peer fellows and learnt to seek help and be part of excellent teamwork. I joined YSS in MP and it was a very lovely experience to play one of my roles in it, in which I got a chance to meet many people and to know about them, to understand them and specially to understand them as my own. Somewhere in all this, I found a family. I got more at the end of it than I had entered the Fellowship expecting.

And whatever is achieved, I want to continue it even after fellowship, I will continue to do my work in the same way even after fellowship, one CCI's in charge gave me the way through taking continuation classes. I will always remain a sports trainer and be giving trainings on self-defense and promote participation of children and youth from CCIs in sports for their overall development. I hope they will become better in mental health, their physical health will improve and they will win medals and jobs for themselves.