



SPORTSA INDIA ORGANIZATION



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra



Letter From The Managing Trustee



In today's tech-driven world, physical fitness and stamina have taken a backseat. An obsessive focus on academics has further pushed physical activity to the lowest priority in mainstream education. This gap is even more pronounced in underprivileged schools, where access to structured sports education is minimal.

At Sportsa India Organization, we believe a sound mind thrives in a sound body. Our mission is to integrate sports into the education system, fostering a healthier, fitter generation. We are currently working with over 100 schools and 52,000 students across Tamil Nadu, transforming lives through structured, age-appropriate sports and physical education.

Sports are essential for physical development, emotional regulation, and cognitive growth. Whether it's chess sharpening the mind or volleyball building agility, every game contributes to a child's holistic well-being. Our customized sports programs cater to all school environments, even those with limited space, ensuring inclusivity and engagement.

Beyond fitness, our program instills discipline, self-confidence, leadership, and teamwork. It enhances concentration, memory, and problem solving skills qualities essential for success in today's world. With full-time trainers, upgraded sports equipment, and structured training from kindergarten to Grade 12, we make sports education accessible and impactful.

Your support can help us expand our reach, providing more children with the opportunity to learn, play, and grow. Together, we can create a healthier, stronger generation ready to take on the future.

Thank you for partnering with us to make a lasting difference.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Sooria James'.

Sooria James

Managing Trustee, Sportsa India Organization

Sportsa India Organization

Sportsa India Organization is a dedicated Trust committed to transforming sports education in government schools across the country. The initiative is led by Mrs. Sooria James and Mr. Bharath Kumar as Trustees, with a shared vision of driving social change through sports.

Mr. Bharath Kumar, a fitness enthusiast and philanthropist, is passionate about integrating sports into education, ensuring that every child, regardless of background, has access to quality physical training and opportunities.

Mrs. Sooria James, a sports personality herself, strongly advocates for the safety and empowerment of girl children through sports, promoting inclusivity and equal opportunities.

Joining them as an Honorary Trustee, **Mr. S. Purushothaman**, a distinguished international professional basketball player, envisions revolutionizing sports in India by fostering young talent and strengthening sports infrastructure nationwide.

The organization runs integrated sports and physical education programs in schools, along with after-school coaching, training camps, and mentorship initiatives for underprivileged children from government schools. These efforts align with the Government of India's **Fit India Movement** and the Tamil Nadu Government's sports development initiatives, promoting holistic physical development and fostering a culture of fitness and well-being.

Through collaboration with schools and local communities, Sportsa India Organization provides scholarships, professional coaching, and access to quality sports facilities, ensuring equal opportunities for young athletes to excel.

The outcome of these efforts will be a generation of well-rounded individuals who are physically fit, mentally resilient, and socially responsible, equipped with the skills, discipline, and opportunities to excel not just in sports but in all aspects of life.

Vision

Sportsa India Organization envisions a future whereevery child, regardless of socio-economic background, has access to quality physical education and sports opportunities. By integrating structured training and holistic sports management into underprivileged schools, we aim to nurture talent, instill discipline, and promote a culture of health, fitness, and excellence empowering future generations to thrive through sports.

Mission

Sportsa India Organization is committed to transforming the live of underprivileged school students by providing quality physical education structured sports training, and comprehensive sports management services. We strive to bridge the gap in access to sports, empowering students with the skills, discipline, and opportunities needed to excel both on and off the field, fostering a healthier and more active generation.

Objectives

- Reducing dropout rates from schools and increasing enrolment
- Preventive self-defense education for girl children
- Drug and substance abuse awareness programs to reduce juvenile crimes
- Career guidance for students in the sports industry
- Identifying and nurturing young athletic talent to create future athletes
- Strengthening India's presence in international sports by developing world-class athletes
- Utilizing sports as a tool for nation-building and fostering unity
- Instilling discipline, teamwork, and leadership skills through structured sports training
- Promoting physical and mental well-being among students through active sports participation
- Encouraging gender equality and inclusivity in sports from the grassroots level



Our Holistic Services

- Integrated, inclusive, age appropriate Sports and Physical Education
- Full time certified, qualified and trained teachers in a 300:1 ratio
- Structured, researched and customized curriculum
- Structured lesson plan
- Age appropriate games
- Introduction of all major games in the KG and primary level
- Athletics
- Wide range of sports, both indoor and outdoor designed to work within limited space as well
- Talent identification and school teams development with selection trials
- After-school coaching
- Tournament exposure like friendly matches, practice matches, inter school, and inter zone, state and national level tournaments
- Age appropriate props, sporting equipment, kits and tools for the teams
- Nutritional diet for the selected teams
- Native and traditional sports of Tamil Nadu
- Archery introduction
- Yoga training
- Technology driven assessment and monitoring system through a mobile application
- Performance analysis and enhancement using sports science labs
- School annual Sports day celebration (planning, events practice, rehearsal, certificate, trophies, prizes)
- Summer play camps
- Preventive self-defence for girls
- First aid classes
- Drug and substance abuse awareness programs
- Career guidance in sports industry
- Respect for women program
- Social emotional learning

* Conditions apply

Age appropriate curriculum

- Holistic development of a child



KG level

Fundamental motor skills development

Variety of sports and physical activities introduced

Benefits:

Listening, obeying, attention skills, development



Primary level

Introduction to multiple sports

Benefits:

To play multiple sports

Gets the chance to pursue the sports they want to play



Middle level

Introduction to multiple organized games and sports

Benefits:

Specific coaching for talent & development

Participation in competitions



Secondary level

Coaching on specific sports and games

Benefits:

Specific talent identification

Coaching & development

Participation in tournaments outside school

Sports Equipment and Props

For pre primary school



Parachute (12 ft.)



Parachute (24 ft.)



Agility ladder with flat rings



Multi colored hula hoops



Soft ball (Size-small and big)



Basketball (Size-3)



Flat ring



Saucer cone



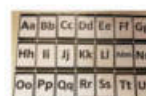
Poly spots



Marking cones (1-9)



Nylon bibs



Alphabet set



Bean bags scarf



Bean bags



Step hurdle (5 inches)



Training arch with modified base



Soft foam rugby ball



Plastic cricket bat (Size-3)



Multi purpose gym mat



Balance beam set



Plastic balls



Foam paddle bat



Soft flyer



Tunnel

For primary and middle school

Key :
 Props available in the primary school program
 Props available in the middle school program



Saucer cone



Poly spots



Marking cone (12 inches)



Marking cone (1-9)



Foam Javelin



Mini volleyball net



Discus (rubber)



Flexi poles with clippers



Step hurdle (9 inches)



Relay batons



Frisbee



Basketball (Size-5)



Agility ladder



Marking cones (18 inches)



Step hurdle (15 inches)



Football (Size-3)



Rugby ball



Medicine ball (1 kg.)



Nylon bibs



Medicine ball (2 kg.)



Wooden bats (Size-4)



Throwball



Volleyball (Size 4)



Wooden bats (Size-4)



Cricket stump set



Pop up football goal post



Mini football net



Shot put (rubber)



Tennis ball



Basketball (Size-7)



Rugby ball

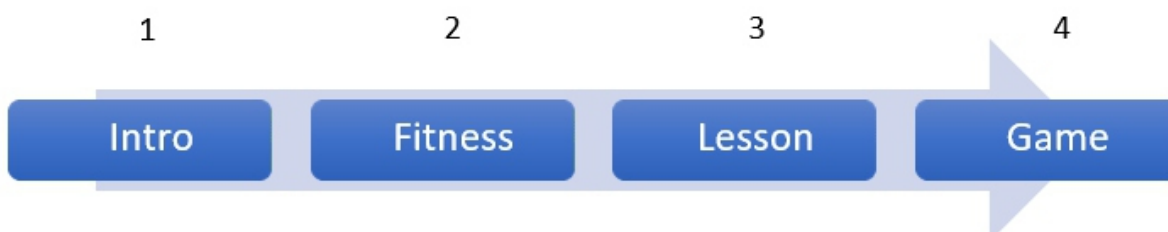


Model Lesson Plan – Sportsa

The lesson structure has the following four parts:

- (1) Introduction Activity (3-5 mins),
- (2) Fitness Activity (7-8mins),
- (3) Lesson (12-15mins),
- (4) Game (5-7 mins).

*Time allocation can proportionally be adjusted to meet the needs of the school and their unique lesson length. Above is based on a physical education lesson of 40-minute instructional time.



Model Assessment – Sportsa

Formative Assessment- Psychomotor

EXAMPLE

Volleyball Unit: Peer Checklist Skill- Forehand Pass													
Directions: Tally each time the performer executes the techniques properly.													
Performer _____							Observer _____						
Moving feet under ball w/ knees bent			Arms extended w/ proper hands and platform exposed			No swinging and meeting ball with arms		Contact made with platform			Angle of arms to target and ball height easy to get		

*Watch the performer to complete at least three observations per technique.

KEY: X = Completed 0 = Not Completed



Trainers

- Educational qualification as per government norms
- Training by Sportsa on program implementation
- Training by Sportsa on Social Emotional learning
- Psychological screening by Sportsa
- Knowledge about current trends
- Coaching skills
- Communication and interpersonal skills
- Decisive and leadership skills
- Enthusiastic and child – centred





Preventive Self-Defence Program:

Sportsa India Organization's Preventive Self-Defence Program is designed to equip students with essential life skills related to personal safety, situational awareness, self-protection, and responsible decision-making.

Objective of the Program:

The objective of the Preventive Self-Defence Program is to create awareness among students about potential risks in everyday life and to develop a preventive mindset that helps them avoid danger before it occurs. The program focuses on building confidence, alertness, and the ability to make safe decisions in challenging situations.



Key Highlights of the Training:

- Understanding the concept of Prevention First, Defence Second.
- Developing situational awareness and observation skills.
- Identifying unsafe situations and recognizing early warning signs.
- Learning how to avoid risky environments and unsafe interactions.
- Stranger awareness and safe response strategies.
- Personal boundary awareness and protection.
- Safe travel practices while walking, using public transport, or commuting alone.
- Online safety and responsible social media behaviour.
- Peer pressure awareness and decision-making skills.
- Emergency response and seeking help effectively.
- Verbal de-escalation and conflict avoidance techniques.
- Basic self-defence techniques for emergency situations.
- Escape strategies from common grabs and holds.
- Using voice, posture, and confidence as protective tools.
- Practical demonstrations and hands-on training exercises.
- Mental preparedness and confidence-building activities.
- Awareness of legal rights related to self-defence and personal safety.





Why Children Should Attend:

- Learn practical self-protection techniques for real-life situations.
- Build confidence and independence in daily life.
- Develop awareness of personal safety and surroundings.
- Improve decision-making during emergencies.
- Understand legal rights related to self-defence.
- Become more alert, confident, and empowered.
- Learn to identify and avoid unsafe situations.
- Develop responsibility towards personal and community safety.
- Build confidence, discipline, and self-control.
- Understand respectful behaviour and personal boundaries.
- Improve leadership and emergency response skills.
- Become safety ambassadors among peers and family members.



SAFE & STRONG

Measuring Student Progression:

Before the training, students are given a set of safety-based situational questions and asked to select the most appropriate response. The same assessment is conducted again two months after the program.

This process helps measure improvements in:

- Situational awareness
- Safety decision-making
- Risk identification
- Personal protection mindset
- Confidence and preparedness

The assessment provides measurable evidence of how students have progressed in their understanding of safety and their ability to protect themselves.

Evolution of the Safe & Strong Book

The experiences, student interactions, situational assessments, and feedback collected from Preventive Self-Defence Programs across schools contributed to the development of the "**Safe & Strong – Preventive Self-Defence**" book.

The book extends the learning beyond a one-day training session and serves as a practical safety guide for students. It reinforces preventive thinking, situational awareness, personal safety strategies, and self-protection principles; helping create a generation of alert, confident, responsible and most importantly, safe youngsters.





Feedback from Headmaster / Headmistress Trainers handle the class very well. The both of them help me regularly. Very useful for us. They maintain discipline for our school students. Trainers very active and interesting do the job very well. Trainers coming duty on time. Signature: <i>R. Jeyaraj</i> HEAD MISTRESS CHENNAI GIRLS SEC. SCHOOL # 51, MARKET STREET TRIPLIKANE, CHENNAI-600 003	Feedback from Headmaster / Headmistress The P.E.T Staff Mr. Srinath, depicted from your organization is doing his duty effectively. He imparts knowledge of sports activities among the children. He is assigned 5 periods per week. During the periods, I found him doing his work for my fullest satisfaction. Moreover, he is maintaining the discipline among the children even after school hours voluntarily. Thanking You. Signature: <i>Srinath</i> HEAD MASTER CHENNAI HIGHER SEC. SCHOOL KOLATHUR, CHENNAI-600 004	Feedback from Headmaster / Headmistress பொதுவாக, ஸ்போர்ட்ஸ் இந்தியா அமைதிப்புள்ளி டி.ஓ. சேர்மன்ஸ்டிரீட் ஸ்போர்ட்ஸ் டிரைனிங் சமீபத்தில் நடைபெற்றுள்ள பரீட்சைகள் மூலம் ஸ்கூலில் உள்ள மாணவர்களுக்கு ஸ்போர்ட்ஸ் டிரைனிங் தரப்பட்டுள்ளது. ஸ்கூலில் உள்ள மாணவர்களுக்கு ஸ்போர்ட்ஸ் டிரைனிங் தரப்பட்டுள்ளது. ஸ்கூலில் உள்ள மாணவர்களுக்கு ஸ்போர்ட்ஸ் டிரைனிங் தரப்பட்டுள்ளது. Signature: <i>S. Sathya</i> HEAD MISTRESS Chennai Middle School 6, Besant School Road, Raminagar, Krishnamoorti, Chennai-5.
Feedback from Headmaster / Headmistress வணக்கம்! Sports India Organisation நேரமாக வழங்கப்பட்ட உதவிகளை ஆதரிக்கிறேன். திறமையான உதவிகள் மூலமாக உதவிகள் திறமையாக உதவின. உதவிகள் திறமையாக உதவின. உதவிகள் திறமையாக உதவின. Signature: <i>D. Saravanan</i> HEAD MISTRESS CHENNAI PRIMARY SCHOOL Servotoppe, Chennai - 600 003	Feedback from Headmaster / Headmistress Selvi. Munees Kivithika. C who was sent by your Sports India Organization to work and perform the duties of a Physical teacher worked very well. She was in time to school and checked the discipline of the students who were entering the school. Conducted lots of games to all the classes when they were free and in their PET periods. Monitored the school discipline during lunch hours and at the time of exit. As a whole she is good at her work and duty conscious. Signature: <i>N. L. S.</i> HEAD MISTRESS CHENNAI GIRLS HIGHER SECONDARY SCHOOL NO. 18, AVINASHI, CHENNAI - 600 004	Feedback from Headmaster / Headmistress First of all I thank sports India to execute the trainers to almost all the schools of GCC where we are in lack of enough PET's to train of our children. It's the right time you joined hands with GCC to say frankly. Everything goes well in our school. As the trainers were specially trained, their approach and activity with our students, is enthusiastic and more over students also enjoying their demo and activities lively. Hope for the best to be in future. Hats off!!!. Signature: <i>R. Sathya</i> HEAD MISTRESS Chennai High School MAIDAN, Anna Nagar, Chennai - 600 005
Feedback from Headmaster / Headmistress வணக்கம், ஸ்போர்ட்ஸ் இந்தியா அமைதிப்புள்ளி டி.ஓ. சேர்மன்ஸ்டிரீட் ஸ்போர்ட்ஸ் டிரைனிங் சமீபத்தில் நடைபெற்றுள்ள பரீட்சைகள் மூலம் ஸ்கூலில் உள்ள மாணவர்களுக்கு ஸ்போர்ட்ஸ் டிரைனிங் தரப்பட்டுள்ளது. ஸ்கூலில் உள்ள மாணவர்களுக்கு ஸ்போர்ட்ஸ் டிரைனிங் தரப்பட்டுள்ளது. Signature: <i>A. Jeyaraj</i> HEAD MISTRESS Chennai Middle School 100, Triplicane High Road, Triplicane, Chennai-600 003	Feedback from Headmaster / Headmistress Our school is happy to inform that sports India organization is doing a great work in our schools our students got a chance to work on their physical & mental abilities to achieve goals in their life. - All students participation - Brainstorming activities - maintains discipline in classroom as well as outside classroom - skills like team work, patience, leadership, discipline, learning from failure etc - focus in their studies - enhances social relationships - time management Signature: <i>A. Jeyaraj</i> Headmistress CHENNAI MIDDLE SCHOOL Gopalapuram, Zone IV Chennai-600 003	Feedback from Headmaster / Headmistress We are happy with our collaboration and thankful for the dedication, professionalism, and expertise demonstrated by Sportsa team in 23 Chennai Schools. Thanking You With Regards Signature: <i>S. Sathya</i> Educational Officer Greater Chennai Corporation Chennai - 600 003
Feedback from Headmaster / Headmistress 1. Thiru. S. Praveen Raj 2. Thiru. M. Yoga Raj. The above two Sports persons, do their best to motivate and encourage students in sports discipline. They also helps to maintain discipline among students. Football and badminton are the key games they concentrate. Signature: <i>S. Sathya</i> HEADMASTER Chennai Pri. Sec. School # 51, Market Street, Raminagar, Chennai-600 003	Feedback from Headmaster / Headmistress Our School PET Master Mr. Mathivanan is working very well with interest. He is actually very punctual to school. His actions to maintain discipline in the school is really helpful. Students really enjoy the PET period very much. It gives an outlet for their stress. They enjoy to come to school. Signature: <i>R. Sathya</i> Headmistress Chennai High School Gopalapuram, Zone IV Chennai-600 003	Feedback from Headmaster / Headmistress We thank Sportsa India Organization for providing us a P.E.T Teacher. It has been a dream of Middle School students to learn Sports with a PET Teacher. Mr. Naren has taught our students many new games and sports with give them confidence and joy. We thank Mr. Naren for his efforts. We would like to request the Sportsa India Organization to provide us one more P.E.T teacher to effectively cover all the classes. Signature: <i>K. M. S. Sathya</i> HEAD MISTRESS CHENNAI MIDDLE SCHOOL # 51, MARKET STREET, CHENNAI - 600 003
Feedback from Headmaster / Headmistress we are thank you Sportsa India organization for choosing Greater Chennai Corporation Schools. Really doing the great job. Our students are interested to having this kind of sports it totally the different ways that students known already. we are not having P.E.T so far. But now you are given P.E.T to us. So we are very thankful for that. This sports helps students mental and physical health. Also we heard that you are going to give healthy food for them. Our students are blessed because of you Sportsa team. Signature: <i>R. Sathya</i> HEAD MISTRESS CHENNAI GIRLS SEC. SCHOOL # 51, MARKET STREET, Raminagar, Chennai-600 003	Feedback from Headmaster / Headmistress I am very happy to invite my school you and your team. Now our children got motivation about sports. I wish you all the very best. Signature: <i>K. S. Sathya</i> HEAD MISTRESS CHENNAI HIGH SCHOOL BOMMA RAJA STREET AGARAPET, CHENNAI-600 003	Feedback from Headmaster / Headmistress Sportsa India organization is very useful for our students. They students enjoyed the P.E.T classes. For our school all the teachers are came all they do well. About discipline, uniform checking etc. Students gather many information about Sports activity. Signature: <i>R. Sathya</i> HEAD MISTRESS C. U. M. S. THARU SAHIB STREET NO. 12, VALLUVA MOZHAKKAL STREET, TRIPLIKANE, CHENNAI-600 005
Feedback from Headmaster / Headmistress Dear Sir, Our school students are very interested in sports sir. So they're very interested to learn the game. Play enthusiasm. Signature: <i>P. Sathya</i> HEAD MISTRESS CHENNAI GIRLS SEC. SCHOOL # 51, MARKET STREET, Raminagar, Chennai-600 003	Feedback from Headmaster / Headmistress Dear sir/Madam, I would like to thank the people behind the creation of integrated sports and physical education Program. In this day and age where children are more interested in their mobile phones than going outside and playing physical activity is the need of the hour for our future generations. The sports program now initially focus on school level physical activity which is a wonderful starting point in identifying each of our school children's talents and I hope in future it will also be in cultivating this talent and will help and encourage the kids in pursuing a career in sports if they wish to. On that note our children are immensely happy and excited to be playing games. Signature: <i>A. Sathya</i> HEAD MISTRESS Chennai Primary School # 51, MARKET STREET, Raminagar, Chennai-600 003	Feedback from Headmaster / Headmistress Thank you very much for selecting our school for the integrated sports & physical Ed. programme. The involvement of Mr. Thanigai malai who was deputed to our school is appreciable and keeps engaging all students. Hope this program may give a good result in near future and the students physical fitness will improve as he is actively involves from morning currently itself. Students may be involved in private competitions too after a time practice. Signature: <i>T. Sathya</i> HEAD MISTRESS Chennai Middle School 10, Mahal Nagar 3rd Street, Novembretham, Chennai - 600 014



Registered Office

The Grange Villa No.14
No.39-41, MGR Salai, Palavakam
Chennai – 600 041

Corporate Office

Plot No. 3959, S-76
18th Street, S-Block, Anna Nagar
Chennai – 600 040

Reg No: TN/2023/0359425
PAN: ABHTS4057M
80G: ABHTS4057MF20231
12A: ABHTS4057ME20231

Contact

044 4357 3377
044 4358 3377
+91 7825 80 7825
contact@sportsaindia.org
www.sportsaindia.org

 sportsaindiaorganization
 sportsaindiaorganization
 sportsaindiaorganization
 sportsaindiaorganization

Partner with us:



Today's happy children are tomorrow's healthy adults!