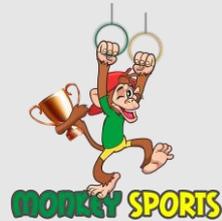


Monkey Sports
#301, Mahavira Enclave,
Exhibition Road,
Patna - 800001
Bihar
P: 7992470486



**Training the Trainers
Report 22nd Feb – 26th Feb 2021**

Quest Alliance

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INTRODUCTION

Monkey Sports is a social enterprise with the mission to build life skills in children through sports. Life skills have been defined by the World Health Organization (WHO) as “abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life”. Some of the important life skill defined are self-management, positive relationship, empathy, decision making, problem solving, teamwork.

Setup in Patna, Monkey Sports focuses on facilitating the implementation of various program to promote the social, mental and physical well-being of children, and foster their growth as confident and competent learners. Through these program, Monkey Sports strives for the inclusion of girls from Scheduled Castes (SC) and Scheduled Tribes (ST) as well as children from slum settlements.

Monkey sports has worked with 12 government school and 1 private school in the state of Bihar & Jharkhand. Through our program, we have impacted lives of 740 children among which 60% are girls and 66% belonging to Schedule caste and tribe. In these school we have created a structured curriculum based on life skills and multi sports such as football, Kho-Kho, and kabaddi.

Monkey Sports signed an MOU with Quest Alliance, Bihar to conduct the training of trainer's program. The program starts with a 5 day of training workshop with the objective to train 15 youth about sport for development and how sports can be used to build life skill in children.

TRAINING SCHEDULE

Day	Topic
1	Rapport building activity and Introduction
	Pre-Test
	Introduction and History of Monkey Sports
	Monkey Sports Philosophy
	Domain information of Monkey Sports
	Setting Expectations and Ground rules for the training
	Ground Session
2	Recap 1st Day's
	Key Element of Monkey sports
	Session Structure
	Involving Stakeholders and Resource Mapping
	Development Perspectives
	Problem Solving and Teamwork
	Basic techniques of Football
3	Recap 2nd Day's
	Communication and Managing Self
	Child Protection Policy
	Basic techniques of Handball
	Ground Session (Rounders Cricket)

4	Recap 3rd Day's
	Roles and Responsibility, Facilitation Skill
	Large group & Ground Management
	Preparation of session & Session Distribution
5	Demo session by participant
	First Aid, Post Test & Feedback

Trainer

	<p>Avinash Pandey is a development professional with over 6 years of experience in providing training, coaching and managing projects. He is passionate about making a change in the community and keeps himself updated on the Sports Development module for child development.</p> <p>Prior to joining Monkey Sports, Avinash worked as Training & Monitoring officer for Magic Bus for 5 years. Avinash is a creative genius with a keen interest in arts, music and sports.</p>
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PARTICIPANTS

There was a total of 14 youth members who attended the 5-day training workshop.

Name of the participants:

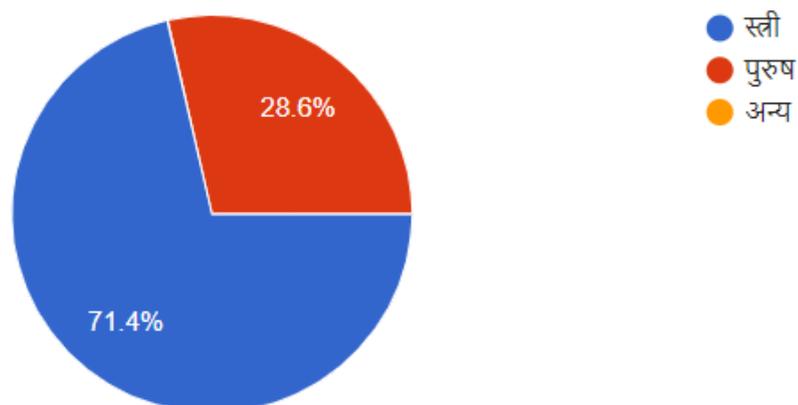
Aniket kumar	Bikesh kumar	Gauri Kumari
Lovely kumari	Muskan kumari	Nisha kumari
Shital kumari	Shahzadi Praveen	Gudiya Kumari
Md Ashraph	Archana Kumari	

Gender Ratio:

There were 9 girls and 5 boys who attended the training.

लिंग

14 responses



Location of the training: Dalsingsarai

HIGHLIGHT OF TRAINING

Day 1

Training started with the introduction of participants through the name game and Fish activity. After that the counting activity was done, in which all the participants had to cross the number from one to fifty with their groups. After the introduction, the participants were informed about the history and philosophy of Monkey Sports.

Everyone was also told about the field of Monkey Sports. To understand the expectations of all the participants, a chart paper activity was conducted in which the participants wrote down their expectations from the training. The training rules were framed for what the role of the participants should be in completing the training. Then in the evening, a ground session was conducted with the participants.



Day 2

The first day was started through the song, and after the recap, the activity was carried out. All were informed about the key element of Monkey Sports. It was fun, learning, safety, participation, learning through experience and a mentor. Through the power house activity, the fact of learning was told from experience. A ground session was conducted with the participants which increased the understanding of the participants towards the session.



Day 3

Firstly, all the participants were organized an activity to control football, then after the repetition of the previous day, detailed information was given about how to reconcile and control themselves. For this, the activity of spider web and rope was carried out. Detailed information about child protection and safeguarding policy was followed, for which the activity of photographing your partner and showing some of their positive qualities was carried out. No child should be called by his spoiled name, this hurts his feelings. When does society believe that children have grown up, what are the practices in which a safe and unsafe environment is created for children, etc. In all activities, in turn, all participants of different disciplines present their views to all Kaya, thus giving all the participants a chance to appear in front of everyone, and by making such a presentation, all were openly open. It was also explained how to report and thus the violence and child protection policy was explained by other activities.



Day 4:

The day started with the sessions of two contestants, Archana and Bikesh. After this, the previous day was recapped. Detailed information was given about the preparation before the session, management of the field, management of the large group and review and feedback of the session. Some remaining facts were explained. The session syllabus was given by making a group of two in each of the participants, all of whom worked hard to give their best.



Day 5:

Today was the last day of training, all the participants were present in the training. All the participants presented their sessions much better. All participants played their active role during the five-day training. It can be expected that this group will be engaged with children for a long time and will do the work in a better way. The five-day training was concluded with post tests and feedback.



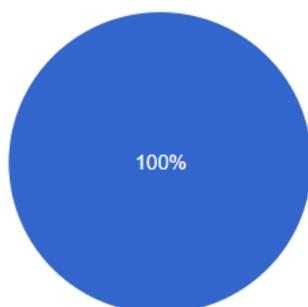
RESULT OF PRE-TEST AND POST TEST

- 1) For the first question about participants understanding Sport for Development, everyone answered correctly in pre and posttest.

Pre Test

"खेल के माध्यम से विकास" से क्या तात्पर्य है?

14 responses

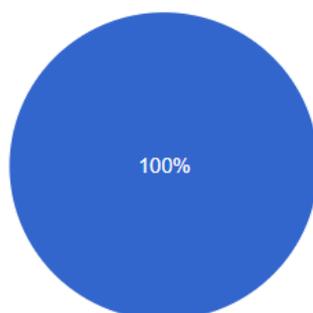


- खेल के माध्यम से एक व्यक्ति में जीवन कौशल का विकास होना
- किसी एक खेल में उत्कृष्टता(Excellence) का विकास करना
- खेल के माध्यम से एक व्यक्ति को रोजगार मिलना
- नहीं पता

Post Test

"खेल के माध्यम से विकास" से क्या तात्पर्य है?

13 responses



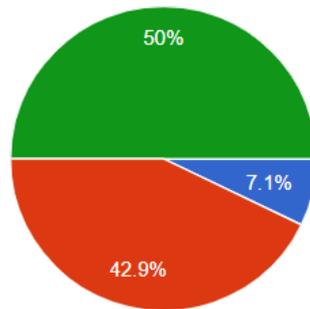
- खेल के माध्यम से एक व्यक्ति में जीवन कौशल का विकास होना
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- खेल के माध्यम से एक व्यक्ति को रोजगार मिलना
- नहीं पता

2) For the 2nd question about participants understanding about safe environment, the percentage of participants giving the correct answer increased from 42.9% to 92.3%.

Pre Test

"सुरक्षित वातावरण" से क्या तात्पर्य है।

14 responses

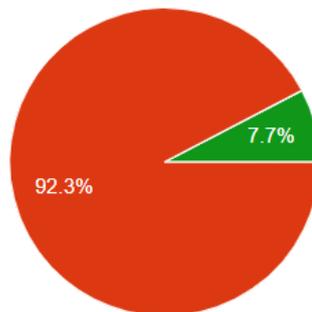


- सुरक्षित उपकरण के साथ एक स्थान।
- एक ऐसा स्थान जहां कोई व्यक्ति किसी को भी शारीरिक और भावनात्मक रूप से नुकसान नहीं पहुंचाए।
- वह स्थान जहाँ कोई व्यक्ति जोखिम(Risk) में नहीं है।
- एक ऐसा स्थान जहाँ लड़कियां और लड़के एक साथ सुरक्षित रूप से खेल सकते हैं।

Post Test

"सुरक्षित वातावरण" से क्या तात्पर्य है।

13 responses



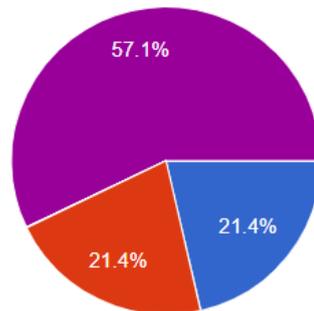
- सुरक्षित उपकरण के साथ एक स्थान।
- एक ऐसा स्थान जहां कोई व्यक्ति किसी को भी शारीरिक और भावनात्मक रूप से नुकसान नहीं पहुंचाए।
- वह स्थान जहाँ कोई व्यक्ति जोखिम(Risk) में नहीं है।
- एक ऐसा स्थान जहाँ लड़कियां और लड़के एक साथ सुरक्षित रूप से खेल सकते हैं।

- 3) For the 3rd question about participants understanding about participation, the percentage of participants giving the correct answer increased from 57.1% to 84.6%.

Pre-Test

आपके अनुसार "भागीदारी" क्या है?

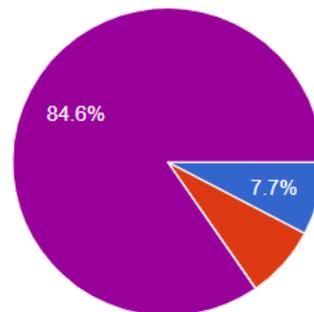
14 responses



- एक व्यक्ति समूह के फैसलों में योगदान देता है और उन्हें लागू करने में मदद करता है।
- जब कोई व्यक्ति समूह में दूसरों के साथ अपने विचारों को साझा करता है।
- जब कोई व्यक्ति समूह कार्य में पहल करता है। अर्थात् लक्ष्यों को प्राप्त करने पर स्वामित्व(Ownership) है।
- जब बच्चों को अपने मतभेदों के बावजूद समान अवसर मिलते हैं।
- ऊपर के सभी

Post-Test

13 responses



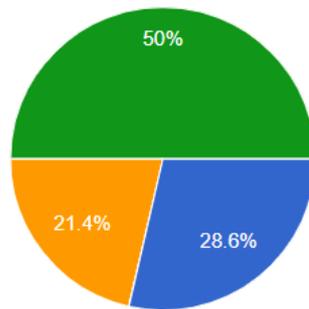
- एक व्यक्ति समूह के फैसलों में योगदान देता है और उन्हें लागू करने में मदद करता है।
- जब कोई व्यक्ति समूह में दूसरों के साथ अपने विचारों को साझा करता है।
- जब कोई व्यक्ति समूह कार्य में पहल करता है। अर्थात् लक्ष्यों को प्राप्त करने पर स्वामित्व(Ownership) है।
- जब बच्चों को अपने मतभेदों के बावजूद समान अवसर मिलते हैं।
- ऊपर के सभी

- 4) For the 4th question about participants understanding about experiential learning, the percentage of participants giving the correct answer increased from 50% to 84.6%.

Pre Test

"अनुभव से सिखने" का क्या तात्पर्य है?

14 responses

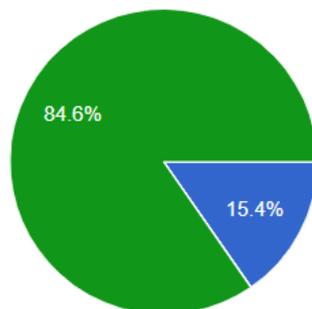


- बच्चों को पहले कुछ करने का तरीका सिखाएं और फिर उन्हें खुद से इसका अनुभव करने दें।
- बच्चों को कुछ करने दें (सहायता के साथ या बिना सहायता के) और उस क्रिया से वें सीखें।
- बच्चों को पूरी तरह से स्वतंत्र होने देना और स्वयं सीखना।
- उपरोक्त सभी

Post Test

"अनुभव से सिखने" का क्या तात्पर्य है?

13 responses



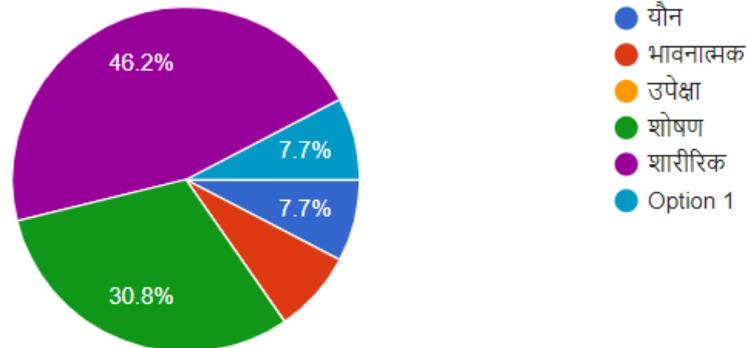
- बच्चों को पहले कुछ करने का तरीका सिखाएं और फिर उन्हें खुद से इसका अनुभव करने दें।
- बच्चों को कुछ करने दें (सहायता के साथ या बिना सहायता के) और उस क्रिया से वें सीखें।
- बच्चों को पूरी तरह से स्वतंत्र होने देना और स्वयं सीखना।
- उपरोक्त सभी

- 5) For the 5th question about participants understanding about physical abuse, the percentage of participants giving the correct answer increased from 46.2% to 92.3%.

Pre-test

मारना, पीटना, बाल खींचना निम्न में से किस Abuse के उदहारण हैं?

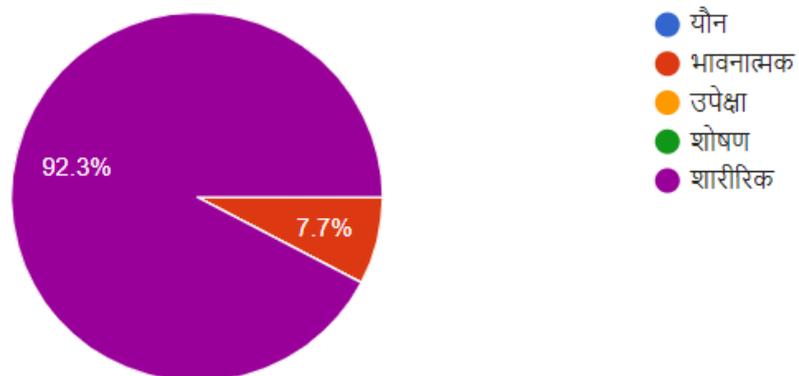
13 responses



Post-test

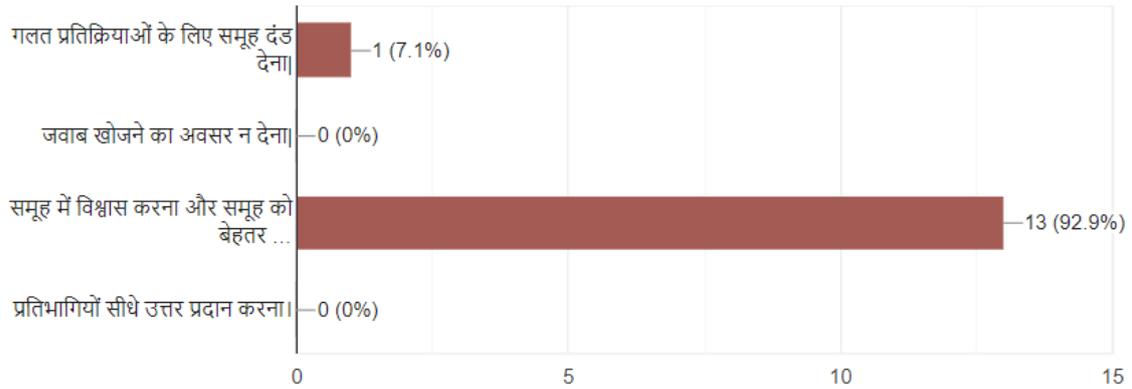
मारना, पीटना, बाल खींचना निम्न में से किस Abuse के उदहारण हैं?

13 responses



- 6) For the 6th question about participants understanding about the main role of a facilitator, the percentage of participants giving the correct answer remained same pretest and posttest.

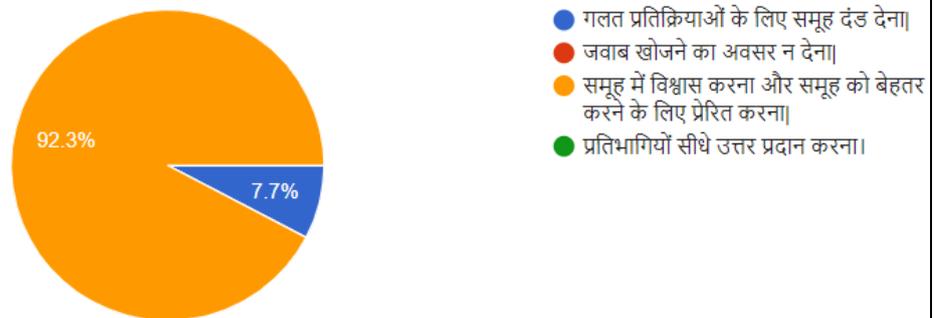
Pre-Test



Post Test

फैसिलिटेटर के प्रमुख गुण को चिन्हित करें।

13 responses

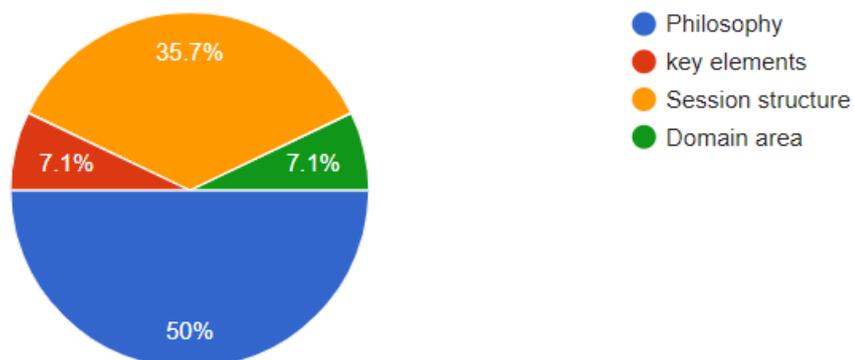


7) For the 7th question about participants understanding about the function of ice breaker, the percentage of participants understanding remained low pretest and posttest.

Pre-Test

'ICE BREAKER' निम्न में से किस मुख्य तथ्य का भाग है?

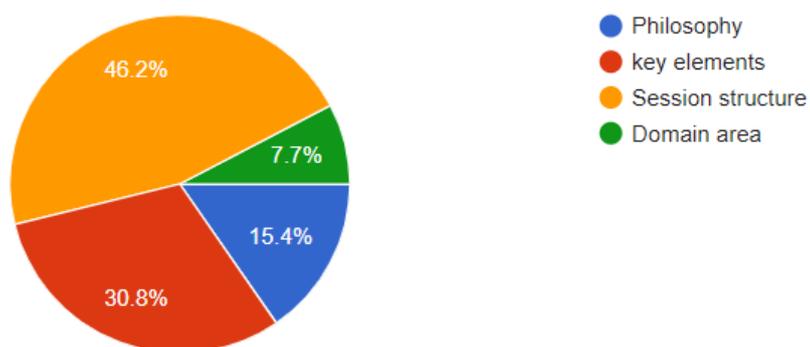
14 responses



Post Test

'ICE BREAKER' निम्न में से किस मुख्य तथ्य का भाग है?

13 responses

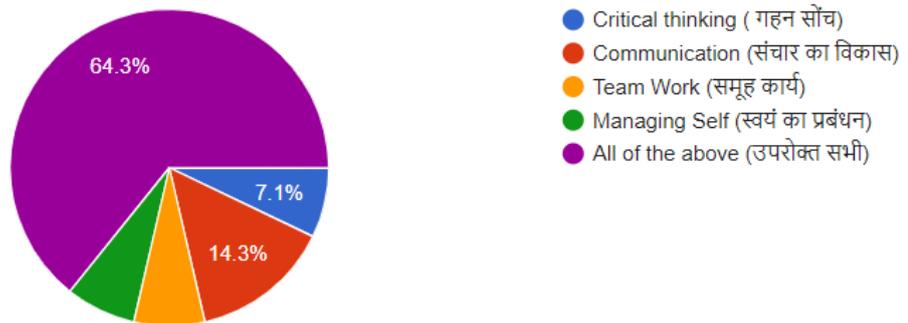


- 8) For the 8th question about participants understanding about skill development through sports, the percentage of participants giving the correct answer increased from 64.3% to 84.6%.

Pre- Test

स्पोर्ट्स के माध्यम से निम्न में से किन क्षमताओं का विकास होता है।

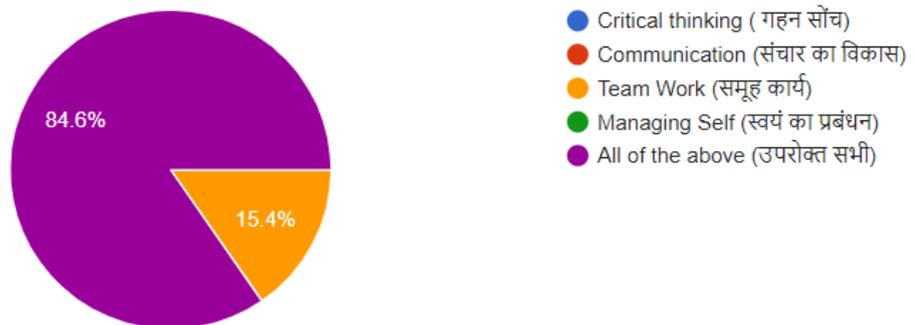
14 responses



Post Test

स्पोर्ट्स के माध्यम से निम्न में से किन क्षमताओं का विकास होता है।

13 responses

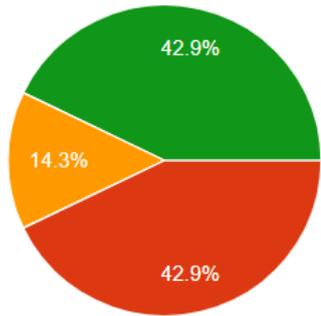


9) For the 9th question about participants understanding about **First aid**, the percentage of participants giving the correct answer increased from 42.9% to 84.6%.

Pre Test

प्राथमिक उपचार से क्या समझते हैं

14 responses

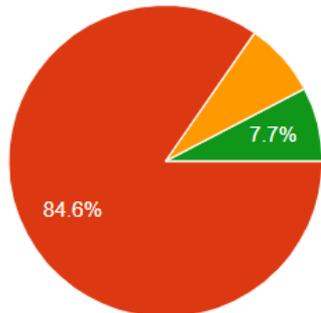


- डॉक्टर के आने के बाद किया गया उपचार
- डॉक्टर के आने से पहले किया गया उपचार
- जख्मी को अस्पताल में ले जाने के बाद का उपचार
- उपरोक्त सभी

Post Test

प्राथमिक उपचार से क्या समझते हैं

13 responses



- डॉक्टर के आने के बाद किया गया उपचार
- डॉक्टर के आने से पहले किया गया उपचार
- जख्मी को अस्पताल में ले जाने के बाद का उपचार
- उपरोक्त सभी

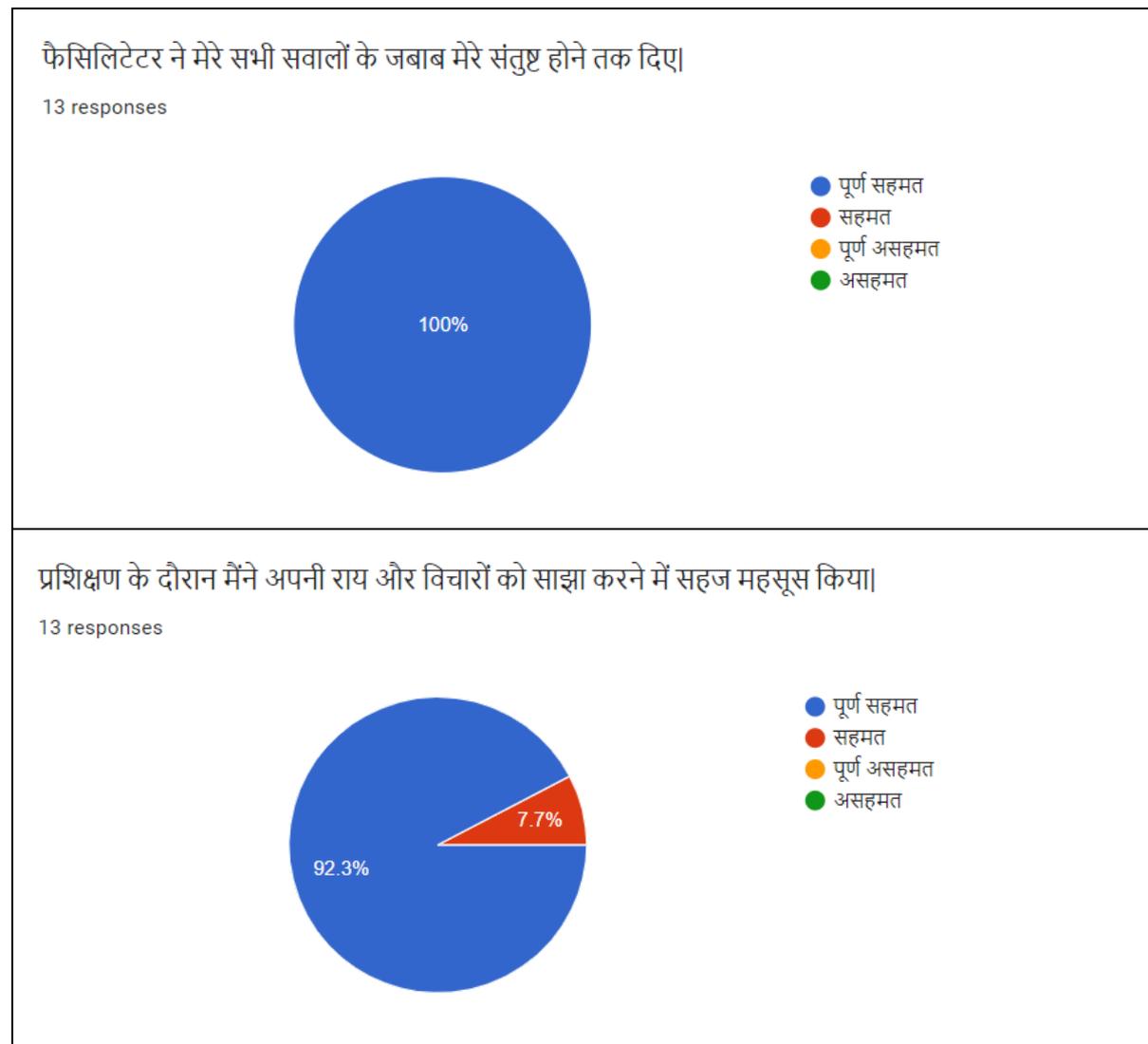
10) Some of the answer given by the participants for the qualities and skills necessary to work in the community

Pre-Test	Post Test
Positive thinking	समुदाय में सभी से मिलजुल कर रहना चाहिए
Life skills	Samuday mein kaam karne ke liye loyal
Bachcho ko samjhne ka gun hona chahiye	hona parega aur sbki baat sunna hoga to
sports	behtar ho jayega.
Digital skills	Responsibility and Problem solving
Ekata	नियम का पालन करना और सही - सही जानकारी
सभी के साथ सम्पर्क करना।	देना।
Positive thinking	Self-directed learning के बारे में जानकारी देना ।
Rule flow karna	Team work
	Positive thinking
	Kaushal development
	Sabhi ko saman tarah se samjhana
	Sabhi ko sath dena
	Good thinking
	पॉजिटिव mindset
	Policy

TRAINING FEEDBACK

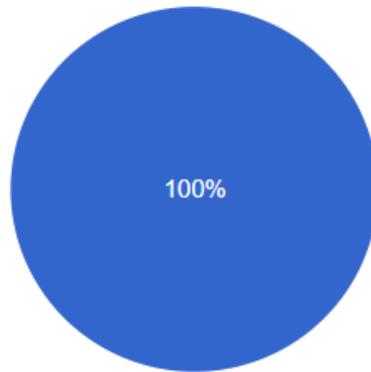
After the 5 days training, we asked each participant to give a feedback on the training program.

Here are the answers



पूरे प्रशिक्षण का अनुभव कैसा था?

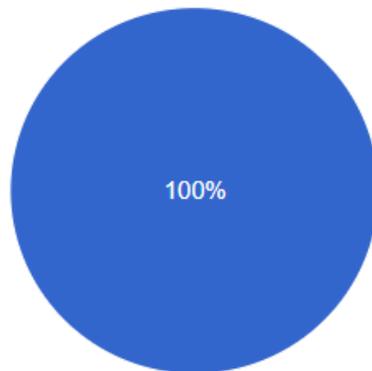
13 responses



- बहुत अच्छा
- अच्छा
- ठीक-ठाक
- खराब

प्रशिक्षण में भोजन की व्यवस्था कैसी थी?

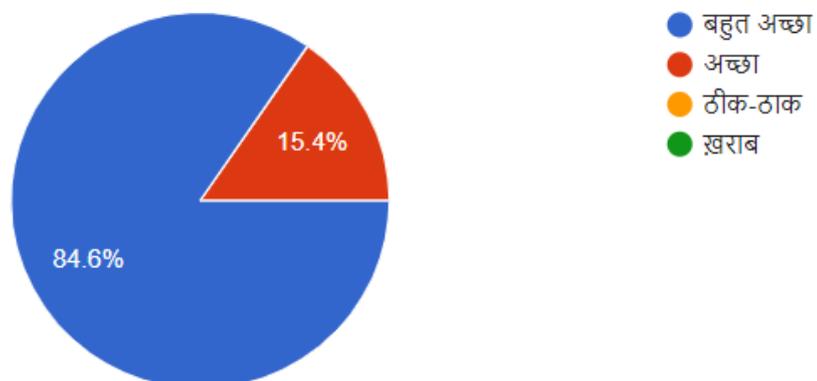
13 responses



- बहुत अच्छा
- अच्छा
- ठीक-ठाक
- खराब

प्रशिक्षण का स्थान कैसा था?

13 responses



Do you have any other Feedback?

Sir hamlogo ko bahut achhe se samjhaye btaye..bahut achhha laga hamlog ko join karke sab bhut hi achha tha

मैं बहुत खुशी हुई जो मुझे 🏆 स्पोर्ट के सर के साथ ट्रेनिंग लिए

Nhi

मुझे प्रशिक्षण में बहुत मजा आया और अच्छे तरह से समझे

Good

Sir aap nai sab bahoot aacha kia and i agree you.

All good

Dubara phir se aisi prashikshan mile