



# SPORTS COMPONENT

KHEL- A LEARNING & RECREATIONAL CENTRE

## IMKAAN WELFARE ORGANIZATION

*No child's life shall be curtailed by the circumstances of his or her birth because each one deserves absolute love and infinite opportunity to grow.*

**Imkaan's Mission Statement**

## ABOUT

# KHEL - A LEARNING & RECREATIONAL CENTRE



Khel is a learning and recreational centre for children. It is a safe haven, a space trusted by families to secure learning, growth, development and protection of their children.

Khel uses a holistic approach to child development, with focus on addressing the individual physical, mental and emotional needs of children.

Khel is divided into the following components:

- Education
- Sports
- Arts & Performing Arts

## SPORTS COMPONENT

In a community like Machar Colony, where the garbage laden streets are the playground for every child, the concern of adolescent behavior problems such as delinquency, gambling and drug use can be very high.

Khel, provides a safe haven to children where growth and development of each child is priority. Sports has always been an avenue to foster youth development, the enhancement of physical and mental development of children is certainly the most important contribution of sports and the list of values children learn and acquire through sports are countless.

The sports program of Khel focuses on:

- skill development
- physical exercise
- teamwork
- character and moral principles
- learn to respect authority, rules, team colleagues and opponents.
- help building positive self- esteem in children

## THE GYMNASTICS TEAM

Since the establishment of Khel and commencing of gymnastics classes, Imkaan has been able to train both boys and girls to form teams that participate in games locally. Trained by qualified coaches, the girls gymnastics team have been winning accolades at every local level game (team final, all-around, vault, uneven bars, balance beam, and floor exercise). The future is promising for these athletes who are now training for the Asian Games 2022.





## The Table Tennis Team

A back and forth game where the ball can easily travel to 100 mph, table tennis is taught at Khel to children 7 and above. The second largest game globally, table tennis team was developed for the older children of the community who were looking for extra curricular activities after school and maddarsah.

The team has been participating in inter-school level games and have been runner ups in all after two years of practice. It takes consistent hard work of over ten years to develop to the top level. With qualified coaches for the table tennis federation, the team continues to learn and develop their skill.

## How Can You Help Us?

You can help these children by providing them the same resources that every child deserves.

Our monthly cost is : Rs. 138,000/-

Our per child cost is: Rs. 811/-

The above cost includes all operational costs inclusive of teaching and learning material.

Donation's can be directly to Imkaan's bank account:

Title: Imkaan Welfare Organization

Bank: Muslim Commercial Bank

Account No: 0595026121003100

IBAN: PK03MUCB0595026121003100

Khayaban-e-Saadi Branch, Karachi

Branch Code: 1451

We love people coming over and spending time with the kids at Khel, but we understand that not everyone can make it. So click on the link below and see what a Day in Khel is like:

<https://www.facebook.com/watch/?v=1679943525446659>