



ANNUAL

REPORT

2021/2022

Tinka Samajik Sanstha Timarni
(Harda)

4 YEAR OF TINKA SAMAJIK SANSTHA



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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.

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 in rural areas.

Our Vision

"Our vision is to promote gender equality through sports while also building a civilized and safe society."

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 building 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.

In addition a key stakeholder that Tinka works with are adolescent boys and young men, as awareness among men play a crucial role in breaking the cycle of patriarchy and violence.

GENDER EQUALITY



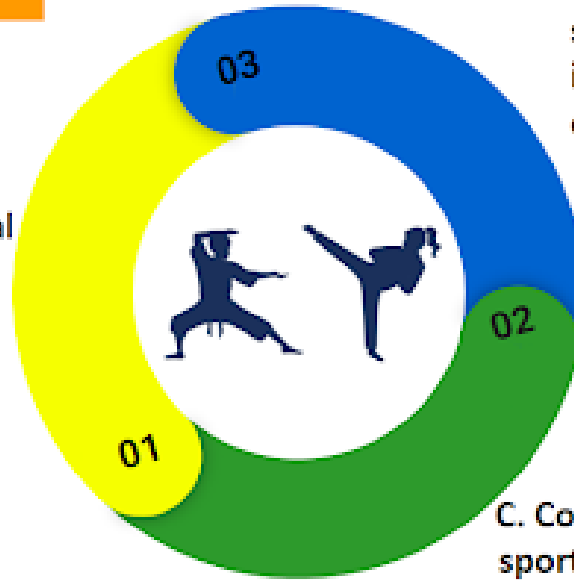
THROUGH SPORTS

Equal on the field, equal in life.

What we do

OUR PROGRAM MODEL

A. Set-up free of cost martial arts training centres in villages



B. Prepare players for state, national and international championships

C. Community Engagement on sports, gender equality, rights and safety

Our Journey at a Glance

166

**KARATE COACHES
CREATED**

106788

**KARATE CLASSES
CONDUCTED**

1140

**AWARENESS SESSIONS
CONDUCTED**

12

**DISTRICTS WITH
KARATE CENTRES**

Key Highlights

Sessions



We direct four weekly sessions and one community session every month involving different topics. We run weekly sessions at our karate centers and community sessions within our locality with some stakeholders. This year, we have started sessions on many topics such as gender equality, good touch/bad touch, self defense, the importance of education, covid-19, goals and aspirations, the importance of sports and so on. During these, we collect information about particular topics and provide that knowledge to our participants. We also try to follow up on that topic throughout the week.

Session topics

- Constitution (what is the constitution why was it made and how ?)
- Gender discrimination and its types
- Social media awareness
- Sexual attraction (laingik akarshan)
- Child marriage
- Self defence
- Good touch, bad touch
- Menstruation
- Patriarchy (pitrshakti)
- Importance of sport or education
- Importance of discipline

Total topics - 11

Session number's

26

15

04

01

02

22

22

03

03

16

02

Total sessions -133

Achievements

1. Mana Mandlikar 1st degree
2. Kuldeep Dhoke
3. Mona Khare
4. Anil Malhare
5. Rina Kanoje
6. Divyayani Paware
7. Vijay Kajve
8. Arun Chore
9. Anish Kahar
10. Khushi Rajput
11. Gyanendra Singh Tomar

Dropout student's readmission in school

Our Karate coach Jigyasa Onkar inspired the school dropout students to re-admit in the school and got them admitted in School. After her inspiration, 9 students (7 girls, 2 boys) take admission in the school.

Tournaments wherein players prepared by Tinka participated

- National karate championship 2021
- Academy selection 2022
- central india karate championship 2021
- Harda district Olympics Total 417 players in kamal yuva khel mahotsv {Harda Olympic} 2021 - 22

Awards

- India Book Of Record 2021
- Martial Arts Award New Delhi 2022



MONTHLY ACTIVITY



APRIL 2021

Karate Tournament

To celebrate the completion of the Kavach Project, a karate tournament was held in all centres. The project was very successful so this event identified as a great milestone for everybody.

1

MAY 2021

End Line survey

A survey was held in all areas where Tinka works, involving 2545 people. The results indicated that people were now aware of the Covid-19 pandemic and were able to protect themselves against it and had stopped believing false rumours on social media

2

JUNE 2021

Trainers and external speakers went to the nearby villages and conducted community awareness sessions with enthusiastic engagement from the local people.

3

JULY 2021

Covid-19 response

Many village girls dropped out of school during the pandemic. 43 early school dropouts returned to school after attending Tinka's education sessions. The correct information was provided about the Covid-19 vaccine in community sessions, motivating more village people to get vaccinated

4

AUGUST 2021

Health Awareness

Tinka worked with the MP government to raise awareness about the importance of breastfeeding new-born babies for six months, helping to improve the health of local infants. 36 karate players across 8 villages improved their belt ranking during the belt exams. A felicitation ceremony was held to appreciate the work of nurses during the pandemic.

5

SEPTEMBER 2021

India Book Of Record

Tinka won the India Book Of Record for training 45000+ karate players for free. A felicitation ceremony was held for 40 trainers who led free self-defence sessions during Covid-19. 2 of our karate players achieved positions in the Super 10 of the Freedom Run. The founder of. Our centres were visited by members from NFI, United India and the Milan Foundation.

6

OCTOBER 2021

Motivation sessions

Mr Mahendra Dogne ran a motivation session in Timarni, inspiring the karate players to face their struggles. A sports event was organised between the karate players and local police members to establish trust and familiarity between them.

7

NOVEMBER 2021

Education campaigns

An education awareness rally raised the importance of girls completing their education in the village of Rahat. Sports events were also run in Rampura to encourage the women and children in the village to connect as a community.

8

DECEMBER 2021

Martial Arts Award New Delhi 2022

Ritesh Tiwari, President of Tinka Samajik sanstha has been working selflessly in the field of sports for the last 22 years. To eradicate the evils like gender discrimination, violence, molestation, rape prevalent in the society, making sports a medium, free martial arts to children. He has been giving training to the boys and girls, and also taught them not only sports but also taught them the art of living life.

Lok Sabha MP and former Union Minister of State, Government of India Mr. Pratap Chandra Sarangi, President National Martial Arts Committee India, Dr. RK Bharat Secretary Martial Arts Committee India were present on December 14 at Talaqtora Stadium, Delhi.

JANUARY 2022

Sports Events

417 players from Tinka participated in the Harda Olympics, winning 29 out of 30 medals across the event. Tinka's players also participated in the Anand Manotsav tournament and University tournament In Bhopal

FEBRUARY 2022

Health Awareness

Tinka worked with the MP government to raise awareness about the importance of breastfeeding new-born babies for six months, helping to improve the health of local infants. 36 karate players across 8 villages improved their belt ranking during the belt exams. A felicitation ceremony was held to appreciate the work of nurses during the pandemic.

MARCH 2022

8 ,women's day

On March 8, Women's Day, the story of Mana Mandalekar, the secretary of the Tinka samajik sanstha in Timarni city, Harda district, was published at the national level in the Bharat Patrika from Rajasthan. This is a matter of pride and joy for the Tinka organization's secretary and the entire team.

Stories of Impact

Preeti Chouhan



“As a child, I was forced to sit separately from other children. Everyone in my community was. This practice had a negative impact on my self-confidence and public speaking ability. When a karate center opened in my village, I asked my parents for permission, but they and the community denied it due to safety concerns. I went to the coach, Anish sir, who then intervened and convinced my parents, explaining the benefits. After the first conversation with my family, I felt overwhelmed, but learning karate has transformed me and now I am capable of caring for others in my community“.

Preeti is now a trained martial artist and is a National level Gold medalist in karate. She is a role model for the girls in her community, breaking the social barriers as a senior karate instructor in her village



"Before I joined the karate class in my school, there was a strict curfew time which I had to follow at home. I was allowed to step out of my house only to attend school. After learning karate, there has been a change in my family's behavior. Since I started taking classes a year and a half ago, my family has come to trust that I am capable of taking care of myself. Now I do not have to ask for permission while going out, instead, I only inform. My parents are proud of me. I feel 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 medal list and School Games Federation of India Participant



"After joining the karate classes, I have become disciplined, and I see a change within which will help me become a successful person in life. I am much more confident now. I have noticed a shift in my communication skills and how others perceive me; I am now more confident and assertive, which has earned me greater respect".
Rishiraj wishes to join the Indian Army and serve the nation. He is a 2 time National Gold medalist and an International Bronze medalist, making his family and village proud. He wishes to be financially independent and support his family.

Our Supporters

National Foundation of India

NFI is supporting us in many ways financially, monitoring our work and giving suggestions.

UnLtd India

UnLtd INDIA is also supporting us financially, monitoring our work and giving suggestions through an incubator program on how we can improve our work.



FOUNDATION



भारतीय प्रतिष्ठान
NATIONAL FOUNDATION FOR INDIA

CLP  INDIA
The power of new standards



thankyou