

Monkey Sports
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Bihar
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**Training the Trainers
Report 13th Sep – 15th Sep 2021**

Quest Alliance

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INTRODUCTION

The whole pandemic changed the way we looked at life. Though not the face of the pandemic, children have been severely affected. [An estimated 90%](#) of children's education has been disrupted because of school closure. As [reported by Coaches Across Continent](#), an organization that works with 86 NGOs in six continents, 96% of the organizations in its network have reported that youth face mental health issues. The partners said that children are *anxious, lonely, stressed, depressed, and angry*. [Another study conducted by Monkey sports](#) showed similar results.

To tackle the issue, we designed a program to help children deal with mental health issues. The program has three critical elements for a successful intervention. They are:

- a) **Coaching guidelines** - Kindness, including everyone, redefining winning, and fun are a few essential elements that can help create a safe space for everyone in the program and build and foster a safe and trusting relationship between participant and coach.
- b) **Context-specific** - Games have been designed to have less physical contact between players & include methods to distance between participants.
- c) **Addressing issues (Pandemic Related)**- While each community has its problems, some common problems emerging are the mental health issues, myths, and lack of awareness around the virus. The curriculum addresses that.

While through our main program we are directly supporting children, we also conducted training for other coaches and facilitators to conduct the activities. We are supporting Quest Alliance, Bihar through the Training of Trainers. In the last training, we conducted a 5 day of training workshop which focused facilitation skills and how sports can be used to build life skill in children.

In the second training we have focused more on training youth on Mental Health issues and corona virus related awareness along with facilitation skills. Below you will find the details of the 3 days of training along with report on Pre and Posttest.

TRAINING SCHEDULE

Day	Topic
1	Rapport building activity and Introduction
	Pre-Test
	Key Elements (Short summary of 3 days)
	Revision for the previous Training
	Ground Session
	Review of the session
2	Recap 1st Day's
	Facilitation Skills
	Mental Health Discussion
	Story Telling wood Cutter
	10 Icebreaker Song Revision
3	Recap 2nd Day's
	Session Personal Strength & weakness
	Large group management Preparation of session Ground management
	Basic techniques of Handball
	Posttest & Training feedback

Trainer



Avinash Pandey is a development professional with over 7 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.

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.

PARTICIPANTS

There was a total of 15 youth members who attended the 3-day training workshop.

Name of the participants:

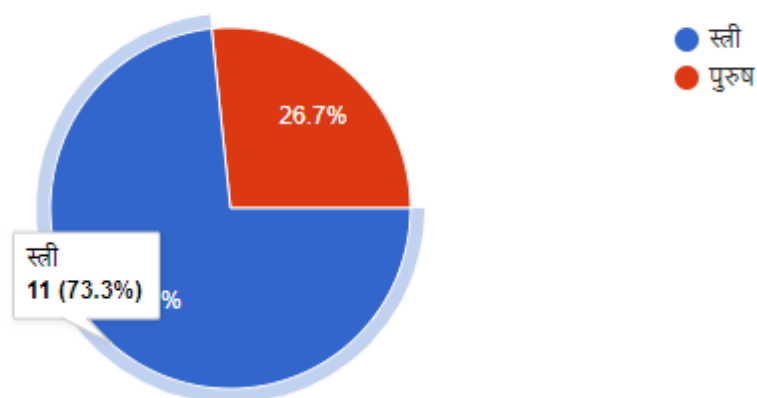
Muskan kumari	Archana Kumari	Nitu kumari
Guriya kumari	Nitish Kumar	Md Ashraph
Sushama kumari	Gauri kumari	Nidhi kumari
Raju sharama	Shital kumari	Lovely kumari
Chandan kumar	Pusa kumari	Anchal Kumari

Gender Ratio:

There were 11 girls and 4 boys who attended the training.

लिंग

15 responses



Location of the training: Kevata Dalsingh Saray(Samastipur)

HIGHLIGHT OF TRAINING

Day 1

We started the day a small introduction and an ice breaking activity of the name game and playing with balloons. After that we conducted a pre-test to understand youth current understanding of facilitation skill and Mental Health.



After that we explained to the youth about Monkey Sports Mental Health program and how the current pandemic has affected children.



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

In the evening, a ground session was conducted.

Day 2

The second day started with a recap of the first day and an activity.

After that youth were explained difference between the facilitation skill and the traditional method. An activity called 'Tower build' was conducted to facilitate the discussion. The participants found this session very useful.



In this context, there was also a discussion on the method of studying in a government school.

We also discussed how the traditional method of teaching effect children mental health. Also relating it to current scenario where many children are not able to meet their friends due to school closure.



Day 3

After recap of the first two days, few fun activities were conducted to initiate discussion around the importance of teamwork.

This was followed by the 'Save the Egg' activity, to talk to youth about how verbal abuse can affect children's mental health and resilience. After that, we discussed about myths related to Mental health issues.



After that the trainer practised few, ice breaking song with the participants which will be very helpful to take sessions with children.

Next activity was to discuss on Personal strength and weaknesses. Then it was discussed how we can make improve on our weaknesses.



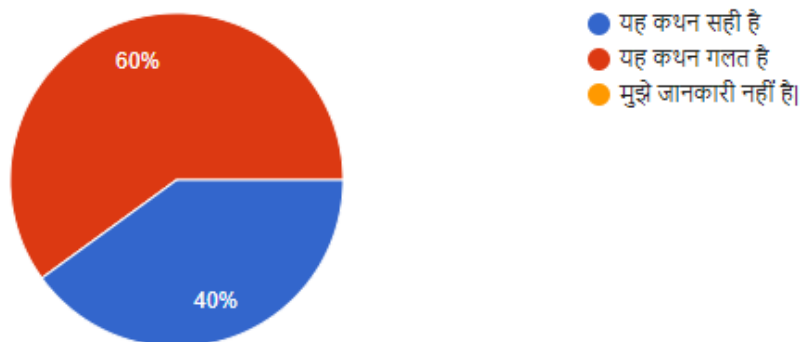
RESULT OF PRE-TEST AND POST TEST

- 1) On the first question about Mental Health, the participant who responded that Mental health patient are violent reduced from 40% to 6%.

Pre Test

मानसिक स्वास्थ्य समस्याओं वाले लोग हिंसक होते हैं।

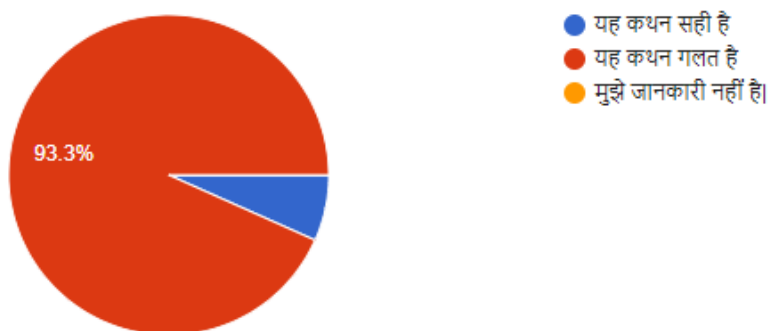
15 responses



Post Test

मानसिक स्वास्थ्य समस्याओं वाले लोग हिंसक होते हैं।

15 responses

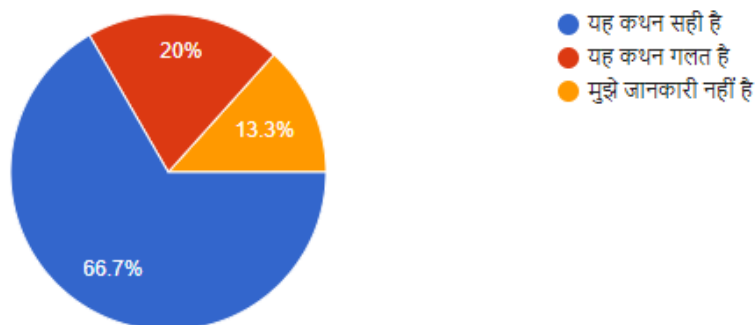


2) For the 2nd question about participants who responded that Mental Health Issue is a sign of weakness reduced from 67% to 13%.

Pre Test

मानसिक रोग कमजोरी का संकेत है।

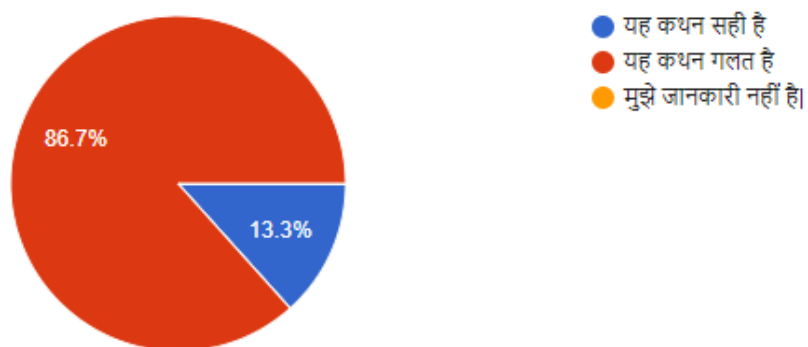
15 responses



Post Test

मानसिक रोग कमजोरी का संकेत है।

15 responses

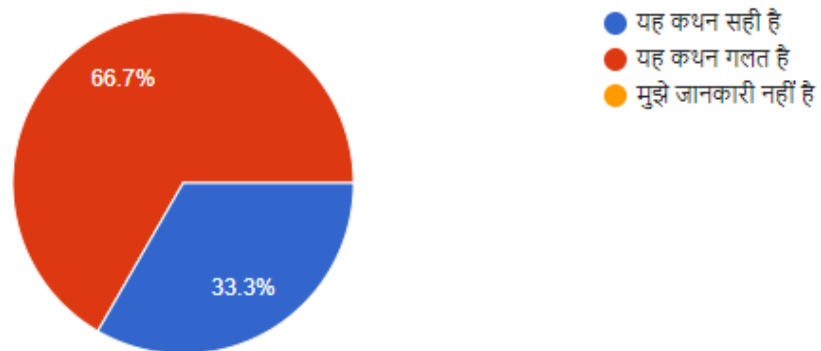


- 3) For the 3rd question on the famous quote “Padhoge Likhoge Banoge Nawab....”, participant agreeing with the statement reduced from 33% to 20%.

Pre-Test

पढो गे, लिखो गे बनो गे नवाब, खेलो गे कूदो गे हो जाओगे खराब।

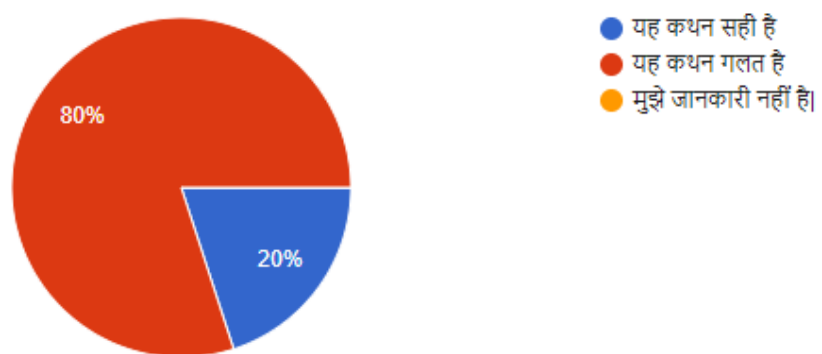
15 responses



Post-Test

पढो गे, लिखो गे बनो गे नवाब, खेलो गे कूदो गे हो जाओगे खराब।

15 responses

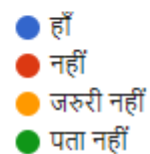


- 4) For the 4th question about whether children should always listen to adults the participants responded positively in both pre and post test. We expected a change towards “Not Necessarily” which didn’t happen.

Pre Test

खेलते या पढाई करते वक़्त बच्चों को शिक्षक की बात सुननी चाहिए?

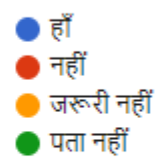
15 responses



Post Test

खेलते या पढाई करते वक़्त बच्चों को शिक्षक की बात सुननी चाहिए?

15 responses

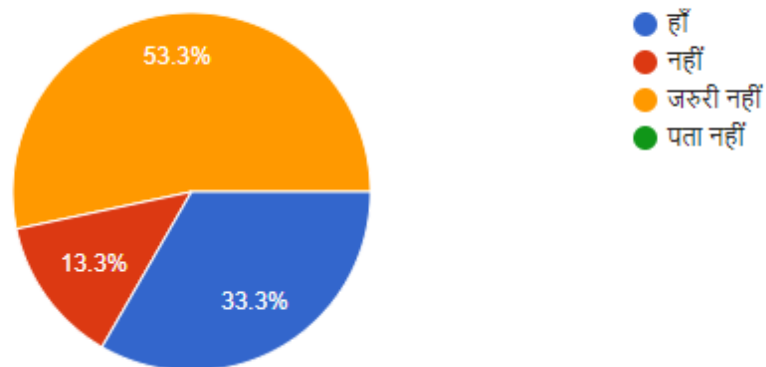


- 5) For the 5th question about whether children should be punishment for mischiefs , participants responding “No” increase from 13.3% to 66.7%.

Pre-test

जो बच्चे बदमाशी करते हैं या गाली देते हैं, उन्हें सजा देनी चाहिए?

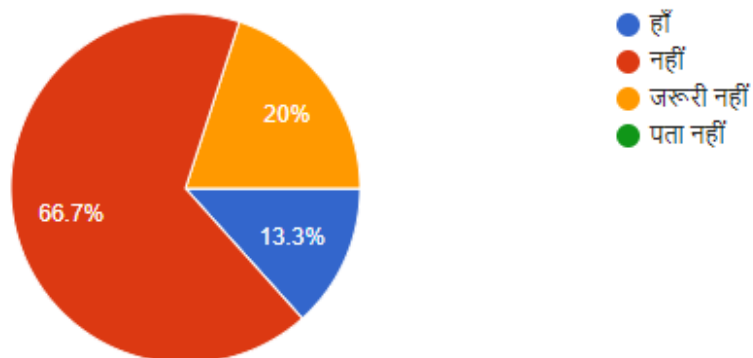
15 responses



Post-test

जो बच्चे बदमाशी करते हैं या गाली देते हैं, उन्हें सजा देनी चाहिए?

15 responses

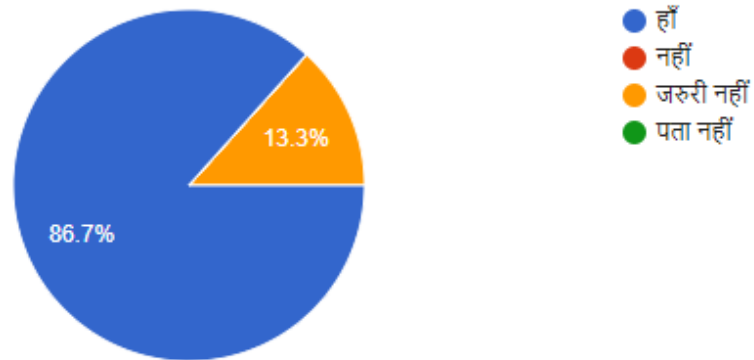


6) For the 6th question about whether shy children should be confronted and called to speak, the number participant responding “Yes” reduced from 86.7% to 53.3%

Pre-Test

जो बच्चे शांत रहते हैं या बात नहीं करते हैं, उन्हें सबके सामने बोलने के लिए कहना चाहिए?

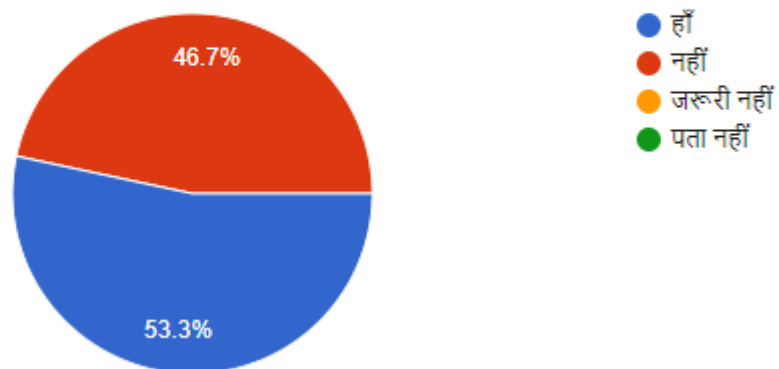
15 responses



Post Test

जो बच्चे शांत रहते हैं या बात नहीं करते हैं, उन्हें सबके सामने बोलने के लिए कहना चाहिए?

15 responses

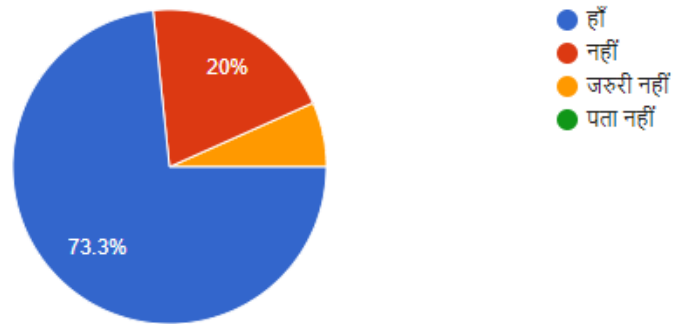


7) For the 7th question whether children should be stopped from talking if the participant find it to be wrong, the participating responding “Yes” reduced from 73.3% to 46.7%.

Pre- Test

अगर बच्चे अपने अनुभव बताएं और वो आपको गलत लगे, तो आपको तुरंत रोक देना चाहिए, और उन्हें सही करना चाहिए।

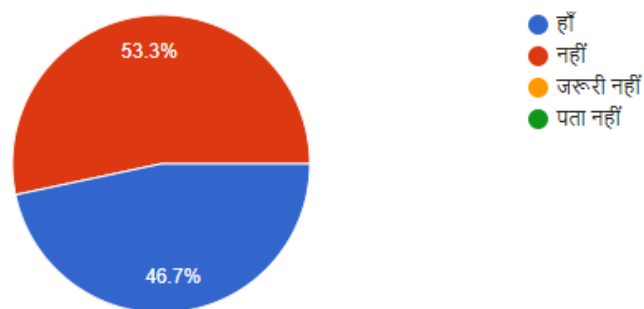
15 responses



Post Test

अगर बच्चे अपने अनुभव बताएं और वो आपको गलत लगे, तो आपको तुरंत रोक देना चाहिए, और उन्हें सही करना चाहिए।

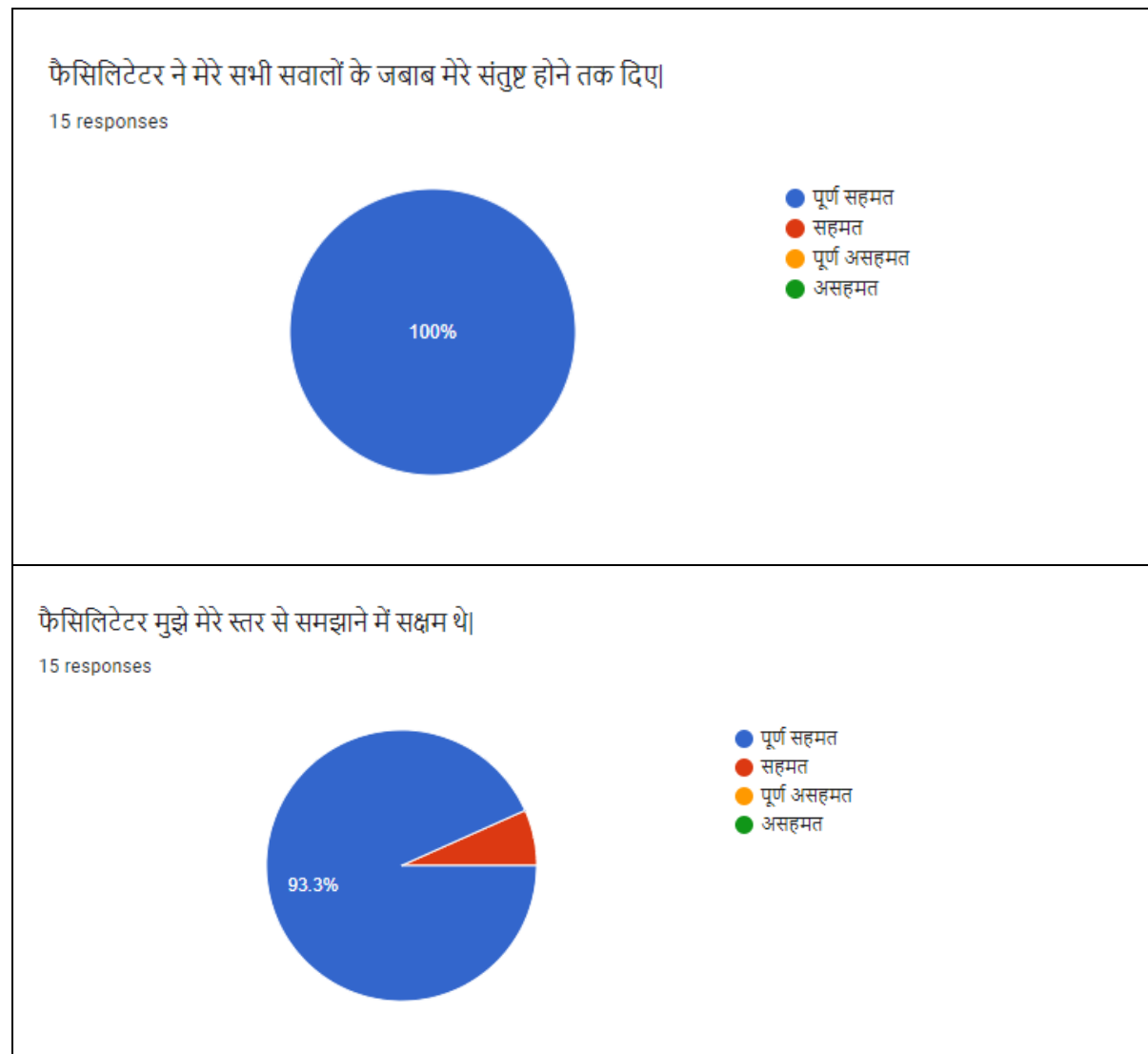
15 responses



TRAINING FEEDBACK

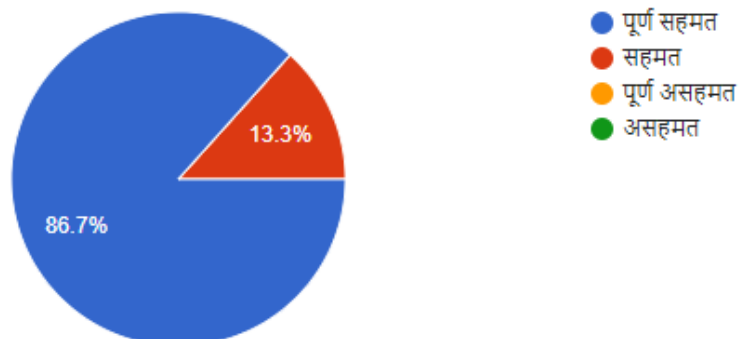
After the 5 days training, we asked each participant to give feedback on the training program.

Here are the answers



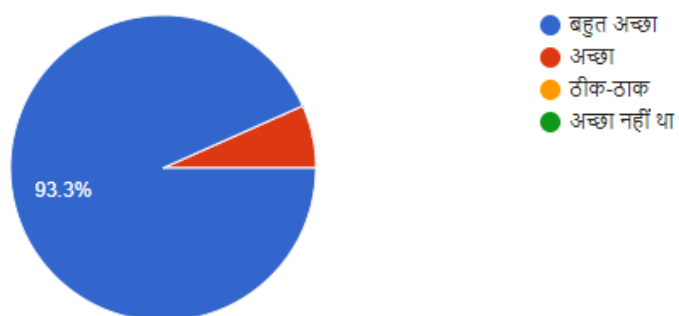
प्रशिक्षण के दौरान मैंने अपनी राय और विचारों को साझा करने में सहज महसूस किया।

15 responses



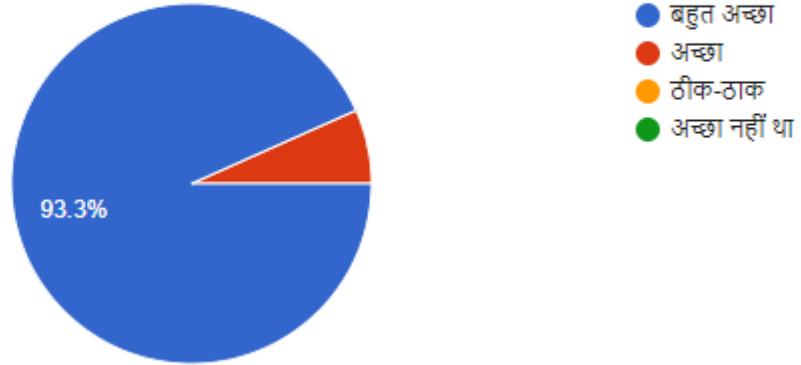
पूरे प्रशिक्षण का अनुभव कैसा था?

15 responses



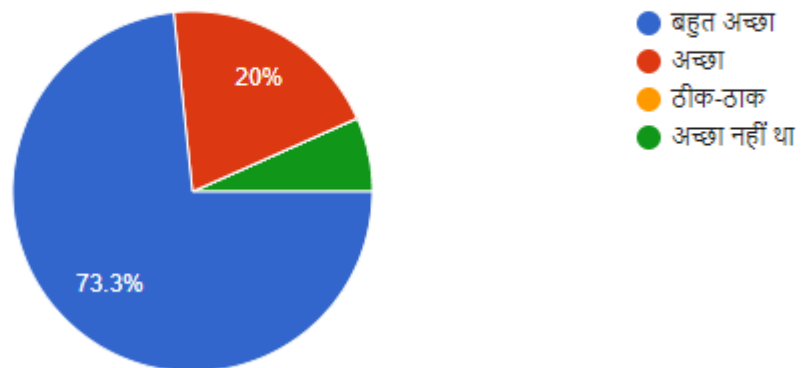
प्रशिक्षण में भोजन की व्यवस्था कैसी थी?

15 responses



प्रशिक्षण का स्थान कैसा था?

15 responses



प्रशिक्षण के सम्बन्ध में आप अपना विचार दीजिये।

Bhut hi achha tha sab kuchh achhe trike se huaa hamlog ko bhut maja aaya

Mujhe bahut sara chij shikhbe ko mila

Bahut hi achchha anubhaw raha ham sab ka prashikshan ko lekar

Mujhai sab bahoot aacha laga ..

प्रशिक्षण का स्थान बदलना चाहिए।

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Prasikchhan bhut hi achchhe trike se savi topic ko clear krte hai friendly mahol bana lete hai har ek andaj bhut hi khubsurat hai

prashikshan bahut hi achcha tha sir ne harek baat ko easy word mein btaye ,aur sbse friendly behave rakhte hai.

Training se baudhik andmumsik vikas hota hai

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

All good, Dubara phir se aisi prashikshan mile